

SKIN SECRETS

DOES YOUR COMPLEXION NEED A LITTLE HELP WITH MINOR SKIN PROBLEMS?

Dr. Schuessler, a German physician, discovered there are 12 inorganic tissue minerals present in the body. A deficiency in these minerals could result in the body displaying signs and symptoms of imbalance. In the case of skin health, a deficient mineral state may result in a ruddy, blemish-prone and troubled complexion. Supplementation with the correct tissue mineral(s), will help the body regain balance.

Schuessler Tissue Salt Comb D can correct this mineral imbalance and restore a healthy, blemish-free glow. The formulation targets minor skin disorders, such as scaly, rough and flaky skin. Available in tablets and a convenient spray bottle, Schuessler Tissue Salts formula is a gentle alternative for the temporary relief of common skin problems.

Tips for great skin

Healthy skin starts from within, for naturally

beautiful skin, make sure you:

- Drink at least 8 glasses of water per day.
- Eat a balanced diet. Aim for foods that are high in antioxidants and low in fat, like fruit or veggies.
- Exercise regularly. Physical activity not only keeps you looking good and feeling great, but it also helps deliver nutrients and oxygen to your skin.
- Find some time to relax. Set ten minutes aside everyday to chill out.
- Protect your skin from the sun by using an SPF 30+ daily.



Martin & Pleasance
Natural Medicine Since 1855

