

Dry Skin

What is Dry Skin?

Although dry skin is not generally a serious condition, it may be uncomfortable, leaving the skin looking unsightly. When the condition is serious or severe, it is called *ichthyosis*.

Signs and Symptoms

Dull looking, scaly and flaky skin, with fine lines and wrinkles; the skin feels unusually tight and uncomfortable, especially after washing; itchiness; a grey, ashen skin is evident in people with a dark complexion. Exposed areas of skin, like hands and face, are mostly affected. Chapped and cracked skin are signs of severely dehydrated skin.

What Causes Dry Skin?

There are many factors that may contribute towards dry skin:

Environment: long-term exposure to extremes of high and low temperatures.

Air-conditioners and heaters: these reduce the moisture present in the air, and contribute towards skin dryness.

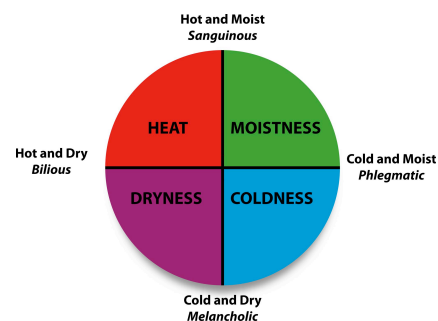
Hot baths and showers: taking baths and showers in very hot water for long periods of time causes skin dehydration.

Harsh soaps and detergents: these strip natural oils from the skin.

Medications: dry skin may result from side effects of certain medications.

The Tibb View of Dry Skin

According to Tibb, dry skin is associated with **dryness with coldness**, as the skin lacks moisture. Most peoples' skin becomes thinner and drier with age because of a natural increase in cold and dryness qualities. Dry skin is more prevalent in people with a melancholic dominant/sub-dominant temperament, with people with a melancholic/bilious temperament being at greatest risk due to their inherent qualities of dryness.



Treatment and Management of dry skin

Treatment and management is aimed at **reducing the excess dryness with coldness** associated with dry skin, by implementing Tibb Lifestyle Factors that **increase the qualities of heat and moisture**.

This assists Physis in addressing both the symptom and the causes of dry skin.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as sweet potato, banana, almonds and brown bread, **followed by Cold & Moist foods** - like butternut, carrots, pumpkin seeds and rice.
- Eat **less of Hot & Dry foods** - such as bittergourd, grapes, chickpeas and cinnamon, and the **least amount of Cold & Dry foods** - like beef, tomatoes, lemon, peanuts and beans.
- Eat a balanced diet that includes vegetables, fruits, grains, seeds, and nuts – raw wherever possible.
- Consume plenty of yellow and orange vegetables. (*These are high in beta-carotene, a precursor of the skin-improving vitamin A*).
- Drink at least two litres of water every day to keep the skin well hydrated.
- Do not drink soft drinks or eat sugar, chocolate, potato chips, or other junk foods.
- Avoid regular or excessive alcohol and caffeine intake.

Other Lifestyle Factors

- Always moisturise the skin after cleansing. Apply pure olive or almond oil liberally to the skin.
- Avoid cigarette smoking, and exposure to second-hand smoke.
- Avoid harsh soaps, cold creams, or cleansing lotions.

Medication

Herbal Remedies

- Mash two ripe bananas. Add two tbsp of honey. Mix well. Apply on dry skin. Leave it for 20 min. Wash off with warm water.
- Take one tablespoon of aloe juice in a glass of water daily.

Tibb Medication

Livotibb tablets - This acts as a tonic. It stimulates the liver into working better, which is needed to promote skin health. Livotibb is associated with qualities of moistness.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament http://www.tibb.co.za/concepts_tibb.html; diet charts: <http://www.tibb.co.za/food.html> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>