

Acne: Gone In A Few Days

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Clinical pearls can come from the most unlikely places; but when moms, who are also members of your staff, tell you something works, you better "pay attention." Several of my staff insisted that the best product for teenage acne was Aqueous Zinc at 1-2 tsp with each meal. They said acne was gone in a few days. I told them it was unlikely that such a small amount could matter even if it was a liquid, but they insisted that for years their kids were the ones who would ask for it whenever they would see an eruption. And it wasn't just one mom, it was three different ones.

They take it until the Aqueous Zinc starts tasting really strong and stop. 2 tsp of Aqueous Zinc supply 2.3 mg of liquid zinc as zinc sulfate.

It is clear that zinc affects multiple aspects of the immune system from the barrier of the skin to gene regulation within lymphocytes. Zinc is crucial for normal development and function of cells, mediating nonspecific



immunity such as neutrophils and natural killer cells.

Zinc deficiency affects development of acquired immunity as well.

Macrophages are adversely affected by zinc deficiency. Low zinc levels can dysregulate intracellular functions, cytokine production, and phagocytosis.

The effects of zinc on these key immunologic mediators are rooted in the many roles zinc plays in basic cellular metabolism, such as: DNA replication, RNA transcription, cell division, and cell activation. In fact, over 200

cellular reactions need adequate levels of zinc to perform basic functions.

Zinc is also an antioxidant and can stabilize cell membranes. You can see an article on the relationship of zinc to low testosterone, low sperm count, increased ammonia, decreased lean muscle mass, neuro-sensory disorders, and severe immune dysfunctions, mainly affecting T-helper cells. Authors assayed serum thymulin activity in mildly zinc-deficient human subjects.

Thymulin is a thymus-specific hormone, and it requires the presence of zinc for its

biological activity to be expressed. As a result of mild zinc deficiency, the activity of thymulin in serum was decreased significantly and was corrected by both in vivo and in vitro zinc supplementation. Dr. Vasquez always adds 50 mg of zinc as part of his anti-viral strategy. But it's not just zinc that has immune modulating properties. One of Biotic Research's best selling products, Bio-Immunozyne Forte, was created to be a foundational product that would provide all the key nutrients needed to support and optimize the immune system.

Years ago, a medical doctor taught me an unforgettable lesson about the immune system. He would hand his patients a bottle of Bio-Immunozyne Forte and tell them to take 1 capsule twice a day to raise the foundational vitamins, minerals, and food factors that are necessary for the immune system to work. In fact, he told them to take 2 capsules every day for the rest of their lives to combat viruses and cancer cells that our bodies fight continually. I thought it was a little extreme; but as I have studied people's diets over the last 30 years, I realize long term, sustained, nutrient enhancement is very important.

Bio-Immunozyne Forte contains the foundational nutrients in a glandular base of neonatal glands like thymus, spleen, adrenal, liver, pancreas, parotid and lymph. Bio-Immunozyne Forte also contains the anti-oxidants vitamin A, vitamin C, vitamin E, and selenium as well as the bio-active forms of the B vitamins to enhance mitochondrial /energy production pathways. In terms of zinc, each capsule contains 15 mg.

So here's a prevention and therapeutic strategy to consider for prevention of acne: 1 Bio-Immunozyne Forte, 1 Optimal EFAs Caps; 1 BioDoph-7 Plus, 2 times a day. As a therapy for acne: 2 tsp. Aqueous Zinc (until it tastes like swamp water), 2 Bio-Immunozyne Forte, and 2 Optimal EFAs Caps, 3-4 times a day. In addition, BioDoph-7 Plus, 2 capsules at bedtime.

For both programs use the anti-inflammatory diet to the right.

I think you will be surprised at how many people who normally would not consider supplementation when you talk about skin will gladly add these nutrients to their diet. Don't forget... healthy skin comes from within.

One of the most important things you can do is to teach your patients that the skin is one of the vehicles the body uses to eliminate toxins. This means a skin problem is also an elimination problem. So we have to support the other channels of elimination: bowel, kidney, and lungs. Therefore, we treat the bowel with more vegetable fibers, water, good oils, and probiotics.

Adult acne is usually a result of a congested liver and inability to break down and recycle hormones. We'll come back to that topic at a later date.

I also attached an anti-aging cocktail for skin and collagen that you may find interesting as well.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.