

# 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.

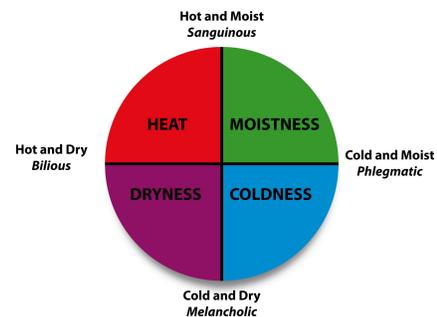
**Hot baths and showers:** taking baths and showers in very hot water for long periods of time causes skin dehydration.

**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/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

## COLD & DRY FOODS

<b>MEATS</b>	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
<b>VEGETABLES</b>	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
<b>FRUITS</b>	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
<b>NUTS</b>	peanuts
<b>GRAINS &amp; SEEDS</b>	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
<b>DAIRY PRODUCTS</b>	egg white, sour milk, yogurt
<b>OILS</b>	coconut oil, corn oil, sesame oil
<b>SPICES, HERBS &amp; SEASONING</b>	basil, prunes, poppy seeds, tamarind
<b>DRINKS</b>	sour fruit juices, tea (black), coffee, ice, sour milk
<b>FLAVOURANTS</b>	
<b>CONDIMENTS &amp; SPREADS</b>	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
<b>CONFECTIONARY &amp; DESSERTS</b>	
<b>CEREALS</b>	cornflakes, mielie meal, millet

## COLD & MOIST FOODS

<b>MEATS</b>	Duck, rabbit
<b>VEGETABLES</b>	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian gourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
<b>FRUITS</b>	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
<b>NUTS</b>	Macadamia nuts
<b>GRAINS &amp; SEEDS</b>	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
<b>DAIRY PRODUCTS</b>	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
<b>OILS</b>	
<b>SPICES, HERBS &amp; SEASONING</b>	Cardamom, coriander, cumin, vanilla
<b>BEVERAGES</b>	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
<b>SWEETENERS</b>	Fructose, glucose, rose syrup
<b>CONDIMENTS &amp; SPREADS</b>	
<b>CONFECTIONARY &amp; DESSERTS</b>	Custard, ice cream, rose syrup, sago
<b>CEREALS</b>	Pronutro, rice crispies

## HOT & DRY FOODS

<b>MEATS</b>	Chicken, lobsters, prawns, all small bird meat, Oily fish
<b>VEGETABLES</b>	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
<b>FRUITS</b>	Avocado, Grapes
<b>NUTS</b>	Cashews, hazel nuts, pecan nut, walnuts
<b>GRAINS &amp; SEEDS</b>	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
<b>DAIRY PRODUCTS</b>	Eggs
<b>OILS</b>	Mustard Oil
<b>SPICES, HERBS &amp; SEASONING</b>	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
<b>BEVERAGES</b>	Alcohol, Grape juice, Herbal teas
<b>FLAVOURANTS</b>	Pungent and bitter flavourants
<b>CONDIMENTS &amp; SPREADS</b>	Chili sauce, mustard sauce, peri-peri sauce
<b>CONFECTIONARY &amp; DESSERTS</b>	
<b>CEREALS</b>	

## HOT & MOIST FOODS

<b>MEATS</b>	Buck, goat, goose, lamb, liver, mutton, turkey,
<b>VEGETABLES</b>	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
<b>FRUITS</b>	Bananas, dates, guavas, mangoes, peaches, papaya,
<b>NUTS</b>	Almonds, brazil nuts, pistachios, apricot kernels
<b>GRAINS &amp; SEEDS</b>	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
<b>DAIRY PRODUCTS</b>	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
<b>OILS</b>	Castor oil, olive oil, sunflower oil
<b>SPICES, HERBS &amp; SEASONING</b>	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
<b>BEVERAGES</b>	Green tea, hot water, juices (see fruit), Herbal Teas
<b>FLAVOURANTS</b>	Honey, molasses, sugar, salt
<b>CONDIMENTS &amp; SPREADS</b>	Mayonnaise,
<b>CONFECTIONARY &amp; DESSERTS</b>	Biscuits, cakes, chocolate, liquorice, vermicelli
<b>CEREALS</b>	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix