

Doctor yourself.com

The worlds largest homesteading website says:

Chemical preservatives

And

Dyes

Many of what we call "allergies" are probably just local or system-wide deficiencies of vitamins or minerals. As you now know, I don't believe in allergies. I do, however, believe in one's body showing in symptoms what it needs in nutrition. **Also, I believe in the body showing that it has received something it doesn't need. If you're "allergic" to sulfa drugs or antibiotics, consider yourself lucky... and normal. Drugs, chemicals, preservatives, food coloring dyes, and other unnatural substances have to be high on the body's list of "things to excrete at first opportunity." These are foreign, toxic and very commonly ingested although bad for us. How is it then, that we are surprised when the irritant starts a rash, fever, nausea or sneezing? Wouldn't you expect your body to indicate poisoning in some way?** If someone ate poisoned food and then developed fever or threw up, we'd agree that the body was reacting to get rid of the toxin in the best way it could. When a child eats preserved, colored food with the vitamins and nutrients processed out of it, and then develops food sensitivities, where is the surprise? Even injections and vaccinations are forced through our skin in an effort to get a drug into our bloodstream. We should remember that the body may utilize that same path in trying to get foreign toxins and poisons out.

Think of that next time you see a rash or other skin symptom.

Your skin is a living, breathing, body-cleaning organ. If you stop it up, you're in trouble. In the James Bond story *Goldfinger* people were spray-painted gold. Remember that they died? Your skin must be free from pore-clogging coatings. That's why commercial creams, ointments and salves are not doing any more than removing the symptoms of skin excretion. In slowing down or blocking this excretion they are clogging the pores and of themselves adding to what has to be cleaned out. Why make the skin have to now excrete these added toxins on top of the old ones? It's like shaking the dirt out of your rugs... in the middle of the living room.

If you don't use any of the countless patent skin treatments for beauty or disease, your skin will be that much better. **Treating symptoms is just trying to fool Nature. Coating over the body's cleansing efforts does not make you or your skin well.** I don't think it's wise to use chemical creams or antibiotic ointments or any of that. **Keeping drugs, artificial colors, preservatives, alcohols, artificial fragrances, and those foot-long chemical names off your skin can only help it.**