

Get Fit Now

by Brian Nelson
Collegian Staff Writer

Many people feel that all around good health is determined by proper diet and exercise, but it really goes beyond that. You could follow the strictest of health measures and still maintain a horrible appearance due to improper hygiene.

What's the use of staying in shape if your hair and skin is a mess, and you smell like a water buffalo? If you think of it this way, it would be like baking a magnificent cake and not putting on the icing.

Many hygienic problems stem from chemical imbalances within the body rather than from neglect. These imbalances can be corrected through proper use of vitamins, minerals and various herbs.

There are three major areas of hygienic problems: skin, hair and body odor.

Skin problems are one of those things that the majority of us have experienced at some time in our lives. Unfortunately not all of us are blessed with a perfectly balanced complexion.

Most of the time it's either too oily or too dry. If it's too oily, chances are you have the dreaded condition of acne, or more commonly known as "the zits." Anyone who has a bad case of acne can tell you "it's no day at the carnival."

Believe me, I had them throughout my teenage years. If I could have only known then the methods I know now on how to treat acne, I probably would have saved myself a lot of anxiety and ridicule, not to mention the small fortune I invested in StriDex, Propha Ph and all the other so-called miracle formulas.

Luckily, my acne problem ended along with adolescence, but for many, the problem continues into adulthood. For those who continue to be affected by this problem, there is a cure.

In fact, there are a multitude of natural cures. The most effective agent by far is French Green Clay. This rich mineral

should be applied as a damp face mask or spread over an effected area at least twice daily. It should be left to dry for at least fifteen minutes before washing off.



The mineral nutrients in the clay draw poisons and oils out from the pores, thus preventing the blockage that leads to acne.

It is also essential to drink one tablespoon of Green Clay mixed with water on a daily basis. Be cautious, however that you use nothing but a wooden spoon to mix the solution. Any other material, such as plastic, silver or steel will draw the potency out of the clay.

As awful as it tastes, this must be done in order to absorb and cleanse the system of radical agents which also contribute to acne problems. It might be wise to add a bit of fructose to the mixture in order to make it a little more palatable.

Green Clay also works well with dry skin and rash conditions, helps to heal cuts and infected wounds. It is also rather expensive, but for the money you pay, it's the best cure for skin ailments that exist.

Dry skin can make a person look much older than they actually are, and also causes infection in many cases from skin splitting. The most commonly used treatments for this condition are Vitamin E oil, Aloe Vera and Paba gel or lotion (externally) and Cod Liver Oil (internally).

These products will provide the skin with the conditioning and moisturizing nutrients that it lacks. With all types of skin it is very important to use a loofa sponge when cleansing. This will help to loosen trapped dirt and oils, and also promotes circulation which is vital to healthy skin.

Other overall remedies include Vitamins A and E, and the herbs Dulse, horsetail, Sage and Rosemary, which are all excellent in promoting healthy hair and nails.

Hair, like skin, is often either too oily or too dry and brittle. A healthy head of hair requires much care and attention. Many commercial shampoos do more harm than good, as they contain phosphates and various acidic solutions that damage the roots and structure of the hair.

The best products available are Biotin and Keratin-based shampoos and conditioners. These products work well to provide the hair with an equal balance of Ph while offering essential proteins that give body and life to hair.

Another problem which stems from these same chemical imbalances is body odor.

People often mistakenly link this problem with poor diet and obesity. In some cases this may be true, but more often it is a case of imbalance within one's system that is the cause.

Body odor is probably the last thing you would give thought to when attempting to make an impression, especially since you have just taken a

shower a short time ago. But have you ever noticed how many people have body odor and don't even realize it? There is a way to curb this embarrassing problem.

Raw parsley and chlorophyll tablets taken internally are two excellent natural deodorizers for the body.

Green Clay is also good for this purpose, since it diverts the poisons in the system through the kidneys and bowels rather than the armpit. There are also many natural deodorants derived from herbal plants which are safer and actually smell better than many of the commercial brands.

If you think it's time for taking on a healthier appearance, go for it. It's all attainable - naturally.

Campus Voice

How do you keep up with what goes on in the world outside of college?



"Television news, radio, occasional magazines and from home."

Steve Wasieleski
8th semester
B & BS



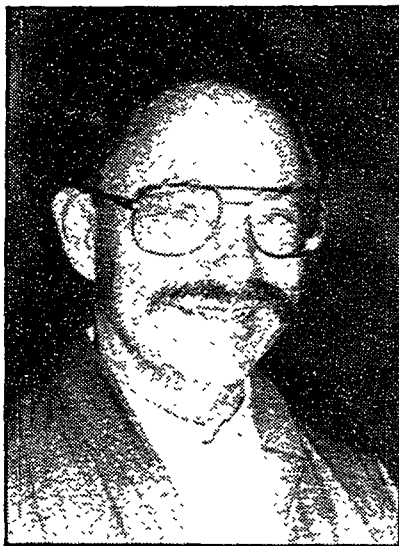
"From my classes and talking to my friends. We talk about those things."

Monica Kitht
4th semester
Psychology



"By watching the world news and reading the daily paper."

Tyrone Hilliard
3rd semester
DUS



"I read the newspapers, I read newswatch, I watch CNN and I listen to all of the good gossip."

Mike Chiteman
Director DUS
21 years



"When I'm with my friends, eating at Dobbins and feeling fine."

Laura Kozak
5th semester
Psychology



"I learn some from current issues discussed in class."

Shane Tirpak
2nd semester
Psychology

(photos by Sandi Inman)

Obesity from p. 6

of Health (NIH) stated that there are potential health risks when a person becomes 20 percent overweight. When a person reaches this point, he/she is usually obese. There may be exceptions to this figure's relationship to health risks when factors such as fat cell size and number, genetics and accompanying risk factors, like diabetes, are considered. Obesity increases a person's risk to acquire such conditions as high blood pressure.

The distribution of body fat differs according to sex and can be associated with certain types of diseases. Android obesity, which

is fat distributed above the waist, is commonly associated with coronary heart disease, diabetes and hypertension. Fat distribution above the waist is most common in men.

Gynoid obesity is the fat that accumulates below the waist. This type is more common in women. It is thought that the fat associated with android obesity, but studies haven't proven whether this theory is factual.

Considering the obsession that today's society has with achieving the perfect body, the way many of us perceive that "perfect body" has become somewhat distorted.