

Visiting dermatologist lectures ladies on holistic care

By Julie Chapman

My latest assignment was to attend a beauty and health talk by a Beverly Hills dermatologist, Dr. Julia Hunter, and write about the experience. To say that I was skeptical would be an understatement. From my jaded perspective, she was here to sell her skin products. I am glad that I maintained an open-mind because in hindsight, I couldn't have been further from the truth.

The night before, I found a video of her tour of Whole Foods on her website. She walked through the grocery store in Santa Barbara, showing



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the participants the most beneficial foods and products for the skin and body and which ones to avoid. With each word I scribbled on my paper, I felt my intrigue grow and I wanted more.

I arrived early to the home of our hostess, Ms. Harriet Daughtridge Harris, a lifetime friend of Dr. Hunter so I could interview the guest speaker. With her experience as a pediatric anesthesiologist and then a dermatologist, she immediately put me at ease. She related her hard-earned knowledge in a way that connected with me. Our conversation flowed effortlessly.

Sitting with other Charleston women in Ms. Harris's living room, Dr. Hunter's gentle southern

Alabama drawl drew us in as we listened to many topics on health and beauty. Her vitality and compassion lit up her face as she shared her holistic approach to dermatology. Treating the body as a whole was her mantra and healing from the inside out came through in her message. Her knowledge of the human body was extraordinary though we were most impressed by her desire to communicate this wisdom.

From health comes beauty is one of her numerous quotations. She says that she can only do so much for the skin, which is the window on the inner workings of the body. She believes people need to know what is worth purchasing and what is not. When we eat well, we give

our body the foundation it needs to optimally function and our skin reflects this. Our choices do matter.

Food is our medicine and being from the South, she knows the importance of eating, drinking, and being merry. Her goal is to minimize the consequences by regularly eating well so the occasional being merry does not have long-term negative effects.

In the span of an hour and a half, she gave many recommendations. She advocated eating for your blood type, which helps you avoid foods that affect your body adversely. Fifteen years ago, Dr. Peter D'Adamo introduced this philosophy in his book, *Eat Right For Your Type*. Dr. Hunter encouraged us to

try this plan for a month and see how we felt afterwards. She repeated multiple times to eat green, green, green, like kale, spinach, and beets. Drinking plenty of water is vital and sodas should be avoided. Eating lots of sweets can age us and cause brown spots. A daily omega-3 supplement is important along with Vitamin C and D. Using olive oil instead of butter is a healthy way to cook.

She took the time to hear many of our stories and offered ways to navigate the sometimes overwhelming and often confusing journey to health. None of us felt pressured to buy her products and she expressed her desire to make her website, juliathuntermd.com, a

place to become inform

The value of eating quality foods is a reminder to take care of our body on a daily basis. Today is your tomorrow quoted Dr. Hunter as she summarized the mission she and Ms. Harris feel passionate about: caring about our tomorrows with education as the means to the end.

When leaving, I related to Dr. Hunter my initial skepticism. She laughed and told me that turning my skepticism around meant a lot to her. This statement defines her joy of teaching others. She loves to watch people take information and change their lives for the better.

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