

## SKIN FITNESS

Monday, March 15, 2010

### HEALTHY DERMATOLOGY – Look For The Alternative!

I'm sure you've heard many times - *Beauty comes from within!* And you shrugged it off as just another silly old saying or proverb-but it's also a scientific fact and as close as we can come to the cure for aging and preventing disease! Many people spend their lives searching for the Fountain of Youth or "miracle drugs" to keep looking and feeling young - only to be disappointed, have frighteningly unnatural results, become increasingly unhealthy and look and feel even worse. As a dermatologist, I have found that the traditional practice of dermatology is based on treating the symptoms-the surface of the skin rather than finding the cure-what is causing the problem, and is often topical, quick fixes or plastic surgery - just temporary solutions. The one and only true methodology to actually slow down the clock and produce beautiful skin and body is to also *create health!*

The theory of *from health comes beauty* is actually a science-based reality! I spent years witnessing surgeries that overall could have been prevented and listening to patients asking and searching for alternatives. I ultimately became a "wholistic" dermatologist; "wholistic" meaning addressing and treating the body as a 'whole' – inside and out – by combining skin AND internal medicine, because I wanted to give and teach patients those options and I knew there was much more than just the traditional methods. I found that the real key to anti-aging is to recognize and appreciate the skin as the largest organ of the body that works in unison with the other essential organs of the body and that the skin is a window to what is going on inside. By treating the skin *internally* with healthy foods and beverages (including Dr. Tea's essential teas), exercise, necessary supplements, anti-oxidants, bio-identical hormones (if needed); while treating the skin *externally* with truly therapeutic and non-toxic skin products and correct non-surgical laser skin procedures and technology...the end result is natural, more beautiful and youthful skin of the entire body. *And the side effect - good health!*

I first assess the body's internal organs utilizing as one tool the BioMeridian technology to see how and if your body is functioning properly at the cellular level, then integrate an Action Plan including maximal, pharmaceutical strength but non-toxic skin products that work, along with supplements, diet, exercise and lifestyle. You quickly feel and see the difference in your health, skin of the entire body and well being, as opposed to developing side effects of medications or having surgeries. As an advocate of PREVENTION – the key to genuinely slowing down the ticking of the clock, averting degenerative health and aging problems, looking and feeling young at EVERY age – is to know what is scientifically correct and possible vs. marketing, what works and what doesn't, and understanding ALL your options - because after all, *knowledge is power.* You empower yourself by learning the importance of non-toxic, non-inflammatory, non-aging ingredients in products and foods, state of the art health and beauty therapeutic treatments that are science not commerce, why this vs. that and keep your skin and body maintained, as you would your car or house. Only then, will you be able to achieve long lasting, naturally beautiful skin and a healthy, energetic brain and body.

So, please stop and think next time you get caught up in all that "instant anti-aging" marketing hype; *or* - try to get rid of acne by just covering it up or treating the surface of the skin; *or* - you slap on any old cream or lotion because it sounds good, *or* – even when you are considering plastic surgery to fix saggy skin and wrinkles! There are

Julia T. Hunter M.D.



[www.skinfitnessplus.com](http://www.skinfitnessplus.com)

### Archives

March 2010



Subscribe to Posts [Atom]

choices...look for ALL the alternatives, so you spend your time and monies wisely.

**Julia T. Hunter M.D.**

**Skin Fitness Plus**

9730 Wilshire Blvd. #201


Beverly Hills CA 90212

310.247.8744

[www.skinfitnessplus.com](http://www.skinfitnessplus.com)

FACEBOOK: <http://www.facebook.com/SkinFitnessPlus>

TWITTER: <http://twitter.com/skinfitnessplus>

posted by Dr. Julia T. Hunter # 10:32 AM 2 comments 

[Home](#) · [Shop](#) · [Tea Tips](#) · [Blogs](#) · [Tea Library](#) · [Dr. Tea](#) · [Catalog](#) · [Policies](#) · [Contact](#) · [Specials & Sales](#) · [Recipes](#)

