

Beautiful and Healthy Skin – A 2-Step Process (Part 2 of 2)

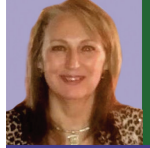
[Facts About Causes of Thick, Leathery Skin & Skin Cancer!]

Today, I report that “No,” it is not over-exposure to the sun that causes thick, leathery skin and there is another high-risk cause for skin cancer from over-exposure, besides UV rays. Their causes and a 2-Part Healing Process and Solution to restoring the health of the skin are the topics of Part 2 of this 2-Part article.

The topic of Part 1, published 04/27/23, was growing new skin cells to replace damaged skin using our skin-regenerating ointment that provides results within days to a few weeks. Signs of unhealthy, damaged, and/or deteriorating skin cells are acne, pimples, white- and black-heads,

rashes, moles, warts (including senile, plantar, and genital warts), skin tags, skin cancers, diabetic sores, swelling (like edema), severe burns, aging wrinkles, and other skin-related sores and pigment discolorations, as well as numbness of the skin.

EXTERNAL CAUSES of skin conditions due to injuries (burns, road rash, scrapes, etc.) require only “outside” daily application of our skin-regenerating ointment and up to three weeks after the skin’s surface heals to allow nutrients to go deeper into the affected skin’s layers and pores, which cannot happen until the skin’s surface is healed.



Take Time for Your Health Now or Make Time For Your Disease Later!

by Dr. Donna F. Smith
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INTERNAL CAUSES of skin conditions, however, can be from any toxin, including excess hormones, fungus or other germs, particles of inflammatory tissue, dead or decaying cells, or any substance that would be harmful if remaining “inside” the body. The

Skin is the largest organ, so its head-to-feet pores make it easier to remove toxins when the primary elimination or detoxification organs are dysfunctional, i.e., the liver, kidneys and colon.

THE 2-STEP SKIN HEALING PROCESS for internal causes means working from the “inside out and outside in,” i.e., address skin causes for both 1) the “inside” and 2) the “outside” of the body, preferably simultaneously. Why? Because “inside,” the body will continue using the skin as a detoxification pathway until you have improved the function of its primary detoxification organs, so toxins can be eliminated through them, instead of being re-routed out of the skin.

Ever thought you healed a skin condition and then it “appeared” to come back? Many skin products do not provide skin-healing

nutrients, they just clog pores so toxins cannot surface and damage the skin. However, once the skin can unclog its pores, toxins start resurfacing again giving the “appearance” that the skin condition is back; the fact is, its cause never left.

Your body is constantly working to remove embedded toxins from organ (or gland) tissues, otherwise, in time, these poisons become a cause for disease in that organ. So, every time the body is able to produce energy again to push more toxins through the skin’s pores, skin eruptions will keep resurfacing, that is, until you apply the 2-Step Healing Solution below to correct the “internal” causes.

The 2-Step Solution to restore the health of the skin is 1) Clinical Nutrition Therapy to correct the “internal” causes and 2) our ointment “externally” to unclog the pores and open the skin’s micro-circulation so your blood, now full of skin-rich nutrients, can get to the surface of the skin to protect and regenerate (grow new) skin cells to replace those damaged from the toxins.

In closing, to develop thick, leathery skin when in the sun a lot, you must first have a deficiency in Polyunsaturated Fatty Acids (PFA), and if PFA levels are not

restored, in time, this may lead to sunstrokes, hives, and high blood calcium levels with low tissue calcium levels, which adversely affects bones and joints, just to name a few. And skin cancer? Over-exposure is not the only sun-related cause, extreme exposure results in developing “excessive amounts of Vitamin D” which increases the risk of skin, prostate and blood cancers.

Request through Dr. Smith’s website to receive amazing Before and After Skin Photos and read all of her articles published in The Villager, since March 2021, at the Education Menu.

Dr. Donna F. Smith is the owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas, with clients residing in 37 U.S. states and seven international countries. Since opening her business, Dr. Smith has continued to hold a successful track record of over 90% in helping her clients improve and maintain optimal health, and she can help you, too, no matter where you live. For a Free “Telephone” Consultation, call (940) 761-4045 or request through our website – AdvancedClinicalNutrition.com.

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Koelbel brings Catalyst Concept to Omaha

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technology startups. Work has begun on the site and completion of the Catalyst facility is expected in late 2024.

Omaha Mayor Stothert said the groundbreaking was a celebration of growth and opportunity. “Once a place of industry and history, and now a future of medical research and innovation, Catalyst is part of our vision to make Omaha’s urban core the economic engine of the entire region. The momentum of our urban core is undeniable. Catalyst will offer another compelling reason to attract the best and brightest to our state for research, innovation and investment.”

The Innovation Hub at Catalyst will create a collaborative environment for UNeMed and UNeTech, facilitate innovation and growth among startups and make them successful within the medically-centered incubator space while creating a cost effectiveness via shared common elements and amenities.

“Koelbel is thrilled to bring its Catalyst concept to Omaha, which has proven to be tremendously successful in Denver, and honored to be doing so in partnership with



GreenSlate, The Lund Company, and UNMC,” said Buz Koelbel, president of Koelbel and Company. “This is one of the first developments outside of Colorado for Koelbel after nearly 70 years in business, and we believe Omaha is the ideal market for the initial expansion of this concept and our development operations.”

UNMC wanted to replicate the “industry integrator” concept in Omaha at the Saddle Creek Redevelopment Site --bringing together relevant stakeholders from across the health, wellness and health care industries - to forge an adaptive reuse redevelopment from two former Omaha Steel Works structures, into a mixed-used innovation technology campus. The two structures played historically significant roles in World War II, as well as in Omaha’s industrial growth. UNMC will play an integral role in the development as both a collaborator

and tenant in the future building. The mix of amenities to serve the broader UNMC campus as well as the inclusion of other healthcare focused companies will further connect UNMC to the broader private sector healthcare industry in Omaha and beyond.

“Redevelopment of these structures and the Saddle Creek site will be one of the most unique and significant infill projects in the history of Omaha,” said Jay Lund, Principal of GreenSlate Development. “This is a natural continuation of the campus and UNMC’s continued reinvestment in midtown Omaha.”

The \$65 million, 170,000-square-foot multiuse project, just one part of the innovation hub concept, will include a food hall and market, event center and collaborative office space that draws on Koelbel and Company’s experience in designing healthcare spaces.

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