

"I am huge fan of Margo and her ethos to organic skincare and homeopathy...The Organic Pharmacy treatments and products are an essential part of my everyday regime."

Lisa Snowdon, English television and radio presenter

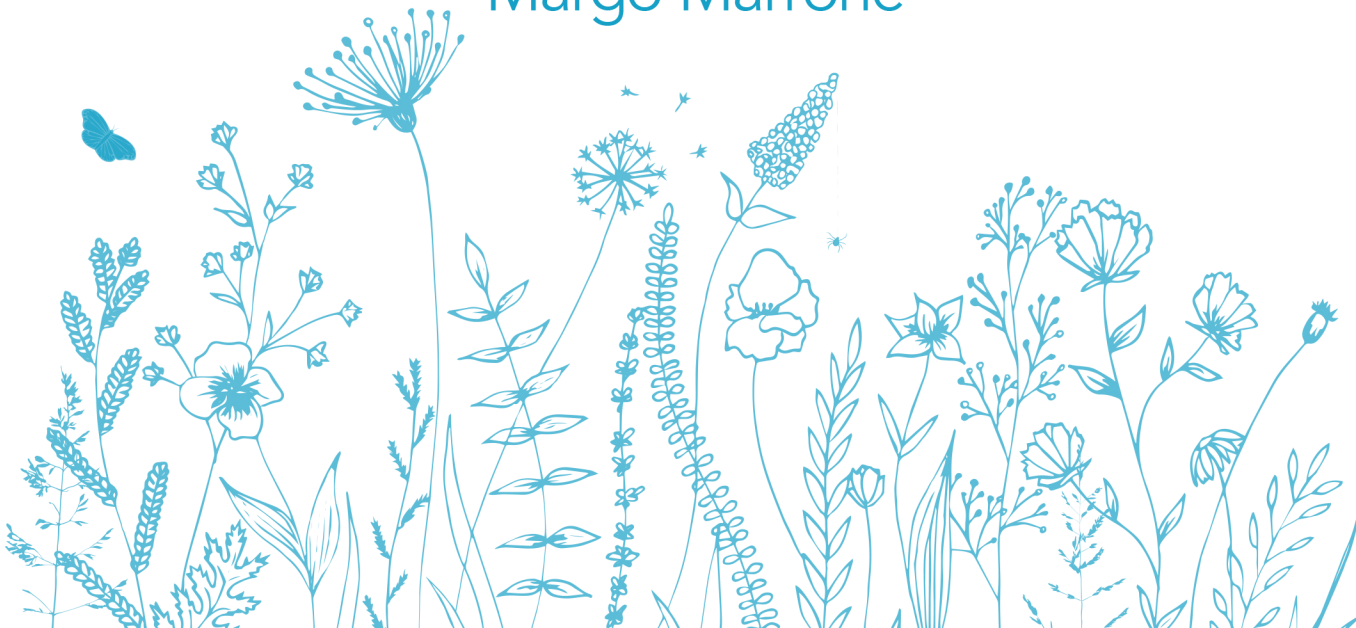


The Organic Pharmacy

Complete Guide to Natural Health and Beauty



Margo Marrone



how the treatments work

Your body is made up of several highly complex, interconnected systems that work around the clock to keep you healthy. Fundamental to good health is ensuring these systems are not overloaded with toxins. The treatments I've selected for you in this book aim to maintain the synergy, harmony and balance of your body's systems in order to optimize health. Over the following pages, I'll take you through each of my treatment techniques, to give you a sense of how each works on your body. But, before I do, it's important to give you an overview of the body's systems so that you can apply this knowledge to how you approach my treatments.

THE MAIN BODY SYSTEMS

THE IMMUNE SYSTEM Comprising a series of both internal and external protective measures, your immune system is your body's warrior against invading pathogens, such as bacteria and viruses. The skin – including your internal (epithelial) skin that lines your lungs and gut – gives a first line of defence that is supported by secretions such as hydrochloric acid in the stomach and by the immune cells (such as lymphocytes). The other parts of your body involved in immunity are the thymus, spleen and lymphatic system. Herbs are wonderful friends to the immune system: in particular, they act as antibacterials and antivirals, and they boost the body's production of immune cells. Nutrients also play a vital role: for example, vitamins C and A have a direct antiviral action, and they also help with detoxification and the production of specific antibodies.

THE DIGESTIVE SYSTEM A healthy digestive system ensures that your cells maximize their uptake of essential nutrients, eliminates toxins effectively from your body and establishes the right balance of good and bad bacteria in your gut (see pp.94–95). In addition, the digestive system is responsible for regulating the body's acid–alkali balance. The body functions best in an alkaline environment. The more acidic your body becomes, the more unwell you feel and the more prone you are to illness. There are many factors that make your body acidic, including your natural metabolism, which produces acidic by-products that your body then needs to neutralize. Food provides you with the tools to control this balance, and for optimum health

my basic rule of thumb is to eat a diet that is made up of 80 per cent alkali-forming foods and 20 per cent acid-forming foods. I've devised the following lists to help you.

ALKALI-FORMING FOODS • asparagus • avocados • beetroot (beet) • broccoli • brussels sprouts • celery • corn • courgettes (zucchini) • garlic • grapefruit • green beans • honey • lemons • lettuce • limes • mangoes • mushrooms • okra • onions • papayas • parsley • raisins • raw spinach • soy products • squash • sweet potato • watermelon

ACID-FORMING FOODS

• alcohol • beans • buckwheat • chickpeas (garbanzo beans) • cocoa • coffee • cranberries • eggs • flour-based products • lentils • meat • mustard • noodles • pasta • pepper • poultry • shellfish • sugar • tea • vinegar

The following are low-level acid-forming foods that are fine eaten in moderation:

• butter • cheeses • dried fruits • grains • nuts and seeds

THE CIRCULATORY SYSTEM A healthy circulation is vital to bringing oxygen and nutrients to cells and to take away waste products so that cells can function optimally. Through the various treatments, I aim to boost the levels of oxygen in your blood and to make your blood's transportation of nutrients as efficient as possible. This is what I mean when I say that a treatment needs to increase or boost your circulation. The result will be not only healthier insides, but beautiful skin, too.

DETOXIFICATION Almost all diseases and many skin conditions are at least to some degree caused or worsened by toxicity and so detoxification is the cornerstone of almost all of my treatments. A clean body allows nutrients and oxygen to get to cells through improved circulation and allows herbs and homeopathic remedies to act much more swiftly and efficiently to promote both health and beauty.



how your body detoxifies

In order to really appreciate the need for detox – to be able to visualize what’s happening in your body and to get motivated – I want you to know about the main organs and systems that your body uses to detoxify. The liver, kidneys, intestines, skin, lymphatic system and lungs all play vital roles in keeping your body toxin-free.

THE LIVER (a)

Your liver filters your blood to remove bacteria, as well as fat-soluble toxins, many of which you get from your food. This fantastic organ metabolizes these toxins to make them water-soluble, so they can be flushed out of your system via your kidneys in your urine, or in your bile (which forms part of your stool). Your liver also produces enzymes that break down toxins that come from the air, from your food and water, and through your skin, and prepares them for your body to expel in the urine and bile, too. In an overloaded liver, all these processes slow down and health-sapping toxins accumulate in your blood, causing not only illness but also skin problems (see below). One of the main aims of my ten-day detox programme is to reduce your liver’s load.

THE KIDNEYS (b)

Your kidneys receive the water-soluble toxins from your liver and flush them out in your urine. They also filter toxins directly from your blood, keep your blood alkaline (see pp.14–15) and eliminate excess salt from your body (which in turn keeps your blood-fluid levels constant and so doesn’t force your heart to overwork). My detox helps with all these processes and so relieves the pressure on your kidneys.

THE SKIN (c)

When the liver and kidneys are overloaded, the skin – the largest of all your organs – provides detoxification back-up by expelling toxins through sweat. However, by-products of this are often blemishes or tired-looking skin. Think of my detox programme as an essential part of your long-term beauty plan to achieve a blemish-free glow.

reducing your toxic load

Simply in the course of living a normal life, the body is bombarded with toxins and so the first step in any detox programme must be to reduce the number of toxins you encounter day to day. There are four main ways by which your body is exposed to and absorbs toxins: through the air you breathe, through the water you drink, through the food you eat and through the products you use on and in your body (in the form of cosmetics and medicines) and in your home (as cleaning products).

Over the following pages, we will look at each of these main sources of toxicity and I will give you practical advice on how you can reduce your exposure to them using safe, natural, effective alternatives. These alternatives are your first steps to becoming as toxin-free as you possibly can be.

THE AIR YOU BREATHE

It's not just motor exhaust fumes, industrial emissions and dust from construction sites that pollute the air that you (and I and our children) breathe – artificial fragrances such as air fresheners, candles, perfumes, cosmetics and room sprays also send chemicals into the atmosphere for all of us to breathe in. Cleaning products and garden insecticides alone can expose us to between three and four hundred volatile chemicals (that is, chemicals that can cause a reaction in the body) every day.

Most product manufacturers have undertaken minimal amounts of testing on the respiratory effects of fragrance materials even though many of them are organic compounds that can easily affect, among other things, the respiratory system. In addition, many artificial fragrances are neurotoxic (they attack our nervous system), which can cause irritability, allergies and – once again – breathing difficulties. Chemicals present in air fresheners and other perfumed products can irritate the eyes and the mucous membranes of our respiratory tract. They often cause skin reactions. The chemical gamma-Terpinene, which is present in some air fresheners, can induce asthma and central nervous system disorders, such as epilepsy.

acne

The skin produces a natural moisturizer called sebum, which is secreted by the sebaceous glands in response to hormonal triggers. At certain times, such as during puberty, the menstrual cycle (for women) and episodes of stress, the body's hormonal function may become imbalanced. The sebaceous glands then become overactive, producing an excess of sebum that can block the pores, trapping bacteria and causing an infection. Acne is the result of this infection.

The Treatment Programme

I have treated many cases of acne and there is no simple answer on how to overcome it. The good news is that a combination of the treatments below, which tackle the causes and aggravators of acne (hormone imbalance, toxicity, poor immunity, poor nutrition, constipation and fluctuating blood sugar) help to achieve longlasting results.

RECOMMENDED HERBS

Taken singly or in combination according to your individual symptoms, the following herbs will help to balance hormones, detoxify the body and boost immunity, and so reduce the signs of acne. You can take these herbs for 8–12 weeks, twice a day, morning and evening. Each dosage is 15 drops of tincture taken in a little water or juice.

RED CLOVER (*Trifolium pratense*) This herb helps to balance the sex hormones, including testosterone, oestrogen and progesterone. It is useful if your acne is brought on by puberty in girls and boys, or by menstruation or menopause in women.

BURDOCK (*Arctium lappa*) Too much sugar in your system impedes the immune response and encourages the growth of bacteria. Burdock helps to reduce blood-sugar levels – and is also antimicrobial and antibiotic.

AGNUS CASTUS (*Vitex agnus castus*) Also known as chaste tree, agnus castus helps to balance the hormones in the pituitary gland. It is especially useful for acne that worsens just before menstruation.

Discover the natural way to great health, wellbeing and beauty with one of the world's most renowned organic brands. Learn the secrets of health and beauty from Margo Marrone, the pioneering founder of The Organic Pharmacy, the first and only pharmacy in the world that is dedicated to using organic products and treatments.

- **Understand how to use herbal remedies,** homeopathy and nutritional approaches to feel and look your best
- **Follow step-by-step programmes** for more than 30 common conditions – from sore throats to arthritis, from hay fever to sleep problems, from acne to infertility – and perfect your skincare regime to achieve healthy, youthful-looking skin
- **Connect more deeply to your environment,** learn how to bring nature into your skincare routine and reduce your impact on the planet – this guide will show you how.

“Margo is one of the warmest and smartest people I know and she radiates health. Margo decodes homeopathy in refreshingly easy-to-understand ways and seeing the principles she lives by has inspired me to make healthier choices in my own life too.”

Lisa Oxenham, Beauty and Style Director at Marie Claire

“I have admired Margo’s innovation to organic products since she launched The Organic Pharmacy nearly 20 years ago. Her dedication to never compromise in the formulations to make the products so effective is very challenging in the organic sphere. She has led the charge in this market and I have huge admiration for Margo and all she has achieved.”

Beatrice Aidin, multi award-winning freelance journalist

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