



This Month: Denise Williams, Licensed Aesthetician

Remember the song "Beauty's Only Skin Deep" by The Temptations? Well, that song could have been the perfect theme song for this month's support group topic - Skin Fitness. Because, the way your skin looks and feels, tells so much about YOU in and out. This month, the Dorough Lupus Foundation's Support Group welcomed Denise Williams a licensed Aesthetician, certified in Make-up artistry, Microdermabrasion, and Chemical Peels, who currently works at The Aesthetic Clinique Med Spa in Orlando, Florida (USA). As a Lupus patient herself, Williams understands Lupus on a personal level, thereby making her treatments more beneficial for Lupus patients.

Denise's Story

In 1993, after a jet-ski accident, Denise Williams was diagnosed with Lupus. At first in denial, Williams continued to live her life with her pre-Lupus routines - working out at the gym, eating pretty much regular, and allowing stress to come and go. Yet, the side effects of Lupus brought Williams to reality; soon, she had to begin taking care of her body in order to live! After seeing a series of Traditional doctors, Williams made an appointment with a Holistic doctor and was introduced to Vitamin Supplementation as a means to achieve extreme cellular nutrition without the use of drugs.

Eventually, Williams educated herself, through research and her professional career, about alternative methods in vitamins, stress relief, detoxification, and make-up to learn what can naturally benefit Lupus patients in gaining healthy skin and a healthy body overall. In addition, Williams began to incorporate her background of body fitness and skin care into the picture, thus giving way to Williams' own wellness program entitled Skin Fitness. (before following any specific regimen for health, you should contact you health care professional)

Skin Fitness?

Skin Fitness is Denise Williams' wellness program that was created to aid people with Lupus in attaining optimal skin health and overall body well being by using Holistic and Organic methods and products.

At the opening of the support group meeting discussion, Williams spoke about how your skin, being the largest organ of the human body, is sponge-like. So whatever you place on your skin goes immediately into your blood stream, thereby affecting your other organs. And with Lupus, you do not want to add to the problem. Williams then led the support group discussion by indicating the FOUR** Skin Fitness aids

that will assist Lupus patients in achieving **skin fitness** inside and out, they are: (1) Vitamin Supplementation, (2) Essential Stress Relievers, (3) Self-Detoxification, and (4) Topical Solutions for the skin.

***these Skin Fitness aids are not solely available upon request at Denise Williams' place of business or any accompanying medical facility - these aids were highlighted at the support group meeting, by Williams, to emphasize parts of the whole. Meaning, the above aids (and others) may/can be incorporated in Williams' wellness program called Skin Fitness - to receive a full list of Williams' services (in accord with Skin Fitness) contact her office - see contact information at the end of the newsletter.*

Vitamin Supplementation

Within her discussion of Skin Fitness, Denise Williams emphasized how it is very important to treat your skin internally as well as externally. Vitamin supplementation (vitamins with a stronger nutritional value than the traditional store bought brands of vitamins) can assist a Lupus patient in accomplishing extreme cellular nutrition giving the body that healthy glow without going out in the sun or using prescribed drugs.

Williams stated that the regular multi-vitamins are extremely low in potency taking at least 4-5 (daily) to give your body the nutritional benefits it requires. In contrast, by taking at least 1 Organic Vitamin supplement daily, you can see the benefits quicker without the added chemicals and preservatives. And with

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August 24, 2007

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Orlando, FL 32806





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Lupus, any additives can be harmful.

Of the many beneficial vitamins needed to aid your body, Williams highlighted six major ones: Vitamin C (boosts your immune system), Vitamin E (great for the skin's overall health outside [epidermis] and inside [the dermis]), Essential Fatty Acids (EFAs) which lowers blood pressure and lowers cholesterol and is obtained from eating quality Mackerel, Salmon, raw nuts, and grape seed oil; Grape Seed Extract - 20 times more free radical (disease causing agents) attack power; CoQ10 which stimulates the immune system and has great anti-aging effects; and finally Antioxidants - vitamins, minerals, enzymes or plant derived nutrients (phytonutrients) that inhibits oxidation in the body. Some sources of antioxidants are found in green teas, grapes, bok choy, flax seeds, whole grains, and legumes.

Williams suggests going to a health food store to purchase the above vitamins in their organic, all natural, form to guarantee that the vitamins have not been chemically altered or laced with preservatives. Still, Williams stated to always read the ingredient labels to insure the quality of the product. As far as prices go, expect the organic products to be more expensive than the regular store bought vitamins; but remember, you get what you

pay for! Spending a little more money on better vitamins now, can save you on larger doctor bills later. (for a list of health food stores, go to the end of the newsletter)

Essential Stress Relievers

Stress!!! - This topic gave way to many responses from the audience at the support group meeting. Participants spoke about how stress causes headaches, high blood pressure, high cholesterol, body aches, and even a Lupus Patient's flare-ups and skin rashes. Moreover, by the response of the group, it can be said that everyone knows how exercise is a Skin Fitness aid that naturally relieves stress. Nevertheless, with a person who has Lupus, high intensity exercise can sometimes do more harm than good.

As a personal trainer, Williams mentioned how Yoga is a good alternative to high intensity workouts and is a great stress reliever. In addition, making a small sanctuary in your home - just a small place to get away to in order to meditate, feel centered, and reduce stress - is an awesome stress reducer. Moreover, Williams invited Lupus patients to take a dance class, which is low intensity, yet helps your body release endorphins to release stress.

Self-Detoxification

Self-Detoxification, another Skin Fitness aid, is the process of cleansing your body of harmful chemicals and poisons. Once thought to be a procedure administered only by a doctor, self-detoxification is just as beneficial when a person does a detox at home. Williams explained that the only thing needed is a detoxifying agent bought at a good health food store or a reputable supplier. Williams spoke about how Lupus patients can look for a Liver Detox (cleans the liver) or a Colon Cleanse at their local health food store that can be purchased in the form of supplements or teas. She also made it clear that they should start with a very mild one and build up to a stronger one. Another form of detoxing is [Dry Brushing](#). Dry Brushing is the process of lightly brushing your skin with a body brush. Start at your feet and brush towards your heart. This is great for detoxing and blood circulation. Body brushes are available at Bed, Bath, and Beyond (in the foot section). In addition, anyone with Lupus who is interested in detoxing should research to find one that suits him or her personally.

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Topical Solutions for the skin

Denise Williams told the support group about the best products to complement a Lupus patient's skin, especially during a flare-up. Williams explained that products that have Botanicals in their list of ingredients are great for the skin - and if the product is Organic, then that is even better! Some botanicals to look for in the products of choice are Olive Oil extract, Mushroom extract, Green Tea extract, and Citric Acids (Alpha Hydroxy). What about make-up?

At the meeting, an group member, who has Lupus, asked Williams what is the best all day make-up that she can wear even when she has a flare-up. In response, Williams stated that some of the best make-ups for Lupus patients are: "Glow Minerals" (their cosmetics have Vitamins A, C, E, and Zinc in their ingredients) www.glowminerals.com; "Color Science" (they have a compressed powder good for camouflaging marks or scars and a cream base option) www.colorsience.com; Dermawear (they offer a gel-like base make-up and buffer) www.dermawear.com; and, Dermacia (www.dermacia.com).

Artificial Culprits

Near the end of the meeting, Williams brought the group's

attention to Artificial Culprits. Artificial Culprits are the additives, preservatives, chemicals, and metals that are placed in the products we consume and wear by their manufacturers/growers. These Artificial Culprits are administered to these different sources to allow longer shelf life, better color, and different tastes. Yet, these Artificial Culprits all damage the body and adds to the problem, not solve the problem. Williams stated how we should stay away from artificial ingredients and develop a lasting relationship with the four Skin Fitness aids that were listed earlier in the newsletter. The four Skin Fitness aids are All-Natural/Organic; therefore, they work with your body, not against it. That's what makes them great for a person who has Lupus.

In the end, good vitamin supplements coupled with good skin care products, stress reduction, body cleansing, and eliminating the Artificial Culprits (negative elements) all will provide you with better skin and optimal overall body health.

For a consultation, an appointment for Skin Fitness, an Aggressive Peel, or to have Microdermabrasion (Lupus patients must sign a waiver) please contact Denise Williams at The Aesthetic Clinique Med Spa in Orlando, Florida (#407-896-3772) or just drop in. The Aesthetic Clinique Med Spa is located at

2905 McRae Avenue,
Orlando, Florida 32803.

Important/Interesting Points

--check out [Lupus, Alternatives that Work](#) by Sharon Moore.

--to learn about the dominant Artificial Culprit, Aspartame (NutraSweet), pick up a copy of [Aspartame \(NutraSweet\): Is It Safe?](#), by H.J. Roberts.

--health food stores? Chamberlin's (has a staffed, licensed, herbologist or nutritionist there to answer questions) www.chamberlins.com. And log onto www.puritanspride.com (great for purchasing Vitamin supplements).

-- Subscribe to [Lupus Now Magazine](#) - a magazine catered to providing up to date information to people who have Lupus. You can subscribe by phone, mail, or online. Go to www.lupusnow.org to find out how.

--Take a look at Botani - pure plant skin solutions, brought to you by Upurea, a Canadian natural and organic hair and skin care company. Visit www.upurea.com. (Note: Check the ingredients to see if they will work well for you)

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