

The Integumentary System - Part 1

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What Does the Integumentary System Consist of?

Skin, including the sebaceous glands and sudoriferous glands

Hair

Nails

What are Their Functions?

Skin - protection, regulates body temperature, sensation, elimination, vitamin D production, prevents dehydration

Sebaceous glands - produces sebum, oils and lubricates

Sudoriferous glands - body's cooling system, natural response to stress & heat, elimination

Hair - protection, warmth, sensation (light touch on/near skin)

Nails - protection, elimination

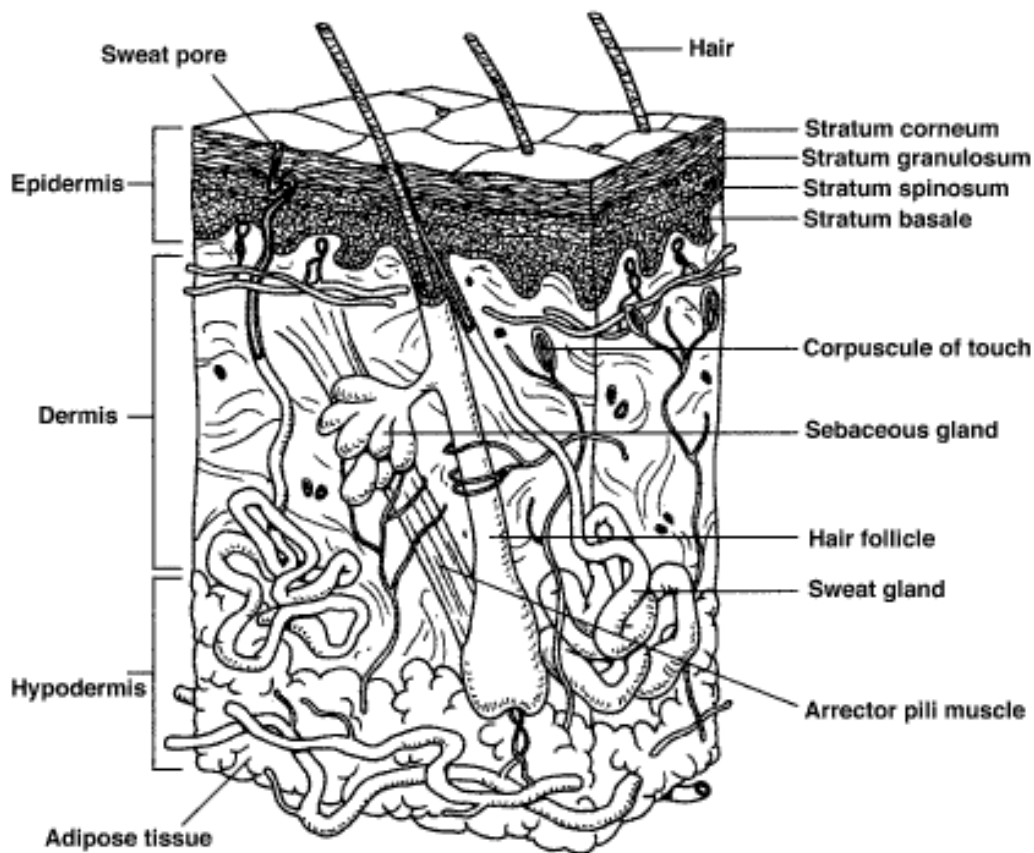


Figure 5-1. The skin

Signs of an Unhealthy Integumentary System:

Rashes
Brittle nails
Dull hair

Acute and Chronic Problems for Integumentary System:

Burns	Wounds
Cuts & Scratches	Infections
Alopecia	Acne
In-grown toenails and/or hairs	Fever blisters
Eczema	Impetigo
Psoriasis	Warts
Hives	Moles
Contact dermatitis	Cancer
Split ends	Dry, brittle hair

Herbal Applications for the Skin:

Creams	Lotions
Oils	Salves
Poultices	Compresses
Plasters	Powders
Liniments	Washes
Baths	Soaks

Herbs for the Skin:

Aloe (*Aloe vera*)
Burdock (*Arctium major*)
Calendula (*Calendula officinalis*)
Chickweed (*Stellaria media*)
Comfrey (*Symphytum officinale*)
Elderflower (*Sambuca nigra*)
Honeysuckle (*Lonicera japonica*)
Plantain (*Plantago spp.*)
Rose petals and hips (*Rosa spp.*)
Self Heal / Heal All (*Prunella vulgaris*)
Usnea (*Usnea spp.*)
Violet (*Viola spp.*)
Witch Hazel (*Hamamelis virginiana*)
Yarrow (*Achillea millefolium*)

Herbal Applications for the Hair:

Conditioners
Rinses

Oils
Teas (internally)

Herbs for the Hair and Nails:

Burdock (*Arctium major*)
Chamomile (*Matricaria chamomilla*)
Horsetail (*Equisetum arvense*)
Nettles (*Urtica dioica*)
Rosemary (*Rosmarinus officinale*)

Ways to Strengthen the Integumentary System:

- ~ Eat well. Avoid processed foods, sugar, caffeine, etc. Fresh vegetables, fruits, adequate protein. Many skin problems are rooted in the digestive system and/or the liver.
- ~ Fix the digestive system. Learn about food allergies that may be triggering problems.
- ~ Nourish and support the liver.
- ~ Supplement with Vitamin D3 and get a variety of vitamins and minerals through your daily diet.
- ~ Avoid chemicals in cleaning supplies and your personal care items.
- ~ Rest. Be sure to get plenty of rest. Try to wake up naturally w/o an alarm clock. Go to bed earlier to allow a full night's sleep. Nap if needed to achieve full rest.
- ~ Avoid excess stress. Reprioritize your life if need be.

Recommended Herbal Books (*indicates available through library loan system):

- ~ The Gift of Healing Herbs : Plant Medicines and Home Remedies for a Vibrantly Healthy Life by Robin Rose Bennett*
- ~ The Herbal Handbook: A User's Guide to Medical Herbalism by David Hoffmann
- ~ Herbal Medicine From the Heart of the Earth by Sharon Tilgner, N.D.
- ~ The Authentic Herbal Healer by Holly Bellebuono

Online Resources

Learning about the integumentary system:

<http://www.innvista.com/health/anatomy/integumentary-system/>

<http://www.herbalremediesadvice.org/integumentary-system-functions.html>

<https://www.youtube.com/watch?v=z5VnOS9Ke3g> Video on the Integumentary System