

Skin Balance™

Dr. Fung's Skin Herbal Supplement

Therapeutic Actions

1. Reduces itching and skin inflammation
2. Treats conditions existing in psoriasis, eczema, rosacea, hives, and other inflammatory skin conditions
3. Removes toxins in blood which cause skin inflammation
4. Facilitates recovery of skin tissues once the itching and inflammation are under control
5. Moistens and nourishes the skin

Chinese Therapeutic Effects

Clears liver heat

Cleans blood

Eliminates heat and dampness

Administration

Internal: 3 tablets TID to QID, between meals

90 tablets, 750mg, 10 day supply

Contraindications: Reduce dosage if diarrhea occurs.

Ingredients

Barbat Skullcap herb <i>ban zhi lian</i>	Rehmannia (raw) root	Lonicera flower <i>jin yin hua</i>	Bupleurum root <i>chai hu</i>
Oldenlandia herb <i>bai hua she she cao</i>	<i>sheng di huang</i>	Lysimachia herb <i>jin qian cao</i>	Carthamus flower <i>hong hua</i>
Gentiana root <i>long dan cao</i>	Viola herb / root <i>zi hua di ding</i>	Coptis rhizome <i>huang lian</i>	Senna leaf <i>fan xie ye</i>
	Siler root <i>fang feng</i>	Tang Kuei root <i>dang gui</i>	Rhubarb rhizome <i>da huang</i>

Formula Rationale

This is an empirical formula based on Dr. Fung's 60 years experience.

Skin Balance can be used for minor cases like pimples and localized itching to serious cases such as eczema or psoriasis. According to TCM these conditions are caused by heat, dampness, and toxins.

Skin Balance is designed to treat skin inflammation. It is able to do four things: eliminate toxins, evaluating, reduce heat and dampness, and to nourish the skin through nourishing the blood.

The following herbs are used to reduce the toxins: oldenlandia (*bai hua she she cao*), viola (*zi hua di ding*), and barbat skullcap (*ban zhi lian*).

The following herbs are used to reduce the factors of heat and dampness: rehmannia root (*sheng di huang*), siler (*fang feng*), lonicera (*jin yin hua*), and coptis rhizome (*huang lian*). Liver heat is also reduced by using gentiana (*long dan cao*) and bupleurum (*chai hu*).

The following herbs are used to smooth bowel and water movements so as to purge the toxins out of the body: Senna leaf (*fan xie ye*), rhubarb (*da huang*), carthamus (*hong hua*), and lysimachia (*jin qian cao*).

The following herb is used to nourish the blood, which will nourish the skin to facilitate recovery of skin tissues: Tang kwei (*dang gui*).

Clinical Notes

The following foods are likely to worsen the skin inflammation: shellfish, and spicy deep-fried food. On the other hand, some foods can help reduce skin inflammation. They include: juicy fruits (not sour), vegetables, pearl barley and seaweed.

Additional Formulas

- For skin characterized by intense redness, combine Skin Balance with **Clear Heat**
- For skin that is itchy and dry, combine Skin Balance with **Marrow Plus**
- For dry skin due to yin deficiency, combine Skin Balance with **Nine Flavor Tea**
- For hives, take with **Coptis Purge Fire**
- For skin allergic conditions, poison ivy or poison oak, take **Xanthium Relieve Surface 3** tablets four or more times per day. Combine with **Coptis Purge Fire** or **Astra C**
- For chronic candida infection with skin irritations, consider **Phellostatin**
- For bacterial skin infections, use **Resinall K** topically with **Coptis Purge Fire** internally