

Natural Health

COMPLEMENTARY THERAPIES FOR YOUR MIND, BODY AND SPIRIT

“MY BACK IS COVERED IN PAINFUL SPOTS”

Although my face is clear, I suffer from angry, painful, red spots on my upper back and shoulders, which cause me some distress during the summer months when they can be exposed. I'm not sure how to prevent these outbreaks, which seem to be occurring more and more, but they're really knocking my confidence. I'm 28 and have been suffering with spots since my early 20s, although it has only been in the past four or five years that they've been appearing so frequently on my back.

Dr Shamin Daya advises:

Red spots anywhere on your skin is, to my mind, indicative of 'excess heat' in your body.

This Chinese Medical terminology is highly relevant to explaining why they occur and more importantly helping them to disappear. Obviously diet and lifestyle play an important part, especially as you are quite young. There are certain items you should try to avoid as they only add further to the 'heat': namely alcohol, spicy food, prawns, lamb, sardines, mackerel, salmon, garlic, ginger and chillies.

Spots on the skin can also be indicative of a food intolerance, a mineral deficiency or possible 'fungus' proliferation in your system, primarily in the gut. Cleaning up your diet would also help get rid of this fungus. Doing a herbal bowel cleanse programme is a good idea to keep the gut nice and clean, free from fungus and parasite proliferation. Remember, the skin is one of the largest eliminating organs and therefore it is trying to tell you that there is probably a toxic overload going on in your system which is relatively easy and simple to reverse.