

Integumentary System

The Integumentary System is responsible for the largest organ of the body: skin. It encompasses the skin and all of its tissues that make up an area of about 20 square feet. Its imbalances are largely a symptom of imbalances in the immune, circulatory, and digestive systems (particularly the liver).

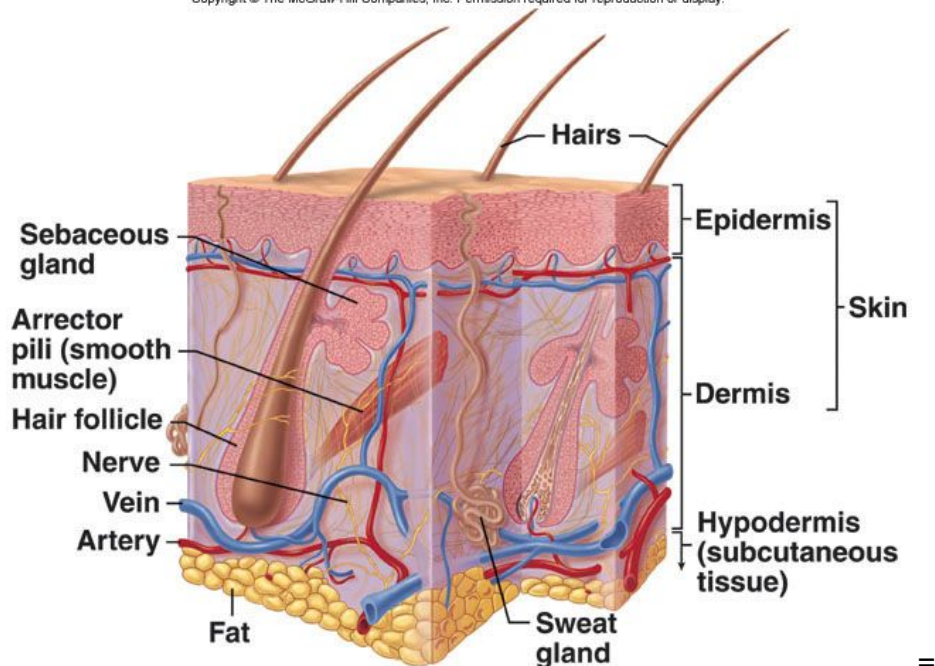
Role of the Integumentary System

The main functions of the integumentary system by:

- **Protection:** the skin protects the body's internal living tissues and organs from the external environment (pathogens, microbes, bacteria & abrasions) by creating a physical barrier
- **Temperature homeostasis:** the skin helps regulate temperature through 1) perspiration (sweat) when the body becomes too hot; 2) constricting blood vessels near the surface of the skin to prevent heat from leaving the body when the body becomes cold
- **Sensation:** nerve fibers run throughout the layers of the skin help us to sense touch, temperature, pressure, and pain
- **Elimination:** as an eliminatory organ, the skin removes natural metabolic wastes from the body through perspiration
- **Vitamin D production:** necessary for the absorption of calcium, facilitating balanced immune system, reduced depression + more!

Parts of the Integumentary System

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Integumentary System

Skin has three layers:

- The epidermis
- The dermis
- The hypodermis
- **Skin:** dynamic organ made of several layers of cells which contain elements of the innate and the adaptive immune system; acts as a barrier or sheath and considered first line of defense
- **Epidermis:** the outermost layer, provides a waterproof barrier and creates our skin tone
- **Dermis:** beneath the epidermis, contains tough connective tissue, hair follicles, and sweat glands
- **Hypodermis** (superficial fascia): not skin made of fat and connective tissue

The skin's color is created by special cells called **melanocytes**, which produce the pigment melanin. Melanocytes are located in the epidermis.

How the Integumentary System Works

The Integumentary system is social and cooperative, it works closely with subsystems to help keep it functioning properly. It does this through a strong communication and clear definition of system roles and responsibilities.

- The skin functions as the first defense mechanism in your **immune system**
 - Tiny glands in the skin secrete oils and immune cells that enhance the barrier function of the skin and provide the first line of defense against infection
- By helping to synthesize and absorb vitamin D, the integumentary system works with **the digestive system**
 - Encourage the uptake of calcium from our diet by entering the bloodstream
 - Digestion and assimilation of dietary fats and oils are essential for the body to be able to make the protective oils for the skin and hair
- Surface capillaries under the skin work through the bloodstream, a part of **the circulatory system**, to delivery necessary medication

Integumentary System Imbalances

<ul style="list-style-type: none">• Eczema• Acne• Melanoma• -----• -----	<ul style="list-style-type: none">• -----• -----• -----• -----
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Integumentary System

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Nourishing the Integumentary System

- Maintaining healthy digestion
- Avoiding chemicals in skin and cleaning projects
- Consuming antioxidant food + herbs
- Foods for healthy hair
- Avoid nutrients that brittle nails
- Maintain optimum levels of vitamin D
- Avoid excessive stress
- Paying attention to changes in your physiology, ask yourself:
 - Is the skin hot or cold?
 - Clammy or dry?
 - What color tone is the skin presenting with?
 - Are there noticeable blemishes on the skin?

Methods, techniques and therapies for nourishing the integumentary system through a holistic and intersectional lens:

- Food as medicine/ancestral foods
- Nourishing and Immunity boosting/supporting herbs

- _____
- _____
- _____
- _____
- _____
- _____

Herbal Actions for the Integumentary System

- **Alterative:** herbs that gradually restore the proper function of the body and increase health and vitality
- **Anti-inflammatories:** herbs that reduce internal and external inflammation by promoting or reducing blood flow
- **Astringents:** herbs that tighten the skin and minimizes pores



Integumentary System

- **Vulnerary:** herbs that promotes healing of damaged tissue

Aloe

Aloe spp

True aloe, Burn plant, Lily of the desert



Actions: antioxidant, anti-acne, demulcent, anti-cancer, nutritive, anti-cholestromatic, antimicrobial, antiseptic disinfectant, antibiotic, germicidal, antibacterial, antiseptic, anti-fungal anti-viral

Spiritual Medicine:

- Recalibrate body's frequency/energy/chi
- Recalibrate at the DNA level
- Transporting the soul to metaphysical dimensions, including the afterlife
- Ward off negative forces when there is an emotional or physical imbalance
- Block & protection from evil spirits

Physical Medicine

- Supports external acne, skin rashes, skin redness, psoriasis, burns, genital herpes
- Alleviates constipation (internally)
- Supports oral conditions, such as submucous fibrosis
- Treats underlying causes of hair loss + dandruff
- Treats ulcers, diabetes, arthritis, + coughs

Calendula

Calendula officinalis

English Garden Marigold



Planet: Sun

Element: Fire

Actions: anti-inflammatory, lymphagogue, vulnerary, anti-fungal antibacterial, emmenagogue, cholagogue

Spiritual Medicine:

- Moving what is stagnate in our defense system
- Invites circulation + flow
- Calls on solar energies to nourish brighter dispositions + perspectives
- Presents us with universal opportunity
- Centralizes abundance + wealth of spirit

Physical Medicine

- Supportive to anal fissures, diaper rash, peeling lips, gum inflammation, skin inflammation
- Supportive in preventing muscle spasms
- Promotes menstruation + alleviates menstrual cramps through promotion of blood flow as well as symptoms of vaginal atrophy
- Treats sore throat, mouth lesions/sores, pressure ulcers



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Comfrey

Symphytum officinale
Blackwort, Assear, Bruisewort,
Boneset, Knit Bone, Slippery Root



Planet: Saturn

Element: Water

Actions: anti-inflammatory, vulnerary, astringent, antioxidant, expectorant, demulcent, mucilaginous

Spiritual Medicine:

- Calls on protection, particularly during travels
- Healing to the throat chakra
- Prosperity
- Creates a sensitivity to meditation
- Divination

Physical Medicine

- Sprains, swelling, bruises, severe cuts, boils, abscesses + on the skin lesions or sores (externally)
- Brings calcium and vitamin C to stimulate healing activity to wounds and bones
- Also support dysentery, pulmonary imbalances, ulcers
- Allies well plantain, marshmallow, calendula

Witch Hazel

Hamamelis virginiana
Winterbloom, Snapping Hazel



Planet: Saturn

Element: Fire

Actions: astringent, tonic, sedative, anti haemorrhage, anti inflammatory,

Spiritual Medicine:

- Attracting + feeding the community
- Banishes unwanted negative energies + emotions
- Protective
- Love divinations
- Mends a broken heart

Physical Medicine

- Reduces swelling + itching
- Treats bruises, burns, sunburn, psoriasis, eczema, ingrown hairs and nails, blisters, cracked skin, insect bites, contact dermatitis, including poison ivy rash, varicose veins + hemorrhoids
- Soothes the peritoneal area after childbirth
- Also used for diarrhea, ulcers, vomiting blood, tuberculosis, swollen gums, sores in mouth
- Allies well with blackberry



Integumentary System

	leaf + arnica
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