

Ancestral Skin Care

What's wrong with modern skin care, how our ancestors cared for their skin, and how you can do the same! (including the best way to render animal fats)

Speaker: **Andrew Gardner** of *Vintage Tradition*



Topics covered

- What's wrong with modern skin care?
- What did our ancestors use on their skin... and why?
- How you can make your own ancestral skin care (including the best way to render animal fats)!



So what's wrong with modern skin care anyway?



Hint: It's not just what's on the label, but also what isn't!

3 common sense principles
of skin care

1

Don't apply anything to your skin that you wouldn't eat!

Truth: The skin is the largest organ and readily absorbs what is applied to it.

3 common sense principles
of skin care

2

Give the body what it needs to maintain and heal itself!

Truth: Modern skin care tries to manipulate the chemistry of the skin to produce relief or enhancement.

3 common sense principles
of skin care

3

If it sounds like a chemical, it *IS* a chemical... and not "natural"!

Truth: The more a substance from nature is manipulated, modified, and refined, the more it should be avoided.

Toxic ingredients in a popular skin care line



Hormone disruptors	parabens, fragrances, EDTA
Nerve damage	methylisothiazolinone, phenoxyethanol
Skin irritants	sodium hydroxide (drain cleaner), propylene glycol and butylene glycol (antifreeze)
Carcinogens	petrolatum and mineral oil (by-products of gasoline distillation), BHT (preservative), titanium dioxide, triethanolamine (TEA), DMDM-hydantoin (formaldehyde releaser), diazolidinyl urea (formaldehyde releaser)
1,4-dioxane	by-product of ethoxylation; look for myreth, oleth, laureth, cetareth, any other -eth, PEG, polyethylene, polyethylene glycol, polyoxyethylene, oxynol, or polysorbate

“But I get mine at my health food store”

- 1,4-dioxane
- Rancid industrial vegetable oils high in free radicals
- Plenty of chemical names in the ingredients
- Preservative sodium benzoate + ascorbic acid = benzene
- Fragrances
- Synthetic or isolated vitamins
- “Organic”?



What about deodorants?





What about sunscreens?

All the other issues that skin care products have, plus...

- Chemical UV filters: hormone disruptors, additional toxic effects
- Physical UV filters: zinc oxide and titanium dioxide: both toxic, especially in their nano-particle form
- Research and statistics indicate sunscreen use actually increases incidence of skin cancer
- Search for "sunscreen" at www.westonaprice.org – Dr. Plourde



What questions do you have?

About what's wrong with modern skin care?



Well, then what did our ancestors use on their skin?

And does science back it up?

Our ancestors overwhelmingly used tallow

*Since **tallow** can be obtained from any grass-eating animal, it was available virtually worldwide*

*Historical research shows that our **ancestors used many plant and animal oils on their skin**, but that **tallow** was used more than any others*

Our ancestors overwhelmingly used tallow

*We might even say that **ancestral wisdom on nutrition and health is more reliable** than modern scientific studies, which are subject to manipulations and misinterpretations and can only look at one small piece of the puzzle at a time*

Our ancestors overwhelmingly used tallow

***Animal fats in skin care vanished** around the same time as they did from our diet*

*The **modern taboo** against using animal products in skin care is **unscientific** – we are animals, not plants*

Is the use of tallow confirmed by science?

Saturated fats constitute at least **50% of the cell membrane**, giving it its necessary stiffness and integrity for proper function

Tallow is the **only fat** that is **50-55% saturated**

Tallow is very **similar to sebum**, our body's own skin care product

The Latin word "**sebum**" means "**tallow**"



Is the use of tallow confirmed by science?

Tallow has **nutrients** that are **only found in animal fats**

Fat soluble **vitamins A, D, E, K** and other important micronutrients

Tallow has **abundant healthy fatty acids**, some of which have been shown to be anti-cancer, anti-inflammatory, and antimicrobial

Conjugated linoleic acid (CLA), palmitoleic acid, palmitic acid, stearic acid, etc.



Not just any tallow

- **Toxins ARE** stored in fat: pesticides, antibiotics, hormones, and all of their metabolic by-products
- Tallow from grass-fed and -finished cows has a **better nutrient profile**: studies have shown 4 times the vitamin E, 3-5 times the CLA



Not just any tallow

- Tallow from suet (kidney fat) and not other fat: most highly saturated, **highest level of nutrients**
- **Not industrial** “edible” tallow or even refined at all: it should smell like tallow!
- You want a **high tallow content** in your skin care



Using skin balm made from tallow

- A very **little bit** goes a very **long way!**
- **Not** a drop of water in it
- If you don't use too much, it is **readily absorbed** by the skin as **nourishment** and doesn't result in a greasy look or feel



Using skin balm made from tallow

It is so **gentle** and **soothing** that it can be **applied anywhere**

It can be used for **all manner of skin conditions** because it gives your skin the nutrients it needs to heal itself. Use it for:

dry, chapped, calloused, cracked, sun- and weather-damaged skin, rashes, burning, itching, wrinkles, moisturizing, smoothing, softening, aftershave, etc.



So, what to use for deodorants?

The better your diet, the less body odor you'll have
 Have you ever tried not using soap on your underarms?

- Magnesium oil (magnesium chloride brine)
- Essential oils (thyme and others)
- Tallow balm: palmitoleic acid (antimicrobial)
- Tallow balm with odor-fighting essential oils

So, what to use for sunscreen?

Preventing sunburn:

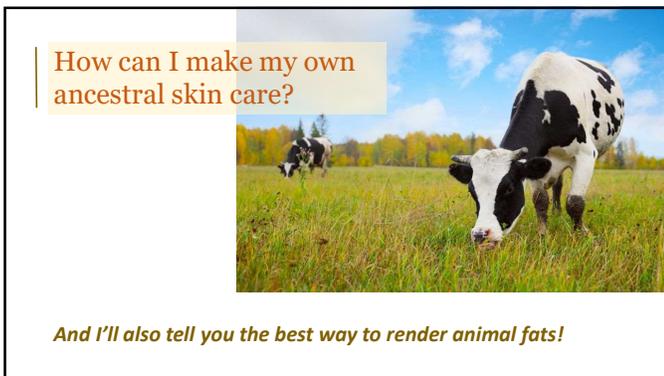
- Eat a diet high in antioxidants
- Eat a diet high in saturated fats
- Apply antioxidants to your skin
- Limit exposure

So, what to use for sunscreen?

Healing from too much sun (from the Food Renegade article):

- Apply raw apple cider vinegar as soon as possible; wait half an hour
- Then apply tallow balm







Step 1
Cut suet



Step 2
Place in colander



Step 3
Place colander over pot



Step 4

Place pot in oven at 220°F (105°C)



Step 5

Stir and mash



Step 6

Remove colander and pour



Step 7

Filter through cloth



Step 8

Voilà! Golden liquid tallow!



Step 9

Allow tallow to harden



Step 10
Mix in ingredients



Step 11
Pour mixture into jars



Step 12
Allow to solidify





What questions do you have?

About making your own ancestral skin care or rendering?



Conclusions

- Don't use a skin care product with ingredients that aren't whole foods
- Tallow is the most effective skin care product due to its unique makeup



Conclusions

- Use pure tallow or make your own tallow balm for your skin care
- Or purchase tallow balm that is made with ingredients of the quality that you would use if you made your own

Conclusions

- If you've never tried tallow on your skin, you can try it here at the conference.
- It's unlike anything you've ever used on your skin!



Thank you for attending!

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