

## WHEAT GERM OIL FOR SCARS

About wheat germ oil:

Wheat germ oil has a lot of fatty acids, along with proteins, lecithin, vitamins and minerals. It has one of the highest Vitamin E levels among all the carrier and vegetable oils.

Benefits:

- It is a good moisturizer
- It neutralizes free radicals. These chemicals can damage the skin cells, collagen and elastin, as well as slowing down collagen and elastin re-generation.
- It repairs skin which means it can heal cuts, wounds, burns, skin ulcers, sun burn, scars, stretch marks and dermatitis.
- It reduces inflammation which means it not only reduces redness, irritation and dermatitis but it can also ease the symptoms of psoriasis and eczema.
- It boosts collagen and elastin production (see the second point)
- It improves circulation which means more nutrients and oxygen reach the skin and more toxins and wastes are flushed away.

About scars:

Besides being a cosmetic issue the presence of a scar disrupts the energy flow in your skin and throughout your body. All of our cells carry an electric charge and many body functions are relying on the correct flow of this energy. A scar is a malformation of the skin the energy is unable to flow through that area correctly.

Instructions for use:

Puncture the wheat germ oil pearl with a pin and squeeze the oil out onto your scars (or other skin problem areas). Rub into the scar for 1-2 minutes at least one if not two or three times per day.

Note: be sure to check for your skin for sensitivity to the oil