



# Functional Nutrition Working Group Newsletter

August 19, 2022

Interested in Learning More about the FNWG?  
Contact Linda Hoffman at [pca@pennchiro.org](mailto:pca@pennchiro.org)

## Dermatology: Why the skin?

### Some of the conditions that can show on the skin, hair, and nails include:

Lupus	Graves disease	Infections	Amyloidosis
Psoriasis	Cushing's syndrome	STD/STI	HIV
Lyme disease	Scleroderma	Reiter's syndrome	Pruritus
Diabetes	Rheumatic disease	Thrombophlebitis	Raynaud's disease
Hypothyroid	Cancers	Paget's disease	Leukemia

### What to look for with these conditions:

- Look for itching
- New sleep disturbances
- Severe recurrent associated with systemic disease
- Psychoneurotic associated with anxiety
- Odor
- Color change
- Cyclic changes by diet or travel



## Proper Testing

- NMS—for inflammatory and arthritic conditions
- GI/GU—food allergies, diabetes, thyroid, and infections
- Cardiorespiratory—edematous conditions
- Blood/Urine—systemic conditions
- Biopsy—cancers or undetermined
- Woods lamp—fungal and infestations

### CONTACT US

**The FNWG continues to work on seminars and educating our members. We have received many requests and interests about the group. If you have any seminar requests or interests please contact us at [drgraydc@gmail.com](mailto:drgraydc@gmail.com).**

**THANK YOU!**