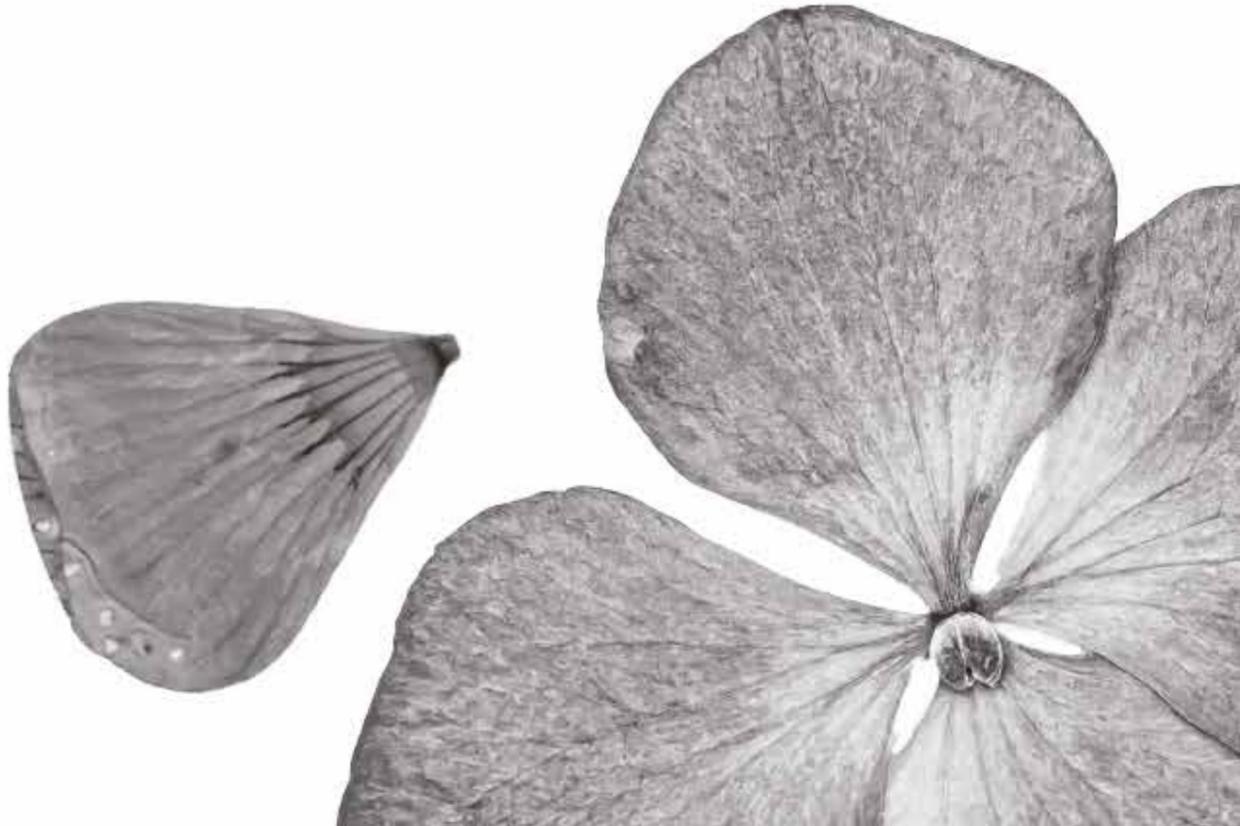




SKIN WISDOM

BY INGRID RAPHAEL



FOOD SUPPLEMENTS

A close-up photograph of a person's hands, one in a red glove, holding a red fabric. The background is a plain, light-colored wall.

BLENDING KNOWLEDGE
EXPERIENCE
AND INTUITION

CLEANSE WISE™

TURMERIC ROOT EXTRACT, ARTICHOKE LEAF AND AMINO ACIDS

Food Supplement
30 Capsules

SKIN WISDOM*

OH MEGA THREE COMPLEX

WELLNESS WISE™

OMEGA-3 ESSENTIAL FATTY ACIDS (DHA & EPA), VITAMIN D3 AND E

Food Supplement
30 Capsules

SKIN WISDOM*

BERRY
SPEC
CO

9

FOOD SUPPLEMENTS

Skin is an intelligent message-bearer with unique communication skills. When we don't give our bodies what they need it manifests externally, via your skin, informing you there are imbalances. A complete range supporting your physical, mental, emotional and spiritual bodies.

Made with wisdom and care in the UK,
using UK and non-UK ingredients.

INTERNAL SUPPORT FOR EXTERNAL RADIANCY

A SKIN WISE APPROACH BY INGRID RAPHAEL

SKIN WISDOM® complexes originated from eye opening experiences when the world was knee deep in Lockdown. I always say 'in silence and simplicity, you learn the truth' – and I did.

What I knew to be true before the world fell silent – that what we experience externally reflects our inner world – was amplified when my clients' conditions were not as easily maintained (even those previously under control). It became apparent their unique elemental balance was showcasing an imbalance via the wise communication organ that skin is.

This encouraged me to really delve into how our inner world affects our outer world.

BEAUTY IS ONLY SKIN DEEP IF THAT'S AS FAR AS YOU LOOK

Having retailed selected supplements for years – to support treatments by getting to the root of what was bubbling up from within – I had witnessed their positive effect on my client's conditions, and seen first-hand how impactful supplementing our body's needs with herbs and botanicals can be. I wanted to learn more.

And in all that lockdown silence, I really had time to hear the truth. So, I decided to use it wisely, by digging deeper, expanding my inner wisdom – and become even more skin wise.

I trained 1:1 with Astrologists and Herbalists from around the world, who kindly mentored me and taught me everything they knew about herbs, plants, planets, elements – how they all correlate, and can benefit our skin and our bodies in ways our detachment from nature has made us forget.

TO HEAL, WE MUST HAVE ACCESS TO THE WISDOM WITHIN

TAKING ALL ELEMENTS INTO CONSIDERATION

It was an epiphany moment. Not only are the planets associated with plants, and the plants associated with elements, the elements are the foundational fabric of our reality. As is all that is fundamental in our world. So, while we can't change genetics, we can learn our unique elemental balance – because understanding and appreciating your elemental balance is the basis for mastering your skin's needs.

IT'S BEEN QUITE A (SKIN) JOURNEY!

Four years of research, development and testing later...

Working with internationally recognised, innovative, premium quality suppliers and manufacturers in nutritional supplementation. Combining decades of experience with the work of dedicated nutrition practitioners, naturopaths and scientists. (All independent of any outside interests.) Followed by real life trialling and passing vigorous rulings via the HFMA, the most stringent in the UK for health and food manufacturing standards.

But here we are! With a range of nine complexes that combine the power and knowledge of anciently proven beneficial plants and botanicals. Created to support and strengthen my clients inner skin journey – and anyone wishing to tune into their SKIN WISDOM®.



USING NATURE TO NURTURE
YOUR NERVOUS SYSTEM

FIND YOUR INNER SERENITY

The pressures of everyday life place a big demand upon our body's nutritional reserves – and prolonged stress increases this demand even more. Busy lifestyles don't always allow time for the natural post-stress relaxation necessary to return stress hormone levels to normal.

Managing stress, getting deep sleep (and enough of it), refilling depleting reservoirs of serenity and supporting your adrenal glands, is imperative for overall well-being, especially when daily stresses are vamped up.

PEACE OF MIND, PEACE OF SKIN

The adrenal glands are the body's 'natural shock-absorbers' and supporting them combined with a good night's sleep and maintaining a balanced nervous system and adrenal support will help our body regulate its response to the challenges of stress. This valuable adrenal function is also linked to the regulation of the immune system and its response to the production of cortisol, especially during the 'fight or flight' response. So keep those to a minimum.

When the adrenal glands are overworked, they produce excess cortisol, stressing your skin out – not what you need. So take a deep breath, drop your shoulders and reduce excess cortisol levels.

USING NATURE TO NURTURE YOUR NERVOUS SYSTEM

Various dietary factors and nutrients (like magnesium and vitamin B, C and D) have an important nutritional influence when it comes to supporting the adrenal glands and balancing the nervous system, helping to maintain normal metabolic function, inducing a more restful state.

FOR THE LOVE OF SLEEP

For ultimate restoration, milk protein hydrolysates have been shown to support a more even and uninterrupted sleep cycle – and also promote a more relaxed and less anxious state of mind and body throughout the day.

Casein is a slow-digesting protein. When consumed, it forms a gel-like substance in the stomach, which slows down its digestion and absorption. This slow process can lead to a sustained release of amino acids, including tryptophan, over several hours. Tryptophan is particularly important because it serves as a precursor to serotonin and melatonin, compounds with important roles in mood regulation and sleep. (Which, as you might have guessed, is why the babies sleep so well after breastfeeding, and a hot cup of milk before bedtime usually does the trick.)

Milk proteins and particularly caseins, are largely recognised as a source of bioactive peptides that have been shown to play a physiological role in peripheral and central systems including the nervous system, and that together with L-Theanine produces anti-stress effects.

THE COMPLEXITY OF OUR COMPLEXION AND CALMING COMPLEX

CASEIN HYDROLYSATES bioactive peptide has a high and selective affinity for some receptors in the brain called GABA-A receptors, it stimulates the activity of Gamma-Amino Butyric Acid (GABA), a neurotransmitter known to inhibit anxiety and the stress response in the brain. (And our version supports this while being completely non-dairy.)

L-THEANINE an amino acid commonly found in tea, of which consumption is widely considered to promote feelings of calmness, decreasing alertness, and alleviating stress. These anti-anxiolytic effects are due to L-theanine – an amino acid found in green tea leaves, shown to block the binding of L-glutamic acid to glutamate receptors in the brain. The qualities of L-Theanine suggest that it may influence psychological and physiological responses when the nervous system is under stress.

MAGNESIUM also has a role to play in supporting balancing the nervous system and along with vitamin C and other B vitamins, helps support and maintain normal neurological function.

VITAMIN C AND B5 (pantothenic acid) are nutritional requirements for the maintenance and regulation of healthy adrenal function. Essential for the healthy functioning of the nervous system, Vitamin B5 is needed for the correct functioning of the adrenal glands and the production of some hormones and nerve regulating substances. Any protracted stress may increase the demand upon the body's nutritional reserves. Vitamin B6 contributes to normal psychological function.

B VITAMINS (B1, B2*, B3*, B5, B6** & B12) support a wide range of metabolic functions in the nervous system and play a vital role in its structure as well as the formation of neurotransmitters.

* Riboflavin (vit B2) and Niacin (vit B3) contribute to the maintenance of normal skin.

** Vitamin B6 contributes to normal psychological function.





THREE SUPERFRUITS,
TRIPLE ANTIOXIDANT SUPERPOWER

BERRY SPECIAL COMPLEX_IMMUNE WISE*

VITAMIN C – WE SIMPLY CAN'T GET ENOUGH OF IT

IT'S ABSOLUTELY ESSENTIAL

Essential vitamins (like vitamin C) are nutrients our body is completely dependent on to perform a spectrum of vital functions – yet cannot produce in sufficient quantities on its own! So your body is dependent on you to obtain it through diet or supplementation. They play crucial roles in various bodily processes, including metabolism, immunity, and cellular repair – and when it comes to vitamin C – it's an absolute essential.

IT'S ABSOLUTELY VITAL

Adequate amounts of vitamin C are important for absorbing iron from plant-based foods, supporting your immune function and triggering response, aiding collagen production, repairing tissue, reducing inflammation, synthesizing neurotransmitters and protecting cells from damage by neutralizing free radicals.

AND YOUR SKIN CAN'T GET ENOUGH OF IT EITHER

It's hard to know where to begin or end when talking about a water-soluble essential vitamin, ascorbic acid with over 500 metabolic functions.

ALL THE GOODNESS OF VITAMIN C – MADE EVEN BETTER

Our BERRY SPECIAL COMPLEX is a multipotent combination of two separate mineral sources of Vitamin C (Potassium Ascorbate and Magnesium Ascorbate) with the powdered extracts of three antioxidant rich fruits – pomegranate, plum and blueberry, in highly bio-available and non-acidic forms.

Mineral balanced potassium and magnesium ascorbates support optimal tissue saturation. And because we wanted our complex to be as impactful as absolutely possible, we chose Potassium Ascorbate & Magnesium Ascorbate as our sources of Vitamin C, rather than the more commonly used Ascorbic Acid. (There is nothing common about our supplement!)

MAKE YOUR SKIN BERRY HAPPY

Our extracts of pomegranate, plum & blueberry are formulated to match their natural composition and leverage the potent health benefits of their broad-spectrum polyphenolic compounds. Combining vitamin C with these polyphenols supports the multi-functional health benefits of this group of compounds and exerts a variety of biochemical activities within the body.

Quickly summarised, pomegranate is a powerful antioxidant and a hydrolysable tannin, plum contains powerful polyphenols which can aid connective tissue and blueberry strengthens veins and helps to remove toxic material from tissues – but that's just the beginning...

SCIENCE YOU CAN C AND FEEL

VITAMIN C* plays an essential role in many vital biochemical processes. The primary function of vitamin C is to help maintain the integrity of the connective tissue and act as an antioxidant, thereby reducing the negative impact of excess free radical activity. Vitamin C is an essential part of the immune system maintenance. It supports the elasticity and strength of microcirculation, thus reducing tendency towards bruising. It also facilitates new tissue growth at the site of an injury/trauma. Vitamin C has a functional role in the detoxification of metabolic waste and ingested toxins, the regulation of histamine, supporting the endocrine system, eye health and iron absorption.

POMEGRANATES contain polyphenolic compounds, which are supportive in the maintenance of the cardiovascular system by reduction of LDL oxidation. LDL (Low-density lipoprotein) particles undergo numerous modifications that change their size, density, and chemical properties within the blood flow and vascular wall. Oxidation is the last stage in this cascade resulting in the atherogenic (atherogenic means tending to promote the formation of fatty deposits in the arteries) properties.

Pomegranate can induce its beneficial effects through its various metabolites and are mainly relevant to the high polyphenol concentrations such as ellagitannins (punicalagins) and hydrolysable tannins. The gut microbiota metabolises ellagic acid resulting in the formation of bioactive urolithins A, B, C, and D. Urolithin A (UA) is a most active and effective gut metabolite which helps in gut permeability. Also, Urolithin A can restore mitophagy in cells and prevents the accumulation of dysfunctional mitochondria. Pomegranate may also support the immune system's responses, support prostate health, and have beneficial effects upon the gut mucosal cells.

PLUMS contain polyphenols, which have a wide diversity of health benefits. One study** showed an increase in bone density and others have demonstrated support of gut immunity, leading some researchers to believe that plums may exert a protective effect against the development of chronic diseases of the gut.

BLUEBERRIES, a well-known source of polyphenol antioxidants and anthocyanins, are known to have beneficial effects on the microcirculation and maintenance of eye health. The anthocyanins in blueberries may also support the health of the urinary tract and long-term cognitive function.

* Vitamin C contributes to normal collagen formation for the normal function of skin and to the normal function of the immune system.





GUT LOVING SUPPORT FOR THE
SKIN THAT SHIELDS YOU

DERMA ARCHITEXTURE COMPLEX*_BARRIER WISE*

CHANGE YOUR VIEWPOINT – SEE THE DEEPER PICTURE

Your skin is an external manifestation of the internal. The outermost layer, the epidermis, is our first line of defence from external aggressors and stressors. Textural issues and impairment of the barrier cannot be addressed if you don't begin from within. By focusing your gaze inside out, as opposed to outside in, we realise how our external surface is connected to everything that goes on within us. And if you want to achieve a true smooth texture and a skin surface that can offer you the best protective shield, this is the place to begin.

Imagine your epidermis as the roof of your house: you want your roof tiles intact, no cracks and no leaks. By ensuring your roof is maintained to its optimum condition you eliminate the risk of trans epidermal water loss, and ensure you are provided with the structural and nutritional support you need and (definitely!) want.

That's just touching the surface.

Now let's cast that internal gaze on our second brain – our beloved gut.

A HAPPY GUT MICROBIOTA AND SKIN MICROBIOME GO HAND IN HAND

We need a fully functioning and thriving gut microbiota but just as important is a good communicative relationship between the two. A breakdown in this fine-tuned relationship can showcase itself internally and eventually externally.

Your skin and intestinal health are deeply connected and a poorly functioning gut struggles to absorb vitamins and minerals. Consequently, this imbalance can manifest externally.

So, avoid this relationship crisis by asking yourself the most important question:

WHAT IS MY SKIN TRYING TO TELL ME?

You know the saying “no light shines brighter than that of a good heart”
– we like to say “no brightness shines brighter than that of a happy gut and skin”.

NO BRIGHTNESS SHINES BRIGHTER THAN THAT OF A HAPPY GUT AND SKIN

ZINC* is present in both the epidermis and dermis. It helps in stabilising cell membranes, serves as an essential cofactor for several metalloenzymes, and participates in basal cell mitosis and differentiation. Moderate zinc deficiency may cause pigmentation changes, decreased hair and nail growth, and skin lesions.

BIOTIN* is known to play a role in building the keratin infrastructure, helps the production of fatty acids that nourish the skin, and helps oil glands function correctly.

LIVE PROBIOTIC CULTURES such as those found in fermented foods and probiotics, play a crucial role in maintaining a healthy gut by promoting a balanced microbiome and enhancing digestive health.

VITAMIN D3 is the potent form of Vitamin D and helps regulate immunity in the skin. The epidermis possess hydroxylase enzymes that locally convert vitamin D to D3, the form that regulates epidermal proliferation and differentiation. Vitamin D3 also has photoprotective effects, modulates inflammation, and supports wound healing.

VITAMIN K2 prevents calcification of the protein elastin, the protein that helps to smooth out lines and wrinkles. K2 is necessary for activation of matrix proteins that inhibit calcium from being deposited in elastin fibres and keeps the fibres from hardening and causing wrinkles. It is also necessary for the proper functioning of vitamin A and D dependent proteins.

VITAMIN B2* (RIBOFLAVIN) has an important role in the structure of the skin and helps the body absorb and utilise zinc from the diet. It prevents calcification of the protein elastin, the protein that helps to smooth out lines and wrinkles.

KERATIN is the basic protein responsible for good skin, hair and nails.

* ZINC, BIOTIN & VITAMIN B2 contribute to the maintenance of normal skin.





SUPPORTING SKIN CELLS
FROM THE INSIDE OUT

EPI ENZYME COMPLEX_INSIDE OUT WISE*

EASILY DIGESTIBLE PHYTO-NUTRITION

If you were to pick one skin supplement and one supplement only, this would be the one because when it comes to improving and maintaining a healthy skin – this one really does it all. Let's get down to it ...

THE ALMIGHTY EPITHELIAL CELL AND MULTI-TALENTED FRUIT ENZYMES

Maintaining the integrity and normal function of epithelial cells is a primary factor not just in healthy-looking skin, but in staying healthy overall.

FOR YOUR SKIN ESPECIALLY

Epithelial cells make up the outermost layer of the skin, known as the epidermis, acting as a crucial barrier against pathogens. In skin conditions like inflammation, rosacea, and acne, these cells are often compromised, leading to increased sensitivity and irritation. Maintaining epithelial cell health is vital for managing these conditions and promoting skin resilience and repair.

FOR YOUR BODY IN GENERAL

Epithelial Cells mainly function as an interface or lining of the body's surfaces, forming an integral part of immune protection, the reproductive system, the lungs, the gastrointestinal tract and the ductal system, such as the liver, salivary tissue and the secretory glands - the pancreas, the secretory glands lining the stomach, the thyroid, the thymus, the pituitary, the parotid gland and the lymphatic system, (and you thought epithelial cells were only relevant to your epidermis). Epithelial cells also fulfil many specific roles in the body – they act as barriers, facilitate absorption as well as secretion, and form a specialized component of numerous organs.

SO WHAT ABOUT THE ENZYMES?

Enzymes break down micronutrients of what you consume and makes them digestible. By aiding in the breakdown of food, dietary enzymes enhance the absorption of essential nutrients, vitamins, and minerals from the digestive tract into the bloodstream. And multitasking dietary enzymes such as Papain (Papaya) and Bromelain (Pineapple) do even more! Papaya and pineapple enzymes are both classified as cysteine proteases (proteolytic enzymes), meaning they help break proteins down into smaller protein fragments called peptides and amino acids. Papain also doubles as an antioxidant and helps to protect the body from cellular damage and Bromelain helps to maintain healthy inflammatory and immune responses.

LET'S BREAK IT DOWN TO MAKE IT EVEN MORE DIGESTIBLE (PUN INTENDED)

What makes the Epi Enzyme Complex so unique is that it's a real time multitasker:

IT'S A DIGESTIVE AID: Epithelial cells line the gastrointestinal tract, facilitating the absorption of nutrients and the secretion of digestive enzyme (and now you're getting a heap more??).

IT'S A PROBIOTIC: Probiotics support the health of the gut microbiome, which interacts closely with the epithelial cells in the gut to maintain a healthy barrier, improve nutrient absorption, and prevent harmful pathogens from entering the bloodstream.

IT'S A SUPERB ANTI-INFLAMMATORY: Epithelial cells can modulate inflammatory responses. Healthy epithelial cells are essential in maintaining a balanced immune response and preventing chronic inflammation.

IT'S A NATURAL DETOXIFIER: Epithelial cells in organs like the liver and kidneys play a critical role in detoxification processes, helping to filter and eliminate toxins from the body.

SUPPORTING SKIN CELLS FROM THE INSIDE OUT

Your diet is a vital component in helping maintain epithelial cellular integrity and providing the cohesive factors required to link epithelial cells together. Various nutritional compounds found in dietary herbs and wholefoods, provide substrates that support the role of epithelial cell activity and regulate their normal function.

SOME SIGNIFICANTLY MORE THAN OTHERS...

Nutritional compounds found in Dandelion Leaf and Dandelion Root, Milk Thistle and Chamomile are natural dietary sources of Luteolin and Apigenin, which recent studies have shown help with maintaining normal epithelial cell function. Green Tea and D-Limonene, an essential oil in Lemon and Orange peel.

NIACIN* (Vitamin B3) provide nutritional support in helping maintain epithelial cell integrity, as well as contributing to the to normal energy-yielding metabolism and the maintenance of normal skin and mucous membranes.

LACTOBACILLUS PLANTARUM helps maintain the epithelial barrier which provides protection for tight junctions and supports normal inflammatory response. The presence of lactic bacteria such as L. plantarum supports the bioavailability and biological activity of plants including Chamomile, Dandelion and Milk Thistle.

PAPAIN AND BROMELAIN are dietary enzymes that help liberate many of the naturally occurring active substances found in foods and herbs, making them more accessible for absorption. They act as catalysers, supporting the rate of biochemical reactions in the human body. Papain is an antioxidant and helps to protect the body from cellular damage. Bromelain helps to maintain healthy inflammatory and immune responses.

* Niacin contributes to normal energy-yielding metabolism and the maintenance of normal skin and mucous membranes.





OUR APPROACH TO SMARTER
AGEING AND SOLAR PROTECTION

LET'S CHAT ABOUT CAROTENOIDS

The incredible vibrant yellow, orange and red pigments found in plants (designed by nature to stand out and look appealing) – known and treasured for their unique, essential roles in photosynthesis as well as antioxidant properties. These ancient isoprenoids, dating back 2.5 billion years, are synthesized by all photosynthetic organisms, including plants, algae, and cyanobacteria. They not only contribute to photosynthesis by harvesting and transferring light energy to chlorophylls but also protect plants from excess energy and reactive oxygen species.

Much like they protect plants from pollution, stress, and sunlight they also protect the human skin from the same environmental stressors – shielding us and preventing oxidative damage, fragility, and loss of elasticity over time. Carotenoids are found abundantly in the skin's hypodermis and migrate to the epidermis through sweat and oil glands. They can help prevent wrinkles and depletion by protecting the skin, preserving its structure and maintaining moisture. (Basically everything we want!)

It's hard to overstate the fundamental role of carotenoids for good health, youthful skin, and human biochemistry, even eye health. We could go on and on.

CAROTENOID CONVERSION IS ANYTHING BUT BORING

The body converts carotene into Retinol, which is the active form of vitamin A. This conversion allows carotene-rich foods to serve as an on-demand, self-regulated source of vitamin A. And whereas Vitamin A can be problematic when taken as a supplement because it stores in the liver, accumulates over time and can result in symptoms of toxicity, carotenoids, such as Beta Carotene, are converted to Vitamin A within the body as required – so you always get the exactly the right dose at the right time.

Simply put, even though they are anything but simple, carotenoids are amazing precursors to vitamin A. (And one of the many reasons we absolutely love them!)

OUR FREE RADICAL SCAVENGING SAVIOUR

Over exposure to the sun and air-born pollution impacts the skin by increasing the production of free radicals (those reactive chemicals with an oh so unfortunate ability to destabilise the normal function of your skin) and contribute to the appearance of ageing and skin damage.

The clever carotenoids accumulate in organs and tissues throughout the body, functioning as antioxidants which are known to have the ability to come to your skins rescue (think ingestible retinol and SPF) and neutralise free radicals.

A FOR ANTI-AGEING,
A FOR ANTIOXIDANTS,
A FOR AMAZING
CAROTENOIDS,
A FOR RETINOL
(THE ACTIVE FORM OF VITAMIN A*)

A FOR AVOCADO Our carotenoid blend is emulsified in a base of cold pressed avocado oil – much like in the Mediterranean diet. To help support absorption and contribute to the normal health and balance of antioxidant activity in the skin.

A FOR ASTAXANTHIN the premium Anti-Ageing and Anti-inflammatory Antioxidant.

AND ANOTHER A – FOR ALL THE OTHER GOOD STUFF

BETA CAROTENE probably the best known of all the carotenoids, is a primary antioxidant carotenoid in the human diet, specifically in helping reduce the impact of overexposure to the sun. Beta carotene also helps support the normal function of the immune system and contributes to the integrity of mucous membranes.

LYCOPENE acts as an antioxidant helping to neutralise the impact of excess free radical production systemically throughout the body and can help reduce the negative effects of lipid oxidation.

LUTEIN is a valuable dietary carotenoid with strong antioxidant activity and many reported benefits and is a major carotenoid that accumulates in skin cells, to help neutralise the negative effects of UV and help shield the skin from the impact of blue light.

ZEAXANTHIN is a naturally occurring carotenoid closely associated with Lutein, the major carotenoids found concentrated in the eye, acting as antioxidants, stabilising the effects of phototoxic activity generated by free radicals. Zeaxanthin also accumulates in the skin as part of the overall carotenoid reservoir contributing to the body's natural dermal barrier.

COQ10 is produced naturally in the body and is an essential factor in regulating a number of key metabolic processes. CoQ10 is also essential to the proper function of the heart and the production of energy and may reduce fatigue and improve energy. CoQ10 can diminish with age and may have blood thinning effects in certain individuals and also reduce the general effects of ageing by neutralising free radicals due to overexposure to sunlight – that can lead to premature ageing. CoQ10 can also stimulate the production of collagen and elastin.

VITAMIN K2 is a fat-soluble vitamin that helps maintain the stability of collagen throughout the body, contributing to the maintenance of skin elasticity and health.

VITAMIN D3, which produces more of the active form of Vitamin D, is essential for the absorption and utilisation of calcium and phosphate in the body, contributing to the development of healthy bones and teeth. Vitamin D also helps maintain a healthy immune system, encourages healthy hair growth and supports normal cell differentiation and normal peripheral circulation.

VITAMIN E is a fat-soluble vitamin that acts as an antioxidant, reducing the negative effects of free radicals on lipid membranes. Vitamin E has a long history of use internally (as a supplement) and topically (in anti-aging creams and cosmetics) to help reduce the negative effects of over exposure to sunlight.

* Vitamin A contributes to the maintenance of normal skin.





CLEANSE YOUR LIVER,
CLEAR YOUR SKIN

HEPAR ACTIVE COMPLEX**_CLEANSE WISE**

YOU'VE GOT TO LOVE YOUR LIVER

Let's start with some fascinating facts:

In medical terminology the liver is often referred to as "hepar", particularly in the context of anatomy and histology, derived from the Greek word for liver, and still commonly used in various medical terms, such as "hepatic" (pertaining to the liver) and "hepatitis" (inflammation of the liver).

Medical etymology sometimes provides unexpected information about health concepts and medical practice in different times and cultures.

The Greek word "hèpar" was originally connected to the concept of "pleasure", showing that in antiquity the liver was considered to be the seat of soul and human feelings. In Romance languages, the Latin term "ficatum" was linked to the ancient practice of fattening geese with figs (ficus in Latin) to make their livers more delicious. This relationship between the liver, fat, and carbohydrates seems to indicate that ancient gourmets had clear knowledge of the nutritional mechanisms underlying "fatty liver" in animals. On the other hand, the Germanic term "lifere" was initially connected to "life", underscoring the relation of the liver to health and existence. In the Early Modern Age, the liver became a recurring image in political reflection, especially within the Elizabethan tradition of the body politic, where the king was frequently described as the "liver" of his country. Finally, the liver was used to indicate courage, or the lack of it: some modern French and English idiomatic expressions derive from the ancient belief that people who had no blood in their liver ("lily-livered") would thus be cowards or betrayers.

Which brings us back to the fundamentals of our unique complex.

THE WORKAHOLIC

The liver plays a major role in most metabolic processes and carries out hundreds of functions on a daily basis, especially detoxification. Everything we breathe, consume and absorb (even on the outermost surface of our skin) is processed by the liver. It works around the clock to clear bacteria and toxins (good and bad) from the blood, manages protein, fat, and carbohydrate metabolism, stores nutrients, produces energy, enzymes and proteins, regulates cholesterol and hormones and maintains blood glucose levels.

The liver also manufactures bile which helps to carry fat soluble toxins into the bowel. So if we want the liver to keep up it's good work, it's important we don't overwork it, by letting the work pile up!

GET RID OF THE PILE AND KEEP THE GOOD BILE FLOWING

When the liver is overwhelmed or unable to detoxify properly, toxins build up in the bloodstream and circulate throughout the body, working its way to your largest and secondary organ of detoxification: Your skin. And whereas it's pretty amazing that this plan B is in place, eliminating toxins, ridding them from your body, through your skin, is not the most aesthetic solution.

CLEAR THE WAY FOR CLEARER SKIN

Accumulation of toxicity in the body contributes to a variety of annoying skin issues, whether they reach the surface on your face, your back or even your buttocks. But we can all agree that visible outbreaks on your face (on full display) is what we want to avoid most of all.

Support yourself by assisting your liver in clearing those unnecessary toxins, long before they reach the skins surface.

Take note, those who consume isotretinoin orally – it can have significant effects on your liver health.

ASK NOT WHAT YOUR LIVER CAN DO FOR YOU, BUT WHAT YOU CAN DO FOR YOUR LIVER

CHOLINE** is an essential nutrient that supports liver function, detoxification, and lipid metabolism, preventing fat build-up in the liver. It plays a crucial role in methylation, a key process for various body functions including detoxification, and helps regulate homocysteine levels in the blood through its metabolite betaine. Low choline levels can lead to liver fat accumulation, impairing detoxification. Obtaining choline through diet is vital for a healthy, well-functioning liver, and maintaining cell structure and normal lipid transport and metabolism.

L-METHIONINE and **L-GLYCINE** along with **RIBOFLAVIN*** and **MOLYBDENUM** are required for a variety of essential biochemical functions in the liver. Fat metabolism and hepatic cell renewal are regulated by a number of complex enzyme systems in the liver, and these are dependent upon specific nutritional components provided in the diet.

L. PLANTARUM is a friendly transient bacteria that may help influence the uptake of dietary lipids from the digestive tract after the ingestion of fatty foods - some of which may impact negatively on healthy liver function and contribute to a fatty liver.

DANDELION ROOT AND LEAF are used for health in supporting digestion, normal bile flow and liver function. As a bitter, dandelion supports digestion due to sesquiterpene lactones, which are among its most important constituents, and which contribute to the properties of the root. Dandelion root supports bile secretion and normal flow effects and has been traditionally recommended for people with sluggish liver function due to alcohol consumption and/or poor diet. The increase in bile flow may also help improve fat metabolism in the body and optimise the absorption of fat-soluble vitamins.

ARTICHOKES contain the antioxidants silymarin and cynarin which help to support the natural process of liver regeneration, support bile production, support optimal gallbladder function, and protect the liver, supporting its overall normal inflammatory responses, reducing the presence of toxins, and facilitating their elimination. Artichoke leaf extract helps to support healthy cholesterol levels.

TURMERIC has the ability to support the secretion of bile which may improve the body's ability to digest lipids. It also inhibits free radical damage of lipids such as those found in cell membranes and cholesterol. Turmeric may enhance the liver's detoxification ability in addition to its antioxidant properties, supporting hepatoprotective effects from a variety of hepatotoxic insults.

* Riboflavin contributes to the maintenance of normal skin.

** Choline contributes to the maintenance of normal liver function and normal homocysteine metabolism.





NOT ALL OMEGAS
ARE CREATED EQUAL

ALPHA OMEGA FOR YOUR SKIN

When it comes to fortifying and super boosting your barrier function. Strengthening overall skin integrity. Keeping vital dendritic cells in tip top form – and replenishing depleting fatty acids. (All of which our skin is completely dependent on to be luminous, lush and youthful.) The best way to do that is with Omega-3 essential fatty acids.

ABSOLUTELY ESSENTIAL FOR YOUR LIPID BARRIER

Most people know Omega-3 is quite a miracle worker for overall wellness, but not everyone knows it's also a powerful ally for your skin – especially when it comes to maintaining and conserving moisture, which no skin can thrive without. Fatty acids are essential components of your skin's lipid barrier, that prevents moisture loss and protects the skin from environmental stressors and UV radiation. Omega-3 fatty acids reinforce this barrier and hence play an important role in reducing inflammation, regulating your skin's oil production and promoting skin healing and repair. Essential fatty acids also help maintain the integrity and flexibility of cell membranes, which promotes membrane fluidity and supports overall cell (and skin) health.

I guess you can say, that just like WD40 does the trick for creaky doors, our Oh Mega Three is your go to supplement for lubricating and preventing creaking skin. It aids hydration of the skin, from all sides, and really locks that “oh so important” moisture in. It also helps your naturally moisturising fat cells stay in shape, so your skin can function as well as possible and remain lubricated. Essential fatty acids are also essential to the health of our dendritic cells, that are 100% dependent on us to provide it. Because (sadly) EFAs are not metabolised by the body, and can only be provided via topical application, diet or supplements.

THERE IS NOTHING FISHY ABOUT OUR FISH OIL

There are plenty of fish in the sea ... But we like to source our purely high quality, traceable fish oil from south pacific anchovies and sardines – small fish that punch above their weight.

This is important because smaller fish, like anchovies, sardines (and mackerel) tend to have lower levels of mercury and other heavy metals compared to larger fish. They are lower on the food chain, have shorter lifespans and therefore accumulate fewer contaminants. Small fish also have lower concentrations of persistent organic pollutants (POPs), such as polychlorinated biphenyls (PCBs) and dioxins found in the fatty tissues of larger, older fish.

From a sustainable point of view, they reproduce quicker, have more stable populations, and can be caught in more environmentally friendly ways, making fish oil derived from these species a more ethical source of Omega-3.

We only use suppliers that extract high quality fish oil at state-of-the-art facilities located near the fishing resource, and whose innovative and meticulous R&D orientation and novel patented purification processes allow them, and therefore us, to be a step beyond in quality and purity.

And OH PS: Our premium capsules don't have a fishy after taste either. (But if you are very sensitive, a brilliant trick is to put them in the freezer, and you won't taste a thing!)

MEGA FOR WAY MORE THAN YOUR SKIN

Omega-3 fatty acids are also a powerful way to support your cardiovascular health and cognitive function, reduce brain fog, boost your immune system and improve your overall wellness.

UNLOCK THE POWERS OF OH MEGA THREE

While DHA is essential for many critical bodily functions, most of us don't get enough from our regular diet. Many diets, especially western ones, are low in omega-3 fatty acids (particularly DHA). And whereas fatty fish are tasty natural sources of DHA, most people don't eat sufficient amounts. Plant-based sources of omega-3, like flaxseeds and walnuts, contain alpha-linolenic acid (ALA), which your body can convert into DHA and EPA – but this conversion is sadly inefficient. There are some individuals who are more efficient at converting ALA ultimately to DHA (e.g. some vegetarians and vegans) but the majority of westerners are poor converters. Modern diets also tend to be high in omega-6 fatty acids (found in vegetable oils and processed foods), which can create an imbalance between omega-6 and omega-3 fats in the body. This imbalance can further reduce the effectiveness of DHA, making supplementation even more crucial to restore a healthy balance.

NOT ALL FISH OILS ARE CREATED EQUAL EITHER. Achieving the ideal intake of DHA is not as simple as it might appear. To obtain an optimum level of DHA to meet the needs of specific circumstances, using standard or concentrated fish oil considerably increases the level of EPA, which, in high levels, may compete with the metabolism of DHA in the liver and thereby reduce its availability in the amounts necessary to be effective as a supplement.

DHA 5:1 EPA** Most standard Omega-3 products focus primarily on a ratio of higher levels of EPA to much lower levels of DHA. OH MEGA THREE complex is a one-a-day solution that provides 5 times more DHA than EPA – in the biologically active triglyceride form.

IT'S ALL ABOUT THE DHA. DHA is a long-chain omega-3 fatty acid found in high concentrations in the brain, retina, and heart. It is an essential component of every cell in the body and plays vital roles in the nervous and vascular systems, as well as in maintaining eye and skin health. DHA is especially important during pregnancy and infancy for brain and eye development.

...**ESPECIALLY AS TIME GOES BY.** As we age, the body's ability to synthesise DHA declines, increasing the need to obtain it directly from the diet or supplements.

The brain is 60% fat, of which DHA is one of the most important components essential for brain and eye function. The brain cannot synthesise enough DHA from Alpha Linolenic Acid (ALA) to maintain a normal DHA composition but must be provided by dietary DHA or DHA that has been converted from ALA by the liver, to maintain its normal DHA concentration.

With this in mind, fish oil should no longer be considered an optional supplement, but rather as a must-have for the prevention of the inflammatory conditions of ageing.

THE DHA THAT SETS US APART. DHA is an essential lipid required throughout life, and an essential fatty acid universally needed in neurological tissues and required for the maintenance of the central nervous system, development of the brain and for visual function. However, DHA and its metabolites have a number of newly recognized multifunctional roles to play in other vital biochemical functions beyond that of simply being the major structural component in many biological membranes. DHA may have an integral role in modulating many vital intra-cellular activities and is implicated in helping regulate selective gene expression by direct and indirect actions on nuclear factors.

DHA also plays a role in helping to lower circulating triglycerides in the blood and increasing HDL. There is a suggestion that DHA may play an active role in calcium channel regulation and the maintenance of neuronal cell homeostasis. It is DHA that is predominant in cardiac cells, not EPA, and it is likely that DHA is the active fatty acid in this function.

DHA plays a vital role within the immune system influencing the activity of adhesion proteins on the lipid membrane environment, communication between leukocytes and the body, and the regulation of smooth muscle contraction.

And let's not forget **VITAMIN D***, that has a role in the process of cell division and contributes to the normal function of the immune system, the maintenance of normal bones and normal muscle function.

* Vitamin D has a role in the process of cell division.

** EPA and DHA contribute to the normal function of the heart.

Beneficial effect is obtained with a daily intake of 250mg of EPA and DHA.





PUBERTY, PIMPLES, PERIODS, PCOS,
PREGNANCY, PERI-MENO-POST-PAUSE

PHYTO PAUSE COMPLEX_BALANCE WISE

ACHIEVE A BETTER SKIN-LIFE BALANCE – WITH HELP FROM PHYTOESTROGEN SUPPORT

No one is exempt from a ride on the “hormonal rollercoaster”. It’s a lifelong journey.

HORMONALLY INDUCED SKIN UNHAPPINESS

As if navigating an ever-shifting landscape of inner hormonal turmoil wasn’t confusing enough, gradually depleting and out-of-balance oestrogen levels also impacts and challenges our skin.

From teenage breakouts to breakout flashbacks (that make you feel 14 again), to accelerated ageing (that makes you look older than you feel), to the annoying long list of inflammatory, hormonal related skin conditions.

NATURAL SOLUTIONS TO ANCIENT PROBLEMS

We should never forget or underestimate the power of nutrition and natural plant-based solutions. Especially when it comes to hormonal imbalance and declining oestrogen levels – it’s not like it’s a new thing, after all.

PHYTOESTROGEN. PERHAPS THE ANSWER WAS THERE ALL ALONG

It’s all in the name! “Phyto” as in the Greek root word meaning “plant”. And oestrogen as in the hormone we never really appreciate until we can’t get enough of it. Plant oestrogens (phytoestrogens) are small molecules similar to oestrogen derived from the reproductive parts of plants – like flaxseed, soybeans, red clover, grapes and many nuts and berries. They are generously designed by nature to offer a safe and effective solution to the many challenges associated with declining oestrogen levels.

WHAT OESTROGEN DOES (OR DID) AND PHYTOESTROGENS CAN DO

By mimicking oestrogen phytoestrogens help to regulate hormonal balance and stabilise hormonal fluctuations.

Because phytoestrogens have a structure similar to oestrogen, they can interact with oestrogen receptors in the dermis and epidermis. By activating these skin receptors, phytoestrogens stimulate fibroblasts and keratinocytes to produce collagen, which helps maintain a youthful skin structure. They also boost the production of hyaluronic acid – the substance that gives skin its water-holding capacity (or rather a vital dewy glow associated with hormonal balance) and help support the production of irreplaceable elastin, which together with collagen are the key building blocks in your connective tissue.

And it just gets better...

Phytoestrogens also have an anti-inflammatory effect, can calm irritated skin, balance sebum production and reduce blemishes associated with hormonal acne. Not all antioxidants are phytoestrogenic, but all phytoestrogens are excellent free radical scavengers – contributing even further to their anti-aging benefits.

WHEN OUR HORMONES ARE ALL OVER THE PLACE – WE NEED MORE LIGNANS IN OUR LIVES

Lignans are commonly referred to as phytoestrogens because the mammalian lignans into which they are fermented by our natural colonic bacteria, are associated with the normal homeostasis of sex hormones of both men and women.

And homeostasis (from the Greek words for “same” and “steady”) refers to any process that living things use to actively maintain fairly stable conditions necessary for survival. Which is exactly why lignans are particularly beneficial for men and women when they struggle with (yet power through) times of hormonal fluctuation.

BASED ON THIS WISDOM WE DESIGNED A COMPLEX WITH...

FLAXSEED SUPER LIGNANS* (because not all Lignans are created equal). Lignans are widely distributed in plant material and form a normal part of our everyday diet and Flax seeds (linseed) is the ultimate food source providing around 100x more than any other plant, in fact SDG accounts for more than 95% of the lignans in flax. Lignans are commonly referred to as phytoestrogens because the mammalian lignans into which they are fermented by our natural colonic bacteria, are associated with the normal homeostasis of sex hormones of both men and women. This can be useful during the menopause and in the teenage years, as well as nutritionally supporting the health of the cardiovascular and skeletal system and the prostate gland in men. Lignans and essential fatty acids can help maintain the integrity of the skin and the normal regeneration of healthy dermal cells.

RED CLOVER (so much more than a pretty flower). A beautiful source of antioxidants and isoflavones – with unique phytoestrogenic properties. In a field, red clover is planted to nurture and rejuvenate the land – preventing erosion and enriching the soil with nitrogen and nutrients. With your skin we consume red clover to balance hormones, whilst reducing inflammation and regenerating skin cells.

LIMONENE that together with lignans help the body deal with the negative effects of 4-hydroxy oestrogen as well as assisting the liver in the natural detoxification process. Lovely Limonene occurs naturally in the oils of a variety of fruits and spices.

LACTOBACILLUS BULGARICUS AND LACTOBACILLUS PLANTARUM – two lactic acid forming bacteria that help contribute to a favourable environment in the intestinal tract (always a good thing!) and support the natural fermentation process of food and helps facilitate the release and absorption of biologically active nutrients.

* Lignans present in *Linum Usitatissimum* may support menopausal health.





BUILD A STRONG SUPPORT
NETWORK FOR YOUR SKIN

CONNECTING THE STRANDS OF CONNECTIVE TISSUE

Connective tissue constitutes the immediate environment of every cell in the body, wrapping and uniting all structures with its moist, fibrous, strands. It's responsible for gluing cells into colonies, defining shapes, forming and suspending them into their correct relationships within us and also anchors skin to muscle. Think of dense randomly arranged bundles of collagen fibers, fibroblasts (found in fascia dermis of the skin, and membrane capsules around organs) and tendons. Then rethink elastin connective tissue as branching elastic fibres and fibroblasts allowing tissues to recoil after stretching working alongside cartilage with its flexible and rubbery matrix.

Support your connective tissue for your connective tissue to support you.

WHAT'S THE SPRING BACK OF YOUR SKIN LIKE?

Imagine touching a freshly baked sponge cake that gives you that beautiful spring back when baked to perfection. This is what we want to feel when we gently press our skin – that same beautiful bounce of 'pillow like' plumpness and velocity. And we'd ideally love to keep it that way – for as long as we can, at least.

Everyone talks about collagen; everyone can't get enough of it – so much so people are drinking it. We take a different approach. We are about nurturing what nature has blessed us with, because even though we are all aware collagen levels decline as we age, we still have ample to hold onto.

However, collagen is just one aspect of your connective tissue – there are other important connections to nurture.

LET'S DELIVER... EVERYTHING YOUR CONNECTIVE TISSUE IS CRAVING

LET'S LINK IT UP. (And here's another analogy for you!) Let us refer to the mycelium - a genius interconnected matrix (also called the Wood Wide Web) that's made up of incredibly tiny "threads" of the greater fungal organism that wrap around or bore into tree roots, creating what's called a "mycorrhizal network" which connect individual plants to efficiently transfer water, nitrogen, carbon and other minerals.

And just like with the mycelium, resilient youthful skin is all about the delivery of nutrition.

When it comes to the strength of your connective tissue and collagen reproduction what you eat is make or break.

GLUCOSAMINE has a well-documented ability to maintain joints, cartilage and collagen. We use a novel, vegetarian source of glucosamine hydrochloride, not derived from shellfish but from fermenting corn, activated by *Aspergillus Niger* and in its more bioavailable form - making it suitable for vegans and people allergic to shellfish.

VITAMIN C* as a non-acidic form of Magnesium Ascorbate contributes to the normal function of connective tissue and collagen synthesis.

VITAMIN B6** is required for protein synthesis and healthy cell replication.

RUTIN supports the integrity of small arteries and veins under the skin and stabilises the effects of vitamin C.

ROSEHIP, RUTIN, QUERCETIN, VITAFLAVAN® GRAPE SEED EXTRACT and GREEN TEA EXTRACT. All sources of a range of beneficial bioflavonoids and polyphenols to help support and maintain tissue integrity and the healthy function of the microcirculation.

* Vitamin C contributes to normal collagen formation for the normal function of skin.

** Vitamin B6 contributes to normal protein and glycogen metabolism.



30 Capsules

PAUSE COMPLEX

ANCE WISE
ER AND LIVE BIOTIC CULTURES
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SKIN WISDOM

DERMA ARCHITEXTURE COMPLEX

BARRIER WISE

BIOTIN, LIVE BIOTIC CULTURES AND ZINC

Food Supplement
30 Capsules



EX
ONE WISE
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WHAT THE PETALS BECAME

I never set out with petals in mind. Yet somehow, they became the heartbeat of everything I do.

It began in lockdown, at a kitchen table with my mother, surrounded by parcels waiting to be wrapped. Orders were saving my business, but I wanted to give more – to send not just a product, but a feeling. That night, I asked her to fetch rosemary from the garden. We mixed it with dried petals and oil, warmed it until the scent filled the room, then tucked that care into each order.

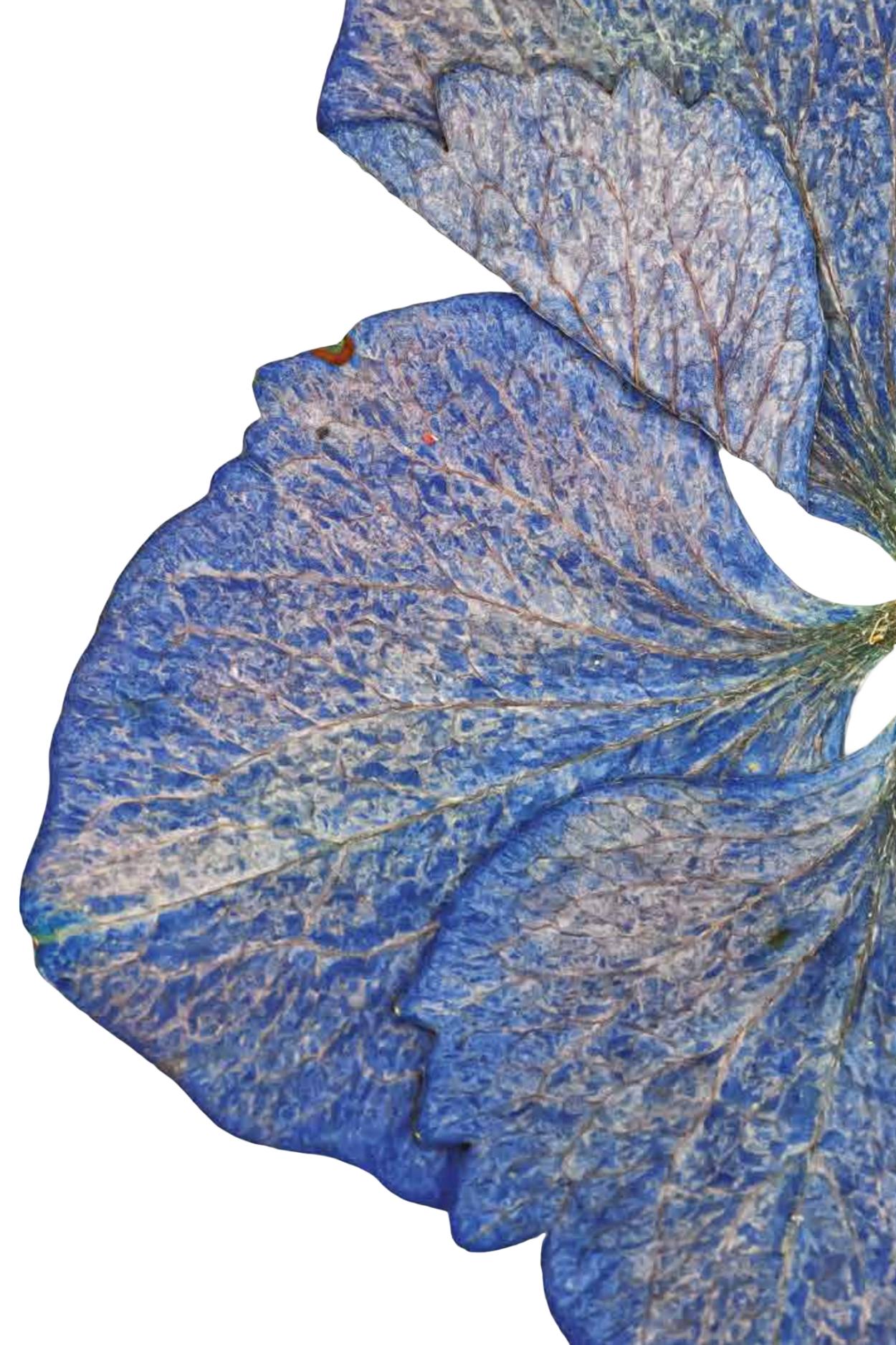
From the first parcels, people wrote to say the scent stopped them. Made them breathe. Made them feel cared for. That small act became a ritual – and, slowly, an identity.

The petals began to weave their way into everything. They became the language of Skin Wisdom – a story pressed into its soul. Together with an artisan, we gathered and pressed more than 180 real flowers, each chosen for its elemental expression – Earth, Fire, Water, Air. Each photographed in its truest form, living now across every product.

No two petals are ever alike, just as no two skins are the same. Their folds, their tones, their imperfections – all tell a story of life and change.

What you hold isn't just a supplement. It's a fragment of nature's intelligence, pressed, preserved and made eternal.

The petals were never about branding. They were always about feeling – a reminder that wellness can be beautiful and that even the smallest gesture can linger long after the box is opened.





INTRODUCING
INGRID RAPHAEL

Over the years, I have seen thousands of faces
and helped heal many unique skin conditions.
My experience has taught me that what the skin communicates
externally reflects what is happening internally.
Skin healing is not purely an outside job.
Skin health begins in our inner world.
What I have learnt from my journey is what I now
put into practice for others.
Short-term quick fixes do not give us long-term change.
This knowledge is what encouraged the creation of SKIN WISDOM®.
I am setting a precedent.
I want to educate and provide the tools to know about yourself and your skin for life.
The cosmetic industry is noisy by those who exploit insecurities for their own gain.
In silence and simplicity, you hear the truth.
I believe SKIN WISDOM® is within all of us.
I am here as your guide.

Ingrid_x

Leading Skin Specialist and Elementologist®
Founder of SKIN WISDOM®





BLENDING KNOWLEDGE,
EXPERIENCE AND INTUITION

SKIN WISDOM

BY INGRID RAPHAEL

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