

Exfoliative Cheilitis Help

Finally A Cure To Cheilitis That Works!

Posted on June - 13 - 2010

How To Cure Exfoliative Cheilitis

Exfoliative cheilitis is a medical condition where the lips crust over and peel dead skin in a continuous, never-ending cycle. This disease has not been thoroughly studied by doctors or scientists and yet has already been deemed 'incurable' by the medical community..

Disclaimer: *This information about Exfoliative Cheilitis is not to be taken as medical advice. Remember, always consult your doctor if you are changing your diet, exercise program or if you want to try any health supplements. Only your doctor can diagnose and treat your disease, so be a good little Guinea pig and go see him! Affiliate links may be hosted on this site. If you follow anything written in this Blog you do so at your own sole risk and discretion, always use logical thinking and decide what is best for yourself. The word cure is stated as my opinion and not as fact.*

This Cure Cheilitis Mini-Course will be broken down into a few sections:

1. [Symptoms of Exfoliative Cheilitis](#)
2. [How The Body Is Able To Heal](#)
3. [Cure Exfoliative Cheilitis Using Diet](#)
4. [Stress Also Affects The Peeling Cycle](#)
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(Read the comments they might answer your question)

If your serious about **curing exfoliative cheilitis** do yourself a favor, take 1 hour and read this entire post from top to bottom, don't skim through and don't skip sections, every part is important.

1 The Symptoms Of Exfoliative Cheilitis

Its always best to get a disease diagnosed by your doctor. However if you suffer from lips that peel, flake or crust dead skin which piles up and peels every few days in a never ending cycle than it's pretty safe to say you have **exfoliative cheilitis**. If you get slimy, nasty white lips after drinking water then once again you probably have exfoliative cheilitis.

Exfoliative cheilitis is a medical condition in which the lips build up a layer of dead skin and then peel off as seen in the *pictures of exfoliative cheilitis found below:*



This photo belongs to dhammaboy...

[Food Combining Rules](#)

[How NOT To Cure Exfoliative Cheilitis](#)

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[Peeling Lips Causes And Treatments](#)

[Peeling Lips Wiki Page](#)

[Small Cheilitis Message Board](#)

[Diet & Vitamins Cure twice a day. GREAT!!](#)

[Guest_4855 : I have a question, what on EARTH does the immune and](#)

Name:

Message:



If you want to see just how bad exfoliative cheilitis can get take a look at the [curezone peeling lips image gallery](#) but be warned some of the images are pretty bad.

Here's where it gets to the difficult and unfortunate part.. changing your lifestyle. It would be great if your body could heal disease while living the average American lifestyle but as you will soon learn it takes massive lifestyle changes.



How The Body Heals Disease:

It's important that you understand the key points to how your body works and also that many people are living in a state of disease without even knowing it.

Understand that germs, viruses and bacteria don't really cause disease, in fact these seemingly scary things are for the most part no danger to you at all if you are in good health. Its only when your body is in the weakened state of disease that these germs and viruses can really get you sick.

For those interested in understanding human healing mechanisms please look into '[natural hygiene](#)'. Natural hygiene is a set of principles which when applied to your life will help you achieve optimal well-being, vibrant energy and freedom from disease, it also happens to be one of the most effective, heavily imitated health systems on earth!

◆ **Illness will not ever develop in your body without a root-cause.** There is always a reason why things happen; a disease like exfoliative cheilitis is no different. When you violate your body by subjecting it to negative factors symptoms of illness (peeling lips as an example) will result.

◆ **Acute illness is effective healing – chronic disease is a later form of degeneration.**

This means that when you get a common cold, or the flu, or an itchy rash your body is working to heal and remedy itself, these symptoms are really just signs of detoxification. If you suffer from a chronic, persistent disease like cheilitis, eczema or asthma it means you are messing up your body faster than it can heal itself so the state of disease continues to degenerate your system.

◆ **A disease can never be cured by poisons – only the body can heal itself.**

Pharmaceutical companies have admitted that their drugs don't heal patients because the fact is only the body can heal itself. Drugs simply hide and over up symptoms. Your body is always working to achieve perfect health and is designed to heal by nature, *without external influence*, the human body has built in healing mechanisms that will do all the healing for us if we simply take the burden of poor lifestyle choices off of it.

Improper diet, long term stress and other problems add to your bodies state of disease and **depress your immune system** which leads to peeling. That is why you can notice more skin buildup so soon after getting angry or eating an improper meal; it's because these things will bog down the immune system almost instantly which in turn causes the peeling reaction on the lips.

Chronic disease occurs when acute symptoms such as occasional stomach pain or heartburn carry on for long periods of time unchecked without the root cause of the problem being fixed. After ignoring acute symptoms for long periods of time the body is overloaded and chronic disease sets in, at this point your body slowly goes through the [seven stages of disease](#) unless you remove the root cause of the problem and allow your body time to heal.

When you ask “why don't my lips stop peeling” it is no different than someone who asks why their acne or eczema won't go away, the answer is almost always the same. Your body is trying to heal itself but your are not allowing it to do so, the root problem still remains and therefore the disease does as well.

Click To Download These Free Natural Hygiene Books

REMARKABLE RECOVERIES FROM SEVERE HEALTH PROBLEMS

WHAT DISEASE IS AND HOW TO RECOVER FROM IT

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“Man is not in charge of his own destiny, despite his proud boasting to the contrary. He is still in the grip of natural processes; he is still subject to natural law.” **H. Shelton**

For some great answers on how you can heal and cure exfoliative cheilitis and many, many other diseases as well I highly suggest reading the free books mentioned above.



Cure Exfoliative Cheilitis Using Diet:

Follow this diet perfectly for 1-2 weeks... at that point you can start cheating and changing things around a bit. Don't quit until you are able to slow and stop the peeling cycle.

*****YOU MUST EAT MINIMUM 50% RAW, UNCOOKED FRUITS & VEGETABLES EACH DAY*****

Once you take the burden off your digestive and immune systems you will see the condition start to clear up (depending how closely you follow everything) and you will have a much better understanding of how 'trigger foods' affect the peeling cycle.

Remember – **no cheating**, do it properly for at least a couple of weeks and if you feel you can't follow because its too tough for you... you need to stop whining,, you lack discipline! 😊

Example 1 Week Grocery List (All these foods are HIGHLY recommended, it's my exact diet)

- ◆ 8 Bananas
- ◆ 8 Apples (or pears)
- ◆ 2 Mangoes
- ◆ 4-5 Kiwis

◆ 2 Large bags of grapes

◆ 4 Packs of broccoli

◆ 5 Large cucumbers

◆ 1 Pack of celery

◆ 1 Medium ginger root

◆ 1-2 Cloves of garlic

◆ 3-4 Large onions

◆ 1 Bag of brown, long whole grain rice

◆ Small bag of quinoa (optional)

◆ Bag of 14 grain bread (optional)

◆ 1 Small, ocean caught, fresh salmon fillet

◆ 1 High quality chicken breast or leg

◆ 1 Pack of large *high quality* eggs (eat lots of eggs)

◆ Buy 1 large jar of [*extra virgin cold pressed organic*](#) coconut oil. (IMPORTANT)

◆ Fresh Herbs & Seasonings are OK

◆ Most Organic Sauces are OK

◆ Natural soy sauce and teriyaki etc are OK

◆ Read Ingredients Make Sure There's No Chemicals (calories are unimportant..)

Everything should be high quality but especially the bread, eggs, meat and sauces.

THAT'S THE DIET – SUPER BASIC!!! Diet needs to be your main concern because trigger foods depress the immune system leading to flare ups and over time layers of peeling skin.

Overeating, eating junk food, binge eating, allergic reactions to food, indigestion, eating improper food combination's, eating foods that are chemically laced, too acidic and not drinking enough clean, fresh water are other problems that fall into the diet category.

This specialized diet that will not only provide your body with all essential vitamins and nutrients but also take the digestive and toxic burden off your body and allow you to heal yourself. Its important not to stray from to diet until the peeling has slowed down completely, once this happens to you can start slowly introducing new foods into your diet and test if they cause peeling skin.

Don't worry about buying organic foods or expensive supplements unless your bank account can take the hit, these things should be the least of your worries if your diet isn't straight.

Buy fresh groceries 1-2 times throughout the week so you can re-stock on fresh foods.

List Of Acceptable Foods...

◆ **Fruits:** Apples, mangoes, raspberries, blackberries, blueberries, strawberries, watermelon, cantaloupe, cherries, plums, goji berries, grapefruit, honeydew, oranges, peaches, pineapple, tangerine, avocado, papaya. *Avoid:* Dried fruits like raisins, apricots, dates. Also avoid tomatoes.

◆ **Vegetables:** Broccoli, cauliflower, asparagus, beans, beets, brussels sprouts, cabbage, cauliflower, collard greens, corn, potatoes, sprouts, turnips. Onions, Garlic and Ginger OK but must be cooked.

◆ **Grains/Nuts:** Rice (including rice noodles), quinoa, flax seeds, 14 grain bread etc... *Optional (only in moderation):* Walnuts, brazil nuts, almonds, cashews, hazelnuts, amaranth, spelt. *Avoid:* Peanuts and pistachios (they are OK from time to time but generally

avoid them). Don't buy quick 5 min uncle Ben's crap rice, no parboiled or preboiled or microwaved in 5 seconds crap. Get high quality rice and make sure it has a minimum 20 min cook time. Cook large batches of rice and keep it in the fridge (stores for approx. 1 week).

◆ **Meat/Protein** (in strict moderation): Chicken, fish and very occasionally beef or turkey. Eat 1 pack of eggs per week. *Avoid:* Don't eat pork. Don't buy smoked, pre-seasoned, or heavily processed meat, no canned meat (yuck wtf..), no pre-cooked meat, no seafood or fish except ocean caught salmon and trout.

◆ **Cooking Oil:** [Organic cold pressed extra virgin coconut oil](#) only.

◆ **Sauces & Seasonings:** Try and get healthy sauces and seasonings but don't use much. *Avoid:* Hot spices (except pure cayenne pepper), avoid over-seasoning, chemically processed, chemically laced junk. Natural soy sauce, teriyaki and stuff like that are OK but check ingredients, avoid dirty chemicals, GMO and low grade oils.

◆ Avoid all milk, yogurt, butter and cheese, don't eat dairy whatsoever.

Although the foods list above **are acceptable** you should follow the EXACT grocery list found [here](#).

THESE ARE THE MAIN TRIGGER FOODS

IMPORTANT Make sure any food you ingest contains none of the following:

◆ White flour (or 'enriched' flour)

◆ White sugar

◆ White table salt

- ◆ Hydrogenated oils, corn oil, canola oil, vegetable oil, peanut oil, sesame oil etc..
- ◆ Artificial sweeteners (sucralose, splenda, nutrasweet, ASSpertame etc)
- ◆ Addictive or harmful chemicals (MSG etc..)

Make sure any food that you consume is not:

- ◆ Processed
- ◆ A microwave dinner (*in fact you can throw your microwave away*)
- ◆ Labeled low/reduced fat
- ◆ Labeled low/reduced salt
- ◆ Labeled 0 calories
- ◆ All Natural (deceptive advertising check ingredients)
- ◆ Labeled diet or anything about losing weight
- ◆ Precooked
- ◆ Parboiled / Preboiled (rice)
- ◆ Deep fried
- ◆ Genetically modified
- ◆ Filled with chemicals you can't even read (always read ingredients, not calories)

More stuff to avoid..

- ◆ Drinking too much alcohol
- ◆ Drinking too much coffee (try to stop drinking it)
- ◆ Taking street drugs (marijuana OK *in moderation*)
- ◆ Ditch pharmaceutical drugs (talk to your doctor first *rolleyes*)

What to drink throughout the day:

- ◆ LOTS of Water (filtered or tap) – Don't drink too much bottled water
- ◆ Freshly squeezed juice
- ◆ Green Tea (1-2 cups per day maximum)

Not Feeling Hungry When You Wake Up? If your feeling bloated don't eat breakfast right away instead drink a couple glasses of water and do a quick workout or go jogging. Ideally you should eat your last meal or snack 2-3 hours before bed so you are hungry right away in the morning. Eat fruit for the next few of hours and later load up on eggs on multi-grain bread, rice and vegetables or rice and eggs.

Example dietary schedule:

- ◆ 8:00 am – Drink 2-3 glasses of water (immediately upon rising)
- ◆ 8:15 am – Eat 2 of the same kind of fruit (**Breakfast**)
- ◆ 9:00 am – Drink 1 glass of juice (homemade juice)
- ◆ 10:15 am – Eat 1 more serving of fruit of your choice (**Snack**)
- ◆ 11:00 am – Drink 1 more glass of water if thirsty
- ◆ 11:45 am – Eat more fruit if still hungry (only alternatives: celery, cucumber)
- ◆ 12:15 pm – Drink 1 more glass of water
- ◆ 1:15 pm – Eat fish, chicken or eggs with mixed vegetables and rice (**Lunch**)
- ◆ 3:45 pm – Serving of veggies or have a small salad (**Mid-day snack**)

- ◆ 6:00 pm – Eat grain food + mixed vegetables (**Dinner**)
- ◆ 7:30 pm – Drink 1-2 glasses of water
- ◆ 8:15 pm – Eat some veggies or have a salad (**Last meal of day**)
- ◆ 10:45 pm – Drink 1 glass of water (30-40 minutes before sleeping)

Remember not to overeat, this is to be used as a basic outline **not something you follow 100%**. Obviously you have a life, a job, responsibilities etc and can't follow it to the word. That's OK. I added extra meals so nobody can complain they are starving to death. Ideally you should eat multiple small meals throughout the day with lots of water in between each meal but try not to drink while eating (weakens digestion).

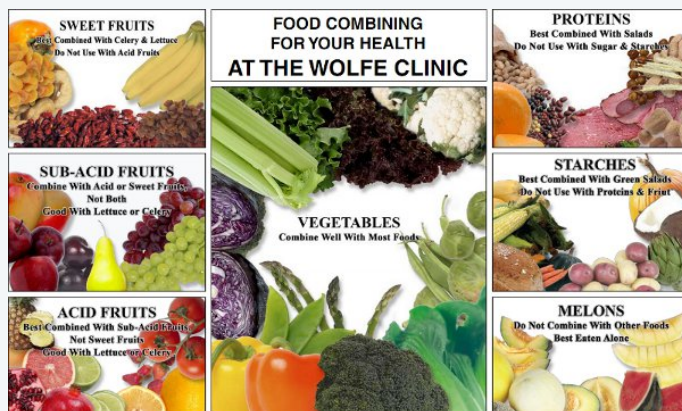
MORE IMPORTANT STUFF YOU NEED TO KNOW:

- ◆ Overeating will ruin your progress – It's best to eat small meals 5-6 times a day. If you overload your digestive system by eating too much in 1 shot you will depress your immune system and it will increase the amount of skin that will build up and peel later.
- ◆ Don't eat if your not hungry – Remember that you do not have to eat as much food as is listed above, you want to only eat when your hungry. Try to build up an appetite by working out, doing breathing exercises and putting in some hard work at your job! If you wake up in the morning and your stomach feels bad and your not hungry than don't eat until you are. Remember you still want to continue drinking water regardless of if you are hungry or not.
- ◆ Don't eat at least 2+ hours before bed – Only eat light foods before bed and try not to eat them too close to the time when you sleep.
- ◆ Water in between meals: Your blood and even your vital organs like lungs and brain are mainly composed of water. Water keeps all your cells working as they should and keeps the food moving throughout the digestive system efficiently.
- ◆ Eat in proper food combination's: Avoid eating foods together that wreak havoc to your

insides: pizza, burgers, microwave dinners yogurt & fruit, sandwiches, spaghetti, steak and potatoes, etc..

◆ Remember if you are eating bad foods often it will slow your digestion, depress your immune system and ultimately lead to peeling lips and cause other symptoms as well.

- ◆ Fry or steam vegetables **very lightly** if you decide to do so at all
- ◆ Only use stainless steel or cast iron cookware (none of that Teflon crap)
- ◆ Limit the amount of seasonings you use
- ◆ Do not use any overly hot & spicy powders or sauces
- ◆ Limit portions of meat, eat lots of grains with more raw vegetables
- ◆ Use as much coconut oil as you want, eat 4-5 tablespoons of it throughout the day



Food combining chart courtesy of [The Wolfe Clinic](#) visit them for full sized image.

Your body is not designed to eat certain foods together. Try eating these poor food combination's if you don't think it affects digestion: fruit and meat or yogurt and meat, yogurt and noodles, fruit and rice then wait 5 minutes and see how your stomach reacts. That may be an extreme example but it goes to show food combining is real; your body doesn't like certain foods together.

Your meal at lunch or dinner should be the one where you eat some kind of protein dish (either salmon,

chicken or eggs). You can prepare this is pretty much any way you like as long as you only use stuff listed on the grocery list. Good options are salmon, brown rice with lots of mixed vegetables or maybe a chicken stir-fry, perhaps eggs on organic bread with vegetables on the side are all good options.

Remember to keep portions of meat or protein relatively small, eat as much rice and vegetables as you want. Your protein meal should be made up of around 20% meat, 35% grains 45% vegetables.. this is good balance.

ALTERNATIVE DIET THAT SHOULD WORK AS WELL

Want to try an alternative diet that looks very promising?

Although this diet is *still untested* it was created by the super-genius Dr. Shelton so it's got to work well. You should definitely use a lot of the advice found in this blog post in combination with Dr. Sheltons diet. For example still use coconut oil instead of olive oil when cooking and follow all the lifestyle changes as well. Please report your results if you try this diet protocol and let us know if it stopped the peeling in the comments section.

[Dr. Shelton Diet Program](#)



Stress Plays It's Part In The Peeling Cycle

Stress is an unavoidable factor. Once the diet changes kick in and the peeling cycle slows you need to be able to stop obsessing over your lips and get back on track.



Find a hobby, do things you enjoy, hang out with friends and family, go out for drinks just make sure you stay social, have fun and blow off steam.

5

Getting Proper Amounts of Sleep

When you sleep your body regenerates, heals and stores the days memories among many other things. While sleeping your digestive system shuts down almost completely and your body goes into the same state as a person who is fasting. Normally when awake over 30% of your bodies energy is allocated to tasks related to the digestive system, on the other hand when sleeping your digestive system shuts down, this means your body is free to use this energy on healing itself.



Solution: Get minimum 8 hours of uninterrupted sleep per night.



Expand Your Diaphragm While Breathing

A high percentage of people in the USA, Canada and UK are shallow breathers – this means they don't fully expand and contract their diaphragm while breathing. Many people with exfoliative cheilitis are reportedly not only shallow breathers but also mouth breathers as well. These breathing patterns are not normal and unfortunately are a major contributor to anxiety and disease.

Solution: Stand straight, pushing out your stomach and chest, keep your chin high, take slow deep breaths in through your nose. Focus on fully expanding and contracting your diaphragm and breathing with your stomach as well. Working your abs and doing lots of cardio can have a great effect on your breathing as well.



Exercise 3-5 Times Per Week

Exercise keeps anxiety away, increases confidence, normalizes breathing patterns and increases blood circulation. Exercise also stimulates your muscles and internal organs, increase libido and sexual performance, speeds up detoxification, increases flexibility along with about 10 000 other benefits.



Exercise minimum 3 days a week and with in a few weeks you should start feeling stronger and more balanced. Remember that when your body is in a state of sickness you never want to fully drain your bodies vital energy by heavy lifting until failure, if you insist on hitting the weights at the gym lift low or medium weight and do at least 10 repetitions.

Do lots of abdominal training and cardiovascular exercises. This will help your digestion, strengthen your diaphragm and increase immunity and lung capacity.

Solution: Do lots of cardiovascular exercise mixed with abdominal training, soccer, hockey, boxing, martial arts any other high intensity sports are very highly recommended! Women can do yoga, dancing, jogging, pilates etc.



Supplement & Health Shop

Here are some supplements and helpful items, links and discount codes you may like...

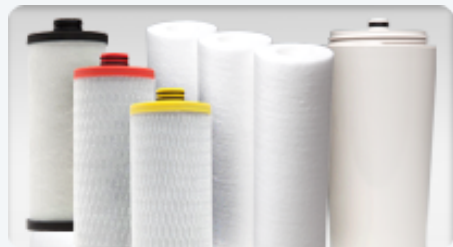


Not all items are needed, I would suggest a *water filter* and *coconut oil* as the #1 priority items.

If you buy anything @ [iHerb.com](https://www.iHerb.com) use discount Code: [DUR708](#) for \$5 off.

Click an image to learn more...

Water Filter:



Coconut Oil:



Personal Hygiene Items:

Fluoride Free Toothpaste



Tongue Cleaner



Natural Deodorant



***Important stuff I don't have time or space to write about*...**

- Vaccines cause autoimmune disease and inflammation (ie stay the hell away from them)
- Pharmaceutical drugs lower your immunity and make EC worse (accutane as 1 example of many..)
- Anything that lowers immunity worsen the peeling cycle so boost your immune system
- Food is being laced with chemical toxins aka poisons so read the ingredients on everything
- Take control and responsibility for your own health

Comments are no longer being moderated or approved due to spam and lack of time. Sorry!

Ways To Contribute Back:

Want to help people like yourself stop peeling?

- ◆ Share the word about this site on forums and comment on related blogs. To **create a link to this website simply copy the following link <http://exfoliativecheilitishelp.com>** and use

anchor text “exfoliative cheilitis” or something similar if you know how.

◆ Please take before and after pictures and share them in the comments section.

WARNING: If you skimmed this far without reading every single word posted then you are making a mistake.. go back to the top and read EVERY word line for line until you understand EXACTLY HOW TO ‘CURE’ yourself!

Ask and read questions below.

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 **(143) Comments**

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