



GLOBAL WELLNESS

SUMMIT M E X I C O

CITY 2015



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SUMMIT **MEXICO**  
CITY 2015

# The Hidden Brain in The Skin

## Dr. Claudia Aguirre

# Stress and the Skin

- Inflammation
- Increase in oil production
- Inhibits barrier repair
- Stimulates histamine release
- Makes skin more sensitive

## Not to mention...

- Brittle, peeling nails
- Hair loss



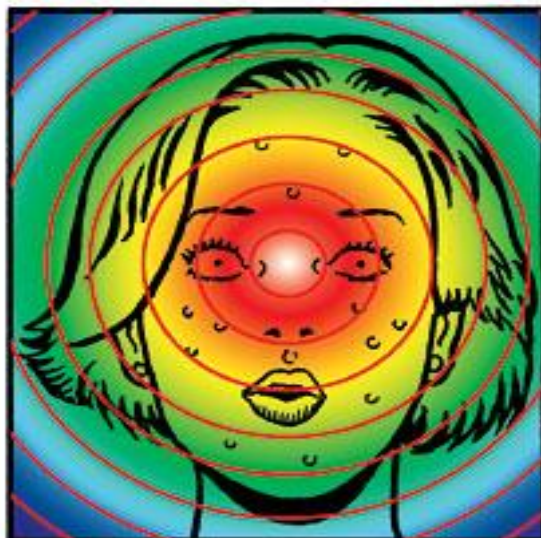
YOU'RE *NOT* GOING TO *BELIEVE* THIS, BUT MY...

# PSYCHODERMATOLOGIST

SAID *STRESS* MAY BE CAUSING MY *BREAKOUTS*!



HE RECOMMENDED I TRY *SELF-HYPNOSIS*, WHICH TOOK *MONTHS* TO *LEARN*!



BUT I WAS ABLE TO *VISUALIZE* MY IMMUNE SYSTEM *FIGHTING* OFF MY *PIMPLES*!



YES, I *KNOW* IT'S A *LITTLE BIZARRE* AND *AMAZING*, BUT... *NO MORE ACNE*!



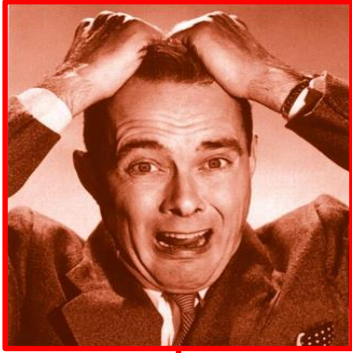
# PSYCHODERMATOLOGY

PSYCHOPHYSIOLOGIC

**PRIMARY PSYCHIATRIC**

SECONDARY PSYCHIATRIC





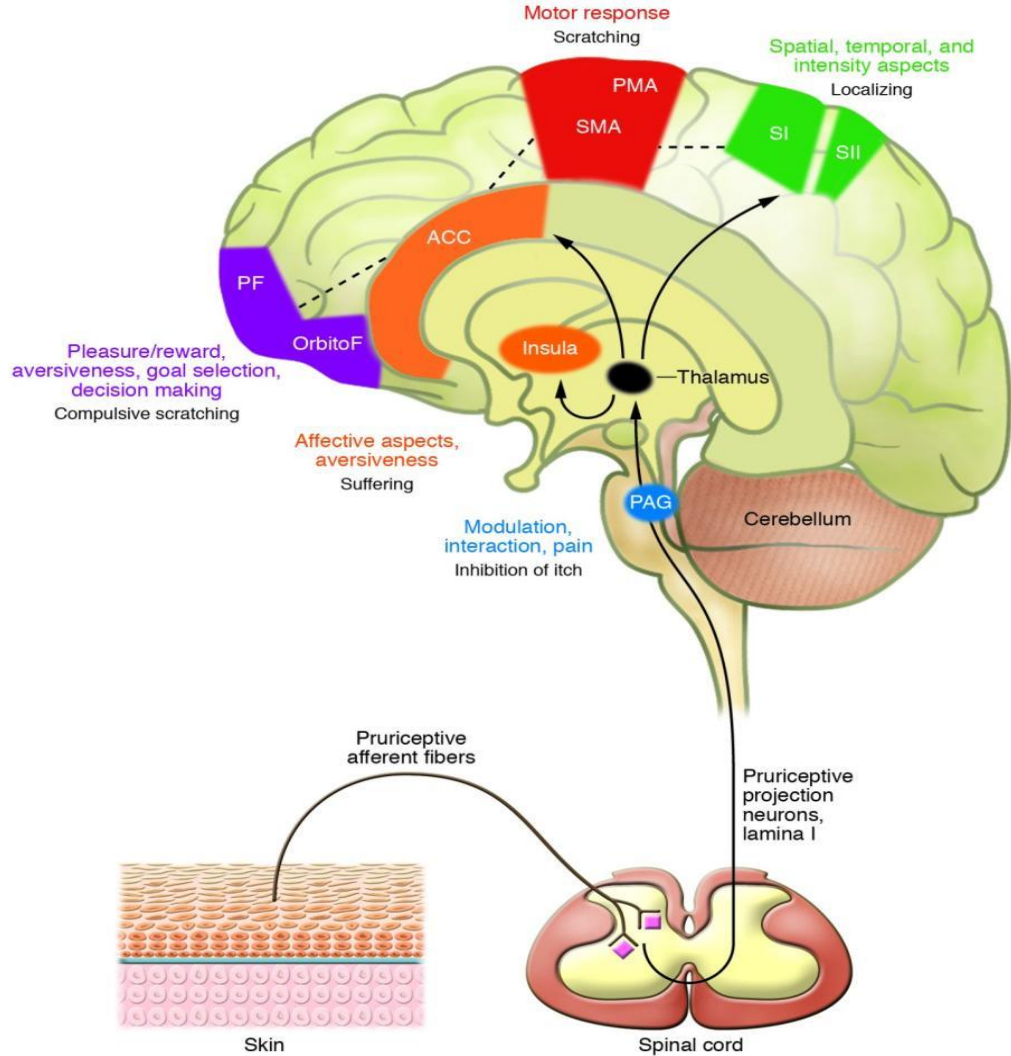
## PRIMARY PSYCHIATRIC

- Delusions of parasitosis
- Trichotillomania
- Skin lesions



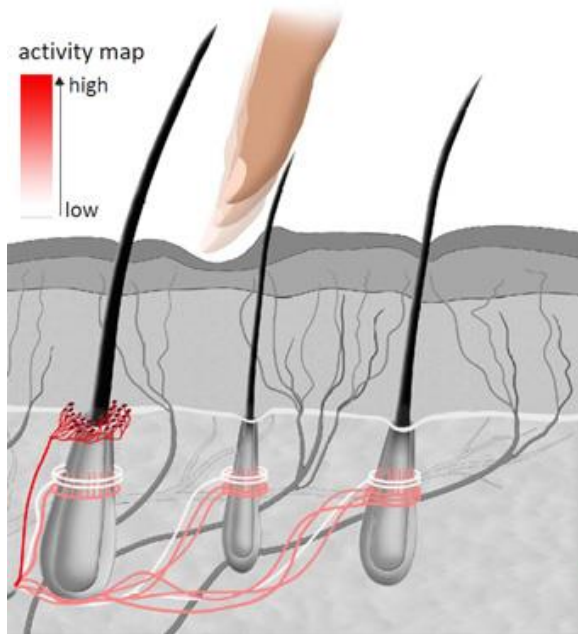
## SECONDARY PSYCHIATRIC

- Cystic acne
- Psoriasis
- Vitiligo
- Alopecia areata

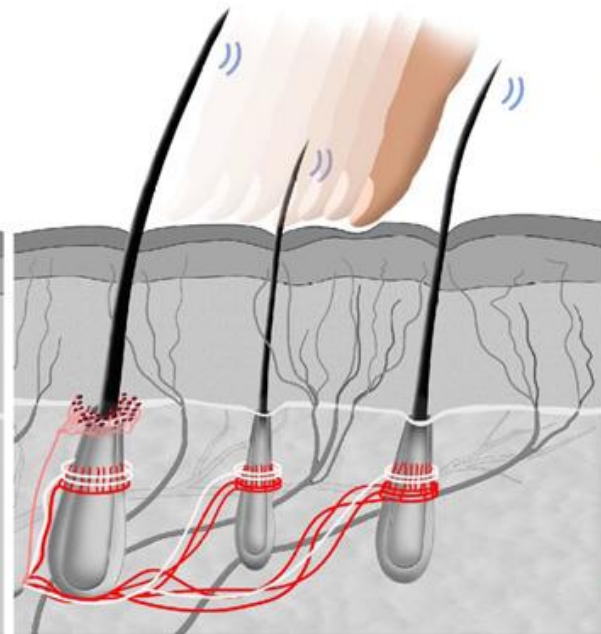




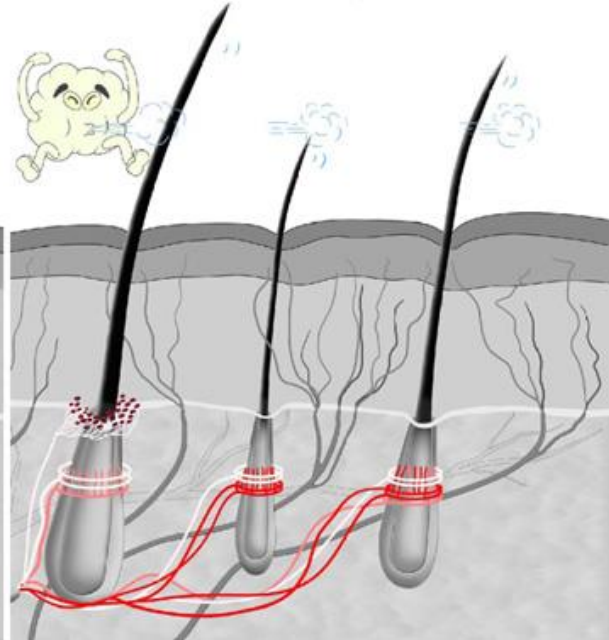
**A. Poke:** SAI-LTMRs > RA-A $\beta$ /A $\delta$ /C-LTMRs



**B. Stroke:** RA-A $\beta$ /A $\delta$ /C-LTMRs > SAI-LTMRs



**C. Breeze:** A $\delta$ /C-LTMRs > RA-A $\beta$ -LTMRs > SAI-LTMRs





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