

Autogenic Training and Physical Illness

The Skin - Standard Exercise 2 - Warmth in the limbs

The skin is an important structural and physiological organ made up of three layers of cells and is the interface between our inner and outer worlds

The Epidermis the outer superficial layer constantly being rubbed off and replaced

- Keratin
- Melanin

The Dermis the inner deeper layer made up of specialised cells

- Blood and lymph vessels
- Sebaceous glands
- Hair follicles
- Muscle fibres
- Sweat glands
- Nerve endings
- Collagen and elastic fibres

The Hypodermis the fatty layer, insulation

Functions of the skin

- Control of body temperature
- Protects: water proofing and infection control
- Sensation: touch
- Protection from injury
- Absorption: UV light, Vitamin D synthesis
- Excretion: CO₂, toxins
- Secretion: pheromones

Skin diseases

Skin disorders are very visible and are usually chronic; they may arise from any of the three layers.

- Epidermal origin : Eczema, Dermatitis, Psoriasis, Rosacea, Cancer
- Dermal origin: Alopecia, Hirsutism, Acne
- Connective tissue disorders: Scleroderma, Ehlers Danios syndrome

Skin disorders produce many symptoms: irritation, itching, discomfort, pain and psychological stress

Treatment can be difficult, time consuming and messy adding to the stress. It may be ineffective or dangerous

AT standard exercises can:

- *Reduce tension*
- *Help with sleep*
- *Help to change attitudes: affirmations and personal formulae*
- *Offloading: care needed with standard exercise 2*