THE SCHOOL OF HEALTH

OCTOBER 2026

Nourishing the Integumentary System:

The Role of Beta-Carotene and Silica

Build healthy skin, hair, and nails from the inside out.



Table of Contents

Nourishing the Integumentary System

The House You Live In 3

What Is Your House's Outer Wall? 4

The Three Layers of Your House's Wall 5

How Beta-Carotene & Silica Help Build Your House Walls (Skin) 6

Plant-Based Foods That Help Build Your House 7

Eat for Strength 8

Absorption 9

The Importance of Strategic Meal Planning for Your Outer System 10

Plant-Based Foods That Help Build Your House 11

The 14-Day Integumentary Support Menu 12

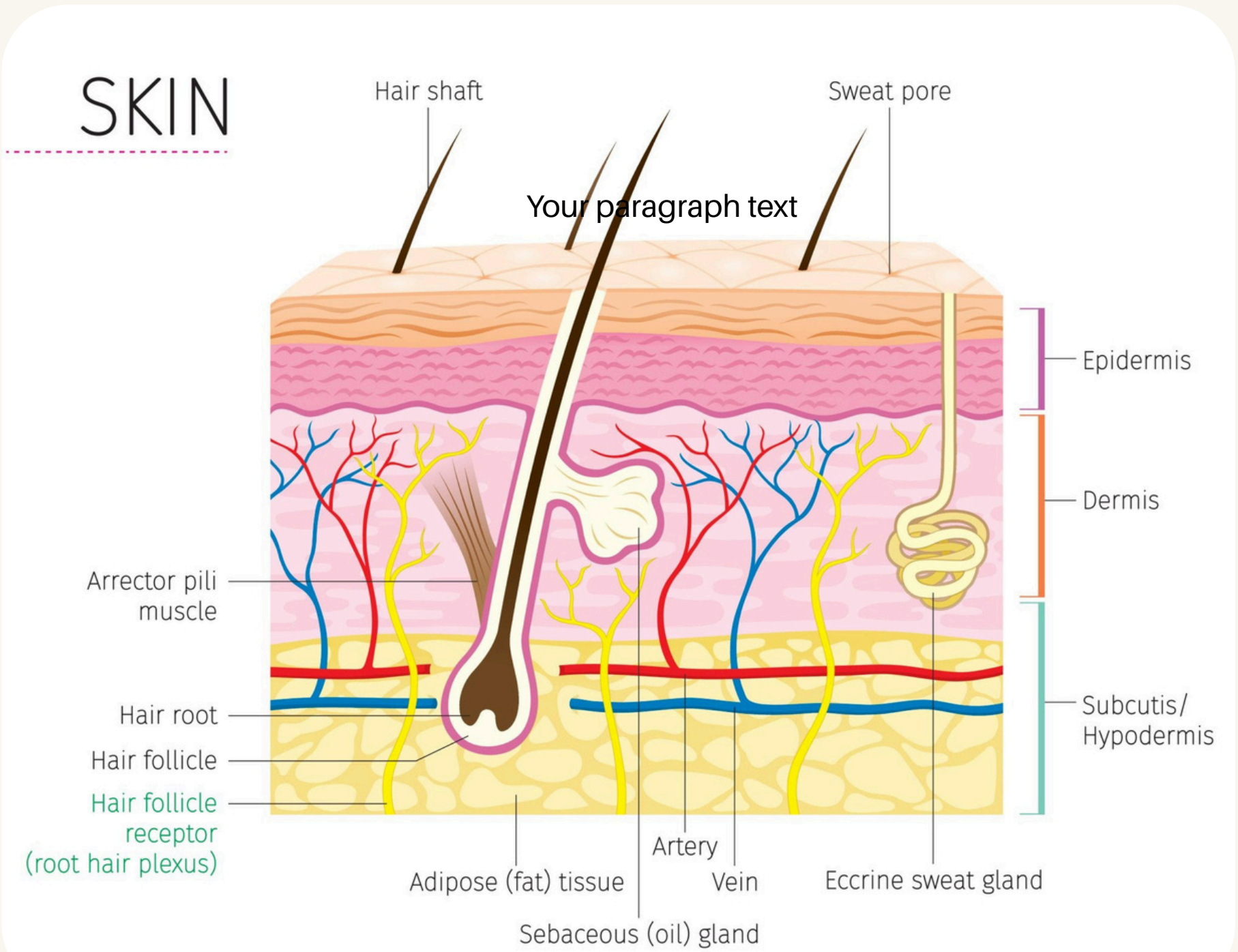
Closing Takeaways 14

"Thou hast clothed me with **skin and flesh**..." Job 10:11

The House You Live In

THE INTEGUMENTARY SYSTEM

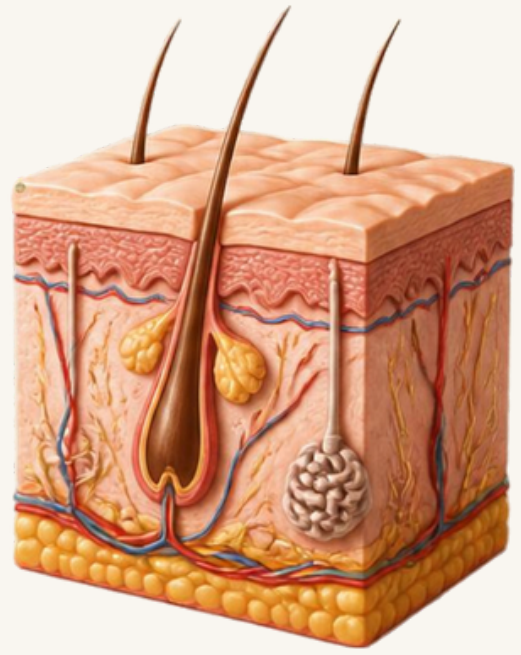
Your body is like a cozy house. Even though people love to put fancy paint on the outside walls, a strong house actually has to be built from the inside out using special bricks made from plants.



"Except the Lord build **the house**, they labour in vain that build it..." Psalms 127:1

What is Your House's Outer Wall?

THE INTEGUMENTARY SYSTEM



Your body's outer wall is called the integumentary system. It is your body's biggest organ system, and it is made of your skin, hair, nails, and tiny little rooms that make sweat and oil.

It does four important jobs for your house:

1. **Guard Wall:**
   It acts as a thick shield that keeps out bumps, scratches, bad weather, and tiny dirt germs that want to break in.

2. **Climate Control:**
   It acts like the house's heating and cooling system. When it gets too hot, it opens the water gates to sweat and cool you down, and it moves blood tubes around to keep the temperature just right.

3. **Alarm System:**
   It has little helper guards that let you feel when someone taps your wall, when something pinches you, or if things are too hot or cold.

4. **Trash and Storage Room:**
   It throws away body trash through sweat and makes Vitamin D for your bones when the sunshine hits the outermost layer of your wall!

"We have a **strong** city; salvation will God appoint for **walls** and bulwarks." Isaiah 26:1

The Three Layers of Your House's Wall

THE INTEGUMENTARY SYSTEM

The three main layers of the skin—the epidermis, dermis, and hypodermis—can be thought of as the outside roof or siding, the strong framed walls, and the padded foundation or subfloor of a house.

1. Epidermis (The Roof / Exterior Siding):

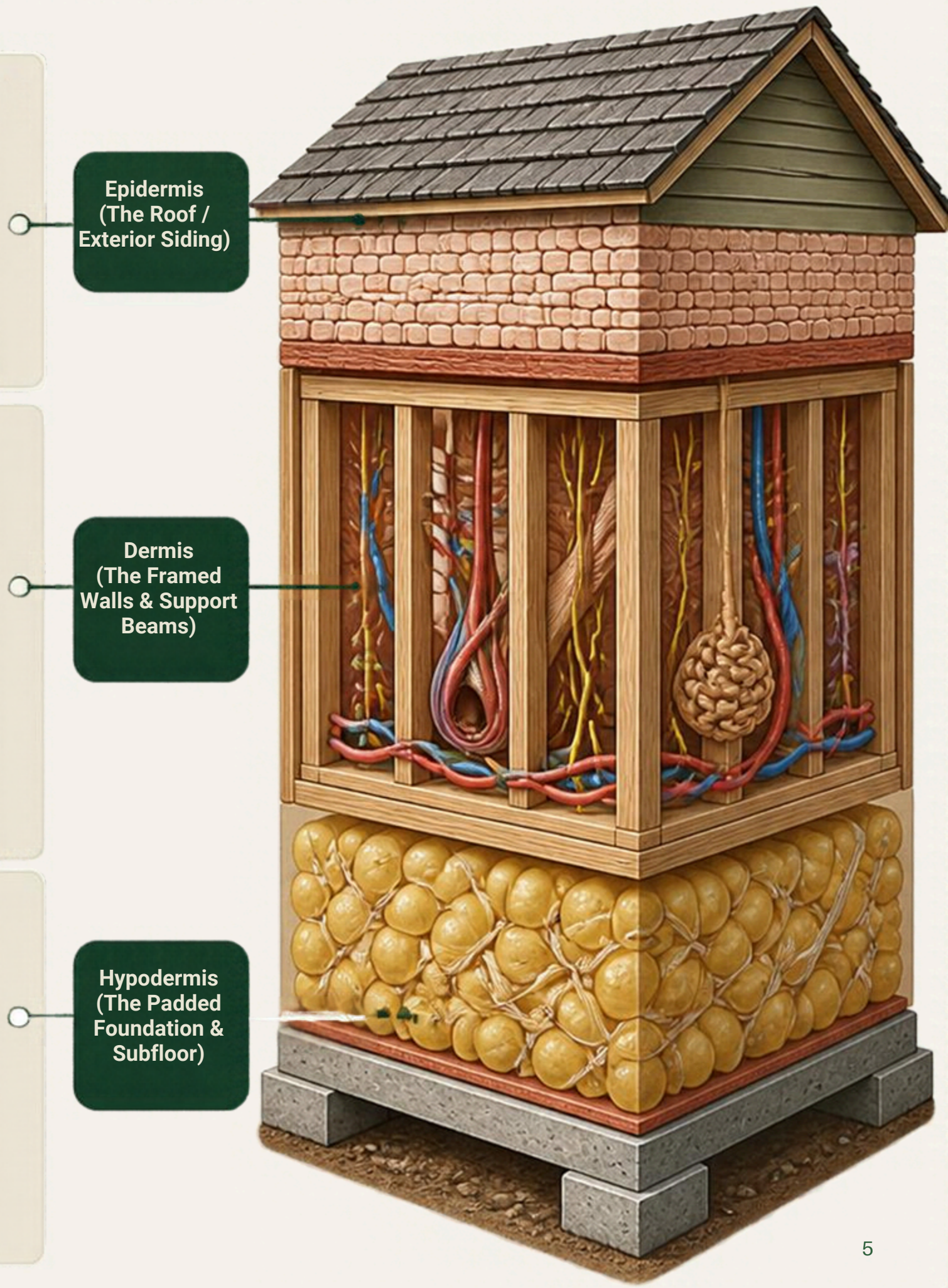
Think of the epidermis as the roof or outer weather-proofing of a house. It is the very first line of defense against rain, sun, wind, and outside intruders. This outer layer consists of tightly packed cells (like roof tiles or bricks) that stop bad things from getting in and keep moisture from escaping.

2. Dermis (The Framed Walls & Support Beams):

The dermis acts as the thick, heavy-duty structural framing of the house. It holds everything together and provides physical strength. Sitting right beneath the epidermis, this middle layer contains collagen and elastin fibers (like steel and wood beams) to give the skin flexibility and bounce. It also houses the "utility lines"—blood vessels, nerve endings, sweat glands, and hair follicles.

3. Hypodermis (The Padded Foundation & Subfloor):

The hypodermis is the deepest layer, functioning like the wrapped crawlspace, foundation padding, or subfloor that cushions and protects the entire structure. Made mostly of fatty tissue and connective fibers, this layer attaches the upper skin layers to your bones and muscles. It keeps your body warm against the cold and absorbs physical shocks.



How Beta-Carotene & Silica Help Build Your House Walls (Skin)

THE FOOD YOU EAT

Provides raw materials to repair and strengthen your skin's outer walls.

Pathway 1: Beta-Carotene ——> Converts into Vitamin A ——> Creates Fresh Wall Blocks & Sun Protection

Pathway 2: Silica ——> Ties together Collagen Ropes ——> Creates Stretchy, Strong Walls

Beta-Carotene

Beta-carotene is a colorful helper material found in plants.

- Sun Shield: It travels to the top floor of your skin and acts like a tiny sunblock to stop harmful rays from damaging your walls.
- Fresh Block Maker: Your body turns beta-carotene into Vitamin A, which helps your skin shed old, tired blocks and build brand new ones quickly.
- Oil Control: It helps your skin's oil doors stay balanced so your walls never get too dry or messy.

Silica (Silicon)

Silica is a tiny mineral that locks your house's building materials tightly together.

- Strong Ropes: It helps weave tough ropes in your middle wall floor so your skin can stretch and bounce right back into place.
- Super Hair and Nails: It travels straight up into your hair towers and nail plates to make them super strong and stop them from cracking.
- Quick Fixer: It helps your body patch up the walls rapidly if you ever get a scrape or a crack.

Plant-Based Foods That Help Build Your House

THE INTEGUMENTARY SYSTEM

Eating whole plants gives your body all the beta-carotene and silica it needs to keep the house strong!

Beta-Carotene Foods

- **Top Builders** (Sweet Potatoes, Carrots, Pumpkin): These are loaded with bright color to give your skin maximum power for smooth wall updates.

- **Medium Builders** (Spinach, Kale, Cantaloupe): These bring great plant colors plus Vitamin C to help your walls repair themselves.

- **Daily Helpers** (Broccoli, Red Bell Peppers, Apricots): These give you smaller daily doses to keep your house's natural shields strong every

Silica (Silicon) Foods

- **Top Builders** (Horsetail Tea, Unrefined Oats, Bamboo Shoots): These are packed with silica to build super strong wall ropes.

- **Medium Builders** (Cucumbers with Skin, Green Beans, Barley): Cucumber skin has a special liquid that makes your hair towers and skin walls extra tough.

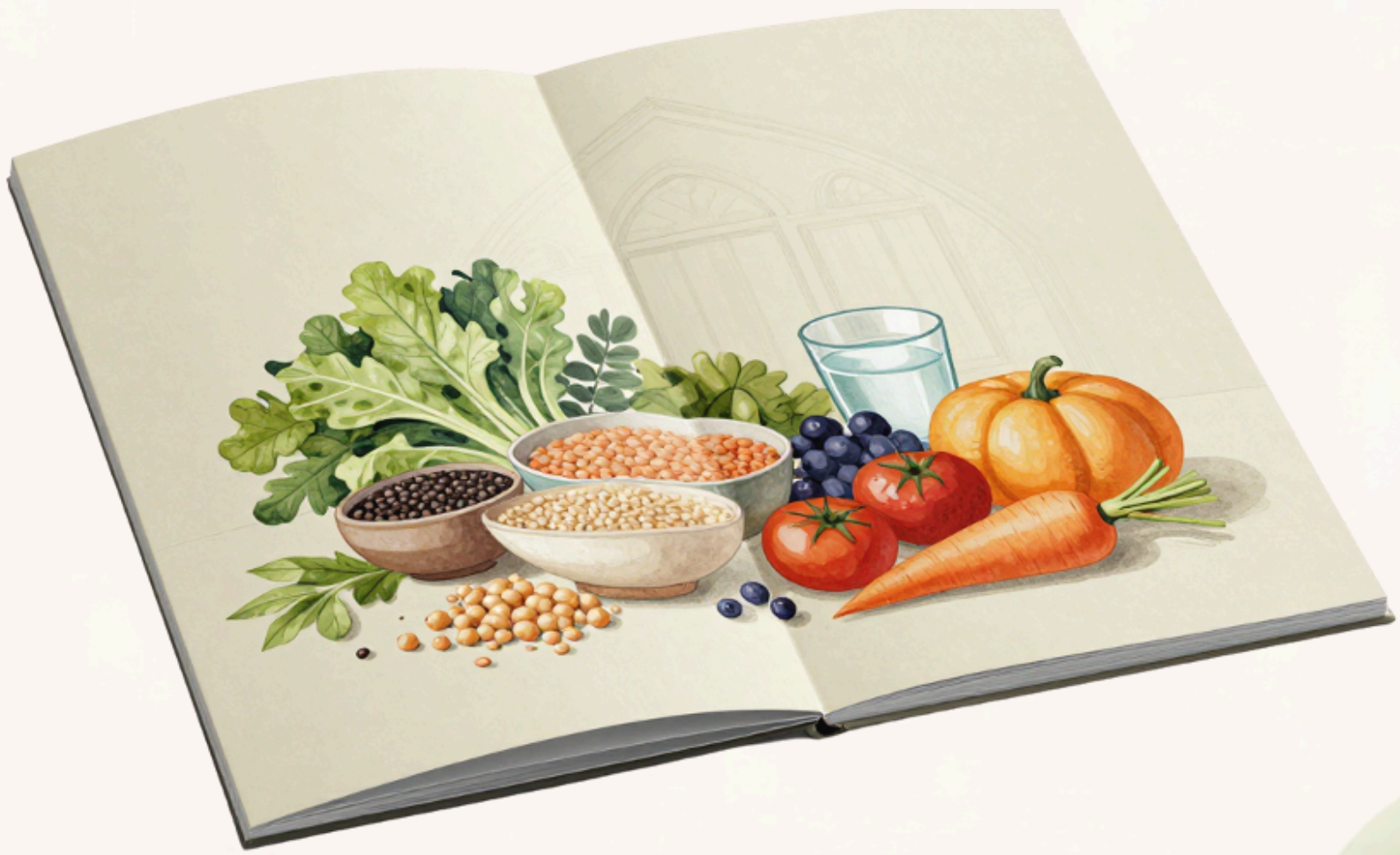
- **Daily Helpers** (Bananas, Spinach, Root Vegetables): These provide steady background minerals to keep your house's tissues watered and happy.



Eat for Strength

"Prove thy servants, I beseech thee, ten days; and let them give us **pulse to eat, and water to drink**. Then let our countenances be looked upon before thee... And at the end of ten days their **countenances appeared fairer and fatter in flesh**..."

Daniel 1:12-15



Absorption

HOW YOUR HOUSE ABSORBS

Beta-Carotene Foods

- **Healthy Dietary Fats:** Because it is a fat-soluble nutrient, beta-carotene needs fats (like avocado, nuts, or seeds) to form tiny delivery bubbles during digestion so your body can soak it up.

- **Thermal Processing:** Gently steaming or cooking your plant foods breaks down their cell walls, making the beta-carotene much easier for your body to grab than eating them raw.

- **Zinc Co-factor:** Your body needs a mineral helper called zinc in your liver and tissues to successfully turn beta-carotene into active Vitamin A.

Silica (Silicon) Foods

- **Stomach Acid (HCl):** Your stomach acid acts like a key, breaking down the silica in your food into a liquid form called orthosilicic acid that your body can easily drink up.

- **Vitamin C:** Vitamin C acts as a trusted friend that works side-by-side with silica to build those strong collagen ropes in your middle wall layer.

- **Hydration:** You need to drink plenty of water so your body's plumbing can carry the liquid silica all around to nourish your house's structure.



The Importance of Strategic Meal Planning for Your Outer System

Planning your house's building supplies ahead of time makes sure your walls get a steady stream of what they need:

- **Sustained Nutrient Densities:** It takes about 28 to 30 days for your epidermis to completely shed and renew. Eating your helper nutrients only once in a while isn't enough; planning your meals keeps a steady supply flowing through your bloodstream.

- **Better Skin Nutrients:** Key skin nutrients—like fat-soluble vitamins (A, D, E, K) and antioxidants like beta-carotene need to be eaten with healthy fats (like oils, nuts, or avocado) so your body can absorb them properly. Planning your meals helps make sure you eat them together.

- **Saves Time and Energy:** Knowing what you are going to eat means you don't have to stress about guessing. It stops you from reaching for unhealthy snacks when you are hungry and keeps food from going to waste!



Plant-Based Foods That Help Build Your House

Eating whole plants gives your body all the beta-carotene and silica it needs to keep the house strong!

Nutrient	Concentration	Plant-Based Food Sources	Primary Function in House Wall	Key Absorption Factors
Beta-Carotene	Very High	Sweet potatoes, Carrots, Pumpkin	UV radiation protection, fresh block turnover	Healthy fats, heat processing, Zinc
	High	Spinach, Kale, Cantaloupe, Butternut Squash, Mustard, Collard & Turnip Greens, Swiss Chard, Romaine Lettuce	Quenches free radicals, balances oil production	Healthy fats
	Moderate	Broccoli, Red Bell Peppers, Green Leaf Lettuce, Red Leaf Lettuce, Apricots, Peaches, Nectarines, Mangoes	Minor antioxidant defense	Healthy fats
Silica	Very High	Horsetail herb, Rolled Oats, Barley, Brown Rice	Collagen synthesis, structural hair/nail strengthening	Stomach acid (HCl), Vitamin C
	High	Buckwheat, Whole Wheat, Walnut, Almonds, Cucumbers (with skin), Green beans, Strawberries, Melons	Maintains wall elasticity and connective tissue integrity	Adequate hydration
	Moderate	Bananas, Root Vegetables, Potatoes, Apples (with peel), Lentils, Other Legumes	Find tiny building blocks that help keep the skin strong and smooth.	Stomach acid (HCl)

The 14-Day Integumentary Support Menu

WEEK 1

Key target foods containing Beta Carotene or Silica are highlighted in bold below to demonstrate how simple it is to build your routine around them.

Day 1

Breakfast: Fresh fruits - **Mango, strawberry**, pineapple, **banana**. **Buckwheat** pancakes drizzled with heart warming **strawberry** sauce served with scrambled **tofu**.

Dinner: Salad - **Spring Mix**, tomato, **cucumber**, **carrot**, arugula drizzled with French dressing. Butternut Squash soup topped with green onions, served with * **garlic bread** and steamed **broccol**i.

Day 2

Breakfast: Fresh Fruits - **peaches**, **apples**, grape, **apricots**.
* **Waffles** with pineapple sauce (EWF), served with Eden Way Sausages (EWF) and chopped **walnuts**.

Dinner: Salad - **Lettuce**, tomato, **cucumber**, red onions, avocado, drizzled with ceasar dressing (from subscription meal). * **Chick'n Pot pie** (from subscription meal) served with steamed green beans tossed in garlic-butter sauce.

Day 3

Breakfast: Fresh Fruits - **Mango**, pears, **nectarines**, grapes.
Tater Casserole (EWF) topped with salsa and plant-based sour cream.

Dinner: Salad - **Lettuce**, Tomato, **cucumber**, **carrots**, avocado, drizzled with ranch dressing. Hearty chili - made of **kidney beans** and crumbled EWF burgers, served with cornbread and steamed **kale**.

Day 4

Breakfast: Fresh fruits- **cantaloupe**, mixed berries, **apples**.
Creamy millet pudding toped with **bananas** and **granola** (EWF) served with scrambled **tofu**.

Dinner: Salad - Massaged **kale**, tomato, cucumber, **red onions,** avocado drizzled with pesto dressing. Lentil loaf topped with country style gravy (EWF) and sautéed onions served with roasted **sweet potatoes** and **collard greens**.

Day 5

Breakfast: Fresh Fruits - mixed berries, **apples**, **bananas**, **cantaloupe**. Breakfast Quiche made with onion, **bell peppers**, scrambled **tofu**, Eden Sausage (EWF) crumbled and shredded **potatoes**.

Dinner: Salad - **Lettuce**, tomato, **cucumber**, red onions, drizzled with Eden Way seasoning (EWF) and olive oil. **Kari Stew (contains chickpeas)** (EWF) served with **brown rice** (EWF) and steamed cabbage and **carrots**.

Day 6

Breakfast: **Mango**, **strawberry**, **apples**, **banana**. * Pumpkin-spice pancakes drizzled with warm maple syrup, served with **almonds** and chopped **walnuts**. Note: use coriander and cardamom as the spices.

Dinner: **Spring Mix**, tomato, **cucumber**, **carrot**, arugula drizzled with pesto dressing. Crimson drumsticks (EWF) served with Mac & Cheese (EWF) and steamed mixed **greens**.

Day 7

Breakfast: Fresh fruits - **apricots**, mixed berries, pears, **banana**.
Creamy **oatmeal** made with coconut milk topped with bananas, sliced **mangoes**, chopped **walnuts**, and roasted pumpkin seeds.

Dinner: Grain bowl made of seasoned **barley**, **black beans**, plant-based cheese, shredded **lettuce**, sliced tomatoes, olives (vinegar-free), and drizzled with a creamy tahini.

*The dish contains whole wheat flour. Whole wheat is a good source of silica.

Blue = link to recipes



The 14-Day Integumentary Support Menu

WEEK 2

Key target foods containing Beta Carotene or Silica are highlighted in bold below to demonstrate how simple it is to build your routine around them.

Day 8

Breakfast: Fresh Fruits - **peaches**, **apples**, grape, apricots.
Mango Crisp served with hash browns and **tofu bites** (tofu bites tossed with sautéed onions, red bell peppers, plant-based stock).

Dinner: Salad - Lettuce, **radish**, tomatoes, **cucumber**, carrots, **olives** (vinegar-free), drizzled with **Thousand Island dressing**. **Lentil loaf** and Scalloped **Potatoes** served with **collard and mustard mixed greens**.

Day 9

Breakfast: Fresh fruits - **Mango**, strawberry, pineapple, banana.
Creamy Oatmeal topped with a spoonful of chopped **walnuts**.

Dinner: Salad - **Spring mix**, tomatoes, cucumber, **radish**, **edamame**, drizzled creamy **tahini** dressing. **Tofu** Noodle Stir Fry made with **tofu bites** (EWF), bok choy, **carrots**, **broccoli**, onions, **bell peppers** - served with * **noodles**.

Day 10

Breakfast: Fresh Fruits - **Mango**, pears, **nectarines**, grapes.
Breakfast Burrito packed with Eden Way burgers diced, cooked **black beans**, **red bell peppers**, onions, plant-based shredded cheese topped with fresh herbs, all in a *** soft tortilla wrap**.

Dinner: **Seasoned Rice** and **tofu** squares bowl with shredded lettuce, cherry tomatoes, **cucumber**, olives (vinegar-free) or avocado, and pesto dressing.

Day 11

Breakfast: Fresh fruits - **cantaloupe**, mixed berries, apples.
***Apple Turnovers** (baked with the skin) served with Eden Way sausages (EWF) cooked in country-style gravy and sautéed onions, garlic, **bell peppers**.

Dinner: **Lettuce**, tomato, **cucumber**, **red onions**, avocado, drizzled with Eden Way Seasoning and **sesame oil**. **Sweet potato** casserole topped with chopped **pecans** and served with **black bean** patties and **green beans**.

Day 12

Breakfast: Fresh Fruits- mixed berries, **apples**, **bananas**, **cantaloupe**.
Waffles with blueberry sauce (EWF) served with tofu scramble.

Dinner: Salad - **Massaged kale**, tomato, **cucumber**, **carrots**, red onions avocado drizzled with pesto dressing.* **Lasagna** served with steamed **broccoli** and warm * **dinner rolls** (EWF).

Day 13

Breakfast: **Mango**, **strawberry**, **apples**, **banana**. Tater tot casserole (EWF) topped with salsa and **plant-based sour cream**.

Dinner: **Lettuce**, tomatoes, **cucumber**, **carrots**, olives, drizzled with Eden Way Seasoning and **sesame oil**. BBQ meatballs (EWF) served with corn on the cob and steamed kale.

Day 14

Breakfast: Fresh fruits - **apricots**, mixed berries, pears, **banana**.
Da'bomb (made with **tofu**) served with warm gravy.

Dinner: Salad - Massaged Kale, tomato, cucumber, **bell pepper**, avocado drizzled with pesto dressing. Stuffed **Winter Squash** stuffed with cooked **chickpea**, **brown rice**, onions, bell peppers, drizzled with warm country style gravy (EWF).

*The dish contains whole wheat flour. Whole wheat is a good source of silica.

Blue = link to recipes



Closing Thought

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

1 Corinthians 10:31