

# SHEA BUTTER



*“Life Coaching For Your Individual Greatness”*

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## **ABOUT ONE 80 TURN, LLC**

One 80 Turn<sup>SM</sup> is a holistic life wellness service provider located in Nashville, TN. Our whole body approach utilizes results oriented tools and concepts, from various cultures and philosophies, to provide high school and college athletes with reliable information on various topics that have the potential to help them improve their athletic performance, as well as assist them in forming good habits that will benefit them throughout their lifetime.

The concept for the services of One 80 Turn<sup>SM</sup> was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source of life enhancing information and instruction for high school and college athletes.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in reaching their highest potential as athletes and achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages. Our holistic approach to wellness will establish our reputation as the best in the industry.

## **DOCUMENT INFORMATION**

### **2.1 Description**

The information in this document, on shea butter, is taken from various internet sources and is provided in this compiled format for easy reading.

### **2.2 Objectives**

Provide general information about, and on the use of, shea butter.

### **2.3 Suggested Users**

Any person desiring to increase their knowledge about shea butter as they make choices for their individual nutrition/exercise needs/requirements.

## DOCUMENT CONTENT

### 3.1 Shea Butter

Shea butter, also known as karite butter, is a cream-colored fatty substance made from the nuts of karite nut trees (also called *Mangifolia* trees) that grow in the savannah regions of West and Central Africa. Karite trees, or shea trees, are not cultivated. They grow only in the wild, and can take up to 50 years to mature (they live up to 300 years!). In most parts of West Africa, destruction of the shea tree is prohibited because this little nut provides a valuable source of food, medicine, and income for the population. In fact, shea butter is sometimes referred to as “women’s gold” in Africa, because so many women are employed in the production of shea butter.

Why is shea butter in such demand? Western countries are just beginning to recognize the considerable health and beauty benefits of shea butter, something Africans have known for thousands of years. **Shea butter has been used to help heal burns, sores, scars, dermatitis, psoriasis, dandruff, and stretch marks. It does help to lighten old, more mature, stretch marks with continued use. It does not get completely rid of them, but you will notice a difference after about 6-9 months. There are also testimonials from several women who used shea butter during pregnancy and after giving birth---and none of them had stretch marks. It may also help diminish wrinkles by moisturizing the skin, promoting cell renewal, and increasing circulation. Shea butter also contains cinnamic acid, a substance that helps protect the skin from harmful UV rays.**

**Shea butter is a particularly effective moisturizer** because it contains so many fatty acids, which are needed to retain skin moisture and elasticity. The high fatty acid content of shea butter also makes it an excellent additive to soap, shampoos, anti-aging creams, cosmetics, lotions, and massage oils—its soft, butter-like texture melts readily into the skin.

**Shea butter protects the skin from both environmental and free-radical damage. It contains vitamins A and E, and has demonstrated both antimicrobial and anti-inflammatory properties.**

Shea butter is already added to many cosmetic products, but you can also purchase 100 percent pure shea butter at most health food stores and from online distributors. **Unrefined shea butter is superior in that it retains all its natural vitamins, especially vitamin A and vitamin E.** However, the natural smell of shea can be a bit off-putting (stinky), though the aroma does disappear after it has been applied to your skin within minutes. You can also buy ultra-refined and refined shea butter. Both of these types are have a more pleasing scent, color, and consistency, although the refining process may diminish the vitamin potency.



Many online distributors sell shea butter in various sizes, containers, prices, and types, but make sure to do your research before buying them—not all shea butter products are created equal, and some products contain a significant amount of potentially irritating additives and very little real shea butter. That said, **one hundred percent natural shea butter is a handy thing to have around the house. It can be used as an all-natural hair conditioner, moisturizer, and makeup remover, or as a treatment for**

**burns, cuts, scrapes, sunburns, and diaper rash. Shea butter may also help treat skin problems such as eczema and psoriasis;** however, keep in mind that you should always consult a physician or dermatologist about serious or persistent skin problems.

If you can not find shea butter in your area, a good source on the internet is HalalEveryDay and you can purchase through Amazon.com. Their current prices are:

- 8 oz for \$8
- 32 oz for \$15
- 3 pack of 16 oz for \$24

If you decide to buy make sure you get the kind that looks like what you see in the picture below—it is yellow and may be chunky looking. The stuff you see in the store, which is white, is just that—stuff. It has been processed, bleached, etc., and is not the same product.



**WARNING: Shea butter is NOT recommended for people with nut or latex allergies.**

### 3.2 Amazon.com User Feedback

On the recommendation of my dermatologist, I started using Shea Butter for a severe case of eczema that I've had about 2 years now. The eczema is pretty much all over my body (with just a little eczema on my hands, face, and scalp; and none on my feet), so I've been using a lot of the Shea Butter. Since this is the first time I've used it, I can't say if good Shea Butter is what I'm about to describe. It's been 3 weeks since I started using the Shea Butter.

#### FIRST IMPRESSIONS

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- It's like wax, but melts when rubbed on your skin.
- For large areas, I use my thumb to crack the butter and then rub it between the palms of my hands and the consistency becomes more spreadable.
- For smaller areas, I rub the butter with my fingertip and it melts the butter.
- It covers well and even makes water bead up on your skin. Washing it off your hands afterwards is a little hard.
- Initially, it was very greasy and I spent a lot of time waiting for it to soak in (30 min+). It may have been because I put too much...not sure.
- People have described the smell as 'nutty.' It's not a bad smell, but is noticeable. Some days more than others. Some days not at all. If you're using just a little, it should be no problem. In the volume I use it, I can smell it.
- It didn't have immediate medicinal properties. I would put it on places that were dry and/or itchy and it didn't seem to do anything (not like some of the other stuff like Gold Bond or Aquaphor)...but, read on.

## THREE WEEKS LATER

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-After using it religiously, it has made a big impact on my skin.

-Applying it to problem areas, these areas are now healing and discoloration from the eczema are lightening.

-I don't know if my skin is absorbing it faster, or I just don't need to put as much on, but it started feeling much less greasy after about a week of using it.

Other lotions and creams I've tried:

Cetaphil Lotion, Cetaphil Cream, Eucerin Lotion, Eucerin Cream, Aquaphor, Lubriderm Lotion, Sebamed Lotion, Sebamed Dry Skin Lotion, Azulene, Calendula, Floursone, Cerave, Bag Balm, and Gold Bond.

*While all are fine products, none of them has helped me like Shea Butter.*

Not knowing there was Western and Eastern versions, I got the Western. I may try the Eastern version, but so far, I've found this Western type to be excellent.

## CONCLUSION

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Shea Butter didn't have immediate benefits, but has helped me over time (although a couple weeks isn't long). The only caveat I have is that I am using a medium strength steroid, but I've used it with all the other lotions/creams too. While products like Aquaphor or Gold Bond seemed to have immediate benefits, neither of them had long term benefits. It is a bit greasy, but if you're using it in small quantities, it shouldn't be a problem. Using it now for 3 weeks, I've really seen a difference. I've had some bad flares in certain areas that are now just discolored. A lot of the discolored areas seemed to have lightened. I've taken a small jar and use it when I'm out and about. Any area that becomes itchy/dry I apply it as much as needed. I've applied it more on problem spots and they've all gotten better. I've also put it on my face. Makes me more shiny than my normal shine, but seems to be making my skin less dry. Overall, it's helped me quite a bit.

## UPDATE-6/25/10

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It's been about 3 months now and I've used about 64oz. I'm a firm believer. When I flare, the Shea Butter (over a few days) helps. I would say that there are others things I need to watch, but for my skin, this has worked (by far) the best. I'm on my 3rd order and each batch has been a little bit different. The original ones were more blocky. This last one is a lot smoother. They all 'melt' and become spreadable. The smoother one just melted faster. But, overall, they all seem to work the same. I've also found that getting the 16oz container makes it easier to get the Shea Butter out when you get to the bottom of the container. The 32oz is a little deep and it's hard to get to the Shea butter when you get to the bottom. This has been great stuff. Ordering is easy and delivered in a timely manner. The cost is very affordable (especially for the quantity that you get).

## 3.3 Sources

1. <http://www.vitaminstuff.com/supplements-shea-butter.html>
2. <http://www.amazon.com> (search shea butter)