How your Digestion and Skin are Connected

The skin supports a delicate ecosystem of microorganisms, including yeast and bacteria. One square inch of skin holds up to 500 million microorganisms, equal to about the size of a pea! When most of us think of microorganisms we think of bad things, but some, called probiotics help keep the bad microbes in check and maintain healthy skin. Your gut is also lined with bacteria – both good and bad. Many nutritionists believe that your gut health is reflected in your skin. When gut flora are out of balance people experience allergies, gastrointestinal distress, discomfort, and overall inflammation. Antibiotic use, stress, travel, and poor diet can disrupt the balance of the skin and gut bacteria and cause red, puffy skin, rashes, inflammation, and even acne and psoriasis. A proper diet, rich in pre- and probiotics can help maintain your healthy bacterial balance and in turn give you healthy skin.

Challenge This Week

Consume 1 serving of probiotic rich foods or a supplement every day.

What Foods Contain Probiotics?

- Yogurt (Check label for live active cultures)
- Keifer
- Sauerkraut
- Miso, tempeh, and natto (Fermented soy foods)
- Kimchi Kombucha (Fermented tea)
- Buttermilk
- Fortified foods like cottage cheese, granola, and/or other foods fortified with probiotics.
- Probiotic supplements like those by Culturelle, Garden of Life, Pearls, and Align. Refrigerated probiotic products generally have the highest concentration of live bacteria.

Later this week we will talk about the difference between pre- & probiotics and explain more about how healthy bacteria help us to achieve and maintain healthy, clear skin.

Let’s continue to consume those fabulous phytonutrients from plant foods along with the healthy fats we discussed last week. This week add the daily serving of healthy probiotics to your diet as we make small changes towards developing an overall healthy eating program for fabulous skin!