



Your "GUT" Reaction TO ACNE

By: Meryl Brandwein

As promised, here is the follow up article to the one in last month's issue addressing acne. As was mentioned previously, the problem of acne does go beyond just what you see on your face. **To reiterate, the skin reflects what is happening inside the body; specifically in your intestines, or gut as we often refer to it.** While it is crucial to have the right nutrients in your diet, if your body is not able to properly process those nutrients, it won't matter if you are eating the best diet in the world. In an unhealthy gut, vitamins and minerals won't have the chance to be absorbed properly. **The same vitamins that support the skin are the very same ones that help keep the gut healthy as well. Zinc and Vitamin D, which I referred to in the last article, are key nutrients not only for healthy skin but for supporting a healthy digestive system as well.** In addition, a healthy gut is lined with a biofilm (or a lining) that is made up of billions of healthy beneficial bacteria, much in the same way that healthy skin is home to a variety of bacteria, most of them beneficial.

There is a condition in which the cells that line the intestines become damaged and allow undigested protein, bacteria and toxins to pass through the gut; this is known as leaky



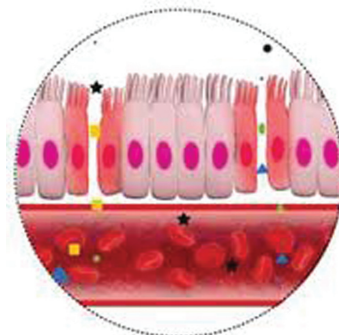
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gut syndrome. While it is a complex condition, there are many people walking around with leaky gut who don't even realize they have it. In leaky gut, the so called "bad" bacteria, toxins and waste products have nowhere to go and they end up coming out through the skin. Sounds pretty disgusting, but that is essentially what is going on. Some of the signs and symptoms of leaky gut syndrome are the following:

Acne, Migraine headaches, reoccurring infections, diverticulitis, food allergies/sensitivities, psoriasis, Gastritis, childhood ear infections, chronic yeast infections, ulcerative colitis, Crohn's disease, IBD, Dermatitis and more.

There are those in the medical community who dismiss leaky gut as a real issue, but more and more research is beginning to reveal just how connected the gut is to the skin and immune system as well. There is a growing body of research showing a strong correlation between compromised GI function and conditions as seemingly unrelated as: Rheumatoid arthritis, asthma and eczema. Studies done on

infants reveal this gut-skin connection. A study from Sweden revealed that children with only a limited variety of bacteria in their feces one week after birth more often developed atopic eczema by the age of eleven months. **A diversified intestinal flora seems to be better at stimulating the immune defense system in our bodies.** The composition of a child's bacteria flora is dependent on the mother's micro flora since she is the primary source for the child's bacteria at the onset. Another clue: acne and other skin problems often show up after a course of antibiotics. **Antibiotics kill much of the good bacteria in your gut. If you must take antibiotics be sure to include plenty of lacto fermented foods and a good probiotic**



supplement. Examples of lacto fermented foods are: any vegetable that has been pickled and sauerkraut. Lacto fermented foods provide the intestines with healthy beneficial bacteria and help the gut heal and repair itself faster.

In the same manner as the above will help heal the gut, eating a poor diet will contribute to rapid deterioration of the intestinal lining. Processed foods, sugar and hydrogenated fats are major contributors to the leaky gut problem. Poor food choices, stress, lack of exercise, antibiotic and NSAID use toxic environments and other unhealthy lifestyle choices will eventually take their toll. **Antibiotics and topical acne solutions may help temporarily but the problem will never completely resolve until you really take a good look at what you're putting in your mouth.** The only way to truly clear up the skin is to clean up your diet and heal your gut.

For more information about leaky gut syndrome and lacto fermented foods please feel free to contact Meryl. ♪