

FASHION TIMES

fashiontimes.com

Eat Your Way To Healthy Skin: How To Diet For Clear Skin Without Blemishes

It's easy to overlook our gut as the source of skin troubles. But if the well-being of our internal organs and energy levels are determined by what we put in our mouths, why shouldn't the same be true for our skin?

Our friend and **Stanford-trained, board certified plastic surgeon, Dr. Nicholas Sieveking**, agrees. An unhealthy gut can often trigger the signs of aging and unhealthy skin that we all look to avoid. "Any disruption can create inflammation, affecting the integrity and protective function of the skin," Dr. Sieveking explained.

Did you know an unhealthy gut can lead to a drop in the power of the skin to fight infection and inflammation? Research shows that small intestine bacterial overgrowth (SIBO), a condition involving inappropriate growth of bacteria in the small intestine, is ten times more prevalent in people with acne rosacea, and that a correction of

gut flora led to marked clinical improvement in their skin conditions.



Dr. Sieveking explained the impact of gut flora in our bodies. The expert shared that altered gut flora can activate the release of substance P — a neuropeptide produced in the gut, brain and skin that plays a major role in inflammatory skin conditions like eczema.

An unhealthy gut can result in many issues such as maldigestion and the malabsorption of proteins, fats, carbs and vitamins, but these problems also show up in our skin. "SIBO can lead to nutritional deficiencies including vitamin B12, as well as vitamins A, D, E and K, which are all critical for optimal skin health and overall good health. An imbalance of stomach acid can result in the overgrowth of 'bad' bacteria in the colon, which can lead to acne as well," the expert noted.

But thankfully, correcting your gut flora and establishing a healthy glow, both on the inside and out, doesn't need to be complicated. Check back this week to learn the five easy steps you can take to start the healing process.