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GLOWING SKIN BEGINS IN YOUR GUT!

Glowing skin begins with a healthy digestive track. According to **Dr. Nicholas Sieveking, a board-certified plastic surgeon** and advanced fellow in Anti-Aging and Functional Medicine, an unhealthy gut disrupts the flora in the skin, as it creates inflammation, “affecting the integrity and protective function of the skin.” This can reduce the skin’s power to fight infection and inflammation — leading to conditions such as acne, eczema, and rosacea. Dr. Sieveking, who practices at Nashville’s prestigious Clinic of Ageless Solutions, believes that correcting your gut flora and establishing a healthy glow is easily achieved, as he shares five simple strategies:

- 1. Stop feeding the bad guys.** The bad flora in your gut has a field day with sugar, dairy and processed grains. Starve the little critters by reducing your intake of these foods — your skin will thank you.
- 2. Start taking a probiotic.** Oral probiotics have been shown to improve skin conditions by reducing inflammation and oxidative stress, as well as strengthening the intestinal barrier. In one study, 80% of participants who received a probiotic experienced improvement in their acne. Top probiotic foods include yogurt, Miso soup, sauerkraut, kefir, kombucha, pickles, tempeh, and kimchi.
- 3. Eat prebiotic- and fiber-rich foods.** Prebiotics provide food for probiotics and can be just as important as probiotics in maintaining healthy skin and gut. Asparagus, beetroot, pumpkin, flaxseeds and garlic are wonderfully rich prebiotic foods. Fiber helps the process by sweeping away toxins and excess hormones, which can wreak havoc on the skin.
- 4. Eat fermented foods.** Fermented foods can be a wonderful way of introducing good gut flora in a natural way. They also assist with improving digestion and stopping persistent sugar cravings.
- 5. Up your digestive ability.** Promoting the body’s hydrochloric acid production is critical to improving its ability to break down and absorb food. Splash apple cider vinegar onto your salads and increasing your consumption of bitter foods such as rocket, dandelion, lemon and radicchio will increase your digestive power.