

Our skin is alive with microbes. It is in constant contact with the digestive, immune, nervous and hormonal systems. Disruption from any of these systems not operating at 100% results in dermatitis, acne, rosacea, melisma, hyperpigmentation, eczema, psoriasis, fungal infections and more! This bacterial imbalance can result in dry, scaly uneven skin, blemishes, age spots, dandruff, candida, and blackheads.

Research has shown the damage to the flora that supports our skin is being caused by the toxicity of chemical preparations labeled as cosmetic wonders for your complexion. The intelligence of the skins microbes is a wonder when it takes action against invaders that cause infection. This presents the best reason not to use antibacterial soaps! One strain of bacteria present on the skin stimulates wound healing, reduces inflammation, and inhibits MRSA. They also regulate skin collagen and protect skin from UV damage. The imbalance of gut bacteria results in chronic inflammation that can lead to collagen and bacteria damage, contributing to rapid aging. If this microbe community gets sick, the host gets sick too.

We've seen a rising rate of autoimmune diseases, chronic inflammation in "modern" countries that use more antibiotics and tend to over sanitize, and "modern" skincare routines often suppress this intelligent system, altering it by what we apply topically. The scrubbing of our skin with cleansers, lotions and potions totally annihilate this flora and their food supply of sebum, cells and lipids.

The people of previous generations would supply necessary lubrication by oiling their skin with fats. But now the use of surfactants dissolves this lipid barrier, and stays on your skin after rinsing, degrading the delicate balance of this layer. Continuous use opens our skin to infection and eliminates our moist protection. This is an open invitation to illness, infection and disease. Adding insult to injury we rinse with water mixed with chlorine, fluoride and pharmaceuticals, destroying our delicate bacterial balance. This is when people head off to see a dermatologist for issues that arise to get prescriptions for antibiotics and cortisone that destroy our natural bacteria, causing side affects and new issues.

What is the answer? Restoring our bacteria! Where to start? In the gut!

Rebalancing the gut micro biome can prevent hair loss and solve skin issues. The use of probiotics can help our skin to be less sensitive to UV rays and maintain the acid mantle and its moisture, regulating collagen and more! Blackheads begin in a congested colon, and rosacea is linked to leaky guts, and acne from oxidization.

Get friendly with bacteria! Let them manage our skincare to keep pores clean and skin supple.

TIPS:

- Use a shower filter for chlorine
- Stop using antibacterial soaps, use natural soap only on the armpits and derrière.
- Watch what you eat: processed food, corn by products, refined sugars and carbs, soy and vegetable oils oxidize and age and hyper pigment the skin.
- Not all "natural" commercial products really are. Questionable substances that seem innocent like aloe vera juice and witch hazel can contain other ingredients even if they aren't stated on the label.
- Glycerin is not your friend for skin plumping benefits as stated, but can shrivel skin cells.
- Natural fragrance can include a small portion of oils chemically derived and genetically modified.
- Just say no to hyaluronic acid, bacteria fermented on tuna residue and mussel-processing wastewater. Eewwww!
- Seal the lipid barrier with serums of jojoba botanical biotic skin serums
- Wash with oil to clean away dirt and makeup, and unclog pores.
- Eat for your micro biome and a healthy gut
- Refuse the commercial underarm deodorants, replace with sea salt spray, or baking soda.

- Use chemical free shampoos, adding baking soda to detox hair and scalp.
- Use a Dry Brush on your body to stimulate skin lymph system
- Wash your face with a squirt of jojoba oil on a cloth, stabilizing our friendly skin bacteria, and enhancing protection from pathogenic bacteria.
- Add the life force of plants into the mix with therapeutic essential oils, because plant tissues meld with our own micro biome as they work synergistically with our cells, turning on electrons, anti-inflammatory proteins, stimulating circulation, feeding our immunity and keeping our collagen healthy.
- Pay attention to what you eat because it will manifest on the face and skin. Avoid processed foods, GMO corn and soy, and GMO's in general, gluten grains that can cause spikes in blood sugar levels, inflammation, and digestive issues.
- Build your friendly bacteria by eating prebiotics and probiotics. You can also apply topically by opening a probiotic capsule and mixing it with a skin serum, clay or honey mask, and apply.
- Digestion resistant starches are preferred by your gut loving bacteria because they pass all the way through to the colon where the bacteria there feed on them, nourishing the cells of the colon, reducing inflammation there, elevating insulin sensitivity, and balancing blood sugar levels. Try these: cooked, cooled potatoes, oats, jicama, onions, garlic, leaks, chicory, green bananas, Jerusalem artichoke, raw collards and raw asparagus.
- Skip the processed foods, sugar, simple carbs, fats, and factory raised, antibiotic laden meat and dairy. This causes weight gain in humans and suppressed immune.
- Choose the PUREST for YOUR Body!
- Add enzymes and minerals to your meals, these meals become your body.
- Eat the fats of avocados, real, organic coconut and olive oils that keep the skin soft, while avoiding polyunsaturated fats that suppress immune function and age the skin. They send free radicals throughout the body that damage DNA, organs, glands, blood vessels, immunity and skin.
- Avoid wheat and sugar due to the inflammation response, and the continuous insulin causing the cells to totally ignore and become resistant to it, causing premature aging, hyperpigmentation, skin tags, and more!
- Sugar attaches to tissue proteins and rearranges the structures, degrading collagen, leading to wrinkles, sagging and creping skin.
- Eat organic, multi colored fruit, vegetables.
- Minerals secrete frequencies of internal light inspiring healthy cells and DNA.

The following vitamins and minerals are perfect for healthy skin:

- Zinc – hormonal balance and skin repair
- Omega-3 EFA's balance hormones, and promote youthful skin.
- Vitamin C is an antioxidant that reduces oxidative damage.
- Vitamin B3 and B12 reduce inflammation and clear age spots and hyperpigmentation
- Vitamin E slows the aging of skin cells and diminishes scars. Use d-alpha-tocopherol.
- Curcuminoids in turmeric protect cells from oxidative stress.
- Polyphenols in grapes, cranberries and blueberries helps to reverse DNA damage in the body and skin cells. EGCG in green tea is great too!
- Minerals of Magnesium iodine, sulfur, selenium, and silica light up the cells
- Cruciferous vegetables help clear excess estrogen that contributes to melisma. Avoid soy because its plant estrogens stimulate human estrogen.

Be conscious of your choices and watch the changes occur naturally in your skin and health!