

## "Beauty is more than skin deep"

The health of our skin is a reflection of a much deeper process happening in our body. From an integrative and Functional medicine approach, these processes include: our gut health, detoxification systems, hormonal balance-stress levels, and nutritional status. So what the quote above really means is that "clear skin starts from within". All of the above processes can be supported by eating a clean diet, and living a healthy lifestyle. A clean diet is avoiding sugar, refined carbohydrates, eating organic foods if possible, and taking rich nutrients through foods or supplements. Choosing a lifestyle that involves moderate alcohol, avoiding nicotine, modulating stress levels, getting adequate sleep, and routine exercise. Living these simple rules can reset your vitality meter to achieve a lifetime of healthy skin and optimal health.

Our skin is the body's largest organ and it expresses our inner health. We can't stop the clock from aging, but we can reduce oxidative damage through lifestyle changes- slowing the progression of aging.

- Wearing sunscreen daily aids in the elastin/collagen breakdown which makes our skin saggy and creates wrinkles when it breaks down
- Excessive sugar intake makes collagen lose its structure and makes skin prone to wrinkles and sagging
- Sugar disturbs the integrity of our gut lining, leading to more inflammation in the body/skin.
- Signs of inflammation can be: dry skin, itching, or any chronic skin condition. You can take a probiotic to help address gut biome imbalances to help restore your skin to a healthy glow.
- Nutritional deficiencies and hydration affect your skin. Essential fatty acids help maintain skin cell hydration. Important micronutrients that play a role in skin health are: essential fatty acids, vitamin d, zinc, Vitamin E, Vitamin A, B vitamins, and probiotics.
- Hormonal imbalance can be supported by managing stress, (cortisol) eating a balanced diet, getting adequate sleep, and routine exercise. Liver detoxification can help support hormone metabolism by eating cruciferous vegetables, garlic, and onions. You can also buy detoxification programs.

Work your way to radiant skin with 4 steps:

1. Diet. Refer to phase 2 diet for clean eating. Look for foods that trigger inflammation for you and avoid them.
2. Hydration. Consume plenty of water. Water goal for healthy heart and kidney patients would be half of your body weight in ounces. Water helps flush your toxins away.
3. Detoxification. Eating cruciferous vegetables or doing a recommended medical grade phase 1 and 2 liver detoxification program.
4. Emotional cleansing. Look for emotional triggers that need some nurturing to work through and healing. Even try meditation.

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Reference: Clean skin from Within" Dr. Trevor Cates

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