The skin and gut actually have a lot in common. Both form a link between the internal body and the outside world and are home to trillions of bacteria which interact in different ways. The gut skin axis refers to the intricate connection and relationship between the gut and the skin and the way in which they influence one another. Numerous studies have linked digestive health to healthy glowing skin and suggest that your skin's microbiome plays an important role in both your inner and outer health.

Often the skin is the first organ to show distress when the gut microbiome is in dysbiosis. An impaired intestinal lining or “leaky gut” sparks system wide inflammation and can allow bacteria and their byproducts to collect in the skin, disturbing the delicate skin microbiome. For those dealing with acne, rosacea, eczema, psoriasis and premature aging, addressing gut health can be a first step to a healthy skin microbiome.

What can you do?
• Support SCFA (short chain fatty acid) production. Bacteria in the gut produce SCFA’s that regulate the balance between immune cells that stimulate or suppress an inflammatory response.
• Prebiotics, Probiotics and Post Biotics - Ensuring the proper balance of good bacteria in the gut is crucial to glowing skin.
• Topical prebiotics as part of your skincare routine may help to replenish, feed and fortify your skin’s ecosystem. Every square centimeter of your skin is thought to be home to at least a million bacteria along with an array of fungi, viruses and mites.
• Address food sensitivities that may often cause skin flare ups. Ask us how to get tested.
• Add culture and fermented foods for their pre/probiotic qualities, helping to increase your population of friendly bacteria, preventing gut/skin microbial imbalance.

What’s Lurking in Your Skincare Products?

The ingredient list on your skin care products probably have a lot of items you can not pronounce or have never heard of. You may even see words like “natural” “clean” or “pure”. The FDA has not specified what these terms mean for cosmetics and skin care labeling. Therefore, manufacturers can use them descriptively with little to no oversight. The truth is that what you put on your skin is probably the farthest thing from “natural”, “pure” or “clean”. Let’s take a look at some sneaky ingredients and what they really mean for your health.

Parabens (Methyl, Butyl, Ethyl, Propyl)
• Used as preservatives and are believed to affect hormone balance and endocrine function. Parabens can harm fertility and reproductive organs, affect birth outcomes, and increase the risk of cancer.
• Found in most skincare products, moisturizers and deodorants.

1,4-Dioxane
• A known carcinogen recognized by the FDA. This toxic chemical is never listed on an ingredient statement or label.
• You can identify this harmful ingredient by looking for these terms on the label: Polyethylene, Polyethylene glycol, PEG (a common abbreviation for the above), Any ingredient ending in -eth or -Oxynol.

These are just a few of the sneaky, toxic ingredients being slipped into the products we put on our skin and absorb. Read the label of your products or download the Environmental Working Group app and simply scan the product to reveal if it is safe or not. Finally, if your skin microbiome is healthy and diverse you wont need a ton of products, so skip the chemical bath and limit what you put on your skin!

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Boosting your skin microbiome isn’t hard. As a matter of fact, there are a couple of easy ways to easily and naturally support your skin.

Interestingly enough, if you have a good diet, sweat can serve as food for your skin bacteria, just the way prebiotics are good for your gut bacteria, sweat acts in the same way for your skin.

The bottom line is, it’s all about balance. If you eat well, exercise, work up a sweat and reduce the amount of chemicals that are stripping away your good bacteria, you’ll be in good shape.

Keep skin glowing and healthy with this skin restoration duo. Support your microbiome from the inside out with a topical probiotic serum and skin boosting capsules. The combination of potent probiotics provides a powerful punch to imbalance and inflammation.

**Derma Colonizer by MyBiome**
A small bottle of robust probiotics and skin nourishing essential fatty acids and waxes offers the first ever live probiotic skin supplement clinically tested to contain at least 1 billion organisms. This celebrated product is critical for balancing the skin microbiota.

**Serene Skin by MicroBiome Labs**
SereneSkin™ is a probiotic-powered skincare supplement that supports a radiant, youthful complexion as well as supporting total body health. SereneSkin™ is a unique blend of four spore-forming Bacillus probiotic strains with added vitamin K2 for overall skin microbiome and gut-skin axis support.

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**How can you boost your skin microbiome?**

1. Eat a diet filled with prebiotic and probiotic rich foods.
2. Skip antibacterial soap and skin products with toxic ingredients.
3. Work on gut health.
4. Exercise and sweat!
5. Get outside.

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**Ask the Doc**

**Question:** What should I look for in a sunscreen?

**Answer:**
Don’t be fooled by the “organic” label. The FDA does not have specific guidelines as to what constitutes an organic product in regards to the beauty industry. Therefore, check the ingredients. Products may still have harmful synthetic ingredients.

**Generally safe:** Titanium dioxide and zinc oxide

**Try to avoid:** Avobenzone, homosalate, octinoxate, octisalate, octocrylene, and oxybenzone. Always avoid: PABA and trolamine salicylate

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