

EATING RIGHT
FUELS

Healthy Skin

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The skin is the body's largest organ, constantly exposed to environmental stressors like UV rays and pollution. To maintain the integrity and appearance of your skin, hydrate, manage stress, maintain a healthy gut microbiome and eat a diet that contains varying vitamins, minerals, healthy fats and antioxidants. A few examples:

Vitamin C & E

antioxidants protect the skin from damage, help maintain moisture and neutralize free radicals. Deficiency causes premature aging and interferes with the ability of skin to repair itself.

Vitamin A supports immune function, cell production, turnover and repair. Deficiency can lead to a buildup of dead skin cells, clogged pores and acne.

Omega-3 Fatty Acids help maintain the skin's lipid barrier by preventing water loss and dryness.

Zinc is vital for wound healing, reduction of inflammation, regulating oil productions and immune system support.

Biotin & B Vitamins are needed to maintain the barrier and function of the skin to prevent infection,

rashes and irritations.

Factors that may interfere with absorption of these vitamins and nutrients are aging and conditions such as celiac disease, Crohn's disease, or irritable bowel syndrome (IBS). But, so can poor gut health.

It is said that about 70% of your immune system is in the gut. Gut bacteria produces metabolic by-products that have anti-inflammatory properties and help maintain the integrity of the lining, decreasing inflammation. An imbalance can cause an overproduction of pro-inflammatory cytokines compromising the barrier and allowing harmful substances to enter the bloodstream.

This is known as "leaky gut," which is believed to trigger widespread inflammation leading to some worsened autoimmune conditions and skin issues. What you eat directly affects the gut microbiome.

A diet high in processed foods, sugar and unhealthy fats can promote gut dysbiosis, but a diet rich in fiber, prebiotics and probiotics can support a healthy gut microbiome. Check out seed.com to see the ones I take on a daily basis.

Even small dietary adjustments can lead to significant improvements in your skin's appearance and overall health. We also know that aging can negatively impact nutrient absorption. So be proactive in supporting your digestive health and consider supplements when necessary.

