

RADIANT SKIN BEGINS WITHIN

By Laurel Chmura

In order to have healthy skin, you must have a healthy gut as well.

We have all heard about “good” and “bad” bacteria in our bodies, and likely have heard the term “leaky gut.” You may know someone with leaky gut who has found that eating live cultures found in yogurt, kefir and other fermented foods keeps them “in the green” with good bacteria.

Having said that, it is important to know what goes in our gut every day because it has a definite impact on our body’s largest organ -- our skin!

Poor diet and bad habits can lead to skin disorders ranging from eczema to rosacea to psoriasis, among other things. In addition, moisture loss from harsh cleansers and over cleansing may compromise the skin’s barrier and allow allergens and irritants from the outside environment in. This may wreak havoc on your skin!

What can you do to stop all this chaos in its tracks? Eat a well-balanced diet that includes plenty of vegetables and fruit. Consume fermented foods ... foods with good bacteria and probiotics.

And get a facial! We can help cleanse the pores and moisturize your skin the right way to help combat bacteria, poor skin and premature aging.

I’m always preaching about the MANY uses of raw honey, both as a food source and for topical application, and here’s why: it’s the best probiotic out there. But here is what you must know:

- Buy local honey; get to know your beekeeper.
- Don’t accept corn, rice, or beet syrups as additives.
- One ounce of raw, unfiltered honey contains approximately 20 vitamins, 18 amino acids, 16 minerals, and a ton of antioxidants and phytonutrients.
- Raw honey is an antibacterial, antiviral, and antifungal substance.
- Raw honey is highly nutritious -- it contains significant amounts of B2, B3, B5, B6, C, magnesium, potassium, calcium, sodium chloride, sulphur, and phosphate.

For additional information, please call to book a free consultation with one of our highly-qualified estheticians.