

# Gut and Pigmentation

Since the importance of gut health has been discussed and established in previous chapters when skin health comes under the spotlight, it is a simple understanding that the route to less pigmentation and in fact treatment thereof lies from within the gut.

## Gut Health and your Skin

### The Gut-Skin Axis

The relationship between Gut Health and the Skin is measured according to this Gut-Skin Axis, an inter-actional axis where the skins manifesting with typical skin irritations like Skin breakouts, Skin sensitivity, redness, signs of Aging, all the way through to Autoimmune responses like Eczema or worse, is a mere reflection of what's happening in the gut .

Studies show that where there is gut inflammation, there will be skin inflammatory response. Or in other words a healthier gut microbiota as generated through to the whole body as well as the skin, may have a healthier skin biota realising in a more youthful and healthier skin and more to the point, less skin pigmentation.

With improved skin biota the fatty acid profile in the skin ,shifts, ensuring improved moisturise levels in the skin and therefore a more protected skin and potentially pigmented skin as well.

As with all 'dis-ease' if your gut is damaged, it doesn't matter how good your diet and lifestyle are, your body will not be in balance, and this will manifest on the skin.

Quite often a pigmentation and uneven skin tone issue is a long-term manifestation of what has been amiss for a while.

**Where to from here...**

**What is a Blemish**

A blemish refers to an area of destroyed or diminished skin perfection, a marked area of the skin that detracts from appearance, as a pimple or a scar. a defect or flaw; stain; blight; an age-related spot.

**The Significance of your Gut**

This imbalance or dysbiosis of the skin and/or gut microbiome as is referred to by this axis is a finely tweaked equilibrium leading to and associated with various altered immune responses which further promote the development of skin "dis-eases" such as atopic dermatitis, pigmentation, psoriasis, acne vulgaris, dandruff, and even skin cancers.

By association restoring and or balancing is core to solving this prevention and or restorative process.

Studies have shown that 54% of people with acne also had a gut imbalance in their bacteria. Studies also show that probiotics can help your body fight off bad bacteria, balance out your gut, and reduce your acne, skin blemishes and or similar.

### **The Inside Out approach.**

As the same rules apply for skin health as they do for gut health, for restoration the rules are simple: NEWSTART a really good simple health concept to ponder on in everything you do and ingest. Good health doses of all is to be considered 24/7:

**Nutrition**

**Exercise**

**Water**

**Sleep**

**Temperance**

**Air**

**Rest**

**Trust**

Starting inside out. Once gut health is established, finding the core internal balance and skin balance, changes the rotational axis to promoting good skin health - and this lies within the scope of Microbiome.

Healthy food should be your wholefood source of not only all good nutrition but also all good bacteria usually sourced from your healthiest of plant sources but since soil and air contamination these healthy microbiome levels are depleted at best and need to be supplemented with your healthiest of 'live' choices of good bacteria as mimicked in the gut - fit both your improved gut and skin health.

Thereafter certain other Supplements might be considered like vit B, D-Biotin, and others preferably from a whole-food source for best absorption.

### **Vitamin B12 under the spotlight**

Cutaneous manifestations associated with vitamin B12 deficiency are skin conditions such as hyperpigmentation, vitiligo, angular stomatitis, as well as certain hair changes. Unexplained and nonresolving skin lesions can be a red flag for vitamin B12 deficiencies.

In even this case, where vit B is under the spotlight, even here good healthy bacteria are needed to produce vit B's and vit A&D's from within the gut – and therefore good healthy microbiome are needed.

Not only is a good healthy Microbiome needed for this production of essential nutrition as needed for a health skin void of pigmentation but so too a healthy Microbiome is needed for improved absorption out of the gut from the foods you eat supplying this healthiest of skin nutrition .

So, in fact it's a double whammy potential depletion as stake affecting your healthiest looking you.

“In 1944, Dr Bramwell Cook first observed that hyperpigmentation of the skin was associated with a macrocytic anemia.” Low vit B is thus due for much consideration as a potential treatment plan in skin analysis prior to treatments.

## **Restoration starts in the Gut if Nothing else is Working for You!**

A study of note: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3038963/>

Research shows how dysbiosis and a leaky gut can contribute to breakouts and pigmentation.

## **Increase Your Probiotic Intake to improve your Gut Microbiome.**

A simple way to cleanse your gut health is by taking a regular deep cleanse – usually 3 monthly seasonal deep cleanses are advised - and a daily fibre up product as supported by a good probiotic for optimal microbiome support. A healthy gut loves fibre and extra sources of good bacteria for best performance both inside and manifesting to the outside.

Probiotics are living microorganisms, typically known as bacteria, that benefit your health when consumed. Pre and probiotics go hand in hand with the new generational style probiotics. Liquid is best. Fermented probiotics crucial. Gut microbiome also keep a healthy intestinal barrier, which limits bacterial by-products, undigested proteins, and toxins from entering your blood circulation and potentially reaching the skin.

The byproducts that are produced by our gut microbes also have the potential to alter skin microbes. In a healthy gut, these by-products could have beneficial effects on our skin, whereas gut dysbiosis and 'leaky gut' could increase harmful by-products into the circulation and promote the overgrowth of harmful skin bacteria such as *Cutibacterium acnes*.

Consider new style skin care products including a good probiotic for optimal support on the skin to complement that coming from the gut. In South Africa we have managed to be one of the first on developing a unique range of

products addressing this need for a healthy fermented good bacteria as boosted by healthy herbal extracts good for internal and external health. All the way through to vaginal health and all related.

### **Try An Actual Cleanse**

If you're looking for a more profound solution, you can try an actual gut cleanse. Deep Cleanse Gut Cleanses, more known as "resets", because they cleanse the entire system, giving you a fresh start. Generally, these gut resets take anywhere between 7 -21 days post a good 7-day deep intestinal cleanse. This reset might take months or even years if the gut is hugely compromised or even Leaky Gut exists.

The Cleanses are here to serve your Immune System, Brain health, Gut health, improvement levels of energy, and so much more. If your condition is typically chronic for a very long time, consider starting with a deep gut parasite cleanse. This one step cleanse step is an often mis-informed and neglected "tit-bit" of input in this health journey of information that can literally jolt all health including skin health into a near level of health.

### **Daily Intake Friendly Fibres**

After your cleanse, you'll want to start only putting foods in your body that benefit your gut health. Besides probiotics, fibre can also be a positive source for your gut health. Fibre is classified as a beneficial essential nutrient that is almost perfectly missed in the greater viewing of health.

Fibre helps preventing constipation and other digestive issues, ridding the body of waste that could be re-absorbed through the gut leading to further auto-toxification. There is an amazing probiotic boosting fibre product in the market place presently, unique in all ways to South Africa.

## **Move Your Body, improve the circulation of the skin.**

For the internal to remain inflow, the body must stay in constant flow. The movement of the body can support your digestion and increase your blood flow. Exercise helps massage our food along the digestive tract causing them to move quicker. The study suggests that exercise affects the balance of the bacteria in your gut. Stopping the growth of harmful bacteria will help the body digest and absorb your healthy food choices.

Getting your body moving at least 2-3 times a week is more than enough to support good internal and external health

## **Your Diet**

Oily fish such as salmon, mackerel and herring are excellent sources of omega-3 fatty acids, which play a 'significant role' in soothing inflammatory skin conditions. If you're vegan or vegetarian, opt for walnuts, flaxseeds, chia seeds and soybeans. Being largely plant based wherever possible is a good approach when it comes to maximising the levels of antioxidants and anti-inflammatory chemicals in foods, especially doing the detox phase of the approach to skin health.

"Animal-based products – especially Dairy are known to trigger acne, as well as foods that are high in processed fats and sugars. This is due to the formation of advanced glycation end-products (AGEs).

The sugars bind to structural proteins in the skin and other tissues that activate the immune system, driving inflammation.

Foods that have been cooked with dry heating processes such as frying and grilling are generally high in reactive molecules and AGEs, so cooking techniques such as steaming are thought to be better.”

“In parallel to these theories studies are also starting to suggest that milk rich diets and a diet with a high glycaemic load (sugar load) result in a higher level of insulin and 'insulin-like growth factor 1' (IGF-1) and this may be a direct link with worsening acne. In puberty IGF-1 is raised due to increasing levels of growth hormone and this may be one of the common underlying issues.”

Top up on anti-inflammatory spices such as turmeric, black pepper, ginger, cinnamon, clove, garlic, and cayenne.

And don't forget Hydration in key!

## **Check your Liver**

Your skin is often the first place to show the effects of an under-functioning liver. When it is not functioning at its best it has difficulty to eliminate wastes and toxins from the body. So instead, it pushes the toxins out through the skin, resulting in pimples, acne, and various signs of aging - simply called 'age spots.

Many don't like to do the typical 1-day overnight liver flush, but it is worth all the trouble repeatedly. For ongoing liver support a daily liver support product like Chaya is suggested, improving all Circulation and essential Nutritional needs.



When supporting the Gut and Liver, co-dependants in the total health picture you allow for optimal health restoration serving outer beauty best, inside out. Aging slows, restoration starts!

In Summary,

We are a sum total of what we think, do and eat and the choices are simple when the greater picture is health inside out. Neglect shows on the skin, irrelevant of gene coding as a generational relevance. It is your choice how you will manage this, but the results are in the choices. Always!

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