Important to know your skin Microbiome!

**Not a good idea to be too clean!!**

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**Ways our skin microbiomes reduced**

Antibacterial cleansers and soaps

* Do not want to get dirty
* Lack of probiotics in food supply
* Spending 90% or more of our time indoors
* Dirt (playground) has tons of beneficial bacteria

Ways to promote a healthy skin microbiome

* Swim in a lake or river or other natural water
* Do more outdoor activities
* Get a pet ( dog)
* Open your doors and windows
* Get your hands dirty (with actual mud and dirt)

**Usefulness of Probiotic on skin microbiome**

* Studies have shown that probiotics, applied directly to the skin and taken internally can improve and prevent rosacea.
* Lactic acid, derived as metabolite from probiotic , is an anti-aging ingredient.
* Evidence suggesting a connection between the gut and skin and it helps to improve skin conditions. Oral probiotics decrease lipopolysaccharide which improve intestinal barrier function and reduce inflammation.
* Studies have proofed benefit effect of probiotics on skin that fermented dairy is not associated with acne but pasteurized, unfermented dairy is associated with acne.
* Studies has examined therapeutic benefit of oral and topical probiotic administration in mild acne patients have .It decreases the release of inflammatory mediators as well as increased production of ceramide and skin barrier restoration.
* Probiotics protect the skin against photo aging. If given orally to subject with a bifidobacterium strain prior to UVB radiation, three times weekly for 7 weeks. Compared to controls, supplementation significantly suppressed changes in trans epidermal water loss, skin hydration, epidermal thickening, and attenuated the damage to the tight junction structure and basement membrane induced by chronic UVB irradiation, possibly via measurably-decreased interleukin-1-beta production in the skin.
* A study in 2013 found that supplementing with a skin-commensal bacterium (P.Acnes) resulted in growth suppression of the most prevalent strain of community-acquired MRSA.

Source :

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