Eczema, Acne or Rosacea Won't Clear? It's Your Gut (Doctor Explains) Transcript

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Your Skin Problem Isn't Skin Deep

You've tried every cleanser, every You've tried every cleanser, every cream, every serum, every dermatologist. cream, every serum, every dermatologist.

Your skin still breaks out, it [music] Your skin still breaks out, it [music] flares up, or it won't clear. What if flares up, or it won't clear. What if the problem was never just your skin?

the problem was never just your skin? What if the breakouts, the redness, the What if the breakouts, the redness, the rashes, are your body's way of telling rashes, are your body's way of telling you that something deeper is going you that something deeper is going wrong? Today, I'm going to show you how wrong? Today, I'm going to show you how acne, eczema, rosacea, it actually often acne, eczema, rosacea, it actually often starts in your gut. And why no skin care starts in your gut. And why no skin care routine in the world can fix an internal routine in the world can fix an internal [music] problem. Today, we're talking [music] problem. Today, we're talking about your skin and why the answer might about your skin and why the answer might not be at the dermatologist or in the not be at the dermatologist or in the surface level. Your skin is not a surface level. Your skin is not a standalone organ.

standalone organ.

How Your Gut Shows Up on Your Face

>> [music] >> [music] >> [music] >> It's deeply connected to your gut >> It's deeply connected to your gut through inflammation, through the immune through inflammation, through the immune system, through your microbiome, system, through your microbiome, and [music] through nutrient absorption.

and [music] through nutrient absorption. Research called this the gut-skin axis, Research called this the gut-skin axis, and the research [music] on it is and the research [music] on it is growing rapidly. The simple version, growing rapidly. The simple version, when your gut is [music] inflamed, your when your gut is [music] inflamed, your skin shows it. When your microbiome is skin shows it. When your microbiome is disrupted, [music] your skin shows it.

disrupted, [music] your skin shows it. When your gut lining is compromised, When your gut lining is compromised, your skin shows it. Your skin is a your skin shows it. Your skin is a mirror of what's happening inside you.

mirror of what's happening inside you. Let me show you how this works. I'm Let me show you how this works. I'm going to give you three specific [music] going to give you three specific [music] conditions we're going to talk about.

conditions we're going to talk about. There's more, but we'll start with There's more, but we'll start with three. First, acne and gut [music] three. First, acne and gut [music] inflammation. I'm talking about acne inflammation. I'm talking about acne after your teenage years, especially after your teenage years, especially acne that appears in your 30s or 40s, acne that appears in your 30s or 40s, [music] which is almost always driven by [music] which is almost always driven by something internal. Here's the pathway.

something internal. Here's the pathway. [music] [music] [music] Gut inflammation, elevated insulin, Gut inflammation, elevated insulin, increased sebum production, clogged increased sebum production, clogged pores, pores, pores, >> [music] >> [music] >> [music] >> breakouts, >> breakouts, >> breakouts, and gut dysbiosis, which is gut bacteria and gut dysbiosis, which is gut bacteria [music] imbalance, also disrupts the [music] imbalance, also disrupts the balance of bacteria on your skin as balance of bacteria on your skin as well.

well. well. Your skin has its own microbiome, Your skin has its own microbiome, >> [music] >> [music] >> [music] >> which is the gut is the bacteria we're >> which is the gut is the bacteria we're talking about. And research suggests talking about. And research suggests it's influenced by [music] your gut it's influenced by [music] your gut

microbiome. When the gut bacteria are microbiome. When the gut bacteria are out of balance, then the skin bacteria out of balance, then the skin bacteria [music] [music] [music] often follow.

often follow. Food sensitivities add fuel to the fire. Food sensitivities add fuel to the fire.

Acne and Gut-Driven Inflammation

Dairy is one of the most well-documented Dairy is one of the most well-documented triggers [music] for hormone acne, triggers [music] for hormone acne, not because dairy is bad, but because it not because dairy is bad, but because it can drive insulin, and that [music] can drive insulin, and that [music] causes inflammation pathways to flare causes inflammation pathways to flare up. And this also shows up as breakouts.

up. And this also shows up as breakouts. If you're getting acne in your 30s or If you're getting acne in your 30s or 40s, and nobody has looked at your gut, 40s, and nobody has looked at your gut, you're treating the surface, while the you're treating the surface, while the cause keeps churning underneath. [music] cause keeps churning underneath. [music] It's deeper root cause. Now, let's talk It's deeper root cause. Now, let's talk about eczema and the immune about eczema and the immune dysregulation. [music] dysregulation. [music] Eczema is fundamentally an immune system Eczema is fundamentally an immune system problem. The immune system is problem. The immune system is overreacting, [music] overreacting, [music] creating inflammation in the skin that creating inflammation in the skin that shows up as redness, itching, dryness, shows up as redness, itching, dryness, cracking, flaking. [music] And where cracking, flaking. [music] And where does 80% of your immune system live?

does 80% of your immune system live? In your gut. [music] In your gut. [music] We covered this in week one when the gut We covered this in week one when the gut lining is compromised, [music] the lining is compromised, [music] the immune system goes into overdrive. It immune system goes into overdrive. It becomes hyperreactive.

becomes hyperreactive. >> [music] >> [music] >> [music] >> Leaky gut leads to immune activation, >> Leaky gut leads to immune activation, systemic inflammation, and eczema systemic inflammation, and eczema flares.

flares. flares. Many of my eczema patients have Many of my eczema patients have undiagnosed food [music] sensitivities, undiagnosed food [music] sensitivities, and those things are driving the and those things are driving the constant low-grade immune activation. We constant low-grade immune activation. We identify those triggers, and then identify those triggers, and then [music] we repair the gut. We calm the [music] we repair the gut.

Eczema and an Overreactive Immune System

We calm the immune response and the eczema often immune response and the eczema often improves dramatically. And this can improves dramatically. And this can occur [music] even without steroid occur [music] even without steroid creams, without immunosuppressants, creams, without immunosuppressants, by addressing [music] the root cause.

by addressing [music] the root cause. The third thing that condition I'd like The third thing that condition I'd like to talk about is rosacea. Rosacea and to talk about is rosacea. Rosacea and SIBO, this is one that is the most SIBO, this is one that is the most fascinating. Rosacea, the redness and fascinating. Rosacea, the redness and flushing in the face that sometimes flushing in the face that sometimes causes bumps that look like little acne.

causes bumps that look like little acne. >> [music] >> [music] >> [music] >> Well, research has found that a striking >> Well, research has found that a striking connection that patients with rosacea connection that patients with rosacea are significantly more likely to have are significantly more likely to have SIBO. [music] And what is SIBO? S I B O, SIBO. [music] And what is SIBO? S I B O, small intestinal bacterial overgrowth.

small intestinal bacterial overgrowth. We talked about that in week three. We talked about that in week three. And here's what's remarkable. When SIBO And here's what's remarkable. When SIBO is treated, rosacea often improves or is treated, rosacea often improves or resolves.

resolves. resolves. It's not with the cream, it's not a It's not with the cream, it's not a laser treatment, it's [music] by laser treatment, it's [music] by treating the gut.

treating the gut. Your dermatologist may have never Your dermatologist may have never mentioned SIBO [music] because they mentioned SIBO [music] because they weren't trained to look for it. But the weren't trained to look for it. But the research is there and is compelling.

research is there and is compelling. >> [music] >> [music] >> [music] >> I'm going to tell you about a patient's >> I'm going to tell you about a patient's story. I'll call her Jen.

story. I'll call her Jen. Jen is in her early [music] 40s Jen is in her early [music] 40s struggling with rosacea for years, struggling with rosacea for years, redness across her cheeks and nose, redness across her cheeks and nose, bumps that look like little acne.

bumps that look like little acne. [music] [music] [music] And these would flare with stress or And these would flare with stress or certain foods or red [music] wine.

certain foods or red [music] wine.

Rosacea and the SIBO Connection

She'd been seeing two dermatologists, She'd been seeing two dermatologists, tried the topical antibiotics, [music] tried the topical antibiotics, [music] tried prescription creams, tried laser tried prescription creams, tried laser treatments, and they would temporarily treatments, and they would temporarily improve, but it always came back and no improve, but it always came back and no one asked about her digestion.

one asked about her digestion. >> [music] >> [music] >> [music] >> But when I talked to Jen, she also had >> But when I talked to Jen, she also had bloating after meals, irregular bowel bloating after meals, irregular bowel movements, fatigue to name a few.

movements, fatigue to name a few. >> [music] >> [music] >> [music] >> So, when Jen we tested for SIBO, it came >> So, when Jen we tested for SIBO, it came back positive. We treated the SIBO. We back positive. We treated the SIBO. We addressed the gut inflammation, repaired addressed the gut inflammation, repaired [music] [music] [music] the lining, optimized her microbiome. 4 the lining, optimized her microbiome. 4 months later, rosacea significantly months later, rosacea significantly improved, bloating was gone, her energy improved, bloating was gone, her energy was back. [music] She didn't need was back. [music] She didn't need another cream. She needed someone to another cream. She needed someone to look deeper to find that root [music] look deeper to find that root [music] cause. Let me tell you about why the cause. Let me tell you about why the creams don't work. I'm not against skin creams don't work. I'm not against skin care at all, and I'm not against care at all, and I'm not against dermatologists at all.

dermatologists at all. >> [music] >> [music] >> [music] >> But, if the root cause of your skin >> But, if the root cause of your skin condition is internal, no external condition is internal, no external treatment will fix it permanently. It's treatment will fix it permanently. It's [music] like painting over a water stain [music] like painting over a water stain on a ceiling without fixing the leak.

on a ceiling without fixing the leak. The stain [music] keeps coming back The stain [music] keeps coming back because the source was never addressed. because the source was never addressed.

I always say, "Don't let [music] your I always say, "Don't let [music] your first symptom be your last." And your first symptom be your last." And your skin is trying to tell you something, so skin is trying to tell you something, so don't [music] silence the message with a don't [music] silence the message with a cream. Listen to it and find out what's cream. Listen to it and find out what's going on. If you come to me with a skin going on. If you come to me with a skin condition, here's what I'm going to look condition, here's what I'm going to look at. I'm going to look at your gut at. I'm going to look at your gut health. I'm going to do a comprehensive health. I'm going to do a comprehensive

stool analysis. I'll probably do a SIBO stool analysis.

Jen's Story: Her Rosacea Cleared When We Fixed Her Gut

I'll probably do a SIBO breath test and check your intestinal breath test and check your intestinal permeability. I'll look at food permeability. I'll look at food sensitivities.

sensitivities. sensitivities. >> [music] >> [music] >> [music] >> Which foods are driving your immune >> Which foods are driving your immune activation? I'll look at inflammation activation? I'll look at inflammation markers. Are systemic inflammatory markers. Are systemic inflammatory signals [music] elevated? Look at your signals [music] elevated? Look at your hormones, insulin, cortisol, estrogen, hormones, insulin, cortisol, estrogen, progesterone, testosterone, especially progesterone, testosterone, especially [music] in perimenopause.

[music] in perimenopause. Look at your nutrient status. I'm going Look at your nutrient status. I'm going to look at your zinc, your omega-3, to look at your zinc, your omega-3, >> [music] >> [music] >> [music] >> vitamin A, vitamin D. All these things >> vitamin A, vitamin D. All these things are critical for skin health. [music] are critical for skin health. [music] This is not complicated. It's just This is not complicated. It's just looking at the whole picture [music] looking at the whole picture [music] instead of just at the surface. So, what instead of just at the surface. So, what can you do? If your skin won't clear and can you do? If your skin won't clear and nobody has looked at your gut, [music] nobody has looked at your gut, [music] start with my 5-R protocol from last start with my 5-R protocol from last week. You're going to remove the [music] week. You're going to remove the [music] inflammatory foods for 30 days, inflammatory foods for 30 days, especially dairy and sugar. We're going especially dairy and sugar. We're going to see what changes after that. Get to see what changes after that. Get tested for SIBO, [music] especially if tested for SIBO, [music] especially if you have rosacea or bloating amongst you have rosacea or bloating amongst sides all these skin issues. Diversify sides all these skin issues. Diversify your diet. [music] Start doing 30 your diet. [music] Start doing 30 different plant foods per week. Support different plant foods per week. Support both the gut and the skin. Support your both the gut and the skin. Support your skin from the inside with omega-3 fatty skin from the inside with omega-3 fatty acids, zinc, [music] acids, zinc, [music] vitamin D, collagen. Ask your doctor to vitamin D, collagen. Ask your doctor to look at the full picture, not just the look at the full picture, not just the surface.

surface. surface. Next week, we're going to talk about why Next week, we're going to talk about why you can't lose weight no matter what you you can't lose weight no matter what you try.

try. try.

Why Creams Stop Working

Hint, Hint, Hint, >> [music] >> [music] >> [music] >> it's your gut. >> it's your gut. Your bacteria are literally making you Your bacteria are literally making you crave sugar, and [music] I'm going to crave sugar, and [music] I'm going to explain all about that and how and why explain all about that and how and why this happens. If you're finding a skin this happens. If you're finding a skin condition [music] and nobody's looked at condition [music] and nobody's looked at your gut, share this with somebody who your gut, share this with somebody who needs to hear it. Also, check out my 5-R needs to hear it. Also, check out my 5-R [music] protocol. It's linked right here [music] protocol. It's linked right here in the description. Also, take my free in the description. Also, take my free assessment. [music] assessment. [music] It's also linked in my description.

It's also linked in my description. Everything I do, every protocol, every Everything I do, every protocol, every patient, every video [music] runs patient, every video [music] runs through my one belief.

through my one belief. I'm Dr. Myra Reed, helping you to live I'm Dr. Myra Reed, helping you to live smarter, stronger, longer [music] smarter, stronger, longer [music] because I don't want your first symptom because I don't want your first symptom