



In many cases, acne can be at least partially traced back to problems in the gut, and taking probiotics to treat acne may be one of the most important things you can do.

Your body is made up of hundreds of trillions of bacteria. Most of us think of bacteria as a bad thing, but your body (and particularly your gut) is also made up of good bacteria which is absolutely essential to your health and wellbeing.

The good bacteria in your gut help you digest your food and absorb nutrients, boost your immune system, and eat up bad bacteria. They also help you to avoid digestive issues like diarrhea, constipation, IBS, lactose intolerance, and leaky gut.

When your gut is in balance, the good bacteria should outnumber the bad guys about 5 to 1, but when this is not the case, the bad bacteria can cause a host of gut issues – and since our body is holistic, the issues can stem out from there to the rest of the body and wreak havoc.

The skin is particularly linked to the gut and a poor bacterial balance can heavily promote inflammation in the skin. For a lot of people with acne, fixing up this ratio in the gut can go a HUGE way to clearing your skin.

Plus it will mean you can absorb and utilize your food much better, and make your body stronger overall – which means you can get away with “abusing” it a lot more (indulging in unhealthy foods, skipping nights of sleep, etc) without causing break outs.