



How to manage Leaky skin with Integrative approach

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Abstract:

HSkin is the largest organ in the human body performing several functions. Our digestive system includes enzymes, muscles, bacteria, juices, glands that starts from one opening and end at the other. It performs many functions involving vitamin synthesis, energy production, breaking down the food, harboring its microbiome, and absorption of nutrients in small intestines that are taken to the other body cells.

Skin- Gut connection is multifactorial. The health of the skin is connected primarily by the health of our Gut flora. Industrialization and civilization in the world have led to an easy lifestyle but has also compromised our GUT health. External stressors like diet, overuse of antibiotics, drugs, toxins, pesticides, chemicals along with internal stressors like stress, free radicals, hormones, Gut microorganisms have badly affected the Gut barrier function leading to an inflammation in the gut called as Leaky Gut. It leads to certain auto-immune conditions and inflammatory skin conditions like acne, eczema, psoriasis, etc. Leaky gut gives rise to leaky skin condition due to the skin- gut connection. To treat the leaky skin condition an inside out approach is the key.

I will focus on an integrative approach that explores the emphasis of diet, stress, drugs, gut microbiome, and toxins in acne patients and treatment options. I will also discuss the role of nutraceutical and cosmeceutical along with the detox pathway required for hormonal acne.

Biography:

Dr. Sonali Chaudhary, practicing as an Integrative and Cosmetic Dermatologist in New Delhi, India. She is a graduate in Medicine and Post-Graduate in Dermatology along with a certification in Functional Medicine. She practiced Medicine with some of the well-known organizations in India and then, moved to the UK for advanced learning and to gain global exposure. Gaining an International exposure, her interest was to combine science and beauty leading to her present integrative dermatology practice where she treats skin conditions, chronic and acute along with a functional (inside-out) approach. She has professional training in Lasers and aesthetic medicine by the International Injectors and possesses many international certifications in the field related to Aesthetics Healing. She has given talks on multiple platforms and has gained awards and recognition for the same. She was awarded as the “BEST COSMETOLOGIST in north India” by India’s most prominent women empowerment award in Aug, 2019. She was the key speaker at the American Academy of Anti-Aging Medicine (A4M), India 2020, and talked on the “relationship between GUT and skin”.

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