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Functional Medicine

TWEET GM #29

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Title

Created

NATURE CAN OFTEN PROVIDE MOST EFFECTIVE SOLUTIONS!

We have just posted QUOTE GM #29 today, which you will hopefully read. I believe it represents an excellent example of how to address conditions with natural solutions that we can spot in ourselves or in our environment.

The skin microbiome shows extremely rich and generally useful. It clearly appears that frenetically cleansing our skin with antiseptic solutions, such as products based on **triclosan**, shows harmful. Mayo Clinic recommends avoiding all formulas containing this popular chemical. The FDA (Food and Drug Administration) has issued a rule stating that *"over-the-counter consumer antiseptic wash products containing many potentially harmful antibacterial active ingredients - including **triclosan** and **triclocarban** - can no longer be marketed to consumers."* Have you checked all *"liquid, foam and gel hand soaps, bar soaps, and body washes"* in your kitchen and in your bathroom? You should better get rid of that nonsense ASAP.

Quite logically, it now also appears that commensal bacteria from our skin can help balance and preserve skin patches affected by atopic dermatitis. Such nice products will hopefully become available soon: lookout for them!