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From a **Naturopathic Medicine perspective**, the connection between *Helicobacter pylori* (H. pylori) infection and skin conditions can be viewed through the lens of holistic health, focusing on the body's interconnected systems. In Naturopathic Medicine, the emphasis is the role of gut health, inflammation, and immune function as key contributors to skin problems. Here's how the connection is viewed:

1. Gut-Skin Axis Naturopathic medicine emphasizes the concept of the *gut-skin axis*, which suggests a strong link between gut health and skin health. The gut and skin are both involved in the body's detoxification processes, and when one is compromised, it can manifest in the other.

- **H. pylori's Role in Gut Health:** H. pylori is a bacterium that can disrupt the stomach lining, leading to inflammation (gastritis), ulcers, and other digestive issues. Chronic infections may result in imbalanced gut flora (dysbiosis) and increased intestinal permeability, or "leaky gut."
- **Leaky Gut and Skin Conditions:** When the gut becomes permeable, undigested food particles, toxins, and pathogens can enter the bloodstream, triggering immune responses and



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systemic inflammation. This inflammation is thought to contribute to skin conditions such as acne, rosacea, eczema, and psoriasis.

2. Inflammation and Immune Response

Chronic inflammation due to H. pylori infection can exacerbate skin conditions through a heightened immune response.

- **Systemic Inflammation:** The inflammatory response to H. pylori infection in the gut may extend beyond the digestive system, causing systemic inflammation that can affect the skin. Inflammation is a key driver of many skin conditions, including acne and rosacea.
- **Autoimmunity:** H. pylori plays a role in triggering autoimmune conditions, which can affect the skin. For example, certain autoimmune diseases like lupus or psoriasis have skin manifestations and may be linked to underlying infections or gut issues.

3. Nutrient Malabsorption

H. pylori can affect the stomach's ability to properly digest food and absorb nutrients, which may lead to skin issues.

- **Vitamin and Mineral Deficiencies** Chronic H. pylori infections can interfere with the absorption of vital nutrients like vitamin



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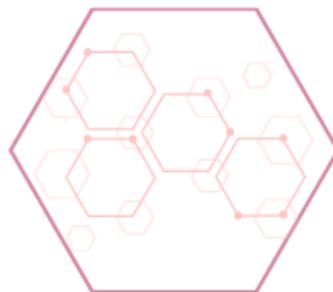
B12, zinc, and iron. Deficiencies in these nutrients are linked to poor skin health, as they are essential for cell repair, collagen production, and immune function.

- **Detox Pathways:** Poor nutrient absorption can also affect the body's ability to detoxify properly, leading to an overload of toxins that may exacerbate skin conditions.

4. Holistic Approaches to Treatment

In Naturopathic Medicine we seek to address both *H. pylori* infection and associated skin conditions by focusing on underlying imbalances rather than just treating symptoms.

- **Diet and Gut Healing:** This often involves anti-inflammatory diets, probiotics, and herbs to heal the gut lining and restore balance to the microbiome. Foods that support the gut, such as fermented foods, fiber, and bone broth, are emphasized.
- **Herbal Medicine:** Natural antimicrobial herbs like *mastic gum*, *oregano oil*, and *licorice root* may be recommended to combat *H. pylori* infections. Skin-healing herbs like *burdock root* or *milk thistle* may be used to support detoxification.
- **Stress and Immune Support:** Stress reduction, mindfulness, and adrenal support are key components of naturopathic care.



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Chronic stress can exacerbate both gut issues and skin conditions, so addressing the mind-body connection is crucial.

5.Connection to Specific Skin Conditions

- **Acne:** Gut dysbiosis caused by *H. pylori* may increase inflammation, hormone imbalances, and poor detoxification, all of which contribute to acne.
- **Rosacea:** Studies have shown a higher prevalence of *H. pylori* in people with rosacea, suggesting that gut inflammation may trigger or worsen this skin condition.
- **Eczema and Psoriasis:** By impairing the gut barrier, *H. pylori* may worsen autoimmune skin conditions such as eczema and psoriasis through systemic inflammation and immune dysfunction.

Conclusion From a naturopathic perspective, *H. pylori* infections are not viewed as isolated digestive problems but rather as contributors to broader systemic imbalances. By addressing the root cause gut health, inflammation, and nutrient absorption naturopathic supports aim to resolve both digestive issues and associated skin conditions.



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