Clear Evidence That *H Pylori* & Digestive Infections Can Cause Skin Problems

Your digestive system has an internal skin. It is known as the “Mucosal Barrier”. From your nostrils, sinuses and mouth, to your lungs, stomach and all the way down your intestines, a thin layer of mucus protects your body from anything you breathe or eat/drink.

As a natural healthcare practitioner, I’ve seen all manner of skin conditions improve dramatically or even completely disappear simply by helping my clients optimise the health of their digestive systems!

It appears that for reasons we don’t fully understand, problems with the “internal skin” seem to correlate with skin conditions on the “outside”. We believe that the manifestation of skin diseases may be due to an immune reaction to proteins, known as “antigens”, on the surface membranes of bacteria and parasites.

It’s now widely recognised that fungal organisms can cause skin symptoms as well. Dandruff, for example, results from a fungal overgrowth on the scalp. Athlete’s foot is a fungal condition that manifests on the feet, particularly between the toes, and can also be present in the genital area (known as “jock itch”). It’s very common to find fungal overgrowth (e.g. *Candida*).

We also know that foods such as cow’s milk and gluten can also definitely lead to skin conditions:

- **Milk** has long been associated with eczema and its removal from patients’ diets can often lead to vast improvements.

- **Gluten** reactions in the gut can lead to certain kinds of dermatitis (a condition known as dermatitis herpitiformis is the skin manifestation of coeliac disease).

- **Food allergies** in general have been strongly associated with many skin conditions.

If you are struggling with skin conditions that are not responding to topical creams and gels, consider the possibility that your skin flare-ups may be related to something that is happening in your digestive system.

If you have digestive symptoms as well as skin conditions, it’s highly likely that some investigation into the function of your digestive system would be extremely helpful in uncovering why your symptoms have developed.

**Spotlight On Helicobacter Pylori**

In 2009, an excellent paper was published in the European Journal of Dermatology. The paper, entitled *H pylori Infection and Dermatologic Disease* examined the available research associating *h pylori* with a number of common (and some less common) skin conditions.

You can find the full paper in pdf format at this website:

[http://www.john-libbey-eurotext.fr/e-docs/00/04/4D/BE/vers_alt/VersionPDF.pdf](http://www.john-libbey-eurotext.fr/e-docs/00/04/4D/BE/vers_alt/VersionPDF.pdf)
The table below is taken from the paper and highlights the association of *H pylori* infection with a wide variety of symptoms and diseases. Notice the range of skin conditions (dermatologic diseases) that have an association with *H pylori*.

**Table 1. Diseases with a proven or suspected pathophysiological role of *Helicobacter pylori*.**

| Gastro-duodenal diseases [6-8, 12, 50, 180] | Gastric cancer | Gastritis | MALT lymphoma | Peptic ulcer |
| Cardio- and cerebrovascular diseases [181-185] | Coronaritis | Primary headache | Primary Raynaud phenomena | Stroke |
| Lung diseases [186] | Bronchial asthma | Chronic obstructive bronchiectasis | Lung cancer | Pulmonary disease |
| Hepato-biliary diseases [187-190] | Cholangiocellular carcinoma | Gallstones formation | Hepatocellular carcinoma |
| Intestinal diseases [191-194] | Enteric diseases | Inflammatory bowel diseases |
| Neurologic diseases [195] | Alzheimer disease |
Although this short article is concerned primarily with educating you on how digestive problems can cause skin conditions, it’s also worth noting that \textit{H pylori} infection is also associated with seemingly unrelated conditions such as headaches and stroke. In my e-book “The H Pylori Diet” and in several other articles at my website, I provide an even more comprehensive list of symptoms and conditions that are related to not only \textit{H pylori}, but the many other digestive infections I see in my clients.

I always try my utmost to emphasise that \textit{H pylori} and other digestive infections do not always cause digestive symptoms. Instead, they can lead to seemingly unrelated symptoms such as skin problems (the most common seem to be rosacea and urticaria), depression, insomnia, fatigue and arthritic symptoms.

Unfortunately doctors will rarely run digestive testing unless severe digestive symptoms are present. This leads patients – perhaps you – in the dark about what may be creating their mysterious symptoms.

\textbf{Other Bugs}

It’s very common to run testing and find one, two, three or even more digestive infections in the same person! If you’d like to read some case histories along with the relevant lab results, I’ve provided the link for you at the end of this article.

Although the scientific literature is not as comprehensive for many of these parasites and bacteria as it is for \textit{H pylori}, there is still evidence linking them with skin conditions and I personally believe that any digestive infection has the potential to cause skin symptoms in people who are susceptible.

Here are some of the organisms we find in our testing on a regular basis:

\textbf{Parasites}

- \textit{Giardia}
- \textit{Cryptosporidium}
- \textit{Blastocystis}
- \textit{Dientamoeba fragilis}
- \textit{Entamoeba histolytica}
- \textit{Endolimax nana}

\textbf{Bacteria}

- \textit{Clostridium difficile}
- \textit{Campylobacter}
- \textit{Salmonella}
- \textit{Yersinia}
- \textit{Vibrio}
- \textit{Citrobacter}
- \textit{E. coli}

\textbf{Yeast & Fungi}
Digestive Infections & Bacterial Overgrowth Are Toxic

As you may know, your liver and kidneys are the powerhouses of detoxification. They process the metabolic waste products that our bodies produce on a daily basis.

Certain parasites, bacteria and yeast and fungal organisms are known to produce toxins (these are known as endotoxins). The toxins can leak from the digestive system into general circulation, particularly if the mucosal barrier in the intestines has been damaged by the presence of the bugs.

This increase in toxic load within the body can overload the liver and kidney pathways. As a result, the body has to find other ways to eliminate the toxins. One way this is achieved is by pushing out toxins through the skin.

Consequently, areas of skin through which toxins are being eliminated may become irritated, swollen and either itchy or painful. I’ve personally seen these rashes disappear in clients when they have followed programmes to a) eradicate digestive infections and b) boost their detoxification capacities, particularly through the liver and kidney pathways.

Summary

There is no doubt that disturbances in digestive function can lead to skin diseases. As discussed, we do not know for sure why skin conditions develop in response to digestive infections and foods, but it is likely that the immune response and toxicity are involved.

The likes of eczema, psoriasis, dermatitis, rosacea, urticaria and others can all improve significantly when key foods are avoided and digestive infections are removed. This allows the “inner skin” of the mucosal barrier is allowed to regenerate.

Topical creams, lotions and gels will simply not work if the skin problem itself is being caused by internal imbalances in detoxification function and digestion. In fact, using topical lotions in these situations may make the conditions worse.

Tools To Help You Succeed

If you have skin conditions that have not been responding to treatment, I recommend that you run a GI Effects stool test. Details can be found below. I also strongly recommend that you look at key nutrition and lifestyle parameters. Adjusting your diet and avoiding contact with common household chemicals and cosmetics can make a huge difference to your skin.

✓ Free 15min Phone Consultation Application www.H-Pylori-Symptoms.com/consultation