

# SUPPORT FOR SKIN BARRIER HEALTH

## *HT WELLNESS EDUCATIONAL SERIES*

Renee M. Schambre

---

The skin acts as one of the body's most important protective barriers. It protects against environmental toxins, microorganisms, and water loss while also supporting immune signaling. When the barrier becomes compromised, the skin may become dry, irritated, or more reactive to environmental stressors.

A healthy skin barrier relies on proper hydration, healthy fats, balanced immune signaling, and adequate nutrient intake. Lifestyle habits, environmental exposures, and nutrition all influence the skin's ability to repair and maintain resilience.

Supporting the skin barrier is not only a cosmetic concern - it is an important part of protecting one of the body's primary defense systems.

### ***Lifestyle Practices That Support Skin Barrier Health***

**Hydration:** Adequate hydration helps maintain cellular moisture and supports the skin's natural barrier function.

**Gentle Skin Care:** Avoiding harsh soaps, excessive exfoliation, and irritating products helps preserve the protective lipid layer of the skin.

**Sun Protection:** Excess ultraviolet exposure increases oxidative stress and can damage the structural integrity of the skin barrier.

### ***Whole Food Nutritional Support***

**Healthy Fats:** Essential fatty acids support the lipid layer that keeps moisture in the skin and protects against environmental stress.

**Vitamin A Foods:** Vitamin A plays an important role in skin cell turnover and repair. Sources include eggs, liver, dairy, carrots, and sweet potatoes.

**Antioxidant-Rich Foods:** Berries, colorful vegetables, herbs, and green tea provide plant compounds that help protect the skin from oxidative stress.

## Supplement Brands Mentioned

### Standard Process

- Dermatrophin PMG
- Black Currant Seed Oil

### Premier Research Labs

- DermaVen

### Fullscript

- Designs for Health Collagen

