



Connie Rogers

Holistic Health Coaching,
USA

Biography

Connie, is a Skin Health Educator for over 40 years, (1977 Certified Cosmetologist) and owned two organic day spas in her lifetime. Connie Rogers is a Certified Integrative Nutritional Holistic Health Coach and graduated near the beginning of the renowned Institute for Integrative Nutrition in NYC. (NYC 2003) Her clients include families that want to improve habits, avoid toxins and eat healthier. She is accredited through the American Association of Drugless Practitioners. She studied with Dr Daniel Amen for Brain Health Coaching. 2023-2025. Connie is a Published Author (2015, 2020) Her books include: Path to a Healthy Mind & Body- 2015 & Memory Stealers-2020. As a notable researcher on health, she has written over 200+ health blogs and continues to publish to date. Currently, Connie writes, speaks and offers holistic options for balancing mind/body/skin health. She will publish her manuscript this year. She has joined several Keynote Speakers from 2020 to 2026, coaching on the topics of oxidative stress and age stealers, the mind/body connection, the gut/brain/hormone connection, & skin health from within.

Skin Health From Within By Connie Rogers

Abstract:

OUR SKIN, a vital part of our immune system, serves as a mirror reflecting our internal environment. "The skin is a self-renewing organ called an immunological organ where the epidermis can function as a primary lymphoid organ, forming part of our immune system." There are an estimated 20 billion T cells in human skin, suggesting that immune defense in the skin's dermis can prevent the skin from suffering a premature breakdown. (1) Additionally, the skin is an independent steroidogenic organ which means skin can produce cortisol, influence whole-body states, and emotions. Stress can disrupt cortisol levels within our systems and organs, including our skin. A fact unrecognized by the general public is that stress, hormonal imbalances, and gut inflammation can impair the integrity and protective function of the epidermal barrier (our skin). Why is this important? Most diseases have a stressed skin barrier first, from toxic exposures. Obesity stresses our skin and may negatively alter collagen formation, hair follicle cycling, immunity, mitochondria function and apoptosis. Skin barrier structure and function is crucial for human health while toxic environments negatively affect skin ecosystems and our overall health! The skin is a neuroendocrine organ which means there is crosstalk between skin, brain, endocrine, and the immune system. The skin sends warning signals before Alzheimer's takes hold. There are multiple neuroimmuno-endocrine functions, including tryptophan hydroxylase, that occurs within our skin. Because the skin protects us from injury and environmental toxins, its health depends on intercommunication with our gut microbiome, skin microbiome, skin immunity, and surprisingly enough, our brain.

Toxic skin-care products alter the conditions of the skin barrier and contribute to the variation of skin microbiota. Know what your skin is eating. These may include poor choices of makeup, cleansers, moisturizers, and antibacterial hand gels, along with an ultra-processed diet. The layers of the epidermis and dermis work in concert to execute immune responses in the skin while disruption and imbalances can result in skin disease or skin infections. The department of Dermatology in Sweden studied melanocytes produce serotonin. (the mirror of the soul.) Melanocytes are

located in the proximal bulb of each hair follicle and also near hair, in the sebaceous gland. Scalp health is skin health. The scalp is an extension of the skin, and just like the skin on the face, it requires proper care: hydration, protection, and nourishment.

How can we protect hair-loss?

Neurotransmitters and the Skin. The skin can produce the neurotransmitter serotonin and transform it into melatonin. Serotonin is found in normal gut function. As humans, a balance of these neurotransmitters can improve skin function, cognitive function, metabolic function and gastrointestinal function. The skin is a metabolic organ. "The skin can be considered a metabolic organ because it regulates various processes such as water loss, body temperature, and immune response." ©ConnieRogers Certified Health Coach, Author, and 40+ years in the Skin Business.