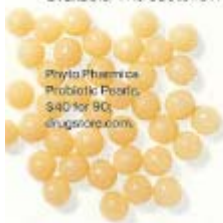


Q What are probiotics, and can they help my skin?

A Probiotics are beneficial bacteria that help your body digest food and fight illness, says Esther Blum.

Because bad digestion can lead to breakouts, bloating and dull skin, eating more probiotics can help clear your complexion and prevent problems like undereye bags. Probiotics, such as acidophilus, are naturally found in fermented foods—yogurt, kimchi (Korean fermented cabbage) and tempeh (fermented soy beans)—but supplements are also available. The bacteria must be alive to have an effect, so

check the labels on foods (yogurt containers, for example, must say “live active cultures”). If you take supplements, make sure they guarantee live probiotic delivery to the intestine; avoid those that guarantee only live probiotics at packaging time—the probiotics won’t survive on store shelves.



PhytoPharmica
Probiotic Peppercorns
\$40 for 90,
drugstore.com