



**Probiotics for the Skin**  
 with  
 Becky Kuehn,  
 Founder, Educator Oncology Spa Solutions®, Hope coach  
 With Special guest:  
**Colette Brown**  
 Columbia Skincare

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**Becky Kuehn**

- Founder of Oncology Spa Solutions
- Master Esthetician
- Cosmetologist
- Holistic Cancer Coach, Hope Coach
- Ambassador of Encouragement, Purveyor of Change, and Merchant of Hope!



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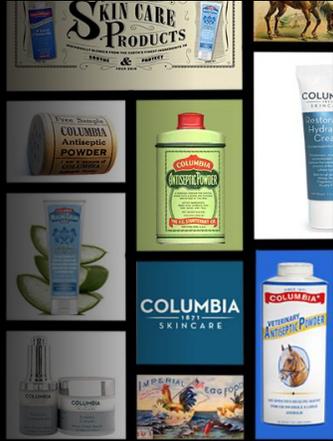
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Webinar Agenda:

- \* Poll
- \* Weekly check-in
- \* Wellness
- \* Colette Brown
- \* Probiotics for Oncology
- \* Upcoming Webinars



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FRIDAY!!!!!!  
HELLER HOW U DOING?? I LOVE U

HEY GIRL  
HOW YOU DOIN

Hey cutie how are u doing

Weekly check-in  
How U doing?

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Weekly check-in

- Poll #1
- Oncology Trained?
- Are you back to work?
- Do you know about Probiotics?
- Have you ever taken them internally?
- Have you ever used Probiotic skincare?

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wellness

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# Wellness!

Quotes:  
 "Wellness and health is something we take for granted until we no longer have it".  
*Becky*  
 "Health is a state of mind, wellness is a state of being".  
*J. Stanford*

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## Wellness: What is it, how do you get it?

**HEALTH**  
The state of being free from illness or injury

- Prevention
- Eat properly
- Get good sleep

**WELLNESS**  
The state of being in good health

- Active awareness in making good choices towards health
- Paying attention to the 7 dimensions of wellness:
  - Social, emotional, spiritual, environmental, occupational, intellectual, and physical wellbeing



**WELLNESS**  
 A STATE OF WELL-BEING IS A HUMAN BEING'S PERCEPTION OF AN OPTIMAL LEVEL OF INTEGRATION BETWEEN THE ELEMENTS OF BODY, MIND, AND SPIRIT. THE WELL-INDIVIDUAL IS ONE WHO IS HAPPY, HEALTHY, AND WHO HAS AND WHO PURSUES HIS/HER LIFE AS ONE WITH MEANING AND PURPOSE.  
 © HARVARD MEDICAL SCHOOL

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## Steps to *skin* wellness:




- Stick to a skin care routine**
  1. Cleanse – every night/water am
  2. Exfoliate regularly
  3. Serums –HA, peptides or vitamins
  4. Hydrate – protect the barrier
  5. Protect –UV protection spf (zinc)
- Eat right**
  1. Whole foods
  2. Limit wheat, dairy, processed foods and alcohol
- Destress your life**
  1. Find time to be still each day
  2. Meditate
- Get good sleep**
  1. Adults 7-8 hours every night

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**Introduction:  
Colette Brown**

- Director of Education, Columbia Skincare
  - Licensed clinical Esthetician since 2001
  - Wellness Concierge and Aesthetic practice in Beverly Hills, CA
  - BA in Education
  - Certified Holistic Practitioner
  - Licensed Phlebotomist
  - Supported by two lovely daughters and a dog named Otis

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**COLUMBIA**  
1871  
**SKINCARE**

Probiotic Skincare - A New Paradigm For Healing and Protecting Your Skin  
August 14, 2020

Presented by  
Colette Brown, Director of Education – Columbia Skincare

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**One Health  
initiative**

One Health is dedicated to unite and improve the lives of all species—human and animal—through the integration of human medicine, veterinary medicine and environmental science.

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## Introduction to Columbia Skincare

- Nearly 150 years ago our Company was founded as the result of a national epidemic in the United States. Over 620,000 people died during this epidemic.
- In addition hundreds of thousands of horses, dogs and farm animals also died as a direct result of the epidemic. This epidemic lasted four years. We call this epidemic the **Civil War**.
- Our company was created based on a need and a vision

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## Our founder, Francis Scott Sturtevant

**His HISTORY:**  
F.C. Sturtevant was a medic in the Civil War for the Connecticut's famed 5<sup>th</sup> Calvary, and a first responder to help and treat soldiers and civilians wounded in the war that were wounded during battle.

Many of these patients he treated died, not because of the injuries, but from complications from infection which set in after their surgical treatments were successfully completed.

**His VISION:**  
Between 1862 – 1865, letters were written from the battlefield to F.C. Sturtevant's mother promising that, if he made it home from the war, he would develop medicine that would prevent infections and would allow patients to recover.

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## The History of Probiotics

The term probiotic is derived from the Latin preposition "pro," which means "for" and the Greek word "biotic" meaning "bios" or "life".

**Elie Metchnikoff**

The concept that the gut flora can be modified and harmful microbes replaced with beneficial ones was first introduced in 1907 by a Russian scientist named Elie Metchnikoff.



**Francis Crayton Sturtevant**

Francis Crayton Sturtevant, began working to better understand the relationship between bacteria and healthy skin as far back as 1871.



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### What are Probiotics?

- Probiotics are **micro-organisms**, mostly bacteria that are associated with health benefits to humans and animals.
- Resident bacteria are vital to:
  - **the proper development of the immune system**
  - **protect against microorganisms that can cause disease**
  - **maintaining skin vitality**
- Preservation of the resident bacteria is an effective way maintain healthy, normal skin functions including:
  - **skin homeostasis**
  - **skin inflammation**
  - **peripheral tissue response to stress**




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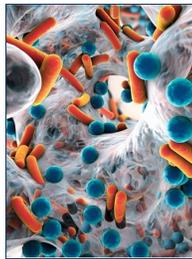
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### Why use probiotic, microbiome-friendly products on your skin?

- In short, to feed your microbiome!
- **WHAT IS THE MICROBIOME?** It is the collection of microorganisms which live on us.
- **Microbiome** - The human microbiome consists of thousands of different species of microorganisms.
- It is a diverse collection of microbial genomes




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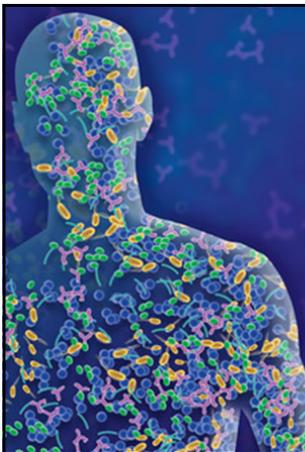
### Did you know?

The number of genes in all the microbes in one person's microbiome is 200 times the number of genes in the human genome. Your microbiome may weigh as much as six pounds.

This rendering illustrates the trillions of bacteria, viruses, fungi, and protozoa that inhabit our bodies.

Microbiome composition and health is affected by factors including diet, stress, geography, and ancestral background. And these different microbiomes play an important role in these key bodily functions: • digestion • immune response • brain health.

*its imbalance can cause everything from eczema, dandruff, acne and worse.*




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### The Science continued...

Probiotics can also help us stay healthy from the outside in. Skin is the largest organ of the body and it has its own microbiome. Like resident bacteria in the gut, probiotics provide health benefits to the skin.

Routine skin care can actually reduce the population of resident bacteria on the skin.

This imbalance can and we believe does lead to skin problems affecting the rest of the body. Probiotic treatments restore populations of resident bacteria, improve health of the skin and, because of the gut-brain-skin axis, benefit other organs of the body by alleviating stress, supporting digestive health, and boosting the immune system.



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### The Benefits in Using Probiotics Topically on the Skin



Well-controlled trials, systematic reviews and meta-analyses provide convincing evidence of the benefits of probiotics. There is **no doubt** that topical probiotics provide **benefits** to the skin.

Clinical research has shown topical probiotics to be effective in treating:

- *acne*
- *rosacea*
- *eczema*
- *psoriasis*

*There are compelling reasons to use topical probiotics daily skin care as a supplement to traditional acne therapy. Simply add a dose of this beneficial bacteria to achieve maximum and lasting results.*

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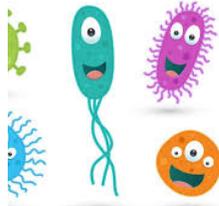
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### What Does This All Mean To You?

At Columbia SkinCare, we have focused our science on how we can restore full functionality to the desquamation process in an aging population. Our science helps skin reactivate its own endogenous resurfacing qualities organically.

Furthermore, with the improved research and study of the microbiome, we are developing techniques and treatments in conjunction with the scientific community for the treatment of:

- CANCER**
- AUTOIMMUNE DISORDERS**
- MENTAL ILLNESS**



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## IN CONCLUSION

The proprietary Columbia SkinCare topical probiotic formulas, effectively act on the most important biological feature in aging skin - the ability to **renew itself**. The skin renewal processes are both accelerated and improved, thus promoting skin wellness.

Columbia Probiotic Skincare Products are proven to:

- **increase collagen and protein production**
- **improve oxygen intake**—this means more sufficient cell renewal and skin healing
- **hydrate aging skin and reduce sun damage**

**Key Ingredients:**

**Vitamin C** – Tetrahexyldecyl Ascorbate

- Oil soluble
- Increase levels of collagen
- Reduce melanin production

**Probiotic** - Lactococcus Lysate

- Increases dermal barrier function
- Renewal of skin

**Malus Domestica Uttwiler Spatlauber** (Apple) Extract

- Scientifically proven to promote skin renewal
- Help preserve skin longevity
- Reduce the appearance of fine lines and wrinkles
- Tissue regeneration



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## Questions?

Thank you for joining us today.

I look forward to answering your communication and I will do my best to be of continued service to you.

In Health,

Colette Brown

[www.columbiaskincare.com](http://www.columbiaskincare.com)



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# THANK YOU



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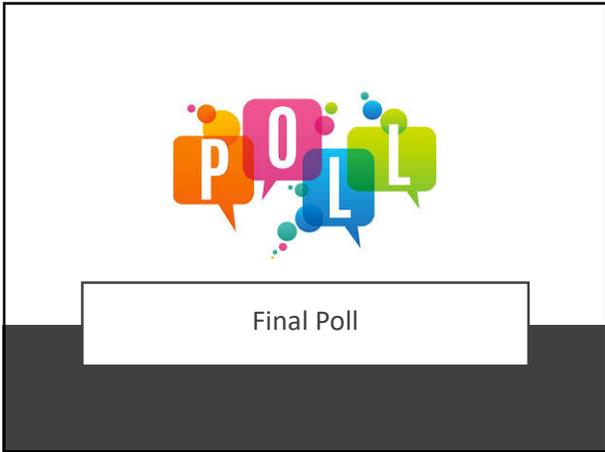
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**Upcoming Webinars:**  
Aug/Sept

- **Aug 21<sup>st</sup>** – Dr. Singhal, Hope & Beauty and what you need to know when working with Dr's
- **Aug 28<sup>th</sup>** – Maxine Drake, Virtual Business for our new norm
- **Sept 4<sup>th</sup>** – NO WEBINAR (Labor Day weekend)
- **Sept 11<sup>th</sup>** – Lenna Shepard, The lymphatic system & Thermography
- **Sept 18<sup>th</sup>** – No Webinar
- **Sept 25<sup>th</sup>** – Daniel Clary, Stem cell science w/AnteAge

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**How to get access to past webinars:**

**Screen Print THIS SLIDE**  
**(Or send me an email and I will send you these instructions)**

Go to:  
<https://www.oncologyspasolutions.com>

- Click the LOG IN icon (upper left side of the toolbar) fill out the request
- Once approved, log in, choose MEMBERS SHOP, then WEBINARS from the left side menu.

Binge, enjoy and have fun learning!

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Oncology Skin Care Solution




Comfort Care Collection

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Thank you joining us!  
Be well, be still, stay healthy,  
stay connected.

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Oncology Esthetics-USA

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