



## Script: Are you Excessively Hygienic?

How often do you shower? Everyday, a couple times a week?

Howdy folks, Trace here for D-News. I come talk to you everyday, but I don't shower everyday because I don't like the dry, tight feeling of my skin. I don't have body odor but I don't use antiperspirant, I just use deodorant. Am I gross? I don't think so. Turns out I might be on the right track for overall human health. Back in the 1880s bathing was becoming more popular, with many in high society choosing to bathe as often as once a week! After World War II, daily washing of your two square meters of skin became more popular and today some people shower multiple times a day. Is this necessary or is this excessive? Anecdotally, a good friend of mine told me that she only shampoos her hair once a month because shampoo strips your hair of its natural oils. She says the monthly washing works for her but it took time and effort to learn, and by the way, her hair looks amazing. But when it comes to washing your skin, it's a similar idea. Everyone is different. However, all human skin is made of layers and the extreme outer most layer of the epidermis is the stratum corneum. The stratum corneum is your body's first line of defense. It's made of skin cells coated in lipids from your body's 2 million sweat glands. It keeps bacteria and viral invaders out and moisture in. The skin also produces dermcidin which is naturally antibiotic. Plus living on the skin or helpful bacteria, fighting any bad invaders of their micro colonies; another reason not to use antibacterial soap unless you've been around sick people. Showering, especially in hot water, will mess up a valuable part of your body's defenses. Hot water softens the lipids and undermines the natural oils, dermcidin and your bacterial friends. Not only does this cause the skin to dry out but it can allow a path for invading cells. Dr. Richard Gallo, chief of the dermatology division at UC San Diego says showering too often can ruin the healthy balance of your skin. If that's not enough reason to explore bathing less frequently, a paper in emerging infectious diseases says showering and bathing actually increases the dispersal of skin bacteria into the air. This allows the spread of micro colonies from your skin onto other people. Surgeons are asked not to shower immediately before their shift as to keep their bacterium to themselves. Maybe instead of **shirking the shower-free**, maybe we should start **snuggling up on** them. Actually there might be something to that, guys. Pheromones and other natural scents are thought by some scientists to attract mates. So washing them away could be messing up your game bro!