

Many Soaps and Creams Compromise Skin Flora

Berlin, 15th April 2014 – Prof. Dr. Christine Lang, a Berlin-based micro biologist, cautioned against the consequences of cosmetics and excessive hygiene. In its current issue, the magazine “Focus Gesundheit” [Focus on Health] quotes Ms. Lang, CEO of Organobalance GmbH, as saying “people moisturise and nourish their skin, yet ignore the microorganisms resident on the skin’s surface” even though a healthy skin flora had a much more positive effect on a person’s overall wellbeing than artificial or chemical bodycare products.

In the article, Ms. Lang also says that “we’re thoughtlessly applying antibacterial soaps and disinfectant sprays, and by doing so, completely unbalance our skin flora”. Ms. Lang stated that skincare which is in line with our skin’s natural state would have to be developed and produced based on said state. For more than a decade, her company has been researching the positive, probiotic impact of natural yeasts and lactic acid bacteria on the human immune system, gastrointestinal organs, skin, and teeth.

Organobalance boasts a collection of more than 8,000 of these strains of yeast and lactic acid bacteria. Some have already been proven to have healing or prophylactic properties against caries or gastric disorders. Similar results are available for bacteria which help to preserve the skin’s natural defence.

Furthermore, the company will also “research medical microbe-based shower gels or deodorants which specifically target bacteria causing BO or impure skin”, Ms. Lang says in the article in “Focus Gesundheit”. Here, a crucial issue was to not compromise other bacteria which have beneficial properties for humans. Her observations had shown that many soaps, creams, and sprays not only destroyed harmful bacteria, but also those which naturally occur on the skin or in the body and helped to protect it. To avoid this from happening, even more research on the effects of thousands of different bacteria and their interactions with each other would be necessary.

About Prof. Dr. Christine Lang:

Christine Lang majored in biology at the Ruhr-University Bochum and at the University of Sussex. After completing her Ph D., she worked in industrial research before moving on to the Technische Universität Berlin where she became professor of microbiology and molecular genetics. In 2001, she set up the biotechnology company Organobalance. Ms. Lang is actively involved in several trade and professional associations in the biotechnology sector. Furthermore, she is co-chair of the Federal Government’s Bioeconomy Council. She has won several prizes for her entrepreneurial and scientific work.

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