

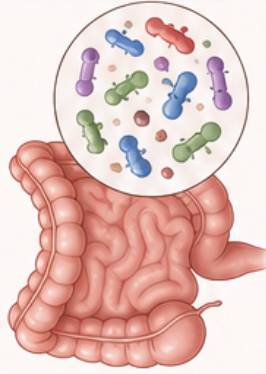
THE GUT-SKIN AXIS

HEALTHY GUT, HEALTHY SKIN

The gut and skin are connected through complex biochemical, immune and hormonal pathways. Imbalances in the gut can show up on your skin.

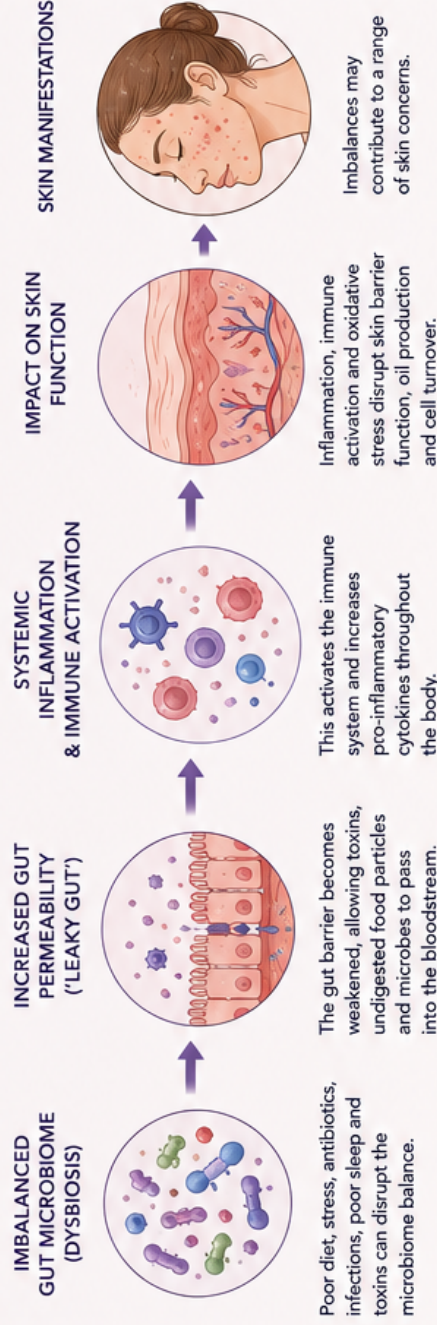
1. A HEALTHY GUT ECOSYSTEM

A diverse, balanced microbiome supports a strong gut barrier, low inflammation and optimal nutrient absorption.



- ✓ Diverse beneficial bacteria
- ✓ Strong gut barrier
- ✓ Balanced immune response
- ✓ Efficient nutrient absorption
- ✓ Low systemic inflammation

2. HOW GUT HEALTH INFLUENCES YOUR SKIN

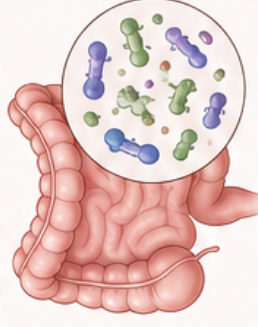


COMMON SKIN CONDITIONS LINKED TO GUT DYSBIOSIS & INFLAMMATION



3. HEALING THE GUT, HEALING THE SKIN

Restoring gut balance can reduce inflammation, support immune regulation and promote clearer, healthier skin.



- ✓ Balanced microbiome
- ✓ Strong gut barrier
- ✓ Reduced inflammation
- ✓ Optimal nutrient status
- ✓ Clear, radiant skin

4. HOW TO SUPPORT THE GUT-SKIN AXIS

NOURISH YOUR MICROBIOME

- Eat a wide variety of plant foods (30+ different plants per week)
- Include fermented foods (yoghurt, kefir, kimchi, sauerkraut, miso)
- Choose prebiotic-rich foods: garlic, onion, leek, asparagus, oats, bananas, legumes

SUPPORT THE GUT BARRIER

- Eat sufficient protein and amino acids (glutamine, collagen)
- Include zinc-rich foods (pumpkin seeds, lentils, seafood)
- Healthy fats (omega-3s from fish, flaxseeds, walnuts)

REDUCE INFLAMMATION

- Limit processed foods, refined sugar, alcohol and excess omega-6 (PUFA)
- Include anti-inflammatory foods: berries, leafy greens, turmeric, ginger, green tea, oily fish

LIFESTYLE FOUNDATIONS

- Manage stress (meditation, breathwork, nature, journaling)
- Prioritise quality sleep
- Move your body regularly
- Stay hydrated

ADDRESS ROOT CAUSES

- Identify and address food intolerances
- Treat infections (SIBO, H. pylori, parasites)
- Review medications (antibiotics, NSAIDs, PPIs) with your health practitioner

SIGNS YOUR GUT MAY BE AFFECTING YOUR SKIN

- Bloating, gas, constipation or diarrhoea
- Sugar or refined food cravings
- Food intolerances or sensitivities
- Stress, anxiety or poor sleep
- Skin flares with certain foods, stress or alcohol
- Acne around jawline, chin or cheeks
- Eczema, psoriasis or persistent rashes
- Dull, dry or premature ageing



Clear skin starts in the gut. Supporting your microbiome, reducing inflammation and nourishing your body from within can help your skin thrive.



Your gut health is the foundation. Your skin is the reflection.