

EDIBLE BEAUTY
AUSTRALIA



THE GUT REPLENISH PROTOCOL

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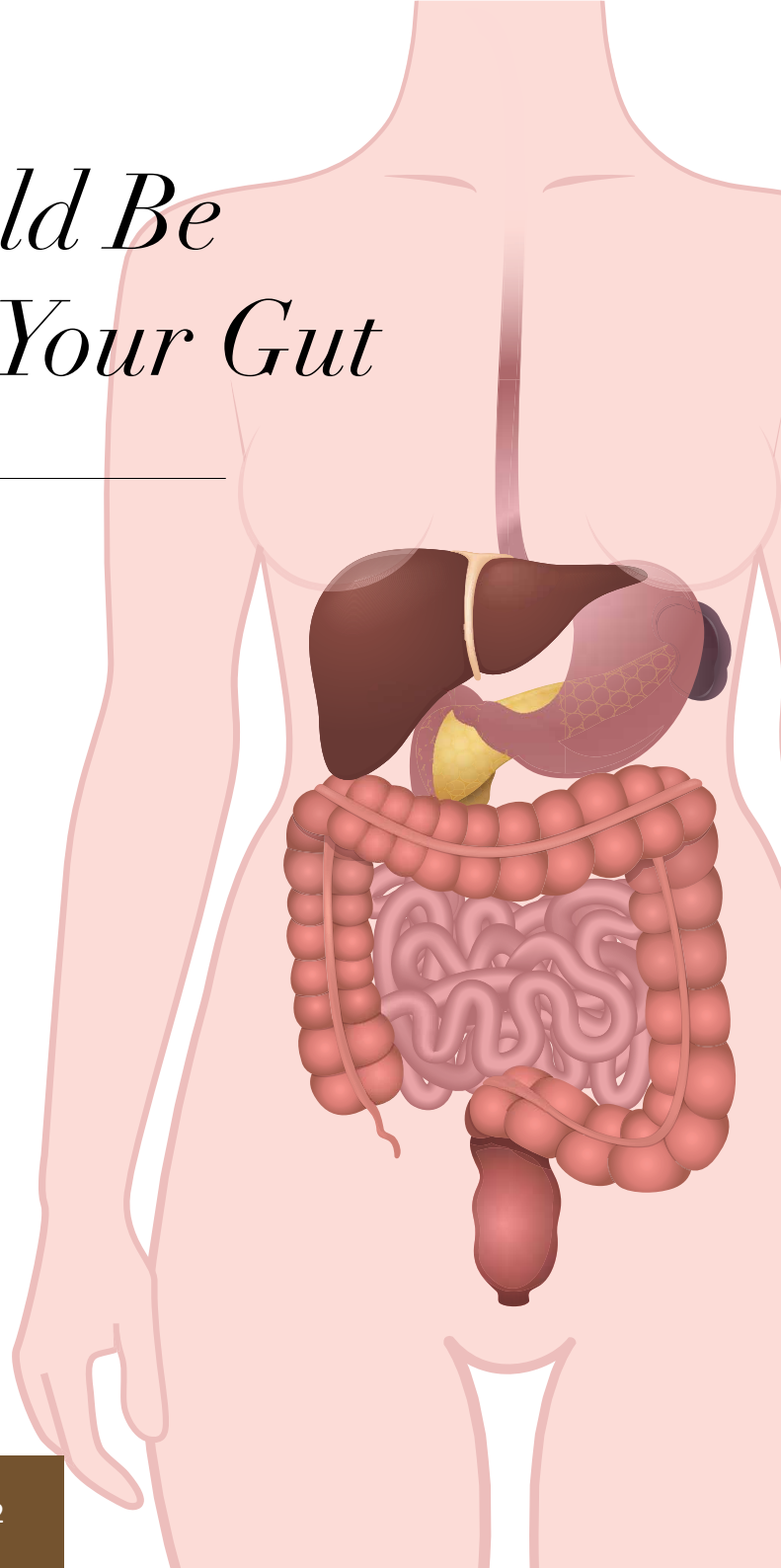
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Why You Should Be Looking After Your Gut

Did you know that the digestive system can be up to 30 feet in length in adults? It is commonly divided into eight parts: the mouth, the esophagus, the stomach, the small intestine and the large intestine or bowel. Not only is the size of your gut significant, it also has a life of its own.

The human gut is made up of ten trillion bugs - bacteria, viruses and fungi, which weigh over one kilo and outnumber human cells in your body by a ratio of over 10:1. When you consider this, there is definitely no underestimating the importance of looking after your digestive system and the inner gut microbiome. More and more evidence has been showing the intricate link between our microbiota and our health including our immunity, our predisposition to inflammatory disease, our brain function, along with our mood and our skin.



The Gut / Skin Connection

The health of our gut is often overlooked as one of the critical factors in determining the health of our skin. Researchers as far back as 1930 have suspected a link between gut and skin health. Recent research reports show that small intestine bacterial overgrowth (SIBO), a condition involving inappropriate growth of bacteria in the small intestine is more prevalent in people with acne rosacea, whilst low stomach acid has been linked to acne sufferers and people with bowel inflammatory diseases such as Crohn's and ulcerative colitis have significant skin issues. The skin, which is our largest organ, is really a mirror for what is going on inside our bodies. In order to heal your skin and achieve a clear, radiant complexion, you need to start with your gut!



The Impact of An Unhealthy Gut

Before we delve into the importance of a healthy gut for radiant skin, it is important to understand how the ecosystem of microbes in our digestive system function. A healthy gut contains a spectrum of microbial species, with those known as Firmicutes and Bacteroidetes accounting for more than 90% of all of your gut microbes. When this bacterial ecosystem is upset it results in “dysbiosis”. This is an imbalance of the species of microbes in your gut which occurs when Firmicutes outnumber Bacteroidetes. The result is everything from decreased immunity, sluggish metabolism, a decrease in synthesis of feel-good hormone serotonin, along with an increase in inflammation, allergies, and an imbalance of hormones. For your skin this can mean a predisposition to acne, skin redness and accelerated ageing.

When there is an upset balance of microbes in the gut inflammation and mal-digestion quickly follow. This leads to low energy, wreaks digestive havoc (bloating, constipation, diarrhoea, flatulence and other unwanted symptoms), and also means you are not absorbing all of the nutrients from your food, which are critical to nourishing your body, maintaining your energy and are essential for an inside-out glow.

INFLAMMATION

Having an imbalance of gut flora, or a “leaky gut” results in certain proteins penetrating through the gut wall, which is normally intact. This can disrupt the gut microbiome in the skin, creating inflammation along with:

- An increase in skin sensitivity along with conditions such as **eczema** and **rosacea**.
- A decrease in the integrity and the protective function of the skin barrier leading to **accelerated ageing** and a **lack of skin firmness**.
- An imbalance of hormone clearance resulting in increased sebum production which is directly linked to **acne**.

MALDIGESTION

An unhealthy gut can result in maldigestion and the malabsorption of proteins, fats, and carbs, as well as vitamins. SIBO can lead to nutritional deficiencies including vitamin B12, as well as vitamins A, D, E, and K (fat-soluble vitamins) which are all critical for optimal skin health and overall good health. Expect **accelerated ageing**, a **decrease in collagen production**, and a **weak and sagging skin barrier!**

REDUCED TOXIN CLEARANCE

An overgrowth of bad bacteria, yeast and fungi fed by processed and sugary foods along with a lack of fibre results in a build-up of toxins in the gut. This ultimately leads to increased load on the liver and a reduction of hormone and debris clearance which ultimately results in toxins leaking through into the skin, which manifests as **skin eruptions** and breakouts.



Finding A Complete Solution for Digestive Health

WHY PROBIOTICS, PREBIOTICS AND ANTI-MICROBIAL HERBS ONLY MAY NOT BE THE COMPLETE ANSWER...

Probiotics are providing untargeted strains of microbes to your gut which may not be needed whilst prebiotics may be fuelling unwanted strains of microbes. Antibiotics may be exterminating both good and bad bacteria without replenishing. Enter polyphenols...the missing link in the battle of the gut microbes. They effectively balance and replenish your gut bacteria for a healthy, happy ecosystem.

Probiotics may be helpful in replenishing gut flora, however most often we are not aware of which strains of probiotics our gut is needing and if your gut is riddled with bad bacteria, probiotics will not weed these out. This means we are limiting our gut healing protocol and not properly addressing the replenishing of our gut bacteria if we are just focused on blasting our gut with an array of non-specific probiotics that we may already have or which may be killed by other strains of probiotics which are already in our gut.

Prebiotics are considered “food” for your gut bacteria, however prebiotics do not discriminate between feeding the good and bad guys, so if you have a gut microbe imbalance, prebiotics may be making your problem worse by indiscriminately fuelling yeast and fungi resulting in excess fermentation, gas, bloating and a very leaky gut!

Antibiotics are good at exterminating all gut bacteria without discriminating between good and bad guys, leaving your gut ecosystem flushed of all goodness.

THE ANSWER? A COMPREHENSIVE DIGESTIVE SUPPLEMENT WITH BALANCING-BIOTICS...

Enter *Gut Replenish*, a revolutionary approach to restoring and replenishing gut good bacteria, eliminating nasty bacteria, supporting your detoxification pathways and digestion for a healthy, happy and balanced gut.



Supplement Spotlight: Gut Replenish



A delicious all-in-one 100% plant-based digestive supplement delivering an essential blend of gut-restoring nutrients that work to balance and replenish your inner microbiome. Enjoy a tablespoon a day of this choc-banana powder to supercharge your beauty and wellbeing from the inside out.

WHAT'S IN IT?

A carefully selected combination of polyphenol-rich superfoods, resistant starch, algae, fruits and spices traditionally used to assist in modulating your gut bacteria ratios, supporting gut microbiota diversity and the normal healthy functioning of digestive enzymes, balancing microbial overgrowth and supporting the body's natural repair processes.



vegan



gluten free



comprehensive
digestive blend



balancing-biotics



antioxidants



low sugar



A Closer Look at The Ingredients

POLYPHENOL-RICH SUPERFOODS

Cacao, Carob, Black Currant Skin, Berries (Acai, Strawberry, Blueberry, Raspberry, Cranberry) & Grape Seeds

What do they do?

Polyphenols are naturally occurring compounds found in fruits, vegetables, nuts, seeds and spices. They are often found in the seeds, fibres and peels of plants that the standard modern diet high in processed foods has done away with.

Polyphenols are effective at balancing your gut microbes by inhibiting the growth of bad bacteria and stimulating the growth of the beneficial ones. They differ to probiotics, which do nothing about the bad bugs in your gut. They instead flood the gut with strains of good bugs, however you may not actually need these. Prebiotics on the other hand may be feeding both the bad and good bacteria in your gut. Instead polyphenols have a balancing-biotic function to effectively restore harmony in your digestive system.

+

ANTI-MICROBIAL HERBS

Riberry, Davidson Plum, Cinnamon, Black Walnut & Whole Lemon

What do they do?

These botanicals are traditionally used for their antimicrobial properties and have the ability to work similarly to antibiotics, without disrupting the balance between good and bad bacteria. They are able to effectively kill the bad guys without exterminating all of your gut flora.

+

RESISTANT STARCH

Green Banana Powder

What does it do?

Green Banana resistant starch passes through the small intestine intact and works to encourage the growth of friendly gut bacteria.

+

GUT REPAIR SUPPORT

Deglycyrrhizinated Licorice & Turmeric

What do they do?

Licorice and Turmeric have been traditionally used to soothe the gut lining. Turmeric has been naturopathically used for its anti-inflammatory action whilst Licorice works to protect the mucosal lining from damage, calming and restoring gut balance.





CLEANSING

Diamtomaceous Earth

What does it do?

Diamtomaceous Earth has a microscopic honeycomb structure which makes it effective in gently sloughing away toxins, bacteria and parasites from the gut

+

LIVER SUPPORT

Broccoli Sprouts

What does it do?

Broccoli Sprouts contain sulforaphane, a compound which enhances the detoxification process. They have been used in the powder support the liver in the clearance of toxins and bacteria which will be released into your system for removal with the help of *Gut Replenish*.

+

DIGESTIVE ENZYME SUPPORT

Red Marine Algae

What does it do?

Red Marine Algae is a natural source of calcium which enhances the function of digestive enzymes.

The Gut Replenish Protocol



10 STEPS TO GLOWING SKIN VIA A HEALTHY GUT, IN 30 DAYS

The below food and supplement protocol is designed to starve off unfriendly gut bacteria, improve your balance of good bacteria, encourage good bacteria to flourish and heal and seal your gut lining. The benefits of the protocol are not only a flat belly, improved digestion, reduced bloating and a healthy balance of gut bacteria but glowing and vital skin. After 30 days start to gradually add back healthy FODMAP foods.

- **Eat an abundance of plant-based foods.** A plant-based diet has been shown to encourage the growth of healthy gut flora. It provides a variety of macro and micro nutrients including fibre, polyphenols and antioxidants which provide gut flora with the perfect foundation to flourish whilst keeping bad bacteria in check. If you are eating animal protein, limit it to organic and local food and ensure the majority of your plate is filled with rainbow plant-based foods.

- **Eat an abundance of polyphenol rich foods.** Aim to eat the below polyphenol rich foods daily:
 - Berries – 1 cup of strawberries, raspberries or blueberries.
 - Spices – Add herbs and spices to every meal, such as parsley, coriander and mint to salads, cinnamon to breakfast porridge, oregano to protein meals.
 - Beverages – Hot chocolate made with raw cacao, green tea or black tea, roasted chicory or carob drink.
 - Nuts and seeds – A handful of walnuts and 1-2 tablespoons of flaxseed meal daily.
 - Dark Chocolate – A square (or two!) of 70%+ dark chocolate.
- **Eat a low FODMAP diet.** This medically researched diet involves eliminating specific sugars from the diet. These sugars are known as Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols and are complex names for a collection of sugars found in foods that are not completely absorbed in our intestines. When they make it to the large intestine they are fermented by gut bacteria and produce gas and often a disruption to gut flora. We recommend eating a low FODMAP diet whilst using *Gut Replenish*. It aids in reducing the fermentation and feeding of unfriendly gut bacteria, thereby allowing *Gut Replenish* to take action in balancing friendly and unfriendly gut microbes more effectively.
- **Eat foods in their whole state.** Wash all of your fruits and veggies well but do not peel the skin or discard the seeds from them. They contain nutritious gut-balancing polyphenols!
- **Eat organic where possible.** An organic diet ensures we are not introducing gut depleting chemicals and antibiotics into our gut via our diet. This is especially important if you are eating animal products which are often riddled with antibiotics and hormones.
- **Focus on friendly fibre.** Aim to have at least 1-2 serves of the below fibre-rich foods. This ensures you are sweeping away toxins and bad bacteria. Take care to not consume

fibre-rich foods such as wheat bran, fructo-oligosaccharides (FOS) and galacto-oligosaccharides (GOS) which promote a large amount of gas production in the large intestine. The best sources when on this gut healing protocol include:

- Flaxseed meal – 2 tablespoons daily (approximately 6 grams of fibre).
 - Oats – ½ cup daily (approximately 4 grams of fibre).
 - Chia seeds – 1 tablespoon daily, soaked (approximately 5 grams of fibre).
 - Fruits, vegetables and whole grains (low FODMAP varieties).
-
- **Enjoy fermented foods (with caution).** Fermented foods are the current “it” food when it comes to gut health, however if you do have a gut imbalance they can wreak havoc by promoting and feed the growth of yeast and gut bacteria (both good and bad). Enjoying one serve of the below fermented foods and if you do suspect you have gut dysbiosis, starting small and gradually building up to a standard serve – for example starting with a teaspoon of sauerkraut and building up to 1-2 tablespoons over the course of the 30 days.
 - Sauerkraut or kim-chi – 1– 2 tablespoons (red fermented cabbage has the lowest FODMAP score).
 - Tempeh – 1 serve (90 grams).
 - Coconut milk kefir – 1 tablespoon.
 - Pickled vegetables – 1 -2 tablespoons.
 - Coconut or almond milk yoghurt – 1/2 cup. Ensure your yoghurt does not contain inulin, guar gum or other thickeners that may be high FODMAP.

- **Avoid dairy, gluten and sugar.** Dairy contains lactose, a sugar which is often unable to be digested as most of us do not produce the enzyme lactase to break it down, resulting in fermentation. Eventually this leads to gut inflammation. Proteins found in gluten can irritate the gut, resulting in gut permeability. When this happens, food proteins leak into the blood stream, paving the way for allergies, auto-immune disease and low mood. Sugar and processed foods feed the bad guys and deplete our gut and body of precious minerals and nutrients needed to heal and repair our gut lining.
- **Supplement.** Supplementing gives your gut healing diet a boost and ensures that you are doing everything you can do repair and seal your gut lining.
 - *Gut Replenish Powder*– 1 tablespoon daily.
 - *Native Collagen Powder* – 1 teaspoon daily.
 - Aloe vera juice (find a preservative free brand) – 50ml daily.
 - Enzymes (containing protease, amylase, lipase) – take 1-2 capsules or as recommended by product manufacturer with each meal.
- **Reconsider your personal care products.** Conventional personal care products contain numerous nasty ingredients and hormone disrupting chemicals that wreak havoc on the gut as are absorbed through the skin just as readily as the foods we are eating. Reconsider your skincare, makeup and cleaning products. Our gold standard for beauty is an “edible” ingredients list – if it is good enough to eat then you will be assured that it will not be contributing to toxins in your system.





Gut Loving Recipes

You can enjoy your *Gut Replenish* supplement simply mixed with water or your favourite non-dairy milk, however it also makes a wonderful addition to recipes, adding a delicious choc-banana flavour. Try it at breakfast time in our Gut Replenish Smoothie (page 15) or Belly Bliss Parfait (page 17).

For lunch and dinner, follow the principles set out in the Gut Replenish Protocol 10 steps to create your own savoury, low FODMAP and easy to digest dishes. Make sure you try our delicious and nurturing Carrot, Pumpkin and Ginger Healing Soup (page 19) too!



Gut Replenish Smoothie

This smoothie incorporates an array of our essential gut healing ingredients. A delicious symphony of polyphenol-rich berries, a healthy dose of fibre along and abundant antioxidants give your gut and skin the nutritional tools needed to keep healthy

and balanced. Aloe vera inner leaf gel or juice is a great addition if you have access to it, as it has been traditionally used to soothe the digestive tract. It can be a wonderful remedy for reflux, constipation or bloating, whilst overall helping to restore and heal the digestive lining.

Ingredients

Serves 1

250ml of your favourite plant-based milk (unsweetened)

1 teaspoon green powder, spirulina or chlorella

1 handful of organic leafy greens

1/8 avocado

1 tablespoon of *Gut Replenish* powder

1 teaspoon of *Native Plant-Based Collagen* powder

½ cup of frozen berries (strawberries, blueberries and/or raspberries work well)

1-2 tablespoons of flaxseed meal or LSA

2 teaspoons of chia seeds

60 ml of aloe vera inner leaf gel or juice

Directions

Place all ingredients into your blender and blend until smooth. Top with a few extra berries and enjoy!

Belly Bliss Parfait

This dish is a wonderful breakfast that can be made ahead of time and have ready to grab and go from the fridge in the morning. Prepare a big batch of the dry ingredients and store in your pantry so you have a gut-friendly breakfast that's quick and easy to whip up.

All you will need to do is add the wet ingredients the night before and leave to soak overnight, Bircher muesli style! This is a supercharged breakfast with lots of fibre, protein, antioxidants, calcium and essential fatty acids. Chia seeds are a superfood – they swell to 10-12 times their weight, helping you feel full whilst also working to flush the colon and remove excess hormones and toxins that may be contributing to an unhealthy gut. Goji berries provide natural sweetness in this porridge and are an abundant source of beta carotene which helps to promote healthy skin. Seeds and nuts are excellent sources of zinc, vitamin E and magnesium, supporting skin regeneration and happy hormones.

Ingredients

Serves 4-6

Dry:

1/2 cup chia seeds

1 cup activated buckwheat

1 cup shredded coconut (unsweetened and preferably organic)

½ cup goji berries



½ cup sunflower seeds
½ cup pumpkin seeds
½ cup walnuts chopped roughly

Wet (per single serve):

¾ – 1 cup almond milk
2 tablespoons flaxseed meal
½ cup cherries, strawberries, blueberries or raspberries (can be frozen or fresh)
1 tablespoon *Gut Replenish* powder

Directions

1. Mix all dry ingredients together and store in a glass jar until needed.
2. The night before you want to have it, mix ½ a cup of the dry mix with ¾ to one cup almond milk (depending on desired consistency), along with *Gut Replenish* powder, flaxseed meal and berries.
3. Find your soaked and scrumptious parfait waiting for you the next morning!

Tip: Sprinkle with cacao nibs and add one teaspoon of coconut oil for a delicious bonus superfood boost!



Carrot, Pumpkin & Ginger Healing Soup

If you love the spicy and fresh flavours of turmeric and ginger, you will thoroughly enjoy this nourishing and beauty-boosting soup. The delicate and warming flavours along with the nutritional benefits of its superstar ingredients will win over your tastebuds and your gut at once!

Naturally rich in antioxidants, both turmeric and ginger are well known for their anti-inflammatory and circulation-enhancing benefits. Turmeric can also support a clear and calm complexion by blocking histamine release which can cause skin redness and inflammation. Both pumpkins and carrots are rich in beta-carotene, the precursor to vitamin A, which helps to improve skin texture and boost collagen production.

Blended meals are also gentle on a compromised digestive system, as the food is already broken down to a liquid state, making it easier for your body to process and digest – perfect when repairing the gut.

Ingredients

Serves 4-6

800g carrots, peeled and cut into 1cm pieces
1kg pumpkin, peeled and cut into 1cm pieces
2 tablespoons olive oil



1 tablespoon turmeric powder or grated root
1 tablespoon grated ginger
1 teaspoon ground cumin
1 litre reduced sodium vegetable stock
500ml water

Directions

1. Preheat oven to 210c. Place cut pumpkin and carrot on a lined tray and drizzle the olive oil. Toss to coat. Place in the oven for 30-35 minutes.
2. Heat the remaining oil in a pot over medium heat. Add the spices, cook stirring for a couple of minutes or until aromatic.
3. Add the roasted carrot and pumpkin to the pot along with the stock and the water. Increase heat to medium, cover and bring to the boil. Reduce heat to low and cook covered for 15 minutes.
4. After 15 minutes, uncover and leave to cool slightly for another 15 minutes.
5. Transfer half of the mixture to a jug and blitz with a stick mixer, repeat with the remaining pumpkin mixture.
6. Divide between bowls and sprinkle with coriander leaves, a sprinkle of chopped cashews or pepitas and a dash of lime juice.
7. Enjoy this warming soup with all its wonderful beauty benefits!

Tip: This recipe makes a large amount of soup, so if you don't eat it all at once it can be kept in the fridge for 3 days or frozen in batches.





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