

Body Cleansing Inside & Out

Take care of your body holistically from inside and from outside.



The gastrointestinal tract, commonly referred to as your gut, plays a crucial role in the **digestion and absorption of**

nutrients. A healthy and balanced gut ensures that your body effectively utilizes the nutrients obtained from the food you consume. Optimal gut functionality contributes to overall **digestive well-being**, promoting regular bowel movements, alleviating bloating, and **enhancing nutrient absorption.**



Prioritizing gut balance has numerous benefits, including optimizing your immune system

function, as the majority (70-80%) of it is located in the gut. Additionally, maintaining a healthy gut can **minimize inflammatory responses**, preventing premature aging and flare-ups of skin conditions.



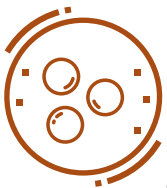
The **connection between your gut and skin** involves a continual exchange of signals. Your skin health is positively impacted

when there is a **balanced gut microbiome**, which refers to the community of microbes in your digestive tract. This connection signifies the constant interaction between your skin and gut.



The bacteria in your gut play a crucial role in maintaining your overall well-being.

Nourishing your gut through a balanced diet that is rich in **fiber, prebiotics, and probiotics** is key. Additionally, staying **hydrated, managing stress** effectively, and avoiding factors that disrupt gut health all contribute to achieving **radiant skin.**



The balance of your gut has a significant impact on your skin in multiple ways. When your gut is unbalanced, pro-inflammatory molecules can escape into the bloodstream, promoting **oxidative stress.** On the other hand, a balanced gut synthesizes and **metabolizes vitamins and minerals that provide benefits for your skin.***



“In summary, a healthy gut isn't only essential for digestive health; it directly impacts the appearance and vitality of your skin. So, take care of your gut—it's your **secret for beautiful skin!**”

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*Biotin contributes to the maintenance of normal skin (Health relationship: maintenance of normal skin and mucous membranes). Copper contributes to normal skin pigmentation (Health relationship: maintenance of skin and hair pigmentation). Iodine contributes to the maintenance of normal skin (Health relationship: maintenance of skin). Niacin contributes to the maintenance of normal skin (Health relationship: maintenance of normal skin and mucous membranes). Riboflavin contributes to the maintenance of normal skin (Health relationship: maintenance of normal skin and mucous membranes) Vitamin A contributes to the maintenance of normal skin (Health relationship: maintenance of normal skin and mucous membranes). Vitamin C contributes to normal collagen formation for the normal function of skin (Health relationship: collagen formation). Zinc contributes to the maintenance of normal skin (Health relationship: maintenance of normal skin)