



Dear challengers,

Welcome to the finale of the *Supercharge your gut* challenge! You've almost made it to the end, so well done! This week, we discuss the connection between your gut and your skin, and show you how to perform a DIY gut massage.

### Under your skin

We've established how vital a healthy gut is to our overall health, so it's only natural that it also affects our largest organ, the skin. Your gut creates important chemicals, such as neurotransmitters and hormones, an imbalance of which can wreak havoc on the skin and cause issues such as acne. Your gut also absorbs the vitamins and minerals from the food you eat to support your body's functions.

Skincare rich in vitamins and minerals – such as vitamins A (retinol), C, E and B3 (niacinamide) – are staples in the beauty market. But one of the best ways to nourish your skin is from within, and a healthy gut and fine-tuned digestive system helps you better absorb all those vital nutrients from your food.

### Top vitamins for skin health

Vitamin A    

Vitamin D   

Vitamin C    

Vitamin B3    

Vitamin E    

Zinc    

All these vitamins play their own roles in keeping us healthy. For example, vitamin D helps support calcium absorption and bone strength (while sun exposure is our best source of vitamin D, remember to practise sun safety). Meanwhile, vitamin C helps support a healthy immune system and prevent illness.

### Did you know?

A huge 70-80% of your immune system is located in your gut! The immune system is what fights off infection or harmful microbes, and keeps us healthy. Your gut microbiome has a huge influence on your immune system and vice versa. Not sure how to boost your immunity? We've put together a daily routine for you to follow.



### Your final challenge...

#### ✓ Nuts and seeds

Nuts and seeds contain prebiotic fibre and polyphenols, which can help increase good bacteria in the gut and reduce bad bacteria. They're also a good source of B vitamins, vitamin E, zinc and minerals, all of which help support healthy skin!

Here are some tips to get you started:

- Blend a tablespoon of chia or flaxseeds into smoothies and bliss balls
- Add a delightful crunch to salads by sprinkling pumpkin or sunflower seeds on top
- Add cashew nuts or sesame seeds to stir-fries or curries
- Choose wholegrain seeded crackers

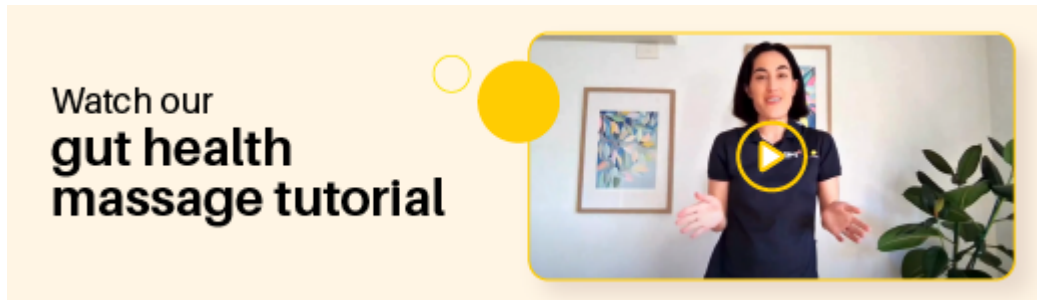
Nut and seed recipes:

- [Toasted trail mix](#)
- [Pesto, two ways!](#)
- [Chocolate protein bliss balls](#)

## Your mini challenge...

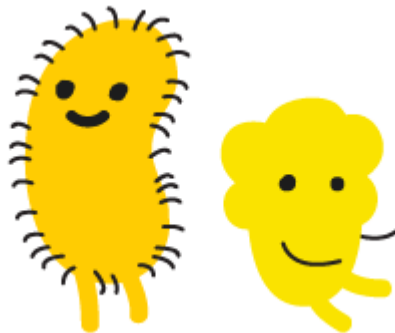
- ✓ Give yourself a gut massage

A gut massage can help relieve constipation, abdominal pain and trapped gas. We've created a step-by-step tutorial to guide you through the process, using a technique created by British scientist and dietitian [Dr Megan Rossi](#) for her book *Eat Yourself Healthy*. Discuss this with your GP first if you're pregnant, have inflammatory bowel disease, have had abdominal surgery, spine issues or any other concerns.



## Good gut guys

This week's good guys are *Akkermansia muciniphila* and *Lactobacillus plantarum*. Akker muciniphila can help to strengthen your gut lining, while Lacto plantarum is often found in fermented foods and can help treat symptoms associated with IBS.



## That's a wrap!

Gut health is a huge topic, one that simply can't be covered in its entirety over four weeks, and one where the science is continually evolving. We hope you've gained a better understanding of the importance of gut health and how to maintain and improve it.

To help you move forward, we've created a 'Day at a glance' guide, so you can see what a full day's worth of gut-loving meals looks like.

Download your  
guide here



We've also put together a list of further resources to continue your education in gut health:

- [You've got to love your gut, and here's why](#)
- [Constipation: just the \(hard\) facts](#)
- [Debunking leaky gut syndrome | the inside story on what's really happening](#)

Visit our [gut health](#) page for more.

### Share your thoughts

We'd love to hear how you went, so keep an eye out next week for an email from us, where we'll ask you a few questions about your experiences during the *Supercharge your gut* challenge. **Plus, we have a little surprise in store for you too...**

Speak soon Superchargers,

Team CBHS Health

#### Sources:

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