

Get Glowing Skin

The only nutrition & lifestyle programme
you'll ever need for healthy glowing skin



Betty Jackson

www.bettyhealthynutritionist.com

Contents

Where does glowing skin begin?	00
3 things your skin needs right now	00
It matters what you put on	00
Feed your glow	00
Get Glowing Skin store cupboard list	00

SALLY DUFFIN
HEALTH WRITER

Hello, I'm Betty Jackson, creator of Get Glowing Skin.

Do you suffer with eczema, psoriasis, dermatitis, or adult acne?

Are you exhausted by your painful, inflamed, red, sore, skin?

Fed up with spending hard-earned money on over-priced skincare products that simply don't work?

I know exactly how you feel.

Ten years ago I was depressed and frustrated by chronic eczema and acne flare-ups.

I endured endless dermatology appointments and tried steroid creams, exclusion diets, cleansers, lotions, and expensive herbal pills.

Nothing seemed to work. And if it did help, the results didn't last beyond a week.



Finally, after paying over £200 for a “miracle” cream that made zero difference I decided I’d had enough.

Fast forward through 6 years of nutrition and skincare training and **Get Glowing Skin** was born.

GGs is my signature programme for problem skin, combining nutrition know-how with the purest skincare products you can make at home.



It truly is a revolution in skincare.

There are no tricks or gimmicks, and no restrictive diets.

Instead, you'll enjoy wonderful foods and powerful skin remedies all served with a side of warmth and support.

I've used this programme on myself with amazing results – but don't just take my word for it, watch the fabulous testimonials on my website and hear for yourself what GGS members have to say.

In the meantime, enjoy this free e-book that gives you a healthy taster of what to expect when you join GGS.

Welcome to the first step on your journey to glowing skin.

Betty Jackson

Where does glowing skin begin?

You might think glowing skin starts with good food, plenty of exercise, or inheriting the sort of genes that give you smooth, clear, wrinkle-free skin. And you'd be right – mostly. All these things are important but none of them matter as much as gut health.

Why? Because it's all down to your microbiome – the billions of bacteria, viruses, and fungi living in and on your body.

There are different microbial communities all over your body – in your digestive system, lungs, genitals, liver, and on your skin too.

In fact, there are microbes in every crease, curve, and dimple on your skin's surface.



When it comes to skin health, research shows [1] that your gut bugs:

- Regulate immune system activity
- Control inflammation, including skin inflammation
- Influence the formation of new skin cells
- Influence the types of bacteria found in your skin microbiome

There's a two-way conversation happening between the bugs in your gut and the bugs on your skin. When the conversation is flowing well, there's a steady production of healthy skin cells that retain moisture and act as a barrier to harmful pathogens.

However, when your gut bugs are disturbed, it can lead to dysregulated immune function, inflammation, and problems with skin cell production. The end result is skin conditions like atopic dermatitis, rosacea, acne, psoriasis, and eczema [2].

- Think about your gut health. Do you experience regular bloating and/or indigestion?
- Do you get constipated – i.e. have less than 1 comfortable, satisfying poop every day?
- Do you have diarrhoea?
- Do you suffer from Irritable Bowel Syndrome?

These are all signs that your gut microbiome is out of balance and needs immediate attention.



What sort of things disturb the gut bugs?

Your gut microbiome isn't a fixed set of microbes; it evolves and reshapes itself every day depending on what you eat, your stress levels, and the different sorts of germs and microbes you encounter.

We each carry a mixture of beneficial and potentially harmful microbes – so-called “friendly” bugs and “unfriendly” bugs.

Under normal circumstances they peacefully co-exist. The unfriendly bugs provide certain benefits and only cause problems if they get an opportunity to overgrow.

So what allows them to thrive? Common factors include:



-Chronic stress

-Eating a lot of Ultra Processed Foods and Drinks (UPFDs)

-Antibiotics

-Alcohol



-Eating a lot of sugar

-Lack of fibre

Once the unfriendly bugs start to thrive, the microbiome switches from controlling inflammation to promoting inflammation.

Over time, your immune system starts to malfunction too. This can result in painful, inflamed skin conditions like acne, eczema, and psoriasis.

Sound familiar?

- Keep a Food & Flare journal for at least 1 month. Note how your skin looks and feels each day, what your stress levels are, and what you eat and drink . Also note if you are taking any antibiotics or other medications that may affect your gut or skin.

At the end of the month, look back at your notes and highlight any links between the factors listed above and the condition of your skin.

References

- 1.Salem, I., Ramser, A., Isham, N., & Ghannoum, M. A. 2018. The Gut Microbiome as a Major Regulator of the Gut-Skin Axis. *Frontiers in Microbiology*, 9. <https://doi.org/10.3389/fmicb.2018.01459>
- 2.Mahmud, M. R., Akter, S., Tamanna, S. K., et al. 2022. Impact of gut microbiome on skin health: Gut-skin axis observed through the lenses of therapeutics and skin diseases. *Gut Microbes*, 14(1). <https://doi.org/10.1080/19490976.2022.2096995>

3 Things your skin needs right now!

One of the frustrations of dealing with an inflammatory skin condition is trying to understand what your skin really needs.

Skincare manufacturers shout about corticosteroids, ceramides, peptides, and emollients.

You get bombarded with adverts for UV lamps, silver sprays, allergy testing kits, and hypoallergenic bedding.

Sprays, creams, and gels might feel soothing to start with but their effects soon wear off. They are temporary sticking plaster solutions for a much deeper problem.

To tackle the roots of inflammatory skin conditions we have to go deeper and start repairing the foundations of skin health.



Here are 3 strong foundations your skin needs right now and how you can get them.

Happy Gut Bacteria

To get healthy skin we need happy gut bugs. This is a fundamental step if you want to reduce inflammation and minimise flare-ups.

It may seem strange to be talking about gut bacteria for skin health but remember that these microbes send messages to the bacteria on your skin. A well-balanced gut microbiome will send the right messages about reducing inflammation and promoting skin repair.

So, how do you nurture your friendly gut bugs?



- Feed them with soluble fibre from oats, lentils, beans, ground seeds, and colourful vegetables.
- Enjoy fermented foods like natural yogurt, sauerkraut, kefir, and kimchi. They contain live strains of good bacteria to top up your microbiome.

- Take a good quality probiotic supplement.

I offer personal advice on probiotics as part of the Get Glowing Skin Programme so you can be sure you're taking the right one for your needs.

- Minimise your intake of Ultra Processed Foods. Stick to minimally processed foods and avoid UPFs as much as you can.

You can easily spot these foods by the long list of unrecognizable additives, colourings, preservatives, and emulsifiers on the label.

These foods are not made in a kitchen, they're formulated in a lab. They are formulations of refined fats, sugars, artificial sweeteners, and additives that disrupt your gut microbiome [3], opening the door to inflammation and immune malfunction.



Antioxidants

The word "antioxidants" gets bandied about a lot but what does it actually mean? In a nutshell, antioxidants are vitamins, minerals, and other nutrients that protect our cells against damage.

Think of exhaust fumes from a car. They are produced by the engine as a by-product of burning fuel.

Our cells produce their own “exhaust fumes” in the form of free radicals – unstable molecules that are a by-product of normal metabolism. Free radicals can cause damage unless we have enough antioxidants to quash them.

We also come into contact with chemicals in everyday life that cause damage to our cells (known as oxidative stress) [4]. Environmental pollution, cigarette smoke, radiation, and medications are all sources of damage that your body has to deal with.

This is why we need to eat plenty of antioxidant nutrients every day.

Your sore, inflamed skin needs generous supplies of vitamins A, C, and E, plus selenium and zinc.



We'll explore these nutrients in much more depth on the Get Glowing Skin Programme but for now, you can find them in:

Vitamin A – organ meats, organic butter, eggs

Vitamin C – broccoli, kiwi, peppers

Vitamin E – avocado, sunflower seeds, sweet potato

Selenium – organic Brazil nuts, shellfish, garlic

Zinc – grass-fed red meat, poultry, shellfish

Optimise your Vitamin D

If you don't get enough sunlight – and by enough, I mean 20 minutes of bright sunshine on your bare arms and legs, every day – you won't make enough vitamin D.

There are a few food sources (liver, egg yolk, butter, and oily fish provide D3 while sun-dried mushrooms are a good source of D2) but we are biologically designed to rely on sunlight as our main source.

The UK Government advises everyone to supplement with 400iu of D3 per day between October and April when the sun's rays aren't strong enough to stimulate vitamin D production in the skin.

However, many people need to supplement a higher dose all year round.

The best way to know how much to take is to test your vitamin D levels and discuss the results with a nutrition professional. This service is part of the Get Glowing Skin programme, and you'd be amazed at the results my members see when they deal with low vitamin D.

References

3. Song, Z., Song, R., Liu, Y., et al. 2023. Effects of ultra-processed foods on the microbiota-gut-brain axis: The bread-and-butter issue. Food Research International, 167, 112730. doi.org/10.1016/j.foodres.2023.112730
4. Pham-Huy L.A., He H., Pham-Huy C. 2008. Free radicals, antioxidants in disease and health. International Journal of Biomedical Science 4(2):89-96.

**Have you enjoyed the
sample chapters of this ebook?**

**Want words that work for your
business but don't have
time to write?
Let me do it for you.**

I create articles, blogs, ebooks,
and more for health & wellness
brands and practitioners.

Find out more and say hello at
sallyduffin@nutritioninyork.co.uk
www.nutritioninyork.co.uk