

# Gut Healing Guide

A quick reference guide for Acne and Inflammatory skin issues. Healing the gut is the start to achieving healthy skin.

Increase Omega 3

**Food source:** salmon, avocado, flaxseed oil, nuts, seeds, fish  
Add 1 to 2 teaspoon of flaxseed oil to yogurt, smoothies or porridge

**Aim for 1 to 2** times a week salmon or fatty fish. Flaxseed oil needs to be kept in the fridge. Stoneycreek is a quality flaxseed oil.



Take a good quality probiotic daily.  
recommended Life Space  
90 billion CFU

Sugar causes inflammation in the body leading to development of acne. **Avoid all processed sugar**, including sauces, packaged foods, soft drink, lollies. Avoid high trans fat and take away food.



Increase vegetables and fruits. Consume whole foods (unprocessed)

Slippery Elm powder is healing for the gut. Add to a smoothie or make as a hot tea at night.

**Mix 1 teaspoon** with hot water stirring together. It will have a few lumps. If using in a smoothie drink straight away as the smoothie will be thick.

