

RADIANT SKIN

Nutrition Fundamentals



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Feel empowered in your choices,
connected to your body,
and live in your glow state..

Food is your power, not your limitation

NUTRITIONIST | GUT, SKIN & MIND

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INTRODUCTION: YOUR SKIN, YOUR SIGNATURE

Radiant skin starts from within. While skincare routines play an important role, what you put on your plate is just as crucial as what you put on your skin. In this guide, we dive into the foundational principles of how nutrition supports skin health, offering evidence-based insights and practical tips to glow from the inside out.

We'll explore the skin-gut connection, essential nutrients, everyday food choices, and powerful lifestyle rituals to elevate your glow. Whether you're dealing with breakouts, dullness, or just want to look and feel your best—this is your starting point.



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THE SKIN NUTRITION CONNECTION

Your skin is your body's largest organ—and one of the clearest mirrors of your internal health. When your gut is inflamed or your liver is overwhelmed, your skin often sounds the alarm.

How the gut-skin axis works:

The gut and skin are intricately linked through what's known as the gut-skin axis. A balanced gut microbiome helps regulate inflammation, nutrient absorption, and immune function—all of which directly impact your skin. When your gut is healthy, it produces beneficial compounds like short-chain fatty acids and regulates hormones that reduce skin flare-ups. On the other hand, an imbalanced gut can trigger systemic inflammation, which often surfaces as acne, rashes, or dullness.

Signs of inflammation on the skin:

- Acne: Often a response to excess androgens, gut dysbiosis, or high sugar intake
- Eczema or rashes: Can signal food sensitivities, leaky gut, or chronic inflammation
- Dullness & puffiness: A sluggish digestive system or poor liver detoxification can reduce blood flow and nutrient delivery to the skin

Why stress and poor digestion disrupt skin harmony:

When you're stressed, your body diverts resources away from digestion to handle the perceived threat. This can lead to bloating, poor nutrient breakdown, and increased intestinal permeability (leaky gut). In turn, inflammatory compounds enter the bloodstream, potentially contributing to breakouts, redness, or uneven tone. Chronic stress also raises cortisol levels, which may increase oil production and slow skin healing.



'Glowing skin is not about perfection—it's about balance. And balance begins in your belly.'



ESSENTIAL NUTRIENTS FOR GLOWING SKIN

Let's break down the skin's nutrient toolkit

- *Vitamin C – brightens and boosts collagen production (think berries, citrus, broccoli)*
- *Vitamin A & Beta Carotene – cell regeneration (sweet potato, carrots)*
- *Vitamin E & Selenium – protect against environmental damage (sunflower seeds, Brazil nuts)*
- *Zinc – regulates oil and supports skin repair (pumpkin seeds, legumes)*
- *Omega-3s – fight inflammation and nourish the skin barrier (chia seeds, flax, walnuts)*

Skin tip: Add 1-2 sources of healthy fats daily. Your skin will thank you.

GUT HEALTH & DIGESTION



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Tip: Drink lemon water when you wake to stimulate digestion for the day ahead

A healthy gut (equals) a healthy glow

Your skin, like your gut, has its own diverse microbiome made up of beneficial microbes that protect, repair, and regulate inflammation. When your gut is balanced and thriving, it supports healthy digestion, hormone regulation, and reduced systemic inflammation, all of which reflect directly on your skin. Disruptions in the gut, such as dysbiosis or leaky gut, can trigger immune responses that often show up as breakouts, sensitivity, or dullness on the skin's surface. Supporting your gut means supporting the skin from the inside out.

In the know..

- *Prebiotics (onions, garlic, oats) feed good bacteria*
- *Probiotics (fermented foods like sauerkraut, coconut yoghurt, miso) replenish your gut*
- *Liver support via bitter greens and lemon water helps process toxins. Regular elimination prevents congestion and skin flare-ups*

Common disruptors: Sugar, alcohol, food intolerances (especially dairy or gluten for some)

FOODS IN FOCUS: NOURISH FROM THE INSIDE OUT

These whole foods don't just fuel your body, they actively support skin repair, hydration, hormone balance, and collagen production.

Think of them as your natural skincare, served on a plate.



Your Skin Food Shopping List

Leafy Greens (spinach, kale, rocket/arugula) help reduce inflammation and support your liver's detoxification pathways. Best for acne prone skin improving skin clarity.

Berries (blueberries, strawberries, raspberries) help fight free radical damage, boost collagen synthesis and reduce inflammatory. Best for calming redness and supporting elasticity.

Avocados & Flaxseeds help keep the skin barrier soft, supple, and protected from environmental stress and support hormone balance and reduces dryness and inflammation.

Sweet Potatoes & Pumpkin help regulate skin cell turnover, improve tone, and protect against oxidative stress. They're especially supportive for acne-prone or sun-damaged skin.

Lentils, Chickpeas & Tofu help tissue repair, wound healing, and collagen formation. Their fibre also supports blood sugar stability, which is key for balanced hormones and clearer skin.

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Day On Your Plate

Morning:

Start your day with a green smoothie—blend spinach, frozen blueberries, avocado, hemp or flaxseed oil, vegan protein, coconut yoghurt, and almond milk.

Mid-Morning:

Snack on Brazil nuts and fresh raspberries with a cup of herbal tea.

Lunch:

Enjoy a roast pumpkin and chickpea salad with rocket, cucumber, pumpkin seeds, and an olive oil and lemon dressing.

Afternoon:

Have two squares of dark chocolate with a cup of ginger or dandelion tea.

Dinner:

Nourish with grilled white fish or tofu, sweet potato mash, quinoa, and steamed greens like kale or zucchini.

Evening:

Wind down with chamomile tea and, if desired, a slice of fresh pear or a magnesium-rich tonic.

LIFESTYLE HABITS TO SUPPORT SKIN HEALTH

Great skin isn't just what you eat, it's how you live.

- *Sleep: Aim for 7–9 hours of quality rest to allow your skin time to repair and regenerate. During deep sleep, the body increases blood flow to the skin, rebuilds collagen, and repairs UV damage. Poor sleep disrupts this natural renewal process and elevates cortisol levels, which can lead to breakouts, dullness, and premature aging.*
- *Movement: Daily walks, Pilates, or light cardio improve circulation by increasing blood flow and oxygen delivery to skin cells. This promotes nutrient transport, collagen synthesis, and a healthy glow while helping to flush out cellular waste. Movement also supports the lymphatic system, reducing puffiness and inflammation that can show up on the skin.*
- *Stress: Breathwork, journaling, and time in nature regulate cortisol, the body's primary stress hormone. Chronic stress can lead to inflammation and disrupt hormone balance, affecting oil production and slowing skin repair. Mind-body practices reduce internal stress signals, supporting clearer, more resilient skin.*
- *Lymphatic support: Try dry brushing, facial massage, or infrared saunas to stimulate lymph flow. The lymphatic system plays a key role in clearing toxins, reducing fluid retention, and promoting circulation. A well-supported lymph system can lead to a brighter, de-puffed complexion.*
- *Detox tip: Switch to natural skincare and clean beauty to reduce your body's exposure to endocrine-disrupting chemicals and synthetic fragrances. Your liver works hard to filter toxins, so choosing products with fewer irritants lightens this load, which can translate to calmer, clearer skin.*

Detox tip: Switch to natural skincare and clean beauty, your liver and skin will benefit.



SUPPLEMENTS...

SUPPORT YOUR SKIN FROM WITHIN



While nutrition forms the foundation of healthy skin, targeted supplements can provide added support—especially during times of stress, hormonal change, or gut imbalance. These can complement your food choices and help fast-track your glow when used intentionally.

Vegan Collagen Boosters

Unlike traditional collagen supplements sourced from animals, vegan-friendly collagen boosters work by supplying your body with the building blocks it needs to produce collagen naturally. These usually combine:

- *Vitamin C – essential for collagen synthesis and antioxidant protection*
- *Amino acids – like glycine and proline, which support skin structure*
- *Silica and biotin – for skin elasticity, hair strength, and nail growth*

Look for a clean formulation without synthetic fillers, and always pair with a vitamin C-rich diet for maximum benefit.

Zinc

Zinc plays a critical role in wound healing, inflammation regulation, and oil control—making it especially effective for those with acne-prone skin. It also supports the immune system and helps reduce the severity of breakouts when paired with an anti-inflammatory diet.

Note: It's important not to exceed daily limits, as too much zinc can interfere with copper absorption.

L-Glutamine

This amino acid is a gut-healing powerhouse. It helps repair the intestinal lining, which can reduce inflammation and support smoother, clearer skin—particularly for those with sensitivities, bloating, or skin conditions like eczema or rosacea.

Pro tip: L-Glutamine is best taken first thing in the morning on an empty stomach.

Probiotics

*Your skin is a reflection of your microbiome. A high-quality probiotic supplement can help restore microbial balance, reduce gut inflammation, and support clearer skin. Specific strains like *Lactobacillus rhamnosus* and *Bifidobacterium longum* have been linked to improvements in acne and eczema.*

Choose a strain-specific formula and rotate periodically based on your skin and digestive needs.

Important

Supplements are powerful tools—but they should be tailored to your individual needs, not chosen at random.

This is where Jacinta can help. As a Clinical Nutritionist, I assess your skin goals, gut function, and daily habits to design a personalised supplement regime that complements your lifestyle and ensures you're not wasting time—or money—on products that don't serve you.

THANK YOU

I'm so glad this eBook has found its way to you. My hope is that it's left you feeling more connected, more informed, and more inspired to care for your skin from the inside out.

If you're feeling called to explore your skin or wellbeing journey more deeply, I'd love to support you with personalised, 1:1 guidance. Whether it's navigating gut health, understanding your triggers, or simply finding what truly works for your body—I'm here to help.

Explore personalised support, creative collaborations, and fresh journal reads to guide your next steps in skin and whole-body wellbeing.

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Thank you for letting me be a part of your skin health journey. May you continue to glow in a way that feels real, radiant, and entirely your own.

Jacinta xx

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