


Client: Aubergine Communications Yellow News
Source: Yoga Magazine
Date: 01/11/2019
Page: 38
Reach: 25000
Value: 2814.3200

COLUMN / www.aubergine.com



5 STEPS TO GLOWING SKIN THROUGH YOUR GUT

Words: Shann Nix Jones
Nutritional advisor, gut health expert,
and founder of Chuckling Goat kefir

We tend to think of our gut and our skin as two separate things - but really, they are one connected surface! Any gut disorder will immediately map itself onto your skin. If you want to achieve clear, glowing, radiant skin, the easiest and most efficient way to accomplish that is to improve your gut health.

Recent research has demonstrated that issues like eczema, psoriasis, rosacea are actually autoimmune disorders, that stem from the gut. This is why these issues can be so difficult to clear - you can apply endless amounts of steroids or topical ointments, and never resolve the problem - because

the problem is not actually the skin, but most likely the gut! You must heal the gut, to clear the skin.

Autoimmune disorders occur when your immune system - four-fifths of which sits inside the gut - turns on itself inappropriately, and mistakenly attacks your body.

Why does this happen? It's largely due to the stresses and chemicals that surround us in modern life. Your immune system is controlled by your gut microbiome, which is comprised of trillions of living bacteria. This natural ecosystem - like any natural ecosystem - is fragile and can be easily damaged.

The things that damage your internal ecosystem are sugar, antibiotics, stress and environmental toxins, like the ones in common household cleaners or personal care products. The average woman "hosts" over 515 unique chemicals by the time she steps out of the bathroom in the morning. Many of these compounds leach into your system and alter your DNA, making your cells unrecognisable to one another. This is the origin of autoimmune, or "friendly fire," when your immune system turns on itself. It is also, perhaps, the reason why 78% of the people who suffer autoimmune disorders are women.



Client: Aubergine Communications Yellow News
Source: Yoga Magazine
Date: 01/11/2019
Page: 38
Reach: 25000
Value: 2814.3200

So, what can you do to restore healthy, glowing skin and protect yourself from autoimmune disorders including eczema, arthritis, obesity, diabetes, colitis, Crohn's Disease, anxiety and depression?

DRINK THERAPEUTIC-GRADE KEFIR DAILY.

This natural multistrain probiotic drink will help restore and repair the living ecosystem inside your gut. Choose an unflavoured, unsweetened kefir made with real kefir grains, for maximum benefit. Note: sweetened "kefirs" often do more harm than good to the gut, because of the sweeteners and flavourings they contain. Avoid kefir made with cow's milk, as it contains the A1 casein which is allergenic, inflammatory and can trigger autoimmune conditions and skin disorders.



SHANN JONES
Gut health expert & founder of Chuckling Goat

Shann Jones, founder of successful kefir business Chuckling Goat, is a nutritional advisor and the UK's go-to gut health expert. Shann and her husband discovered the benefits of live active kefir when they were looking for a solution to their little boy Benji's eczema, and her husband Richard's antibiotic-resistant MRSA infection. Chuckling Goat's all-natural Kefir Program, which combines drinking live culture kefir and applying it to the skin, is designed for people with eczema, psoriasis, rosacea and acne. Kefir is also a brilliant solution for rebalancing gut health. Shann can provide comment and insights into how a healthy microbiome leads to improving your holistic health; from good skin and reducing eczema to managing IBS, improving mental health and boosting the immune system.

Shann has just been invited to become a member of the Parliamentary Review which means she will help ensure that members of parliament are more informed of industry-specific concerns before they propose or debate legislation that will affect these industries. They also votes on any major bill going through parliament. Chuckling Goat is proud to work closely with the Institute of Biological, Environmental and Rural Sciences at Aberystwyth University, where extensive laboratory tests have been performed on their kefir. Shann has written several books, cementing her position as a gut health expert. These include: Secrets of Chuckling Goat: How a Herd of Goats Saved My Family and Created a Business that Became a Natural Health Phenomenon, The Kefir Solution: Natural Healing for IBS, Depression and Anxiety, The Good Skin Solution: Natural Healing for Eczema, Psoriasis, Rosacea and Acne.

In 2020, Hay House will publish Shann Jones' upcoming fourth book: How to Start a Business on Your Kitchen Table.

To find out more visit www.chucklinggoat.co.uk.

TAKE A COMPLETE PREBIOTIC DAILY.

If you imagine that kefir "put the fish in the fish tank," then prebiotics "feed the fish." Gut bugs eat fibre, and each variety of gut bug consumes a different type of fibre. It's difficult to get all those different exotic types of fibre into your diet, so a combined prebiotic powder is an efficient and easy option to improve gut health.

TAKE A MICROBIOME TEST.

This recently developed cutting-edge technology allows you to find out exactly what is going on inside your gut, and gives you a personalised list of foods that you need to eat, in order to boost your gut microbiome.

GO GREEN AND CLEAN WITH YOUR BEAUTY PRODUCTS.

Clean out your bathroom cupboards! Take a good hard look at every product that touches your skin, and throw out anything that contains ingredients you can't pronounce. Replace with items that are free from any dyes, perfumes, petrochemicals, parabens or phthalates.

USE THE NATURAL HEALING POWER OF HERBS.

Herbs like Meadowsweet leaf, Peppermint leaf, Chamomile flowers and Marshmallow root all protect and soothe the gut, allow it to heal and helping your gut bugs to flourish. Drinking three cups daily of a herbal tea containing these natural power house ingredients will allow your gut garden to bloom.