

BELLE ÂME ESTHETICS, LLC

NOURISH YOUR SKIN. FEED YOUR SOUL

THE GUT & SKIN WELLNESS PLAYBOOK

SIMPLE STEPS FOR A HEALTHIER GUT,
CLEARER SKIN AND A LONGER, STRONGER YOU



GUT HEALTH



CLEARER SKIN



STRONGER
BODY



BALANCED
HORMONES



BETTER
MOOD



HEALTHY
AGING



Nourish Your Skin. Feed Your Soul.

NUTRITION | MOVEMENT | SLEEP | STRESS | SKINCARE | LIFESTYLE

Your skin is part of the bigger picture

A welcome from Belle Âme

I believe skin wellness begins with how we care for the whole body. What we eat, how we move, the quality of our sleep and how we manage stress can influence digestion, energy, inflammation and skin health. You do not need a complicated routine to begin.

What is functional wellness?

It means looking at everyday patterns and the systems that work together: gut, skin, immune system, metabolism, hormones and nervous system. The goal is to build a strong foundation, not to chase a perfect diet or a magic supplement.

The gut-skin axis

Your digestive tract and skin communicate through immune signaling, microbial byproducts, hormones and the nervous system. Research links this communication with inflammatory skin concerns including acne, rosacea and eczema.

Start with what you can control

Whole foods, fiber, protein, movement, restorative sleep, hydration and a gentle skincare routine are practical daily tools. Choose progress over perfection.

Meet your gut microbiome

Trillions of tiny partners

Your digestive tract hosts communities of bacteria and other microorganisms. Many help break down fiber and produce compounds that interact with your gut lining, metabolism and immune defenses.

Why variety matters

Different microbes use different plant fibers. Eating a variety of vegetables, fruits, beans, nuts, seeds and whole grains can help nourish a more diverse microbial ecosystem.

Roughly 70% of your immune system is found in the gut

This widely cited estimate reflects the large amount of gut-associated immune tissue and immune cells. Your digestive tract is a major immune hub, constantly interacting with food, microbes and the outside world.

Your gut barrier

The gut lining absorbs nutrients while helping protect the body from unwanted substances. Fiber, a balanced eating pattern and overall health habits support normal digestive function.

One simple action

Add one additional plant food to your day. A handful of berries, lentils in soup or ground flaxseed stirred into yogurt is a great beginning.

The gut–skin connection

Acne and breakouts

Acne is influenced by inflammation, hormones, oil production and skin microbes. Researchers have also identified gut–skin microbiome connections. Food choices that support steadier blood sugar and a varied microbiome may be useful parts of a whole-person approach.

Rosacea and redness

Rosacea is an inflammatory condition with links to immune signaling and the gut–skin axis. Research has explored associations with digestive conditions, including small intestinal bacterial overgrowth, and differences in gut microbes. Understanding your personal triggers matters.

Eczema, dryness and barrier health

The skin barrier and immune system work closely together. Scientists are studying how gut microorganisms and their metabolites may influence inflammatory skin conditions and skin-barrier function.

Healthy aging is more than wrinkles

Adequate protein, colorful plants, healthy fats, muscle-building movement, quality sleep and sun protection support the tissues and functions that help you feel and look well as you age.

Think whole person

Supporting your gut is a meaningful part of skin wellness, alongside good topical care, hormone awareness and attention to individual needs.

Eat to support your gut and glow

Fiber feeds your microbes

Try beans, lentils, oats, berries, vegetables, chia and ground flaxseed. Increase fiber gradually and drink water regularly, especially if you are not used to eating much fiber.

Protein supports strong aging

Eggs, fish, poultry, yogurt, beans, tofu and other protein foods help maintain muscle and support normal tissue repair. Include a protein source with meals.

Color and polyphenols

Blueberries, cocoa, herbs, leafy greens and colorful vegetables provide plant compounds that help create a nutrient-rich diet.

Fermented foods and prebiotics

Plain yogurt with live cultures, kefir, sauerkraut and kimchi add food variety. Onions, garlic, oats, beans and asparagus provide fibers that selected microbes can use. Choose what agrees with your digestion.

An easy plate formula

Build a plate with protein + colorful plants + fiber-rich carbohydrates + healthy fats. Example: chicken or lentils, roasted vegetables, quinoa and olive oil.

Movement is anti-aging care

Muscle is an investment in your future

Strength training helps preserve muscle, bone strength, balance and independence as we age. Start with movements you can perform comfortably and build gradually.

Walk for your metabolism and mood

Walking is simple and accessible. A comfortable walk after meals can support blood-sugar management and make movement a regular part of your day.

Move in ways you enjoy

Dance, garden, lift weights, cycle, hike or play with your grandkids. Consistency is more valuable than a routine you dread.

Rest is part of the plan

Sleep affects appetite regulation, recovery, mood and overall health. Protect a regular sleep window and build a calming evening routine.

Midlife and beyond

During perimenopause and menopause, shifting hormones can influence sleep, body composition and skin. Protein, strength training, daily movement and nourishing food are especially valuable foundations.

Digestive clues and gut support

Common clues

Bloating, irregular bowel movements, constipation, loose stools and abdominal discomfort can be reasons to examine meal patterns, fiber, hydration, stress and sleep. These symptoms can have many causes.

The gut–brain connection

Stress and digestion influence each other. A calmer eating environment, slower meals, outdoor time, movement and restorative sleep may help support digestive comfort.

Probiotics versus prebiotics

Probiotics are live microorganisms that may provide a benefit in adequate amounts; effects depend on the specific strain. Prebiotics are substances used by selected microorganisms, often found in fiber-rich foods.

Supplements are not the starting line

A shelf full of powders and capsules cannot replace a nourishing routine. If exploring supplements, consider quality, purpose and your individual circumstances.

When symptoms need attention

Persistent or severe abdominal pain, blood in stool, unexplained weight loss or ongoing bowel changes warrant evaluation by a healthcare professional.

Your 7-day gut & glow reset

DAY 1 • Add color

Eat two different colors of fruits or vegetables.

DAY 2 • Feed your microbes

Include a fiber-rich food such as oats, beans, berries or flaxseed.

DAY 3 • Move after a meal

Take a comfortable 10–15 minute walk.

DAY 4 • Prioritize protein

Include protein with each main meal.

DAY 5 • Try something fermented

Enjoy live-culture yogurt or another fermented food if tolerated.

DAY 6 • Make space for rest

Create a relaxing bedtime routine.

DAY 7 • Build strength

Try a short strength or resistance-band session.

Daily gut & skin checklist

■ I ate colorful plant foods.

■ I included fiber-rich foods.

■ I included nourishing protein.

■ I drank water throughout the day.

■ I moved my body.

■ I supported my strength, balance or mobility.

■ I made room for calm and recovery.

■ I cared for my skin consistently.

■ I gave myself time for sleep.

Two habits I want to repeat this week:

Resources & a note from Stephanie

A note from Stephanie

My hope is that this guide encourages you to care for yourself from the inside out. You deserve to feel strong, vibrant and confident in your skin at every age. Start small, stay curious and keep showing up for yourself.

Functional wellness voices

Gary Brecka and Dr. Will Bulsiewicz discuss food, fiber and microbiome wellness. Dr. Mark Hyman discusses the gut-skin connection and whole-person approaches to acne and rosacea. These are perspectives to explore alongside scientific research.

Selected scientific reading

2023: The emerging role of the small intestinal microbiota in human health and disease. Gut Microbes. DOI: 10.1080/19490976.2023.2201155

2025: Relationship between skin and gut microbiota dysbiosis and inflammatory skin diseases in adult patients. The Microbe. DOI: 10.1016/j.microb.2025.100342

2024: Rosacea, microbiome and probiotics: the gut-skin axis. Frontiers in Microbiology. DOI: 10.3389/fmicb.2023.1323644

2025: The gut-skin axis: a bi-directional, microbiota-driven relationship with therapeutic potential. Gut Microbes. DOI: 10.1080/19490976.2025.2473524

General educational disclaimer

I am not a medical doctor. I am an AFPA Certified Gut Health Nutrition Specialist and a Licensed Esthetician. This guide shares general educational information I have learned through formal education and professional experience. It is not individualized medical advice.