

THE
HAPPY GUT®
SKIN ROADMAP

FREE
GUIDE

**3 Simple Steps To Skin
That Wins Compliments
In Only 28-Days**

by Dr. Vincent Pedre, MD
“AMERICA’S GUT DOCTOR”

Health Disclaimer

The views and nutritional advice expressed by Happy Gut Life and HAPPY GUT® are not intended to be a substitute for the very important dialogue that occurs between a patient and a doctor in conventional medical care. If you have a severe medical condition, do not start the HAPPY GUT® REBOOT: 28-Day Cleanse before consulting with your physician or healthcare practitioner. We make no claim to “cure” disease, but simply help you make the best choices through diet and cleansing that help your body heal itself.

No material or product in the HAPPY GUT® REBOOT: 28-Day Cleanse is intended to suggest that you should not seek appropriate medical care for any health concerns you may have. We encourage you to always work with a qualified health professional (such as a Functional Medicine practitioner or naturopath) when you embark on a journey of detoxification, cleansing and complementary medicine.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to treat, diagnose, cure or prevent any disease.

Before embarking on the HAPPY GUT® REBOOT: 28-Day Cleanse, learn more at <https://www.happygutlife.com/terms-of-service/>

Happy Gut® and Gut C.A.R.E.® are registered trademarks of Dr. Pedre Wellness.

Copyright © 2021 by Happy Gut Life, LLC.



Hi, I'm Dr. Vincent Pedre.

Many of you may know me as “America’s Gut Doctor.” I have helped thousands of people heal their gut issues and gut-related health problems, like skin rashes, hives, eczema, acne, rosacea and chronic itching.

You might be wondering why a gut doctor is so interested in skin problems? Well, beauty is not just skin deep. It’s gut deep!

In this free download, I’m pulling back the curtain to share with you the successful **3 Simple Steps To Skin That Wins Compliments In Only 28 Days** that I discovered and have been using in my practice for over a decade. This is cutting-edge information that your Dermatologist will likely never share with you.

I do this through my proven, proprietary method – the HAPPY GUT® ‘Blueprint’ – which is the cornerstone of my gut-healing program, the [**HAPPY GUT® Reboot: 28-Day Cleanse**](#).

With these 3 steps, you will save valuable time and money on expensive face creams, peels, and prescription medications (like gut-harming antibiotics).

Additionally, you’ll eliminate all the guesswork and uncover the root causes of your skin problems so that you can be free of the ‘money pit’ that skin issues often become, and have clearer, healthier skin than ever before in as little as one month.

For over 16 years I have been helping people like you, with skin concerns that seem to have no obvious solution, conquer their skin issues for good – and I want to help you do the same.

So, let’s jump in...

... and get started on my **3 Simple Steps To Skin That Wins Compliments In Only 28 Days**.

In gut health,



THE
HAPPY GUT®
SKIN ROADMAP

**3 Simple Steps
To Skin That
Wins Compliments
In Only 28 Days**

1

Rebalance The Gut Microbiome

Rebalancing the microbiome is all about getting rid of the bad stuff — pathogenic bacteria, parasites, worms and yeast overgrowth — AND encouraging the good stuff, like beneficial bacteria, to flourish.

A few years ago I had a patient, let's call her 'Emily', who suffered from cystic acne all around her lower cheeks and jawline. A dermatologist would have put her on topicals, oral antibiotics or Spironolactone, a hormone disruptor, and an OB/GYN might

have put her on hormonal birth control. Instead, we discovered a yeast overgrowth called candida, which had developed because she was eating way too much sugar, not just as sweets, but also in hidden forms, like chips and pasta.

A yeast overgrowth might sound intimidating but by drastically cutting back on sugar and taking natural antifungals — like caprylic acid and oregano oil — Emily was able to get her acne resolved without turning

to prescription drugs. Emily's case is a great example of how treating the underlying cause, which often has everything to do with the gut, is the only permanent solution to skin problems, like acne.

“

For years we've treated
acne with antibiotics
and birth control and
expensive creams and
lasers, when really
we should have been
looking to *the gut* for the
root cause.

VINCENT PEDRE, MD

2

Avoid Food Sensitivities & Triggers

We already know that the gut and skin are intricately connected, so it only makes sense that there's also a connection between food and skin health. Unfortunately, this important connection is often missed; I mostly see dermatologists (and doctors, in general) ignoring food completely in their treatment protocols.

Where do you begin? **Drop the dairy!**

So, what are the biggest food triggers for acne? The biggest one I see for women is dairy. Research has also backed up this connection, with [one study showing](#) that intake of any dairy — including any milk,

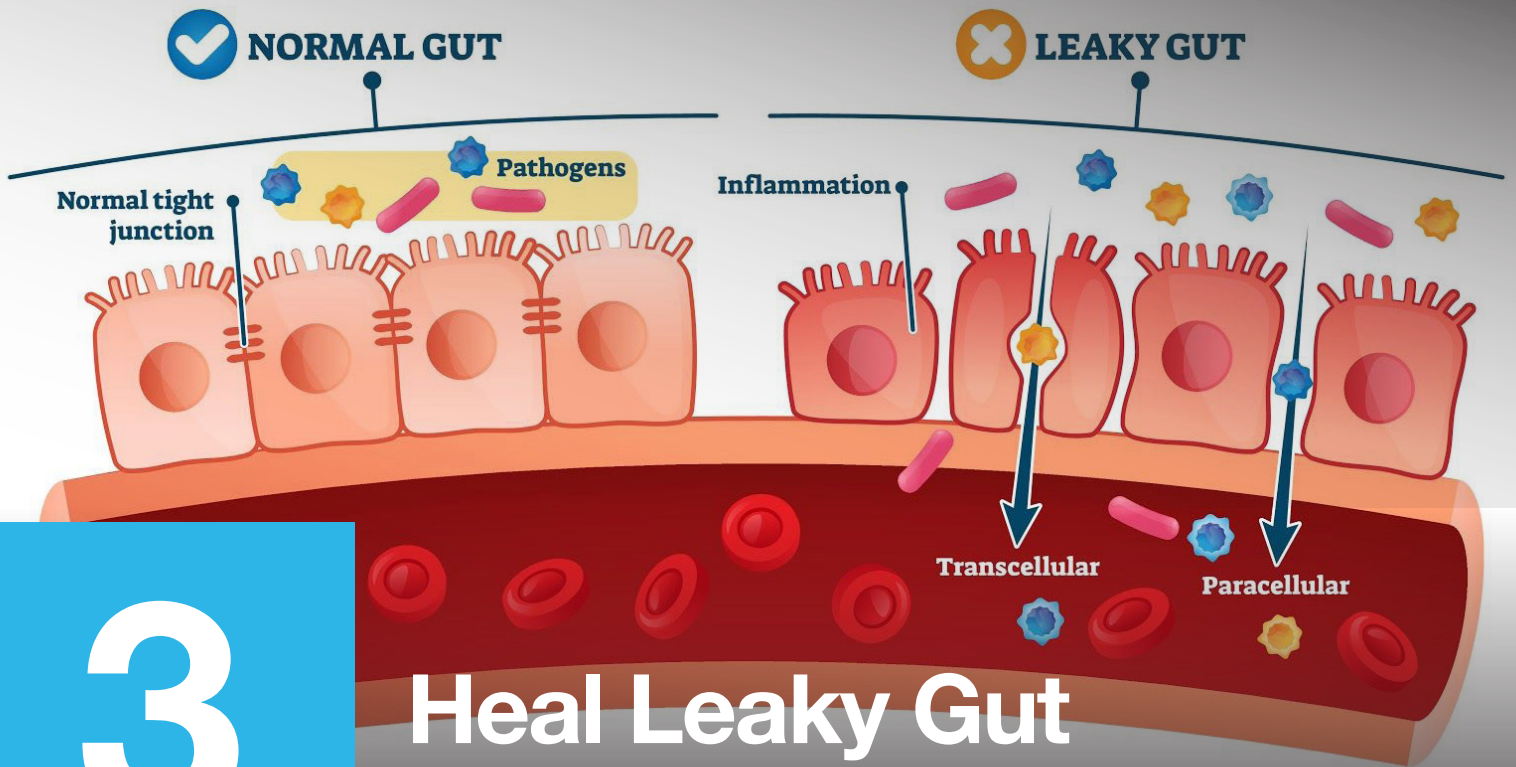
full-fat dairy, whole milk, low-fat/skim milk, or yogurt — was associated with higher odds of acne, regardless of frequency or amount.

Other common food triggers for acne include sugar, chocolate, greasy foods, fried foods, and spicy foods.

If you're struggling with acne, I recommend avoiding all these foods for at least 28-days to see how your skin improves. This worked for my patient, we'll call her 'Amnika'. Amnika was in part-time business school, working in finance, and couldn't get control of her random cystic acne eruptions on her face,

neck, and upper back. They were painful, swollen, and she was becoming self-conscious at work and in her dating life. We did a thorough evaluation of her diet and found that dairy was sneaking into her diet in her morning cappuccino, milk chocolate treats, and the "health" bars she was consuming when she didn't have time for a proper meal. I had her cut out the dairy completely, substituting nut or coconut milk in her coffee, cutting back on sugar, and having the occasional vegan dark chocolate. Within 3 to 4 weeks her face cleared up and the old acne scars started healing.

But, there's one more key step *you cannot miss...*



3

Heal Leaky Gut

Studies [have shown](#) that intestinal flora is thought to influence acne directly and one possible explanation has to do with a specific pathway in the body called the mTOR pathway. The mTOR pathway controls many aspects of our metabolism and is involved in various diseases — anything from diabetes to obesity to depression. It's basically a central regulator of metabolism, cell growth, division and survival. Research shows that disruptions

in the gut microbiome and leaky gut [influence mTOR](#), which then creates inflammation that aggravates acne.

We can draw a lot of parallels between leaky gut and skin issues. This is because leaky gut — caused by stress, too much sugar, too little fiber and not enough greens, and common medications like birth control pills, antibiotics, and even Ibuprofen — *triggers inflammation*. And inflammation aggravates much more than just

acne. It can lead to eczema, hives, psoriasis, and itchy, red skin. The good news is that when you tackle the causes of leaky gut, you can also restore your skin health. The repair of your leaky gut can begin in just a few short weeks with the right game plan.

The *FastTrack* to Skin That Wins Compliments?...

HOW TO COMBINE ALL 3 *steps*

I designed my HAPPY GUT® Reboot: 28-Day Cleanse to eliminate the most common food sensitivities, supercharge your body with nutrients that put an end to inflammation and speed up your body's detox processes, all while repairing leaky gut and restoring your gut microbiome back to balance.

When you commit to the [HAPPY GUT® Reboot: 28-Day Cleanse](#), you'll notice an improvement in your skin health, whether that was the initial goal of the cleanse or not. What I have learned from over a decade of working with patients on gut issues is that when you improve gut health, many more health parameters improve.

With this cleanse, you literally go to the root of the matter — your gut — and improve your skin from the inside out, so you can achieve a complexion that inspires confidence and has people stopping to ask, “What’s your secret?”

Sounds like it's worth a try, doesn't it?

If you're a person struggling with skin health issues and you haven't considered the role of your gut in causing these problems, it's time to take a fresh look at your skin care, starting from the root of the matter.

I've seen patient after patient retire their expensive face creams, topical treatments, and prescription medications by simply focusing on the gut to heal their outer expression of their inner world — their skin — from the inside out.

If you're struggling with acne or unrelenting skin health issues, follow the three steps above for at least 28 days and see the power of the gut-skin connection for yourself!

You, too, can accomplish this using the [HAPPY GUT® REBOOT: 28-Day Cleanse](#), which rebalances the gut microbiome and removes the most common food sensitivities and triggers, allowing you to zero in on what's causing your symptoms for clear, healthier, acne-free skin in as little as 28 days.

Ready to *get started?*

HAPPY GUT®



Clearer, Healthier Skin In Just 28 Days!

Plus, **SAVE \$200*** TODAY when you order my **HAPPY GUT® Reboot** — Dr. Pedre's proven plan successfully completed by thousands.

ORDER NOW

Hurry! This offer is available only for a limited time.
Use Promo Code: HG200OFF

**offer valid for first-time clients only. max 5 units per client*