

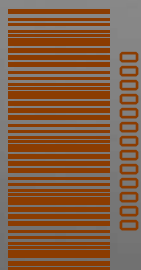


ed&i body

**Our mission is to support
and empower skin
confidence in all women**

Through a transformative skin care system

"AGING IS NOT THE ENEMY OF BEAUTY; IT IS ITS MOST CAPTIVATING MUSE."





Formulated by skin scientists

A Note from Ed

Although I know I've said this before, I can't help but express my excitement for this new edition. In July of this year, ed&i Body will celebrate its 4th anniversary, prompting me to reflect on the brand's journey and the sequence in which our products were developed and released. It occurred to me that ed&i has evolved in sync with my personal growth and changing needs over time. For our community, this means too that they have grown in the same way, whilst welcoming new generation customers to take advantage of already tried and tested products as they commence their skin journey with ed&i. In this volume we share the new products on the block and dig deeper into exciting new technology ed&i are extremely proud of introducing to our community.



Designed to give every woman skin confidence. Designed to give every woman skin confidence.

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A photograph of two women standing side-by-side against a plain white background. The woman on the left has long blonde hair and is wearing a light beige or cream-colored sports bra-style top. She has a matching light-colored face mask applied to her face. The woman on the right has dark, curly hair and is wearing a black tank top. She has a white face mask applied to her face. Both women are looking directly at the camera with neutral expressions.

VOLUME 2

ED&I BODY | 3



Ed's Story

I'm Ed, the founder of ed&i.

At ed&i, we are driven by an ambitious and exciting mission to support and empower skin confidence for all women through a transformative skincare system.

My passion for adventure and the outdoors was cultivated during my upbringing and subsequently led to my love for sports, where I competed in athletics at a national and international level during my childhood. However, despite my athletic achievements, I experienced severe face and body acne, which I still manage to this day.

My personal struggle with skin and body confidence is what motivates and inspires the mission of ed&i.



"I SET MY MIND TO CREATING A TRANSFORMATIVE BODY CARE SYSTEM DESIGNED TO GIVE EVERY WOMAN SKIN CONFIDENCE."

A close-up, warm-toned photograph of a woman's bare shoulder and upper back. She is holding a clear, faceted glass filled with amber-colored whiskey. Her hand, with bright red nail polish, is visible gripping the glass. The background is softly blurred, showing more of her skin and a dark strap over her shoulder.

DURING THE RESEARCH AND DEVELOPMENT STAGES OF CREATING THE BODY CARE RANGE, ED WANTED A POINT OF DIFFERENCE. WHILE SIPPING ON HER JAMISON ON THE ROCKS, SHE TURNED TO HER BUSINESS PARTNER AND SIMPLY ASKED, WHY NOT AD WHISKEY TO SKINCARE? AFTER SOME PRIMARY RESEARCH AND FINDING OUT THAT WHISKEY CARRIED A MASSIVE SKINCARE PUNCH, ED&I BODY BECAME 99% NATURAL WITH A SHOT OF REAL WHISKEY.

ed&i

MADE WITH REAL WHISKEY - WHEN IT COMES TO SKINCARE, THE ANTISEPTIC PROPERTIES OF WHISKEY HELP CONTROL THE EXCESS OIL ON THE SKIN AND HELP PREVENT PIMPLES AND ACNE. WHISKEY CAN EVEN HELP FIGHT THE EXISTING ACNE AND SOOTHE ANY KIND OF INFLAMMATION ON THE SKIN BY REMOVING THE BACTERIA AND DIRT.

Our philosophy

BEAUTY IS PERSONAL, NOT COMPARABLE

We understand that each of us is on a unique skin journey, and while we acknowledge that there is no one-size-fits-all solution, we can confidently assure you that we have collaborated with a team of expert skin scientists to develop highly effective formulas for our products. Our mission is to support as many women as possible in achieving skin confidence.

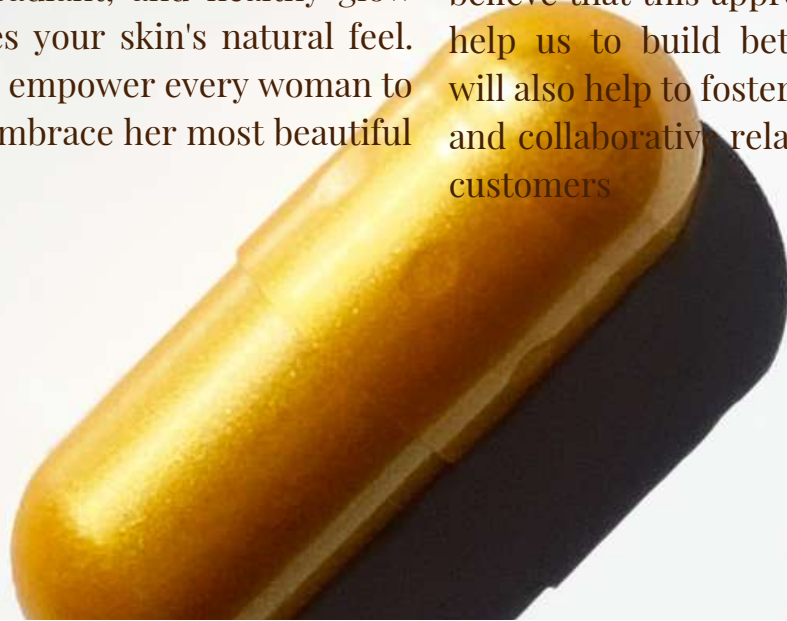
ed&i body offers a comprehensive skincare system that upholds our commitment to delivering top-quality products. Our sophisticated and efficient formulas are designed by skin scientists, providing clean and user-friendly products. With our exclusive formulas, you can expect to experience a renewed, radiant, and healthy glow that enhances your skin's natural feel. Our aim is to empower every woman to effortlessly embrace her most beautiful self.

Our products are locally designed and manufactured in New Zealand by some of the country's finest skin scientists. We derive our body care ingredients from natural sources, and our face/skincare ingredients are carefully selected from natural sources and enhanced with advanced skin science.

At ed&i, transparency is an essential value that we uphold in all of our operations. Our purpose is to bring skin confidence to our customers, and we believe that transparency is an integral part of achieving that goal. This principle extends not only to our business but to me as a founder.

We aspire to create a community where every member feels heard and has a direct voice in building functional and relatable products that are authentic to their needs. We recognize that our community is integral to our success, and we want to share this journey with all of our customers.

Together, we aim to create a culture of transparency and openness that promotes a positive relationship between us and our customers. We believe that this approach will not only help us to build better products but will also help to foster a more authentic and collaborative relationship with our customers.





**It's about
community
and embracing
personal beauty**

THE 4 STEP

bodycare system



In July 2019, ed&i body stepped into the scene with a missing yet obvious skincare system designed to care for and hydrate the skin on your body.

The four products named BEFORE, DURING, AFTER and ALWAYS encouraged body care using these four products in a multi-step system depending on what you desire for your skin.

We focus on face care, and so we should, but we tend to forget that our body also deserves tender love and care.

Our COMMUNITY





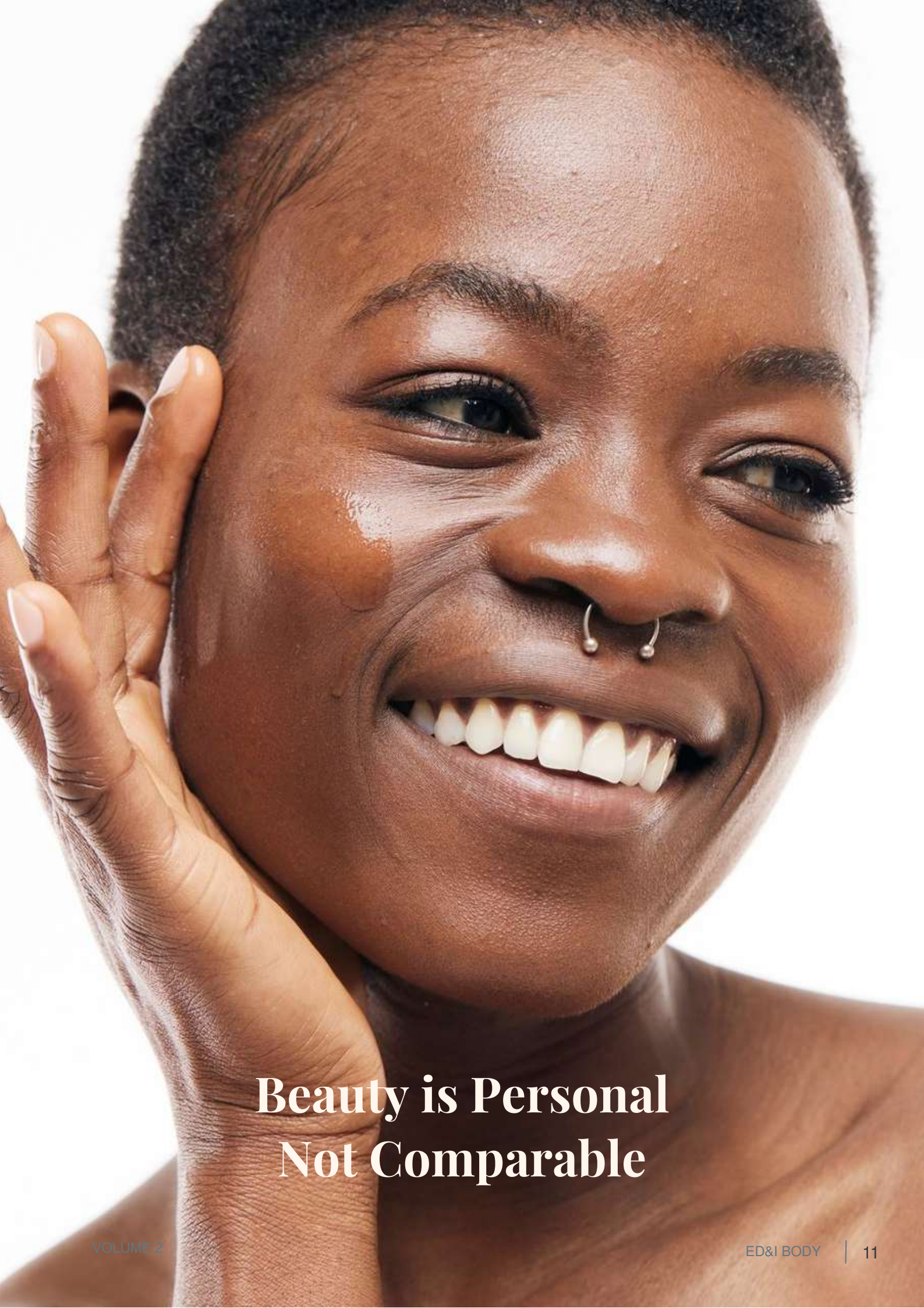
How can gut health effect your skin?

There is growing evidence to suggest that gut health can have a significant impact on the health and appearance of the skin. The gut and the skin are closely connected, with the skin often being referred to as the "third gut" due to its similar composition and role in eliminating toxins from the body.

When the gut microbiome is out of balance, it can lead to inflammation and immune dysfunction, which can trigger or exacerbate skin conditions such as acne, eczema, psoriasis, rosacea, and dermatitis. In addition, poor gut health can lead to nutrient deficiencies, such as vitamin D and omega-3 fatty acids, which are essential for healthy skin.

On the other hand, maintaining a healthy gut microbiome through a balanced diet, probiotics, and prebiotics can improve skin health by reducing inflammation, enhancing the skin barrier function, and promoting the production of collagen, which is essential for skin elasticity and firmness.

Overall, taking care of your gut health can have a positive impact on the health and appearance of your skin, and may help to alleviate or prevent certain skin conditions.



**Beauty is Personal
Not Comparable**

1.

5 tips to Repair your Gut Health that worked for me.

Maintaining a healthy gut is essential for overall health and well-being. Here are tips to help heal your gut:

Eat a balanced and varied diet: A diet that is rich in fiber, whole grains, fruits, and vegetables can promote the growth of beneficial gut bacteria. Eating fermented foods such as kefir, yogurt, and kimchi can also introduce healthy bacteria into your gut.

When I went through my gut healing journey I removed the following foods and here are my reasons why based off my personal research.

Red Meat - Red meat can cause inflammation in the body due to several factors:

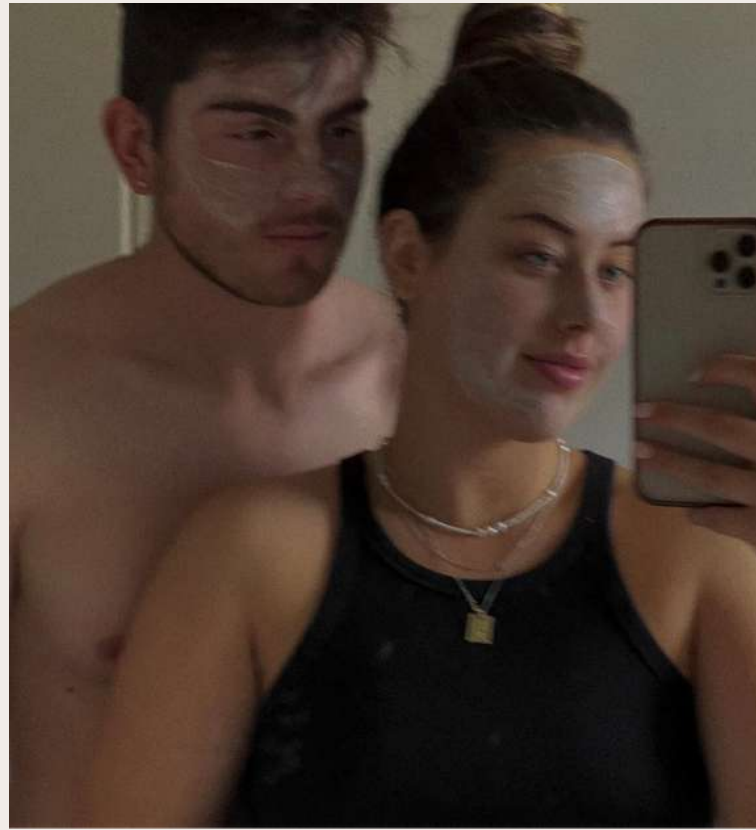
- High levels of saturated fat: Red meat, especially fatty cuts, is high in saturated fat. Saturated fat can trigger the production of inflammatory chemicals called cytokines.
- Advanced Glycation End Products (AGEs): Cooking red meat at high temperatures, such as grilling or frying, can produce harmful compounds called Advanced Glycation End Products (AGEs). These compounds can contribute to inflammation and oxidative stress in the body.
- Gut microbiome disruption: Red meat consumption can also alter the composition of the gut microbiome, leading to increased inflammation in the body.

This information is written from my own personal journey and research. I highly recommend taking into account your personal circumstances, such as age, pregnancy, diabetes, allergies, food intolerances, high blood pressure, high cholesterol, or any other pre-existing medical conditions, as well as your overall health status, before making any modifications to your diet or exercise routine. Seeking guidance from healthcare professionals, as appropriate, is strongly encouraged.

Before embarking on any new dietary or lifestyle changes, it is always advisable to consult with your doctor or a medical professional. If you anticipate challenges with implementing these suggestions, have an existing medical condition or allergies, are pregnant, or require specialized advice from a medical expert, we suggest seeking the advice of a relevant health professional to address your concerns or situation.

Customer voice...

"At 52 I have allot of fine lines and a few age spots starting to show on my face...ive been using day drin-c now for about a month and I'm super happy with the results...my fine lines have improved dramatically and my age spots are fading... fantastic product highly recommended "



"I have used this product for a long time and have always sworn by it but seeing the change in my teenage daughter just proved how amazing it really is. She is 13 and she was getting a lot of acne which left her feeling very self conscious and I noticed her withdrawing into herself a little when other products she had tried didn't work. I brought her a tube of morning coffee for Christmas and she has used it every day since. Her skin is beautiful and clear and most importantly, is given her her confidence back."

A body serum like no other



AGING IS NOT THE ENEMY OF BEAUTY;
IT IS ITS MOST CAPTIVATING MUSE."





Plumps and hydrates skin

Support existing collagen health

Maintain skin elasticity

Decreases appearance of wrinkles

Reduces inflammation

Supports against ageing

MEET SKIN COAT

SKIN COAT

Introducing SKIN COAT, our vegan full body collagen serum that supports collagen production and safeguards your skin against signs of aging. SKIN COAT is formulated to support existing collagen and overall skin health. After the age of 20, a person produces about 1 percent less collagen in the skin each year. As a result, the skin becomes thinner and more fragile with age. SKIN COAT is carefully formulated with natural plant-based ingredients and enhanced with science to promote skin health by protecting and preserving collagen.

Infused with Red Maple Bark extract, Tremella Mushroom, Kakadu Plum, and Ocean DerMX. SKIN COAT,

RED MAPLE BARK EXTRACT



TREMELLA MUSHROOM



MAMAKU BLACK TREE FERN



HYALURONIC ACID



KAKADU PLUM EXTRACT



NEW ZEALAND RED SEAWEED



LARCH TREE EXTRACT



KIWIFRUIT EXTRACT



CITRUS EXTRACT (LEMON)



ACEROLA EXTRACT



ALGAE EXTRACT



VITAMIN C



Gluten - Previously I haven't been as sensitive to Gluten but as my gut worsened so did my intolerance to gluten. I suffered severe bloating and pains. I was tested for celiac but returned a negative test. I then researched to understand that, gluten is a protein found in grains like wheat, barley, and rye. For some people, consuming gluten can cause gut issues due to a condition called celiac disease or non-celiac gluten sensitivity. Non-celiac gluten sensitivity, is a condition in which consuming gluten triggers gut symptoms similar to those in celiac disease in which the body's immune system reacts to gluten as if it were a foreign invader and attacks the lining of the small intestine, but without the immune system reaction or intestinal damage.

The exact mechanisms of non-celiac gluten sensitivity are not well understood, but it may be due to the presence of other proteins or components in gluten-containing foods. In both celiac disease and non-celiac gluten sensitivity, the best way to manage gut issues is to avoid consuming gluten. This means avoiding foods like wheat, barley, and rye, as well as processed foods that may contain hidden sources of gluten. You would be surprised how much products, especially sauces contain gluten.

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Dairy - Dairy products can affect your skin and gut health in several ways:

- **Skin health:** Dairy products are a common trigger for acne and other skin conditions. The proteins casein and whey found in cow's milk and dairy products are believed to increase the levels of insulin-like growth factor-1 (IGF-1) hormone in the body. This hormone has been linked with elevated production of sebum, the oily substance that our skin produces, and this increased sebum production is associated with the development of acne. Additionally, dairy products may also increase inflammation in the body, which can exacerbate skin conditions.
- **Gut health:** Many people have difficulty digesting lactose, which is the sugar found in dairy products. This can lead to gut issues such as bloating, gas, diarrhea, and abdominal discomfort. Additionally, some people may have an immune reaction to the proteins in dairy products, which can contribute to gut inflammation and other gut issues.

5 tips to Repair your Gut Health that worked for me.



DERIVED FROM NATURE, ENHANCED WITH SCIENCE

There is no denying our true, unconditional love for coffee.

Awaken your skin with a shot of real caffeinated goodness. Morning Coffee face scrub and mask is a face scrub which will help refine, detox, and replenish your skin. Gentle enough to use on your face morning or night, and strong enough to use as a weekly mask. This 2 in 1 face scrub/mask will help combat dry, bumpy, and dull skin by removing dead skin cells, and support blood flow while tightening and brightening your skin.

Our Morning Coffee face scrub and face mask is free from Fragrance, Alcohol, Silicones, parabens, Sulphates, PEGs, synthetic colours and chemical UV filters

Step 1

Awaken your skin with a shot of real caffeinated goodness. Use as a scrub or mask to help refine, detox, and replenish your skin.



Step 2

Follow with Vitamin C serum to help lock in the antioxidant properties that can provide a fresh, brightened complexion whilst protecting your face from damaging environmental factors.

Processed foods – Processed foods can be bad for your gut health for several reasons:

- **Lack of fiber:** Many processed foods are low in fiber, which is essential for maintaining a healthy gut. Fiber helps to feed the good bacteria in our gut, promoting a healthy gut microbiome and aiding in digestion. A lack of fiber in the diet can lead to constipation, bloating, and other gut issues.
- **Added sugars:** Processed foods are often high in added sugars, which can contribute to inflammation in the body and disrupt the balance of bacteria in our gut. This can lead to gut issues such as diarrhea, constipation, and abdominal discomfort.
- **Preservatives and additives:** Processed foods often contain preservatives and additives that can disrupt the balance of bacteria in our gut and contribute to gut inflammation.
- **Imbalance of nutrients:** Processed foods are often high in unhealthy fats, sodium, and calories, and low in essential nutrients like vitamins, minerals, and antioxidants. This can lead to an imbalance of nutrients in the body and contribute to inflammation and other health issues.



5 tips to Repair your Gut Health that worked for me.

Overall, a diet high in processed foods can lead to an unhealthy gut microbiome and contribute to gut issues, inflammation, and other health problems. It's important to focus on whole, nutrient-dense foods and limit your intake of processed foods to support a healthy gut and overall health.

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MEET MORNING COFFEE

"LIQUID GOLD"



"Love using this product before bed. My skin feels smooth and hydrated. I also have pigmentation that I feel has been kept under control with the combo of Morning Coffee and Day Drin-C."

Introducing Day Drin-C, a 2 in 1 Vitamin C and hyaluronic acid face serum formulated to support daily skin health with leading skin ingredients Tremella mushroom and Kakadu Plum extract (Superox-C) *the world's highest source of Vitamin C.*

Hydrates & brightens skin

Softens appearance
of wrinkles



Fights dark spots

Protects collagen

Repairs texture & tone

MEET DAY DRIN-C

2.

Manage stress: Chronic stress can disrupt the balance of gut bacteria and contribute to inflammation in the gut. Here is how;

Stress can have a significant impact on gut health, and the connection between the two is often referred to as the gut-brain axis. This is because the gut and brain are connected through a complex network of nerves, hormones, and immune cells, and they communicate with each other in various ways.

When we experience stress, the body releases a hormone called cortisol, which can affect the digestive system in several ways. Cortisol can decrease blood flow to the digestive organs, slow down digestion, and reduce the production of stomach acid and digestive enzymes. This can lead to gut issues such as bloating, constipation, and abdominal discomfort.

Additionally, stress can also disrupt the balance of bacteria in our gut, which can lead to gut inflammation and other gut issues. This is because stress can alter the production of certain hormones and neurotransmitters that are involved in regulating the gut microbiome.

On the other hand, gut issues such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD) can also contribute to stress and anxiety. This is because gut issues can cause discomfort, pain, and embarrassment, which can lead to psychological distress and negatively impact our mental health.

Therefore, managing stress is important for maintaining a healthy gut. Practices such as meditation, deep breathing exercises, yoga, and other stress-reducing activities can help to reduce cortisol levels and promote a healthy gut.

On a personal note, stress was my lead contributor to why I started facing gut issues. After many tests, my cortisol test came back the highest at a very concerning level.

5 tips to Repair your Gut Health that worked for me.





"BEFORE USING THE
ED&I PRODUCTS, I
NEVER THOUGHT I
WOULD BE ABLE TO FEEL
COMFORTABLE TO IN MY
OWN SKIN."

Your skins golden glow made possible all year round with ed&i body PART TIME tan. ed&i body PART TIME tanning mousse can create the tan you want. From light to medium to dark tan, our tan is suitable for all.

Perfect for sensitive skin

Natural, golden glowing results



No transfer or streaks

No colour undertone

No normal fake tan smell

MEET PART TIME TAN



"THE BEST TAN EVER!"

PLASTIC PUMP FREE
TRANSFER FREE
STICK FREE TAN
PATCH FREE
FADE FREE
NATURAL & VEGAN

3.

Stay hydrated - Staying hydrated is essential for maintaining good overall health, including digestive health. Here are some reasons why staying hydrated is good for your gut:

- Promotes bowel regularity: Drinking plenty of water helps keep the digestive system moving smoothly, preventing constipation and promoting regular bowel movements.
- Helps prevent digestive problems: Dehydration can lead to a range of digestive problems, such as bloating, stomach cramps, and indigestion. Staying hydrated can help prevent these issues and keep your digestive system healthy.
- Supports nutrient absorption: Water is necessary for the body to absorb and transport nutrients from food throughout the digestive system. Without enough water, your body may not be able to properly absorb the nutrients it needs to function properly.

5 tips to Repair your Gut Health that worked for me.

- Aids in digestion: Water helps break down food and move it through the digestive system, allowing for efficient digestion and absorption of nutrients.

Get enough sleep: Lack of sleep can contribute to gut problems and inflammation. Getting enough restful sleep each night can help keep your gut healthy.

Take probiotics and prebiotics: Probiotics are live bacteria and yeasts that are good for your gut. You can find them in foods like yogurt or in supplement form. Prebiotics are types of fiber that feed the good bacteria in your gut. Foods like garlic, onions, and bananas are good sources of prebiotics.

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Customer voice...

"Wow this is the second ed and I product I have tried and to say I'm in love is an understatement ! This body scrub is devine it looks like chocolate mousse and smells gorgeous the cacao and whiskey combination is perfection I love the way it left my skin feeling so soft, smooth and fresh with the delicious scent you can't go wrong would 100% buy again!"



purchased the After Oil when I was pregnant and used it on my growing belly throughout my entire pregnancy and I'm sure it really helped with my skin as I didn't gain a single mark or line the entire time! I loved the smell and feel, my husband also uses it on his face, he normally reacts to a lot of products but this oil is great

INTERNAL



BEAUTY

GUT WITHIN is an essential supplement designed to help repair and protect your gut from within. Vital for a healthy gut, strong immune and digestive system. The Copper Pill is here to help aid inner gut issues and skin issues while naturally balancing the bodies hormones and response to stress.

Overall gut health

Bloating and
digestion

Brain health

Hormones

Skin and hair health

MEET GUT WITHIN

4.

Take probiotics and prebiotics: Prebiotics and probiotics are both beneficial for the gut, but they work in different ways.

Prebiotics are non-digestible fibers that are found in certain foods, such as fruits, vegetables, and whole grains. They serve as food for the beneficial bacteria in the gut, helping them to grow and flourish. Prebiotics can also increase the production of short-chain fatty acids, which have anti-inflammatory properties and can improve the health of the intestinal lining.

Probiotics are live bacteria and yeasts that are beneficial to the gut when consumed in adequate amounts. They can be found in fermented foods, such as yogurt, kefir, and sauerkraut, as well as in dietary supplements. Probiotics can help to balance the composition of the gut microbiota, which can become imbalanced due to factors such as diet, medication use, and illness. They can also support the immune system and improve digestion.

5 tips to Repair your Gut Health that worked for me.

The benefits of prebiotics and probiotics for the gut include:

- **Improved digestion:** Prebiotics and probiotics can help to improve digestion by promoting the growth of beneficial bacteria in the gut. This can lead to better absorption of nutrients and a reduction in digestive symptoms such as bloating, gas, and constipation.
- **Boosted immune system:** Probiotics have been shown to support the immune system by reducing inflammation and improving the function of immune cells in the gut. This can help to protect against infections and reduce the severity of allergies and autoimmune disorders.
- **Reduced inflammation:** Prebiotics and probiotics can help to reduce inflammation in the gut by increasing the production of short-chain fatty acids and improving the balance of gut bacteria.
- **Improved mental health:** There is emerging evidence that the gut microbiota can influence mental health, and that prebiotics and probiotics may have a role to play in this. Some studies have shown that probiotics can improve mood and reduce symptoms of anxiety and depression.

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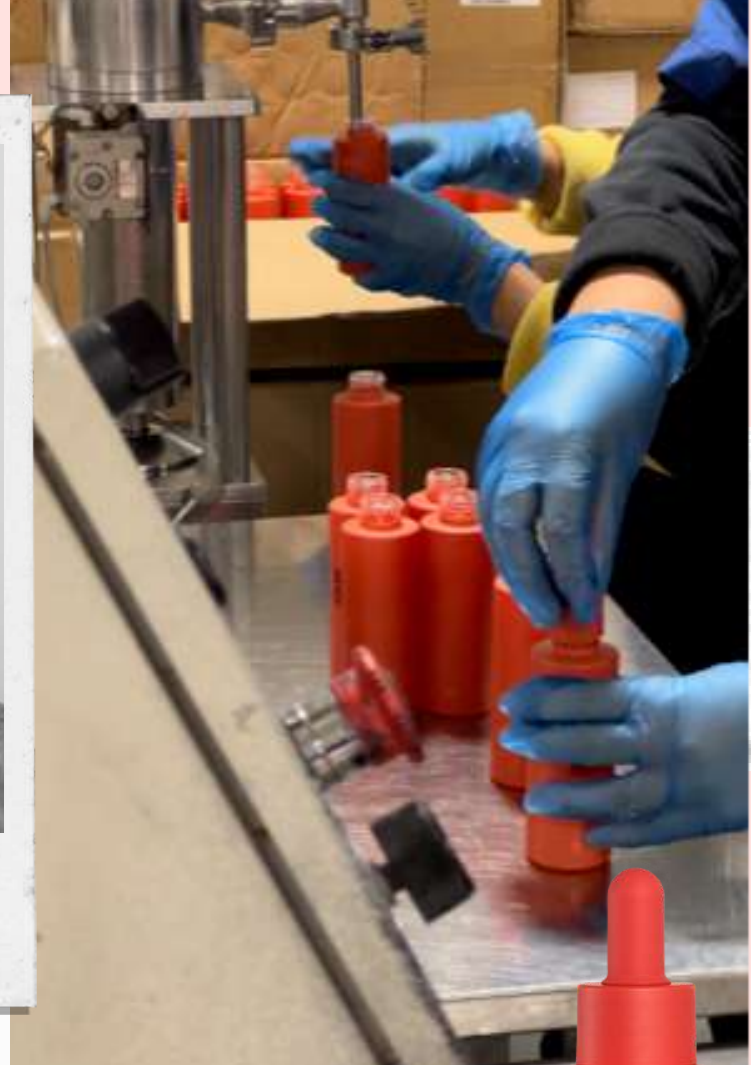
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SKIN COAT

Collagen full body and face serum



collagen protection



'During my time of suffering, it gave me a personal purpose to create a solution not only for me but to the ed&i community. I knew if I was suffering from stress, so many others were too. I wanted to create a gut supplement that helped conquer these issues. A supplement that would focus on stabilising my gut internally and repairing the trauma it had gone through.'

GUT WITHIN, a supplement designed and formulated to help restore your gut health, support the unwanted gut bloat, and bring balance back into your gut within.

It's important to understand that a supplement is not a remedy and cannot replace a well-rounded diet. I learned that wellness is comprehensive, and "diet" should be a way of life rather than a temporary measure. Be compassionate to yourself, allow room for mistakes, and recognise the importance of balance over perfection'.



"THIS MAGICAL BRONZE PILL IS AN **ABSOLUTE GAME CHANGER** , WITHIN AS LITTLE AS A WEEK OF TAKING THIS EVERY MORNING MY DREADED **STOMACH BLOAT** HAD **REDUCED** . WILL 100% BE CONTINUING TAKING THIS."

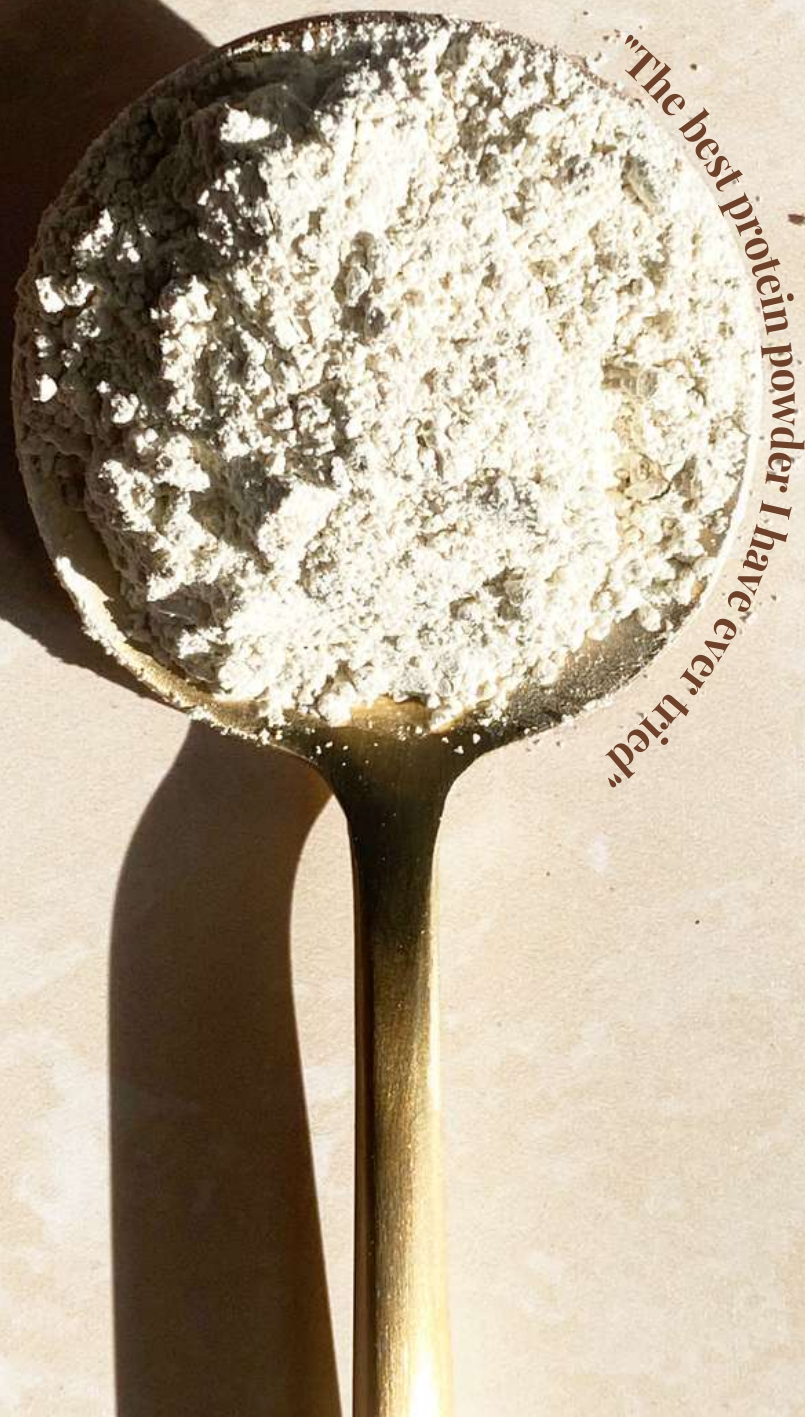


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THE WORLDS FIRST GOLD HEMP PROTEIN POWDER.

Hemp Hearts are natures best superfood, packed with a complete protein easily digested and highly absorbed into the body.

**GLUTEN FREE, DAIRY FREE, VEGAN, PREGNANCY AND
BREASTFEEDING SAFE**





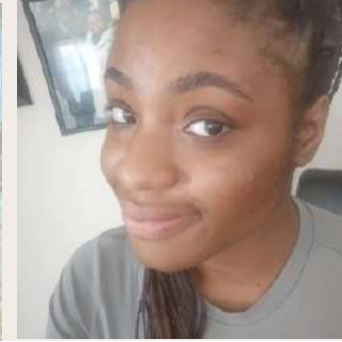
16 July 2022



15 September 2022



VOLUME 2



ED&I BODY

38

Skin Within is a synergistic combination of vitamins and minerals formulated to help hydrate and repair your skin from within. Essential for the health of your hair, skin & nails. By taking 2 pills a day (morning or night), the Golden Pill is there to help aid skin conditions such as acne, eczema, oily skin and signs of aging.

The supplement contains a range of carefully curated ingredients such as Tremella Mushroom and hydrolysed marine collagen to not only help aid skin conditions but also support skin hydration, elasticity, and structure.

DELIVERS MOISTURE & HYDRATION

**SUPPORTS
SKIN
STRUCTURE**

**HEALS &
REJUVENATES
SKIN**

**STRENGTHENS
HAIR & NAILS**

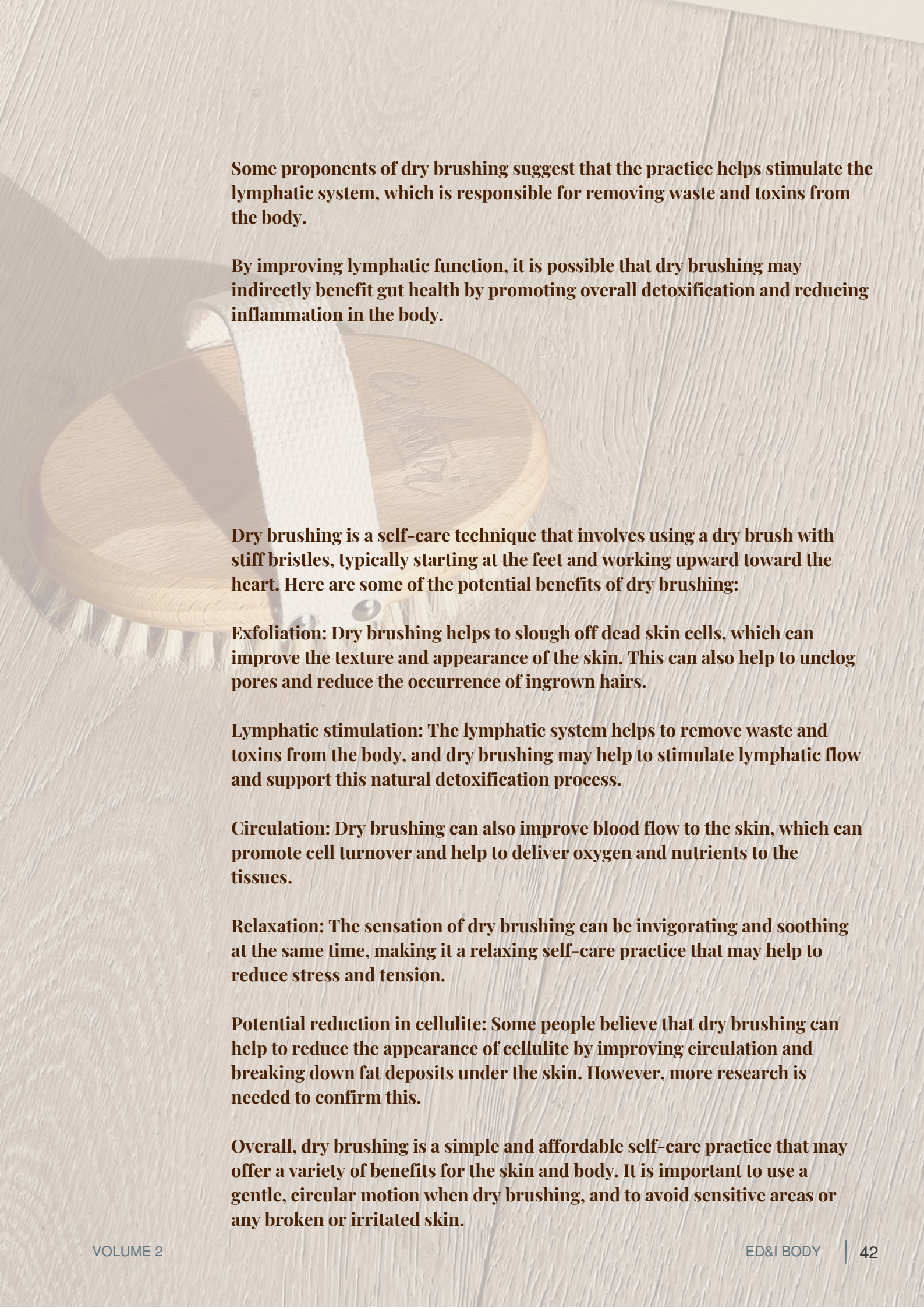




"MAGIC PILL"

"I have **a lot more confidence** and I actually have not worn makeup for two weeks now. Having **more confidence** has also given me **more energy** and the incentive to drink water/eat healthy and do some proper exercise. I have honestly **never been more grateful** towards a little magic pill, ever!"





Some proponents of dry brushing suggest that the practice helps stimulate the lymphatic system, which is responsible for removing waste and toxins from the body.

By improving lymphatic function, it is possible that dry brushing may indirectly benefit gut health by promoting overall detoxification and reducing inflammation in the body.

Dry brushing is a self-care technique that involves using a dry brush with stiff bristles, typically starting at the feet and working upward toward the heart. Here are some of the potential benefits of dry brushing:

Exfoliation: Dry brushing helps to slough off dead skin cells, which can improve the texture and appearance of the skin. This can also help to unclog pores and reduce the occurrence of ingrown hairs.

Lymphatic stimulation: The lymphatic system helps to remove waste and toxins from the body, and dry brushing may help to stimulate lymphatic flow and support this natural detoxification process.

Circulation: Dry brushing can also improve blood flow to the skin, which can promote cell turnover and help to deliver oxygen and nutrients to the tissues.

Relaxation: The sensation of dry brushing can be invigorating and soothing at the same time, making it a relaxing self-care practice that may help to reduce stress and tension.

Potential reduction in cellulite: Some people believe that dry brushing can help to reduce the appearance of cellulite by improving circulation and breaking down fat deposits under the skin. However, more research is needed to confirm this.

Overall, dry brushing is a simple and affordable self-care practice that may offer a variety of benefits for the skin and body. It is important to use a gentle, circular motion when dry brushing, and to avoid sensitive areas or any broken or irritated skin.

SKIN COAT



collagen protection





It's about community and embracing personal beauty

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Supports skin structure

Delivers moisture & hydration to skin



Heals skin

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with your self care

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Get enough sleep: Getting enough quality sleep can have a positive impact on gut health and help repair any damage that may have occurred. Here are some ways in which sleep can help repair your gut health:

- Reduces stress: Lack of sleep or poor quality sleep can lead to an increase in stress hormones, such as cortisol, which can cause inflammation in the gut. By getting enough quality sleep, the body can reduce stress levels and promote a healthy gut environment.
- Improves gut microbiome: Sleep can have a positive impact on the gut microbiome, the collection of microorganisms that live in the gut. Studies have shown that people who get enough sleep have a more diverse and balanced gut microbiome than those who don't.
- Promotes gut lining repair: During sleep, the body repairs and regenerates tissues, including the lining of the gut. Getting enough sleep can help promote the repair of any damage to the gut lining, reducing the risk of leaky gut syndrome.

- Enhances digestion: The body's digestive system works best when it is in a relaxed state, which is why it is important to get enough quality sleep. By promoting relaxation and reducing stress, sleep can help enhance digestion and nutrient absorption.
- Regulates appetite: Lack of sleep or poor quality sleep can disrupt the hormones that regulate appetite, leading to overeating and weight gain. By getting enough quality sleep, the body can regulate these hormones and promote healthy eating habits.

To promote a healthy gut, it is recommended to aim for at least 7-8 hours of sleep per night, avoid consuming caffeine or alcohol before bedtime, and establish a consistent sleep schedule. Personally I have chosen to stick to a one coffee a day rule and no caffeine after 10am. I also stop eating 3 hours before bed, stop consuming liquid 2 hours before bed and no screen time an hour before bed. This is simply to relax my body and avoid the need to break my sleep.

5 tips to Repair your Gut Health that worked for me.

This information is written from my own personal journey and research. I highly recommend taking into account your personal circumstances, such as age, pregnancy, diabetes, allergies, food intolerances, high blood pressure, high cholesterol, or any other pre-existing medical conditions, as well as your overall health status, before making any modifications to your diet or exercise routine. Seeking guidance from healthcare professionals, as appropriate, is strongly encouraged.

Before embarking on any new dietary or lifestyle changes, it is always advisable to consult with your doctor or a medical professional. If you anticipate challenges with implementing these suggestions, have an existing medical condition or allergies, are pregnant, or require specialized advice from a medical expert, we suggest seeking the advice of a relevant health professional to address your concerns or situation.

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CONFIDENCE





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