

LAMAV

Organic Skin Science



Your Ayurvedic Guide
To Gut Health

¹ Martinez, Kristina B, et al. "The Gut Microbiota: The Gateway to Improved Metabolism." *Gastroenterology Clinics of North America*, U.S. National Library of Medicine, Dec. 2016. www.ncbi.nlm.nih.gov/pmc/articles/PMC5127273/.

² Vighi, G, et al. "Allergy and the Gastrointestinal System." *Clinical and Experimental Immunology*, Blackwell Science Inc, Sept. 2008. www.ncbi.nlm.nih.gov/pmc/articles/PMC2515351/#:~:text=The importance of immune modulation,production,production,production [7,8].

³ Clapp, Megan, et al. "Gut Microbiota's Effect on Mental Health: The Gut-Brain Axis." *Clinics and Practice*, PAGEPress Scientific Publications, Pavia, Italy, 15 Sept. 2017. www.ncbi.nlm.nih.gov/pmc/articles/PMC5641835/.

⁴ Salem, Iman, et al. "The Gut Microbiome as a Major Regulator of the Gut-Skin Axis." *Frontiers in Microbiology*, Frontiers Media S.A., 10 July 2018. www.ncbi.nlm.nih.gov/pmc/articles/PMC6048199/.

⁵ Arzani, Mahsa, et al. "Gut-Brain Axis and Migraine Headache: a Comprehensive Review." *The Journal of Headache and Pain*, Springer Milan, 13 Feb. 2020. thejournalofheadacheandpain.biomedcentral.com/articles/10.1186/s10194-020-1078-9.

⁶ Clapp, Megan, et al. "Gut Microbiota's Effect on Mental Health: The Gut-Brain Axis." *Clinics and Practice*, PAGEPress Scientific Publications, Pavia, Italy, 15 Sept. 2017. www.ncbi.nlm.nih.gov/pmc/articles/PMC5641835/.

⁷ de Oliveira, Gislane Letis Vilela, et al. "Intestinal Dysbiosis and Probiotic Applications in Autoimmune Diseases." *Immunology*, John Wiley and Sons Inc., Sept. 2017. www.ncbi.nlm.nih.gov/pmc/articles/PMC543467/#:~:text=Intestinal dysbiosis observed in autoimmune dysbiosis with autoimmune diseases include.

⁸ Pascal, Mariona, et al. "Microbiome and Allergic Diseases." *Frontiers in Immunology*, Frontiers Media S.A., 17 July 2018. www.ncbi.nlm.nih.gov/pmc/articles/PMC6056614/#:~:text=Alterations in GIT bacterial levels can also contribute to FA.

⁹ Salem, Iman, et al. "The Gut Microbiome as a Major Regulator of the Gut-Skin Axis." *Frontiers in Microbiology*, Frontiers Media S.A., 10 July 2018. www.ncbi.nlm.nih.gov/pmc/articles/PMC6048199/.

For overall health, beauty and wellbeing, we must look at our body holistically—balancing our inner and outer health to find a unique synergy that enables us to feel healthy, well and vital. And at the core of this philosophy lies the gut—or more specifically, the gut microbiome. As a living, breathing ecosystem in itself, the microbiome refers to the millions or microorganisms, bacteria, yeast, viruses and fungi that live inside each one of us.

With a multitude of responsibilities, our gut is able to influence and impact virtually every aspect of our health and wellbeing. First and foremost our gut—and the microbes that live within it—plays a key role in processing, digesting and absorbing the nutrients from the food we eat, but their influence on our health and wellbeing is far more profound. In fact, our microbiome also helps to regulate our metabolism¹ and immune system (of which an estimated 70 percent lives within our gut²), supports brain function³, skin health⁴ and protects us from pathogens and infections. Put simply, our gut is who we are.

It can therefore be said that maintaining good gut health is key to our overall wellbeing both now and in the future,

with two critical factors of the utmost importance: the balance and diversity of our microbes. In other words, when there is a healthy balance and rich diversity of bacteria in our gut, we are well positioned to feel healthy, with an abundance of energy, clear, glowing skin and a robust immune system. However when there is an imbalance—also known as dysbiosis—we can experience symptoms and health issues as varied as headaches⁵, depression and anxiety⁶, autoimmune issues⁷, allergies⁸ or skin conditions⁹. At the heart of many of these issues is inflammation, which is widely considered to be the root cause of all disease and so the remedy for many of these ailments is to reduce inflammation. But how? By rebalancing our gut.



While there are many different philosophies, healing modalities and traditions that speak to the importance of gut health with protocols designed to heal and rebalance the belly—LAMAV has long been inspired by the ancient wisdom of Ayurveda, combining Ayurvedic traditions and ingredients with modern science to create formulas that deliver visible results on a cellular level. With the recent launch of our Inner Beauty category, we've drawn on this knowledge even further and are now able to embrace our holistic view of inner and outer beauty on an even deeper level by incorporating our exclusive Ayurvedic Beauty Blend™—a potent combination of adaptogenic herbs selected for their many health and beauty benefits—into these formulas.

In Ayurveda, the inextricable link between gut health and wellbeing has been practised for thousands of years—with great emphasis placed on the importance of diet and digestion¹⁰. More specifically, Ayurveda speaks to digestive fire—or 'Agni'—and how important it is to maintain this fire by eating the right kinds of food at the right time and by promoting effective elimination.

Although Ayurveda's rich history is complex—its approach to gut health is refreshingly simple and in this eBook we hope to share some of the fundamentals of the Ayurvedic Diet, share our top lifestyle tips on how to improve and support your gut health at home—as well as a few delicious recipes that incorporate our new inner beauty formulas.

We hope you enjoy it!

x LAMAV

¹⁰ Wallace, Robert Keith. "The Microbiome in Health and Disease from the Perspective of Modern Medicine and Ayurveda." *Medicina* (Kaunas, Lithuania), MDPI, 11 Sept. 2020. www.ncbi.nlm.nih.gov/pmc/articles/PMC7559905/.

PART ONE:

The Ayurvedic Diet

While modern science has only fairly recently started to connect the dots between gut health and overall wellbeing—Ayurveda has explored the mind-body-gut connection for literally thousands of years. At its core, Ayurvedic principles emphasise that any disease or health issue is linked to some kind of imbalance within the body—and stress the importance of maintaining optimal digestive health to redress any imbalances.

When it comes to diet specifically, Ayurveda also considers food as medicine¹¹ and uses different foods as well as medicinal herbs and spices to promote balance, support healthy digestion and even target specific health complaints.

But to fully comprehend how the Ayurvedic Diet can improve gut health, it's important to first understand the fundamentals of Ayurveda.

Ayurveda 101

Literally translated as 'the science of life', Ayurveda is an ancient system of medicine with its roots firmly planted in India and it focuses on how optimal health can be achieved by being in balance—not only with our bodies—but

with our environment, too. Practitioners of Ayurveda also believe that each one of us is made up of five elements: space, air, fire, water and earth and depending on how these elements combine within us, will determine our overall energy—or Dosh.

The Doshas—Vata, Pitta and Kapha—are essentially mind-body types and correlate with how our body functions, how we feel, as well as our predisposition to certain conditions or diseases. While these Doshas all exist within each of us in different ratios—and are also acknowledged to be dynamic—usually there is one that is considered to be more dominant. When our dominant Dosh is in balance, we can therefore expect to feel healthy inside and out.

¹¹ Wallace, Robert Keith. "The Microbiome in Health and Disease from the Perspective of Modern Medicine and Ayurveda." *Medicina (Kaunas, Lithuania)*, MDPI, 11 Sept. 2020. www.ncbi.nlm.nih.gov/pmc/articles/PMC759905/.

Ayurveda also speaks to how each Dosha has a unique constitution with different strengths and weaknesses:

- **Vata:** typically energetic, flexible and creative, Vata-types are connected to air, often have a slender constitution, may feel the cold or have dry skin. Imbalances in Vata can be linked to feelings of anxiety or digestive complaints like constipation.
- **Pitta:** connected to the metabolic and digestive systems, Pitta people are usually of medium-build, can be athletic and are tenacious, or high achievers, prone to over-exertion, skin irritations and conditions such as acne.
- **Kapha:** fairly stable, Kapha-types are linked to earth, water and the immune system. Often those with predominant Kapha constitutions are calm, strong, loving, bigger-boned, steady and deliberate—but can be prone to weight gain and sluggishness.

Gut Health & The Ayurvedic Diet

Not surprisingly, given Ayurveda's holistic view of health and an individual's physiological composition—the importance of maintaining good gut health lies at the centre of this healing modality. Fascinatingly, it has also been

shown that different Doshas exhibit quite unique microbiome compositions¹² which means that eating for your Dosha can not only improve your gut health—but your overall sense of wellbeing, too.

There is also emphasis on eating in alignment with seasonal rhythms—both of nature and of our microbiome. Even if you are new to Ayurveda, this concept makes sense as many of us innately behave and eat differently as each season ebbs and flows. In winter, for example, we are naturally drawn to retreat indoors, nourishing ourselves with richer, more comforting dishes—while in summer we often rise earlier, are more active and are drawn to lighter, fresher meals.

No matter our dominant Dosha, we can also each experience fluctuations throughout the year due to seasonal or environmental factors. Kapha, for instance, is said to become more dominant during winter, with Ama, naturally building up in the body¹³. Put simply, Ama is the accumulation of toxins—which can trigger imbalances in the body and subsequently, health issues. Agni, however, is the antidote to Ama—so prioritising diet and fostering this digestive fire is the key to healing the gut and bolstering the microbiome.

¹² Wallace, Robert Keith. "The Microbiome in Health and Disease from the Perspective of Modern Medicine and Ayurveda." *Medicina (Kaunas, Lithuania)*, MDPI, 11 Sept. 2020. www.ncbi.nlm.nih.gov/pmc/articles/PMC7559905/.

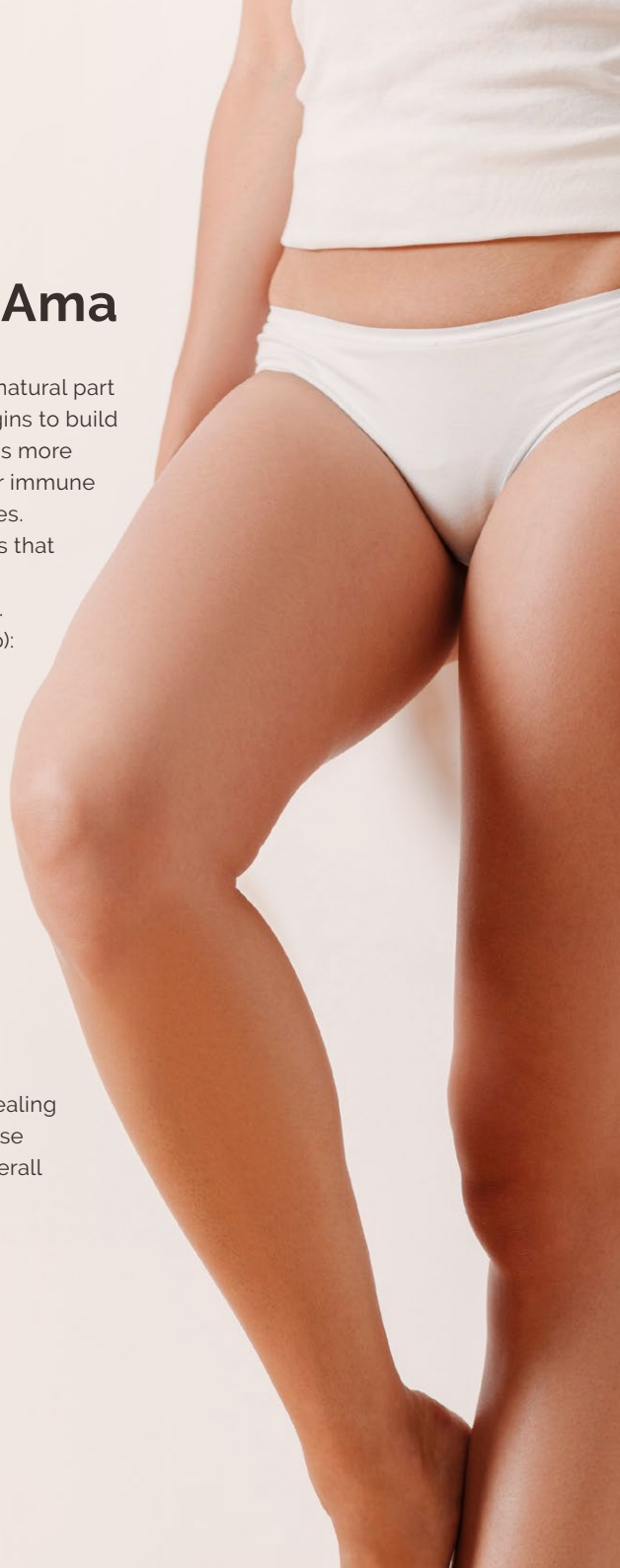
¹³ Wallace, Robert Keith. "The Microbiome in Health and Disease from the Perspective of Modern Medicine and Ayurveda." *Medicina (Kaunas, Lithuania)*, MDPI, 11 Sept. 2020. www.ncbi.nlm.nih.gov/pmc/articles/PMC7559905/.

The Causes Of **Ama**

While the accumulation of Ama is a natural part of the digestive process, when it begins to build up elsewhere in the body, it becomes more difficult to eliminate, can weaken our immune system and trigger other health issues. As Agni is the remedy for Ama, habits that compromise our digestion are often the key cause for Ama accumulation. This can include (but is not limited to):

- Poor nutrition or an impaired diet
- Overeating or undereating
- Excess stress
- Lack of physical activity and movement
- Poor sleep practices
- Emotional issues

In many ways, the accumulation of Ama is similar to how the effects of inflammation are acknowledged to contribute to leaky gut in Western medicine—and, by extension, how healing and repairing the gut as the root cause of this inflammation, can improve overall health, immunity and wellbeing.



To experience the gut-healing benefits of the Ayurvedic Diet, eating for your Dosha is a great place to start. Here's how:

TYPE

FOODS TO ENJOY

FOODS TO REDUCE

Vata

Nourishing proteins, healthy fats and warming foods such as root vegetables to stabilise and ground. Grains such as rice and oats, beans or legumes, most dairy and nuts are also great.

Staying well-hydrated is also important and can help to reduce tendency towards dry skin so enjoy warming drinks like hot water, warm milk and cream.

Cold or raw foods like salads and cruciferous vegetables and greens, unripe fruits and alcohol or caffeinated beverages can disrupt Vata-types as can sweets and iced drinks.

Pitta

Warming (but not hot) foods with bitter, sweet or astringent flavours. Most vegetables work well, especially cooked, as Pitta-types often thrive on a plant-based diet with red meat triggering excess heat in the body. Dairy, grains and healthy fats can also be enjoyed.

Most meats, condiments and nuts, strong flavours like miso or soy should also be avoided. Less fat is required with Pitta so avoiding oily, salty, fried foods is key.

Kapha

Light, warm food is best, as are raw fruits, lightly cooked vegetables and spicy dishes. Most spices to stimulate digestion, grains, legumes and easily digested dairy such as goat's milk and cheeses can also be consumed.

Fatty and sweet foods or overly salty dishes which can contribute to fluid retention. Sugar, fats and cow's milk dairy to be avoided with ghee or healthy oils used in moderation.

PART TWO:

Top Tips To Improve Gut Health & Aid Digestion

The good news is that no matter your dominant Dosha there are a number of Ayurvedic nutrition, lifestyle and spiritual practices that can boost Agni and subsequently support optimal gut health.

Drink warm water

In Ayurveda, warm water is praised for its myriad health benefits—helping to remove Ama, cleanse the digestive tract and stimulate digestion, cleanse the body's tissues and support healthy weight loss by boosting the metabolism. Boiled water is also thought to be lighter, making it easier for the body to digest, absorb and assimilate nutrients from. The warmth also helps to support optimal circulation, which improves energy flow around the body.



Consider your inner beauty routine

When it comes to supporting good gut health—as well as radiant skin—an inner beauty routine is just as important as an outer beauty routine. This is because, as explored earlier, our digestive health is inextricably linked to every aspect of our health. The LAMAV Ayurvedic Beauty Powder and Beauty Restore liquid provide the perfect foundation for your daily inner beauty routine and are packed with an abundance of anti-inflammatory antioxidants, potent probiotics and powerful adaptogens (explored in more detail below) that work synergistically to strengthen and repair skin, combat oxidative stress, reduce inflammation, bolster immune health and nourish the microbiome. If nothing else, establishing a simple inner beauty practice is one way to support your gut and overall wellbeing every single day.

Dry body brushing

While you've likely already incorporated dry body brushing as part of your beauty ritual, in Ayurveda, the practice of body brushing is known as Garshana and is praised for its ability to assist with lymphatic drainage and remove Ama. It is also an energising practice as it stimulates the body's natural detoxification processes and helps to rebalance Kapha-types in particular. For Vata or Pitta constitutions, dry body brushing may only need to be practised 2–3 times a week to experience the benefits.

Chew properly

While it's true that what we eat has a profound impact on the state of our gut, it's also important to consider how we eat if we wish to experience optimal digestion. Chewing is the preliminary step to digestion as it stimulates saliva and the release of digestive enzymes which break down our food and also signal to the gut that food is on its way. Taking the time to chew properly also allows us to connect more consciously with our hunger signals—preventing us from overeating.



Try probiotics

There is a building mountain of research that supports the use of probiotics for improved digestion and gut health—with evidence illustrating how probiotics can restore balance to the microbiome, help to heal and prevent gut inflammation¹⁴ and subsequently support skin health, immune health and overall wellbeing. Ayurvedic tradition has also incorporated natural probiotics such as lassi in therapeutic treatments for centuries as they assist with effective elimination and also help address mental imbalances which are believed to be linked to nervous system or gut imbalances¹⁵. Supporting this ancient wisdom is modern science which continues to draw a link between mental health disorders and gut health issues with probiotics well-recognised for their ability to restore microbial balance and subsequently help to alleviate symptoms of anxiety and depression¹⁶.

When it comes to our skin, probiotics have also been shown to improve inflammatory skin issues such as eczema, acne and psoriasis¹⁷—so including probiotic-rich fermented foods or probiotics supplements in your diet daily is another simple way to promote more glowing, resilient skin. To help you experience the benefits of probiotics, LAMAV's new inner beauty formulas—

including our Ayurvedic Beauty Powder and Beauty Restore probiotic liquid—contain eight strains of probiotics cultured from bio-fermented papaya and work synergistically to improve digestive health and strengthen skin from within.

Add therapeutic herbs & spices

In Ayurveda, there are a number of herbs and spices that are used medicinally to promote digestion and eliminate Ama including ginger (fresh and dried), cinnamon, turmeric, nutmeg, garlic, cumin, black pepper, coriander, fennel and fenugreek. Not only are many spices considered anti-inflammatory, but they are also prebiotic and therefore harbour therapeutic benefits—helping to feed the good bacteria in your gut, encourage their proliferation whilst also fighting off pathogens and infections¹⁸. Incorporating spices in your cooking is undoubtedly one of the simplest ways to support digestive wellbeing.

Try fasting

In Ayurveda, fasting doesn't equate to restriction or going without food for extended periods. Instead, it relates to the act of giving your digestive system a gentle break in order to help eliminate Ama and restore calm. For example, many practitioners suggest a kitchari cleanse (or similar), which involves consuming only

kitchari—an anti-inflammatory dish that usually incorporates a blend of rice, lentils and warming spices like coriander, cumin and turmeric—for a period of a few days.

Exercise regularly

Put simply, exercise boosts circulation, energy flow and aids digestion so a daily walk or yoga practice is a simple way to support gut health—as well as your overall mental wellbeing. In Ayurveda, sweating also encourages the elimination of Ama so whether exercising, taking a sauna or a warm bath, sweating daily can also support the effective elimination of toxins.

Prioritise sleep

Research shows that sleep and gut health are intimately connected—with studies illustrating that impaired sleep could be linked to an imbalance in the microbiome¹⁹. A lack of sleep also exacerbates inflammation, which is why Ayurveda places heavy focus on

prioritising healthy slumber—allowing our bodies to enter a state of 'rest and digest'. If possible, Ayurveda also recommends lying on your left side to encourage improved digestion and elimination.

Incorporate adaptogens

Given the close connection between our gut and brain—known as the gut-brain axis—we now know that stress can negatively affect the balance and diversity of our microbiome and that this connection is bidirectional. This means that when we feel stressed, our gut can be directly impacted, but conversely, if we have gut health issues or imbalances, it can also trigger feelings of stress²⁰. While stress is a normal—and arguably unavoidable part of life—learning to manage and mitigate its effects is key. One way to do so is through the use of adaptogens which are praised for their abilities to bring balance to the mind and body—and support our natural response to stress.

¹⁴ Hemarajata, Peera, and James Versalovic. "Effects of Probiotics on Gut Microbiota: Mechanisms of Intestinal Immunomodulation and Neuromodulation." *Therapeutic Advances in Gastroenterology*. SAGE Publications, Jan. 2013. www.ncbi.nlm.nih.gov/pmc/articles/PMC3539293/.

¹⁵ Wallace, Robert Keith. "The Microbiome in Health and Disease from the Perspective of Modern Medicine and Ayurveda." *Medicina (Kaunas, Lithuania)*. MDPI, 11 Sept. 2020. www.ncbi.nlm.nih.gov/pmc/articles/PMC7559905/.

¹⁶ Clapp, Megan, et al. "Gut Microbiota's Effect on Mental Health: The Gut-Brain Axis." *Clinics and Practice*, PAGEPress Scientific Publications, Pavia, Italy, 15 Sept. 2017. www.ncbi.nlm.nih.gov/pmc/articles/PMC5641835/.

¹⁷ Salem, Iman, et al. "The Gut Microbiome as a Major Regulator of the Gut-Skin Axis." *Frontiers in Microbiology*. Frontiers Media S.A., 10 July 2018. www.ncbi.nlm.nih.gov/pmc/articles/PMC6048199/.

¹⁸ Lu, Qing-Yi, et al. "Prebiotic Potential and Chemical Composition of Seven Culinary Spice Extracts." *Journal of Food Science*. John Wiley and Sons Inc., Aug. 2017. www.ncbi.nlm.nih.gov/pmc/articles/PMC5600121/#:~:text=Practical Application the growth of pathogenic bacteria.

¹⁹ Deaver, Jessica A., et al. "Circadian Disruption Changes Gut Microbiome Taxa and Functional Gene Composition." *Frontiers*. Frontiers, 1 Jan. 1AD. www.frontiersin.org/articles/10.3389/fmicb.2018.00737/full#:~:text=The shifts in microbiome taxa barrier integrity in the host.

²⁰ JF., Foster JA; Rinaman L; Cryan. "Stress & the Gut-Brain Axis: Regulation by the Microbiome." *Neurobiology of Stress*. U.S. National Library of Medicine. pubmed.ncbi.nlm.nih.gov/29276734/.

In Ayurveda, adaptogens have been utilised for centuries—and each has its own unique benefits. But some of the more common which we integrate into our LAMAV formulas regularly include Ashwagandha, Holy Basil, Turmeric, Schisandra Berry, Tulsi and Ginseng. We love them so much we've even developed an exclusive Ayurvedic Beauty Blend™ which we have included in our inner beauty formulas to help calm the nervous system and restore balance to the body. From a beauty perspective, this complex blend also works to protect cells from the damaging and ageing effects of oxidative stress—for an even greater glow.

Master meditation & mindfulness

As touched on earlier, the fascinating link between stress and our gut means that for our overall wellbeing, we must manage our stress levels as best as possible. Mindfulness and meditation

practices are one way Ayurvedic tradition advocates for doing so. This is because when we feel stressed, cortisol levels increase and our body is sent into a state of fight or flight. Internally, this cascade of cortisol can actually damage the delicate gut lining, contributing to leaky gut and disrupt the delicate balance of bacteria²¹. Regular mindfulness and meditation, however, helps to reduce cortisol levels²²—protecting the gut from further damage—and restores calm to the mind and body. In Ayurveda, the practice of Pranayama—or controlled breathing—is another way to combat stress and encourage the circulation of fresh oxygen around the body. Pranayama is often practised during yoga and is proven to assist with digestion, reduce bloating and turn down the effects of our sympathetic nervous system²³.

²¹ Wallace, Robert Keith. "The Microbiome in Health and Disease from the Perspective of Modern Medicine and Ayurveda." *Medicina (Kaunas, Lithuania)*, MDPI, 11 Sept. 2020. www.ncbi.nlm.nih.gov/pmc/articles/PMC7559905/.

²² P., Turakitwanakan W; Mekseepalard C; Busarakumtragul. "Effects of Mindfulness Meditation on Serum Cortisol of Medical Students." *Journal of the Medical Association of Thailand - Chotmaihet Thangphaet*, U.S. National Library of Medicine. pubmed.ncbi.nlm.nih.gov/23724462/#:-:text=So,mindfulness meditation should decrease serum cortisol&text=Conclusion: Mindfulness meditation lowers the disorder, peptic ulcer and migraine.

²³ Tripathi, Mahesh Narain, et al. "Psychophysiological Effects of Yoga on Stress in College Students." *Journal of Education and Health Promotion*, Medknow Publications & Media Pvt Ltd, 1 Mar. 2018. www.ncbi.nlm.nih.gov/pmc/articles/PMC5868218/.

PART THREE:

Gut-loving recipes

Nourish your gut with these Ayurvedic-approved recipes and discover how simple healthy eating can truly be!



Green Goddess Smoothie

SERVES 1

Prep time: 15 minutes

INGREDIENTS

½ banana, frozen

½ avocado, skin and seed removed

Handful of spinach

1 tbsp cashew butter (or preferred nut butter)

½ lime, skin and seeds removed

1 cup coconut drinking milk

1 tsp LAMAV Ayurvedic Beauty Powder

2 tsp flax meal

METHOD

1. Add all ingredients to a high speed blender and blend until smooth, thick and creamy. Serve immediately.



Sweet Potato Hummus

SERVES 4

Prep time: 15 minutes

Cooking time: 55 minutes

INGREDIENTS

200g sweet potato

1 x 420g can of chickpeas,
drained, chickpea liquid
reserved

1 tbsp tahini

1–2 cloves garlic

½ tsp cumin powder

¼ tsp turmeric powder

Juice of ½ lemon

2 tbsp extra virgin olive oil

2 tsp LAMAV Ayurvedic
Beauty Powder

Salt, to taste

METHOD

1. Preheat the oven to 180°C (fan-forced).
2. Trim ends from sweet potato and peel. Cube and place on a baking tray. Drizzle with extra virgin olive oil and toss to coat evenly. Bake for 55–60 minutes, or until the sweet potato is soft.
3. Meanwhile, remove skins from chickpeas by pinching the end of each chickpea and pushing gently. The chickpea skin will come away easily. Once skins are removed, place chickpeas into a blender or food processor.
4. Once cooked, remove sweet potato from the oven and allow to cool before adding to the blender.
5. Add the garlic, tahini, cumin, turmeric, lemon juice, extra virgin olive oil, LAMAV Ayurvedic Beauty Powder and salt to the food processor and then blend on high until smooth and creamy.
6. Store in a glass jar or container with a lid in the refrigerator for up to 4 days. Serve with crackers and vegetable sticks.



Raw Strawberry Cheesecake

SERVES 4

Prep time: 15 minutes

Set time: 5 hours

INGREDIENTS

For the base:

½ cup almonds

½ cup desiccated coconut

2 medjool dates, pits removed

2 tsp extra virgin coconut oil

2 tsp water

For the filling:

1 cup cashews, soaked for a minimum of 3 hours

1 tsp vanilla extract

30ml pure maple syrup

1 cup (120g) frozen strawberries

2 tbspc (13g) cacao butter

2 tbspc extra virgin coconut oil

30ml LAMAV Beauty

Restore liquid

To serve:

½ cup vanilla coconut

yoghurt

METHOD

1. Place all of the ingredients for the base into a high-powered blender or food processor. Blend until well combined.
2. Tip mixture into the base of a 10cm cake tin (with removable base) or springform tin and press down firmly to make sure the mixture is evenly spread over the base. Place into the freezer while you prep the filling.
3. To make the filling, add the cacao butter to a small saucepan over a low heat and stir occasionally until melted. Then, turn off the heat.
4. Place the cashews, vanilla extract, pure maple syrup, frozen strawberries, melted cacao butter, Beauty Restore liquid and extra virgin coconut oil into the drum of a food processor or blender and blend until smooth and creamy.
5. Remove the base from the freezer pour the filling over the top of the base, spreading out evenly. Then, place back into the freezer until set.
6. Store the cheesecake in the freezer, removing 15–20 minutes before serving to soften slightly.
7. Serve topped with a dollop of vanilla coconut yoghurt, if desired.



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