

BEAUTY BEGINS IN THE BELLY



30
TO
GLOW

DAYS

— GUIDEBOOK —

THE BEAUTY CHEF



THE GLOW GUIDEBOOK

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30 DAYS TO GLOW



At The Beauty Chef, our philosophy is that 'beauty begins in the belly'—because when it comes to radiant, glowing skin, we first need to nourish ourselves from within.

When I launched The Beauty Chef over 10 years ago, my vision was to educate and inspire by sharing this philosophy and creating products that truly transform your skin from the inside, out.

Both my daughter and I suffered from eczema as children, so my own inner beauty journey began after I discovered the intimate link between the state of our gut, our health and our skin. After putting my family on a gut-healing protocol—both limiting foods that put stress on our digestive system and introducing fermented foods into our diet—I noticed it had a profound effect on not only our skin, but our overall wellbeing. Taking things one step further, I

began lacto-fermenting foods in my kitchen at home in Bondi Beach, eventually creating The Beauty Chef's first product, GLOW Inner Beauty Essential.

As the foundation of your inner beauty routine, GLOW is your multipurpose multivitamin—a bio-fermented beauty powder to promote healthy, glowing skin, wellness and to nourish your gut. Containing 17 Certified Organic wholefoods including bio-fermented maqui berries, queen garnet plum and pomegranate fruit peel extract, GLOW also includes vitamin C to help boost collagen production—which naturally declines as we age—and zinc for healthy hair and nails. Our supercharged formula also contains provitamin A, broad-spectrum B vitamins and even more probiotics and postbiotics to nurture your digestive health, for radiant skin that comes from within.

At The Beauty Chef, our philosophy is that 'beauty begins in the belly'—because when it comes to radiant, glowing skin, we first need to nourish ourselves from within.

Everything we do as a brand is underpinned by the concept of #HealthyNotPerfect—and so GLOW is designed to fit seamlessly into your daily beauty routine to help you discover the healthiest, happiest version of yourself possible. From my own experience, I know how powerful taking GLOW daily can be. It's a simple ritual but one that is truly an act of self-care. For the next 30 days, all you need to do is simply take one teaspoon of GLOW, each day to feel—and see—the difference.

I'm humbled by customers who tell me how GLOW and The Beauty Chef products have changed their lives—and so my hope is that over the course of the month, you too will experience the magic of GLOW Inner Beauty Essential for yourself.

Carla
x 7

CARLA OATES, FOUNDER & CEO



Beauty Begins in the Belly

To fully comprehend how closely our skin health is linked to our gut—we must first understand the many ways in which our gut is at the centre of our health, beauty and wellbeing.

At The Beauty Chef, we often use the analogy of our gut being like a garden—when the soil is healthy and well-balanced nutritionally, plants are able to thrive and flourish. When applied to our gut, this analogy rings true as when we tend to it gently, nourishing it with nutrient-dense wholefoods and beneficial bacteria—we experience optimal health, wellbeing and glowing skin.

As the centre of your immune system, the gut is where you produce feel-good neurotransmitters, regulate hormones, neutralise pathogens, eliminate toxins and manufacture nutrients. It's no wonder then that the state of your microbiome has a profound impact on almost every aspect of your health—including your skin, weight, mood, immunity, brain health and overall wellbeing.

While an imbalance in our gut can cause a myriad of symptoms—our skin, as our body's largest organ, is often the first to alert us that there is something amiss inside. Although we may not be aware of it, there is a constant dialogue between our gut and skin, known as the gut-skin axis.

There is also a building body of research that illustrates that where there is gut inflammation, there will be skin inflammation. Evidence shows that most skin issues—including acne, rosacea, eczema and autoimmune skin issues like psoriasis—are also all fuelled by inflammation. Furthermore, when it comes to premature ageing of the skin and body—gut inflammation is one of the main drivers. This 'inflammageing' can be caused by a number of environmental and lifestyle factors—including stress, lack of sleep and environmental toxins—but when it comes to influencing our gut health, food undoubtedly has the most profound impact.

If you are not eating well, or more importantly, not digesting your food well, then your skin will not be receiving the nutrition it needs to keep it healthy and glowing. This is the gut-skin axis in action.

IS YOUR GUT HEALTH DULLING YOUR GLOW?

GUT X SKIN CONNECTION

1. YOU'RE FEELING (AND LOOKING) INFLAMED

Inflammatory skin conditions like acne, eczema and rosacea can be difficult to both diagnose and treat given that there are thought to be countless triggers—however often, they are linked to food allergies⁵ or leaky gut syndrome⁶.

2. YOUR NAILS ARE BRITTLE AND YOUR HAIR LOOKS DULL

When your gut isn't functioning optimally, its ability to absorb and assimilate nutrients can be compromised. As a result, you can experience weak nails and brittle, lifeless hair.

3. YOU'RE DEALING WITH ELIMINATION FRUSTRATION

If your bowels aren't moving properly, toxins that would otherwise be eliminated can be retained. This can leave your lymphatic system—one of your body's key elimination systems—feeling sluggish and also result in your skin having to pick up the slack to assist in the removal of wastes and toxins.

4. YOUR TOPICALS AREN'T PERFORMING

If, despite soaking your skin in serums and indulging in regular facial treatments, your skin is still looking less than glowy, it could be a sign that your skin issues lie deep beyond the dermis.

DISCOVER
A GLOW
LIKE NO OTHER

Our next generation daily beauty powder—GLOW SUPERCHARGED—contains 17 Certified Organic bio-fermented wholefoods including maqui berries, queen garnet plum and pomegranate fruit peel extract, to support radiant skin, gut health and improved wellbeing. With vitamin C to boost collagen production, skin protective antioxidants and zinc to support healthy hair and nails, our SUPERCHARGED formula also contains provitamin A, broadspectrum B vitamins and even more probiotics and postbiotics for luminous skin—from the inside out.

HERO INGREDIENTS

PROVITAMIN A

From natural beta carotene sources, provitamin A is essential for the cellular turnover process and also contributes to skin structure and healthy immune system function.

BIOTIN

Derived from organic sprouted quinoa, this powerhouse phytonutrient contributes to the maintenance of healthy hair and skin. It also helps with macronutrient metabolism and energy production.

POLYPHENOLS

Contains polyphenols from pomegranate peel extract and Kakadu plum, potent antioxidants that studies suggest not only help to fight free radical damage and oxidative stress but also help to support a healthy microbiome.

VITAMIN C

This skin-protective antioxidant helps boost collagen production and contributes to cell protection from free radical damage.

ZINC

Zinc contributes to the maintenance of healthy skin, hair and nails.

NIACINAMIDE (VITAMIN B3)

Also derived from organic sprouted quinoa, naturally occurring active niacinamide (vitamin B3) is integral for normal skin function and structure, as well as energy release from food. It also helps with the reduction of tiredness and fatigue.

PREBIOTICS AND PROBIOTICS

Supercharged using our unique Flora Culture™ bio-fermentation process, GLOW Inner Beauty Essential contains a natural broad-spectrum probiotic and prebiotics to feed the beneficial bacteria in your gut.

LACTOBACILLUS RHAMNOSUS GUT5Y™

The Beauty Chef's exclusive probiotic strain which supports skin and immune function by bolstering intestinal barrier function and decreasing intestinal permeability.

KEY BENEFITS

Promotes glowing
skin from within

/

Contributes to
healthy digestion

/

Supports healthy
hair & nails

/

Boosts collagen
production

A close-up, high-resolution photograph of a woman's face, focusing on her eyes, nose, and lips. She has a soft, natural expression. The lighting is warm and soft, highlighting the texture of her skin. The text 'YOUR GLOW ROUTINE' is overlaid on the left side of her face in a large, elegant, serif font.

YOUR GLOW ROUTINE

As touched on earlier, our philosophy at The Beauty Chef is #HealthyNotPerfect—so we encourage you to embrace a holistic approach to health and beauty. To help inspire you to create your own unique inner beauty and self-care ritual, here are a few nutrition and lifestyle principles that Carla tries to incorporate into her day.

MORNING MOVEMENT

Did you know that just 20 minutes of movement can have a positive effect on your brain chemistry?⁷ Exercise triggers the release of feel-good neurotransmitters—known as endorphins—lowers stress hormones⁸ including cortisol and supports immunity⁹. It also helps to boost digestion, enrich microbial diversity¹⁰ and promote effective circulation¹¹—helping to carry freshly oxygenated blood and nutrients to our skin cells.

Making a habit of moving in the morning can also help to kickstart your metabolism and provide you with a burst of energy as well as inspiration. Exercise, however, needn't be too rigorous or exerting. Walking in nature, yoga, Pilates or Tai Chi are all great ways to get your blood pumping and keep your skin glowing.

INNER BEAUTY

Developing your own unique inner beauty ritual can be the ultimate act of self-care. But if you're unsure where to start, integrating a teaspoon of GLOW into your daily routine can be the perfect foundation for your inner beauty routine. Simply stir through filtered water, or add to your morning smoothie to supercharge your gut health and promote radiant, luminous skin from within.

MINDFUL MEDITATION

Developing a meditation practice is not only a great way to de-stress and unwind—which we know is essential for maintaining a healthy gut and therefore, healthy skin—but research shows that meditation can also benefit our health in even more profound ways¹². In fact, meditation is said to influence how our genes express themselves, particularly in relation to our body's inflammatory response.

To practise mindfulness and meditation, try the following for five days in a row and then reflect on how you feel:

- In the morning, sit in stillness for 5–10 minutes and focus only on your breathing.
- At mealtimes, practise mindfulness by taking a few deep breaths before you begin. Take the time to become aware of your environment, the sights, sounds and smells—and chew every mouthful thoroughly to enhance your experience and also promote improved digestion.
- Download a meditation app and explore a guided meditation which can be a great way to inspire a regular practice. Headspace, Smiling Mind and Insight Timer are all good places to start.

NOURISH

Beyond your daily dose of GLOW, it's essential to focus on creating a balanced plate that promotes radiant skin and a healthy gut. Including as many varieties of vegetables each day is

essential—not only to ensure you receive a healthy serve of antioxidants which fight oxidative damage and inflammation in the body—but also to feed and nourish your microbes. Green leafy vegetables and fibre-rich foods are prebiotic which help to promote the proliferation of good bacteria in the gut. As fibre ferments, short-chain fatty acids are also produced which harbour anti-inflammatory and immune-modulating properties¹³.

REFLECT AND RESET

Another self-care practice that is scientifically proven to help reduce stress is journaling¹⁴. As an effective way to process and problem solve, journaling can also be a valuable tool to enhance creativity and provide inspiration. Whether you try journaling by mindfully writing down a few things you're grateful for each day or you simply practise the art of automatic writing—whereby you write relentlessly for a given period without giving any conscious thought to the subject or direction—it can be a great way to keep your mind sharp and creativity flowing.






THE GLOWING SKIN GROCERY LIST

Along with taking a teaspoon of GLOW each and every day, stock up on these fridge and pantry essentials to help you feel your best.

ITEM	OVERVIEW	ON YOUR GROCERY LIST
FERMENTED FOODS	Fermentation is a process in which bacteria and/or yeasts are used to break down the sugars and starches in foods. While there are many different methods, at The Beauty Chef we believe lacto-fermented foods to be particularly beneficial for gut and skin health. Predominantly using the Lactobacillus species of bacteria, it can improve the bioavailability of nutrients ¹⁵ as well as provide the gut with a good dose of probiotics and postbiotics.	GLOW and The Beauty Chef's Inner Beauty range, kimchi, kefir, natural yoghurt, cultured butter, sauerkraut, miso
HEALTHY FATS	Essential fatty acids play a significant role in the skin's function and are necessary for a smooth, supple complexion. In fact, they're the building blocks for healthy cells; that's why Carla created OMEGA ELIXIR™, our vegan blend of omega 3, 6, 7 and 9 oils to quench dry, irritated skin from within. Even saturated fats, like butter, ghee and coconut oil, contain fat-soluble vitamins and anti-inflammatory lauric acid.	Oily fish such as salmon and sardines, avocado, flaxseeds, chia seeds, walnuts, grass-fed meat (organic if possible), butter, ghee, coconut oil, OMEGA ELIXIR™
ANTIOXIDANT-RICH PLANTS	Antioxidants come in many forms; vitamins A, C and E for example, and in plant compounds as carotenoids, flavonoids, resveratrol and tannins, and they protect healthy cells from being attacked by free radicals. Free-radical damage causes inflammation ¹⁶ and the breakdown of collagen and elastin, so antioxidants are crucial in preventing premature aging as well as helping to protect the skin from sun damage, pollutants and other environmental toxins. A reminder to buy and eat in season where possible—it's not only cheaper, but better for your body too. In winter, foods are naturally more insulating and in spring and summer, boast more cleansing properties, working in synergy with what you need to function at your optimum.	Vibrantly coloured vegetables and fruits like berries, beetroot, dark leafy greens, broccoli, sweet potato, lemons, papaya and pomegranate, green tea, herbs and spices like cardamom, black pepper, ginger, turmeric, basil, rosemary and thyme
PROTEIN	Eating foods that are high in protein gives your body the amino acids it needs to make keratin, which is essential for the health of your hair and nails, as well as the outer layer of your skin. One of the best ways to maintain metabolic efficiency and help keep your blood sugar levels balanced, protein-rich meals also help to keep you feeling satisfied, which benefits both your appetite and your metabolism.	Organic free-range eggs, legumes, nuts, seeds, bone broth, sustainably-sourced seafood, tempeh, organic grass-fed meat, quality protein powders such as The Beauty Chef's BODY Inner Beauty Support
FOODS TO AVOID	Certain foods cause inflammation in the gut, which in turn, can trigger problems with the skin. Gut compromising foods may include things like sugar, gluten, alcohol, processed foods, refined carbohydrates, processed vegetable oils and processed meats and dairy. Everyone is different though, so listen to your gut, and to the best of your ability, eat a healthy balance of low HI (human intervention) wholefoods.	

5 WAYS TO TAKE GLOW



GLOW is delicious on its own simply stirred through filtered water, but when added to these skin-nourishing smoothies, snacks and treats—you will be set to take your inner beauty routine to another level!

SERVES 1

GLOW, Blueberry and Cinnamon Smoothie

With antioxidant-rich blueberries, chia seeds for protein and GLOW, this healthy smoothie is packed with nutrients that will feed your skin from the inside out.

INGREDIENTS

1 cup frozen blueberries

¼ teaspoon cinnamon

½ banana

1 tsp GLOW Inner Beauty Essential

1 tsp chia seeds (ideally soaked overnight, or for at least one hour)

1 cup almond milk

METHOD

1. Place all the ingredients in a blender and blitz to combine.



SERVES 2

Superfruit Breakfast Bowl

Swirled through a creamy coconut yoghurt base—which is a good source of healthy fats—our bio-fermented beauty powder creates a vibrant, nourishing breakfast.

INGREDIENTS

- 200g organic coconut yoghurt
- 2 tsp GLOW Inner Beauty Essential
- 1 cup seasonal fruit, roughly chopped
- 1 cup gluten-free granola

METHOD

1. Divide the coconut yogurt between two bowls.
2. Add 1 tsp of GLOW Inner Beauty Essential to each bowl and stir to combine.
3. Top each bowl with half a cup of seasonal fruit and then sprinkle with half a cup of granola evenly over the top.





Blueberry-Beauty Mousse Pots

In addition to the probiotics and prebiotics in GLOW, gelatin powder is rich in glycine, an amino acid that plays a vital role in maintaining the mucosal lining of the gut.

INGREDIENTS

- 1/3 cup cold water
- 2 tsp grass-fed gelatin
- 1 cup raw macadamias, soaked in cold water for 4 hours and drained
- 1 cup coconut cream
- 1 cup fresh or frozen & thawed, blueberries
- 4 tsp GLOW Inner Beauty Essential
- 1 cup unsweetened coconut yoghurt, plus extra to serve
- Edible flowers & toasted coconut to serve

FOR THE BLUEBERRY COMPOTE:

- 1/2 cup blueberries, fresh or frozen
- 1 tbsp freshly squeezed lime juice
- 2 tsp pure maple syrup

METHOD

1. Pour the water into a small heatproof bowl and sprinkle the gelatin over the surface in an even layer. Set aside for 10 minutes to soften.
2. To prepare the blueberry compote, simmer the lime juice, maple syrup and 1/2 cup of blueberries in a small saucepan over medium-low heat for 2 minutes, or until berries have softened and the liquid has reduced to a syrup. Mash blueberries using the back of a fork to coarsely puree. Transfer into a small bowl and refrigerate until cooled.
3. Place the bowl of softened gelatin over a small saucepan of almost-simmering water, until melted. Remove from the heat and set aside for 1-2 minutes.
4. Place the macadamias and half of the coconut cream into a high-speed blender and blend on low until finely pureed. Add the remaining coconut cream and blend on medium-low, until smooth and creamy. Next, add the remaining blueberries, GLOW powder and melted gelatin and blend to combine. Transfer mixture into a medium bowl. Add the coconut yoghurt and gently fold through. Pour into four 1 1/2 cup capacity serving bowls or ramekins and refrigerate for 4 hours, or until set.
5. Top with additional coconut yoghurt, blueberry compote. Add edible flowers and toasted coconut if desired. Enjoy!



SERVES 1

Blueberry and Pear GLOW Smoothie

Brimming with beneficial bacteria, kefir helps boost digestive, immune and skin health and quashes pathogenic bacteria. We also love the tangy flavour!

INGREDIENTS

- 1/2 cup coconut water
- 1/2 cup frozen blueberries
- 1 small pear, quartered and cored
- 1/4 cup coconut milk kefir
- 3 ice cubes
- 1 tbsp almond butter
- 1 tbsp ground yellow linseeds
- 1 tsp chia seeds
- 1 tsp GLOW Inner Beauty Essential
- Fresh blueberries, to serve (optional)

METHOD

1. Place all the ingredients in a blender and blitz to combine. Top with fresh blueberries if desired.

Almond Pancakes with GLOW Compote

Made using almond meal, these gluten-free pancakes are high in fibre and protein to help stabilise your blood sugar levels and nourish your microbiome.

INGREDIENTS

3/4 cup almond meal
 1/2 tsp ground cinnamon
 1/4 tsp bicarbonate of soda
 2 large organic eggs, separated
 1/4 cup drinking coconut milk
 1 tbsp pure maple syrup
 1 tbsp ghee, melted & cool, plus extra for cooking
 1 tsp apple cider vinegar (unpasteurised)
 Cacao nibs (for topping)

BERRY COMPOTE:

1 1/2 cups frozen mixed berries
 2 tsp water
 2 tsp pure maple syrup
 1/2 tsp pure vanilla extract

GLOW YOGHURT:

3/4 cup coconut yoghurt
 2 tsp GLOW Inner Beauty Essential

METHOD

1. To prepare the berry compote, place the berries, water, maple syrup and vanilla extract in a small saucepan. Bring to a simmer over low heat. Simmer for 5 minutes, or until berries soften and the released juice begins to reduce to a syrupy consistency.
2. To prepare the GLOW yoghurt, mix the yoghurt and GLOW together in a small bowl, to combine. Set aside.
3. To prepare the pancakes, place the almond meal, cinnamon and bicarbonate of soda in a blender and pulse to combine. Add the egg yolks, coconut milk, maple syrup, ghee and vinegar and blend to make a smooth batter.
4. In a separate bowl whisk the whites, until soft peaks form.
5. Gradually pour the batter into the whites, folding to combine.
6. To cook the pancakes, heat a large non-stick or cast-iron frying pan over low-medium heat. Dip some kitchen paper into ghee and rub over the hot pan to lightly grease.
7. Cook the pancakes three at a time, spooning 1/4 cup of the batter for each one around the pan, allowing a little room between each. Cook for 1 1/2 minutes or until the base is golden brown. Using a metal spatula run around underneath the edge of the pancakes to ensure they aren't stuck. The pancakes are very light and soft. Carefully flip in one motion. Cook for 1 minute, or until golden brown. Transfer onto a plate, cover to keep warm and set aside. Repeat with the remaining batter.
8. To serve, stack the pancakes, top with glow yoghurt and berry compote. Scatter with cacao nibs.



FAQ

Frequently Asked Questions

CAN I TAKE GLOW WITH OTHER BEAUTY CHEF PRODUCTS?

Absolutely! GLOW is designed to be amplified with a Boost—COLLAGEN, HYDRATION, ANTIOXIDANT, ADAPTOGEN or OMEGA ELIXIR™.

SLEEP and GUT PRIMER can be taken as per the label directions for use, and the remainder of the range can be taken up to two serves daily. These can be consumed either together or individually—in filtered water, coconut water, juices or smoothies. Recommended servings can be found on the bottle/tub.

WHEN SHOULD I EXPECT TO SEE RESULTS?

As cellular turnover of the skin generally takes between 30–45 days, our customers report experiencing positive effects after about a month—that's one of the reasons we created 30 Days to Glow. Please note, however, that results vary from person to person depending on their current skin concerns and gut health.

CAN I MIX GLOW IN A HOT DRINK?

When exposed to high levels of heat for prolonged periods of time, probiotics begin to die off, which is why we recommend that GLOW be consumed in chilled or room temperature beverages like water, coconut water, juice, a protein shake or smoothie, or even in yoghurt. As the beneficial bacteria within our formulas survive best in cool conditions, they are likely to deplete if exposed to excessive heat—that's why we recommend storing your tub in the fridge.

TIP: For more FAQs visit our website, or contact our wonderful Customer Care team via info@thebeautychef.com.

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