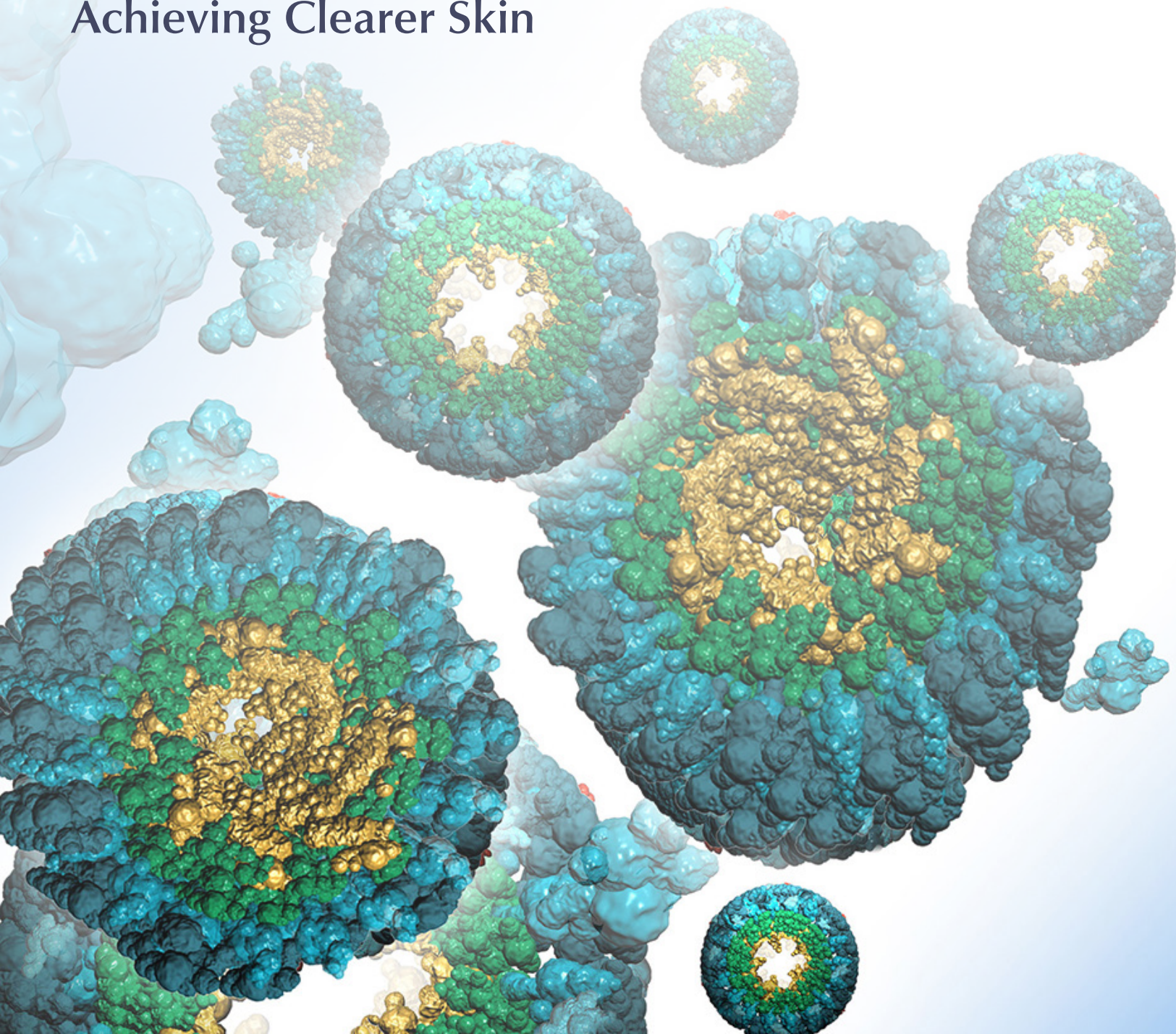


# Doctor Pia

## TEN FOUNDATIONAL STEPS TO A HEALTHIER GUT AND GLOWY SKIN!



Practical and Simple Tips on Improving  
Gut Health, Reducing Digestive Issues, and  
Achieving Clearer Skin



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# INTRODUCTION

Welcome to "Ten Foundational Steps to a Healthier Gut and Glowing Skin." I'm Dr. Pia Martin, and I'm excited to guide you on a journey to better health and radiant skin. This eBook provides practical tips, recipes, and lifestyle changes to help you achieve your wellness goals from "the inside out."

I am a Natural Functional Medicine Practitioner, A Certified Clinical Nutritionist, An Applied Clinical Nutritionist, a Neuro-Emotional Practitioner and a Doctor of Chiropractic. After 20 years in clinical practice and thousands of hours of education I understand how the dots are connected. I have also taught many other practitioners through memberships programs and webinars just how this system works and how to heal their patients.

While there is a ton of data available on the internet about all things health and wellbeing it can be really confusing. You hear conflicting views and information on just about everything and you are left not knowing where to start and who to trust.

The good news is you don't have to go it alone. This journey is about you and your path back to health, and I am here to guide you, educate you, and support you so that you are successful!

When you address your body as a whole, and add in advanced functional lab testing, nutrition and lifestyle combined with ancient healing strategies and transformational coaching, great things happen. We can enjoy vibrant health, boundless energy, and simply watch your symptoms disappear.

My certainty is not in the ability to heal you, but in my ability to teach you how to heal yourself. If all of this resonates with you then,

I invite you to apply for a complimentary Discovery call Click [HERE](#) to learn more about my natural functional medicine virtual clinic. You can also go to [www.drpia.com](http://www.drpia.com).

**A little about me and my natural functional medicine virtual clinic.**



# STEP 1: NOURISH WITH GUT-FRIENDLY FOODS

Your Skin Needs Hydration in Order to Glow!



*Incorporate a variety of gut-friendly foods into your diet. Focus on whole, unprocessed foods rich in fiber, vitamins, and minerals.*

- **Leafy Greens:** Spinach, arugula, Swiss chard, cilantro, parsley and mix lettuces.
- **Fermented Foods:** Kimchi, sauerkraut, kefir, and yogurt.
- **Fruits:** Berries, apples, and avocados
- **Veggies full of Fiber:** Beets, Brussel Sprouts, Broccoli, Celery

## STEP 2: STAY HYDRATED

*Hydration is crucial for digestive health. Aim for at least 8 glasses of water a day. Herbal teas and water-rich fruits like cucumbers and watermelon can also help.*

Your Inside barrier – your GUT lining, your cells and your outside barrier - your SKIN needs hydration in order to GLOW!

## STEP 3: MANAGE STRESS EFFECTIVELY

Chronic stress can negatively impact your gut health. Why? The stress response shuts down Digestion. Digestion optimally operates in REST AND DIGEST. Incorporate stress management techniques such as:

- **Meditation:** Spend a few minutes each day in meditation.
- **Yoga:** Regular practice to promote relaxation.
- **Breathing Exercises:** Deep breathing techniques to calm the mind and encourage optimal digestion, balance and glow
- **Take Our Mini Stress Quiz:** Jump down to the Bonus Section to see if stress is the cause of your GUT/ GLOW challenges.

# STEP 4: INCORPORATE NATURAL PROBIOTICS AND PREBIOTICS

*Probiotics and prebiotics play a key role in maintaining a healthy gut microbiome.*

- **Probiotics:** Found in fermented foods like kimchi, artichokes, yogurt, kefir, and miso.
- **Prebiotics:** Found in foods like garlic, onions, and asparagus.

# STEP 5: AVOID GUT IRRITANTS

*Limit or avoid foods and substances that can irritate the gut, such as:*

- **Processed Foods:** High in unhealthy grains, fats and sugars.
- **Artificial Sweeteners:** Can disrupt gut bacteria.
- **Excessive Alcohol:** Can damage the gut lining.
- **Chemicals:** Check the labels or better yet don't consume anything that has more than 4-5 ingredients.
- **Soda and too much Caffeine:** Can cause inflammation, anxiety and stress causing inflammation to both the Gut Barrier and the Skin Barrier.

# STEP 6: EXERCISE REGULARLY

*Regular movement/activity helps maintain healthy digestion and reduces stress. We need to offset all the sitting we do each day. Aim for at least 60 minutes of movement most days of the week.*

- **Options:** Walking, jogging, yoga, Pilates or cycling, resistance training, walk the dog and weights
- **Tip:** Start your day with movement/wake up your digestive track and stimulate the natural high by increasing cortisol

# STEP 7: PRIORITIZE SLEEP

*Quality sleep is essential for overall health, including gut health. The body heals, prepares to remove waste/toxins and repairs at night while at rest. Aim for 7-8 hours of uninterrupted sleep per night.*

- **Tips:** Establish a bedtime routine, avoid screens before bed, and create a comfortable sleep environment.
- **Try:** some calming Herbal Tea or Magnesium before bed

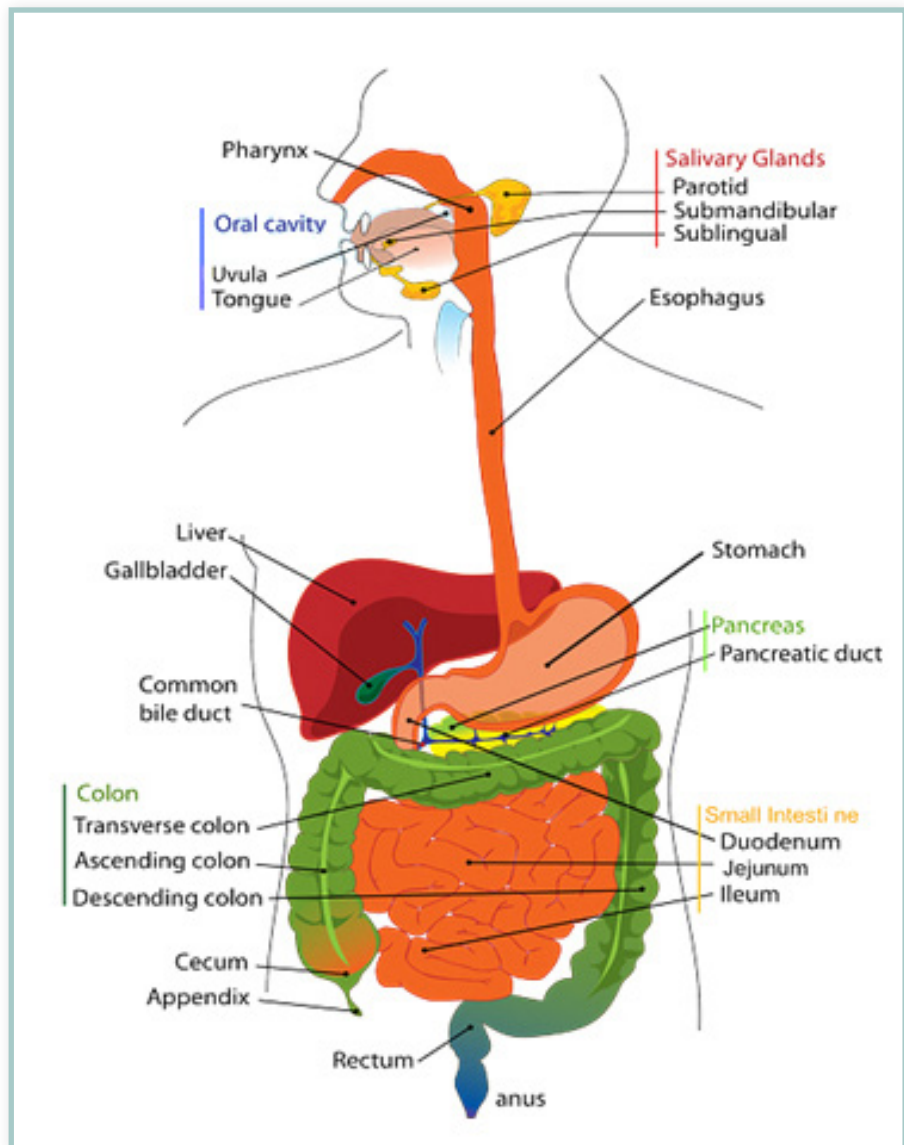
# STEP 8: MINDFUL EATING HABITS

*Eat mindfully by paying attention to your food and eating slowly. This helps improve digestion and absorption of nutrients.*

- **Techniques:** Chew thoroughly, avoid distractions, and savor each bite.
- **Cook:** Whole food meals at home. The prep and the smell tell your brain to be ready to enjoy delicious foods with your family. The Brain then simulates the Vagus nerve to get those digestive juices flowing so you breakdown your foods and absorb the nutrients.



Both your gut and your skin are digestive organs that absorb, secrete, and excrete, so you need to pay close attention to what you're feeding them.





# STEP 9: SKINCARE GLOW ROUTINE THAT SUPPORTS GUT HEALTH

*Use gentle, natural skincare products and maintain a routine that complements your internal health efforts.*

- **Routine:** Cleanse, tone, moisturize, and protect.
- **Simple:** don't overdo all the things. It is irritating to the skin.
- **Notice:** If your skin is dull, itchy and breaking out, ask the question. "What do I need to improve/shift/remove in my diet/ lifestyle and stress to improve the GUT-GLOW connection?"

Regularly assess your skin's reaction to your routine, taking note of any changes that may signal dietary or lifestyle adjustments are needed.



# STEP 10: TRACK YOUR PROGRESS

*Keep a journal to track your dietary habits, symptoms, and overall progress. This helps identify what works best for your body. Prefer a person then choose a like-minded group.*

- **Tools:** Use a wellness journal or an app designed for tracking health and wellness.
- **Accountability Partner/Group:** Ask for help if you need it. Join with others who have similar goals.

## BONUS: SUPPLEMENT SUPPORT

*These suggestions are to cover the bases and get you started on your journey. Focus on what is natural and simple first and see the supplements as support. Kinda-like filling in gaps while you clean up and refresh your GUT/GLOW: You can find all these options and more [HERE](#):*

- **Digestive Enzymes** – Enzymix Pro
- **Digestive Bitters:** Digest Forte, ACV
- **Gut Healing:** Mega IgG 2000, Gastrex,
- **Energy:** Super B
- **Probiotics:** Prosynbiotic, GLP-1 Probiotic
- **Skin:** Gotu Kola Complex (Micro Circulation), Antioxidants, Collagen,
- **Stress:** Trace Min B 12, Electrolytes, Adaptogens, Magnesium.

The information provided is an introduction to the use of whole food concentrates and nutraceuticals. The information should not be constructed as a claim or representation that product mentioned constitutes a specific cure, palliative, or remedy for any condition. The material and information contained in the presentation is not for the diagnosis or treatment of disease.





## What is the Next Step

# CONCLUSION

*Achieving a healthier gut and glowing skin is a journey that starts from within. By following these ten foundational steps, you can improve your digestive health, reduce skin issues, and feel more vibrant and energized.*

I hope you found this resource useful and easy to implement so you achieve your GUT-GLOW goal.

Please share this with as many people as you like. We must act as a collective to get better, do better and lift each other up.

I also invite you to apply for a complimentary Discovery call Click [HERE](#) to learn more about my natural functional medicine virtual clinic. You can also go to [www.drpia.com](http://www.drpia.com) for more information.

**Now is the time: The world needs us to be our healthiest glowy selves.**



# BONUS SECTION

## *A Simple Meal Plan for Gut and Skin Health*

I like to keep things simple and easy! I also know that if any Program is too complicated you will give it up and not enjoy the benefits. For those of you who love to experiment this is a good place to start and for those of you who don't know where to start. Just do this.

**Before you start:** Make sure you have a full glass of water with lemon or lime.

**Breakfast:** A Savory breakfast is always better: Eggs with avocado and some greens or "The Shake/Smoothie" and your morning doctor recommended supplements. Choose clean protein and add fiber, fat, green leaves/veggies, and a small number of berries. Or if you want to restrict, you're eating window then do this later in the morning and start with a cup of tea or coffee.

**Mid-Morning:** A nice cup of herbal tea

**Lunch:** Most of us need a lunch that is easy to eat, doesn't require tools and is easy to transport. Fill a large container with a variety of cut veggies that are raw or lightly steamed. (For example, carrots, radishes, broccoli, cauliflower, and asparagus, celery etc.) Add a creamy avocado and herb/spice-based dip. Then add clean lean organic protein.

**Mid Afternoon:** This is the time of the day where our energy can dip. We think we are hungry but often we need to move or have some water. Struggling then have a piece of low glycemic fruit.

**Dinner:** Grab a big bowl and fill it with mixed organic leafy greens. Then add a variety of colorful veggies. For example: tomatoes, avocado, chopped sweet potatoes, beets, spring onions, brussels sprouts, celery, cilantro, parsley, and bell peppers etc. Dress the salad with some balsamic and olive oil or a one of the many clean brands avail. Don't soak your salad with too much dressing.

Add some clean protein based on your Diet Preference.

**OR:** Use a little coconut oil and lightly stir-fry your favorite veggies and spices. I like to alternate between a big salad bowl and a stir-fry for a little variety. Grilling or roasting works too.

Following this clean plan makes sure you get lots of veggies and it is easy if you take the time to shop, chop and plan ahead of time.

**ALL DAY:** Drink water throughout the day. HINT: do not to drink too much after 6/7pm or you could find yourself up at night.



# TAKE THE MINI QUIZ

*What you can do to regain your GLOW!*

<b>SYMPTOMS – SECTION ONE</b>	<b>CHECK ALL THAT APPLY</b>
I feel overwhelmed by stress	
I wake between 2 - 4am with my mind racing	
I get shaky if I don't eat often	
I have high blood pressure or a fast heart rate	
I have loose stools	
I can't fall asleep I feel "wired and tired"	
I am easily distracted and lack focus	
I feel on edge	
I have extra weight around my middle	
I have blood sugar problems	
Medial Knee Pain	
Shin Splints	
Bunions	
Low back pain when I sit too much	
Plantar Fasciitis	
Tender at the Inguinal Ligament	
<b>TOTAL</b>	

<b>SYMPTOMS – SECTION TWO</b>	<b>CHECK ALL THAT APPLY</b>
I am tired in the morning even after 7-8 hours of sleep	
I depend on caffeine to get started on my day	
My energy crashes in the afternoon	
I crave salty or sweet foods	
I get dizzy if I stand up too quickly	
My muscles feel weak	
I feel stiff and achy when I wake up	
Low blood pressure	
Bunion surgery	
Heel spur	
Chronic ankle sprain	
I feel tired after a workout	
Lack motivation	
Have foggy brain a lot	
<b>TOTAL</b>	







If you scored above 3 in section one, then you are what we call wired and anxious. Calming and adaptive support is what you need.

If you scored above 3 in section 2, then you are in the trouble zone and need to take action and follow the tips, we have mentioned. You have Depression type symptoms and low energy. You could seriously use a pick me up.

### *The Impact of Stress Has a Longer Shelf life Than You Think*

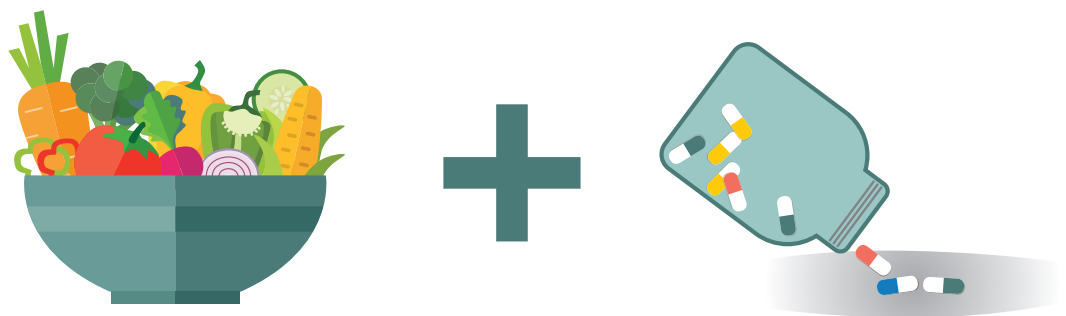
I cannot stress—I can't believe I said that word—seriously though, we have to, no must, take care and support ourselves now more than ever. It is not always easy in these times to do all the things you know you should be doing to support health and wellbeing. Even if you are doing all the things times are different now than they have ever been, and we all are in need of some extra support especially in this moment.



## My suggestions for extra support to decrease the impact of stress

<b>GENERAL EVERY DAY:</b>	Adrenal Packets, this herbal formula Adrenal Complex
<b>WIRED, TIRED AND ANXIOUS</b>	Ashwagandha Complex, Kava or Min Tran
<b>LACK OF ENERGY AND BRAIN FOG</b>	Eleuthero, Cataplex B, Organically Bound Minerals, Cataplex AC.
<b>HORMONAL SWINGS</b>	Symplex F for women and Symplex M for guys, Cataplex B

These suggestions are to cover the bases and get you started on your journey. Focus on what is natural and simple first and see the supplements as support. Kinda-like filling in gaps while you work on calm, clean up and refresh your GUT/GLOW: You can find all these options and more [HERE](#):

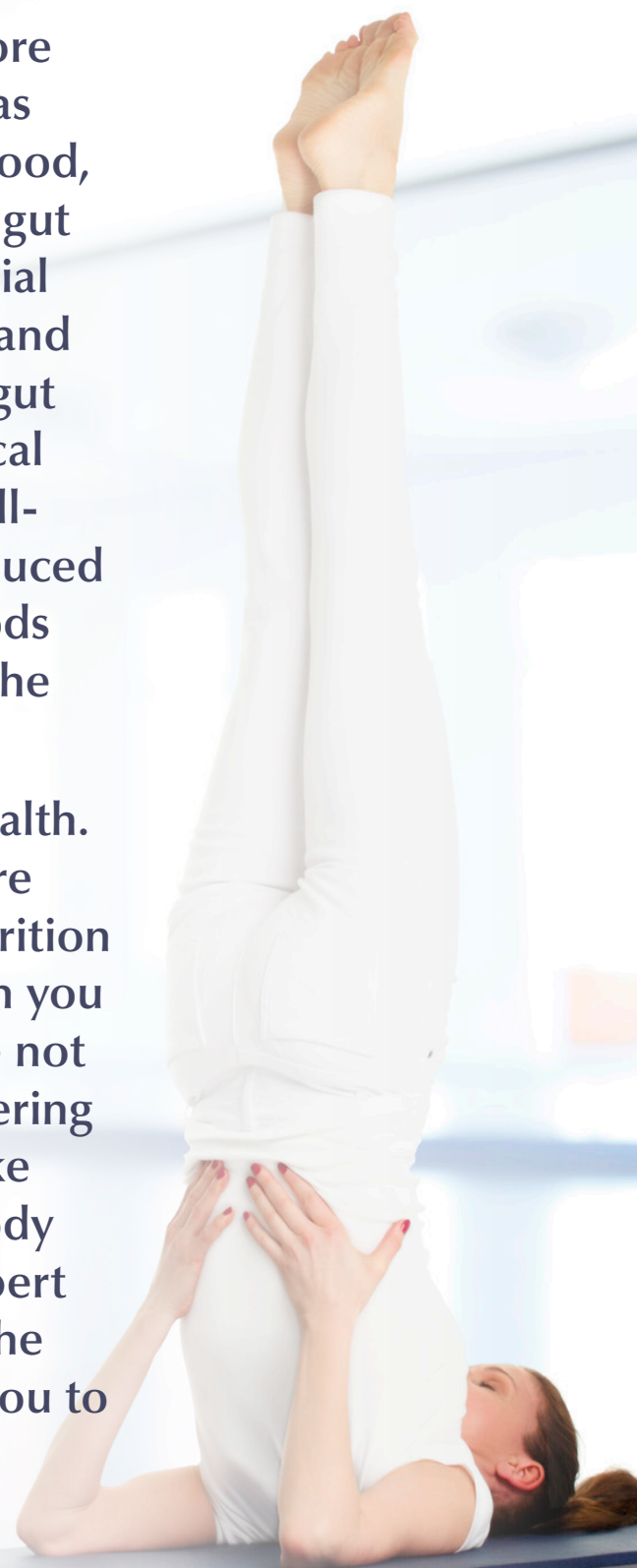


# TRANSFORM YOUR LIFE:

A healthier gut and glowy skin are more than just aesthetic goals; they serve as gateways to increased energy, better mood, and overall vitality. The importance of gut health is paramount, as it plays a crucial role in digestion, nutrient absorption, and even immune function. A flourishing gut microbiome not only supports physical health but also influences mental well-being, leading to mood stability and reduced anxiety. By prioritizing nourishing foods that promote gut flora, you're laying the foundation for a vibrant life.

Radiant skin reflects vibrant internal health.

The choices you make in your diet are reflected in your skin, because good nutrition promotes hydration and elasticity. When you commit to my holistic approach, you're not just enhancing your beauty; you're fostering a profound sense of well-being. Make the decision today to nourish your body and embrace this journey with my expert guidance! Together, you can unlock the potential for increased vitality, helping you to feel your best, both inside and out.



# Doctor Pia

## RESOURCES AND BOOKS

- **Books:** Good Energy: Gut Smart: Gut Feelings
- **Websites:** [www.drpia.com](http://www.drpia.com)
- **Follow Me:** Instagram @doctorpiamartin

This is a preview of the information that you will find on Dr. Pia's website and social media. Dive into more information and healthy living tips that will change the lives of you and your family.



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