

Your road map to silky skin



Cycle Your Fermented Foods (Don't Stick to One Type)

Most people stick to one probiotic like curd or kombucha. But your gut needs diverse strains to thrive—this variety leads to clearer, more resilient skin.

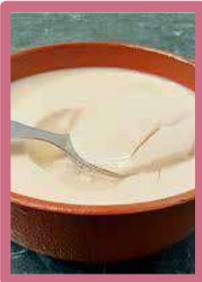
What to do

Rotate weekly between fermented foods:

Week 1: Homemade curd or buttermilk

Week 2: Fermented kanji/ Majjiga pulusu

Week 3: Kimchi/ salted pickles/ Salted Amla



Use small amounts consistently rather than large, occasional doses.

How it helps skin

Improves microbiome diversity → reduces skin inflammation, eczema, and acne flare-ups.

Feed Your Gut's "Beauty Bacteria" with Polyphenol-Rich Prebiotics

Why it's innovative

Polyphenols are powerful antioxidants that act as prebiotic fuel—not just fiber. **Gut microbes** convert them into anti-inflammatory compounds that reflect on your skin.

Best sources

colourful fruits like **Pomegranates, jujubes, red apples, papaya** and veggies like **violet cabbage, red and yellow capsicums, green leafy veggies, curry leaves, amla** etc



How it helps skin

Increases short-chain fatty acids → promotes collagen production & reduces skin dullness and early aging.

Use a Gut-Skin "Circadian Reset" (Nightly Routine)

Why it's innovative

Your gut microbes follow a **24-hour rhythm**. Late meals or stress at night disturb this balance, leading to dull or reactive skin.

Night reset plan (3 steps)

Step 1: Stop eating by **8 pm** to allow microbial detox activity.

Step 2: Drink **½ tsp triphala** in warm water before bed to cleanse & support **liver/gut axis**.

Step 3: Sleep in total **darkness** to enhance **melatonin** → **gut repair** → **skin regeneration**.

How it helps skin

Supports detox cycles → reduces under-eye pigmentation, breakouts, and puffiness.

Skincare routine is simple. Regular care with minimum efforts! Results are worth the efforts.

For doubts and queries, please reach out:

wellness@quadratyx.com