

A SABLE + SAND PROTOCOL

# The Gut Skin Protocol

Twelve weeks. Three phases.  
Built from the evidence.

*Researched. Practical. Honest.*

## SECTION 01

# Before you begin

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*Your skin problems are not skin problems. They are gut signals. The gut skin axis means that what shows on your face starts in your digestive tract.*

## What this Protocol is

A twelve week plan in three phases. Foundation (weeks one to four): remove the dietary triggers and environmental factors that damage the gut barrier. Recalibration (weeks five to eight): targeted supplementation to rebuild the gut lining, restore microbial diversity, and calm systemic inflammation. Sustain (weeks nine to twelve): build the permanent dietary practice, monitor skin changes, and decide what stays.

## Who it is for

Adults aged 25 to 50 with persistent acne, rosacea, eczema, or a dull complexion that has not responded to topical treatments alone. People who have spent years on skincare routines without lasting improvement. People whose skin flares after certain foods, during stress, or without obvious cause. People who suspect the problem is deeper than the surface.

## Who it is not for

Anyone with a diagnosed inflammatory bowel condition (Crohn's, ulcerative colitis) should work with their gastroenterologist. Anyone on immunosuppressant medication. Pregnancy and breastfeeding (some supplements in this Protocol are not suitable). Active eating disorders. This Protocol is educational and is not a substitute for medical or dermatological care.

## What is included

The full Protocol PDF you are reading. A seven day quick start companion to begin tomorrow morning. A GP conversation letter ready to take to a consultation. A printable symptom tracker. Brand free supplement guidance with the doses the trials actually used.

## How long it takes

Twelve weeks. Gut symptoms often improve within two to three weeks. Skin cell turnover takes 28 to 40 days, so visible skin changes typically appear from week four onward. The full shift in complexion, tone, and inflammatory flaring takes eight to twelve weeks.

Read it once before you start. Then return to week one and follow the structure week by week.

## SECTION 02

## The science in one page

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*Your skin problems are not skin problems. They are gut signals. The gut skin axis means that what shows on your face starts in your digestive tract.*

Your digestive tract and your skin are in constant biochemical communication. When the gut barrier is compromised (increased intestinal permeability, often called leaky gut), bacterial lipopolysaccharides cross into systemic circulation and trigger immune responses that manifest on the skin. Acne, rosacea, eczema, psoriasis. These are not surface failures. They are inflammatory signals from inside.

Your gut hosts roughly 38 trillion microorganisms. These bacteria produce short chain fatty acids, including butyrate, the primary fuel for the cells lining your colon. Butyrate maintains the integrity of the gut barrier, regulates local immune function, and reduces the systemic inflammation that drives skin pathology. When microbial diversity drops, butyrate production falls, the barrier weakens, and the inflammatory cascade reaches the skin.

Roughly 80% of your immune system is gut based. When the microbiome is balanced, it regulates the immune response with precision. When it is dysbiotic (out of balance), the immune system overreacts. That overreaction shows up as redness, swelling, pustules, and flaking on the skin. The gut is not a contributing factor to inflammatory skin conditions. For many people, it is the primary driver.

This Protocol addresses the axis from both ends. Phase one removes the dietary triggers that damage the gut barrier. Phase two rebuilds the barrier, restores microbial diversity, and calms inflammation with targeted compounds. Phase three builds the permanent practice. The skin changes are not cosmetic. They are a visible sign that the underlying system has healed.

WEEK 1 . PHASE 1

# The first dietary intervention

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## This week

The single most impactful category of food to remove for gut barrier health. A practical kitchen audit to start the healing process from the very first day.

## What you do

- The single most impactful category of food to remove for gut barrier health.
- A practical kitchen audit to identify the specific ingredients that damage the mucosal lining.
- Whole food alternatives that replace what you remove without feeling restrictive.
- What to expect in the first seven days as the gut begins to respond.

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## Continued in the full Protocol

The full Protocol contains all twelve weeks plus the supplement card, lab tests, the printable symptom tracker, and the GP conversation letter. The seven day quick start sheet is included so you can begin tomorrow morning.

Available at [sableandsand.com/protocols/gut-skin-protocol](https://sableandsand.com/protocols/gut-skin-protocol). One payment of nineteen pounds. Lifetime updates included.