



GUT-TO-GLOW PLAYBOOK.

MY GUT-GLOW DAILY ROUTINE

 Morning	 Midday	 Evening
  Hydrate	 Move	 Glow

Gut-Loving Foods



How They Help Your Skin

Balances Microbiome

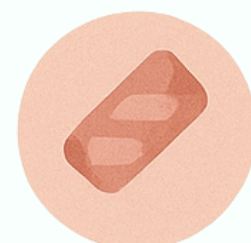
Reduces Redness

Hydrates Cells

Brightens Tone

Fights Oxidative Stress

Avoid



Processed Sugar

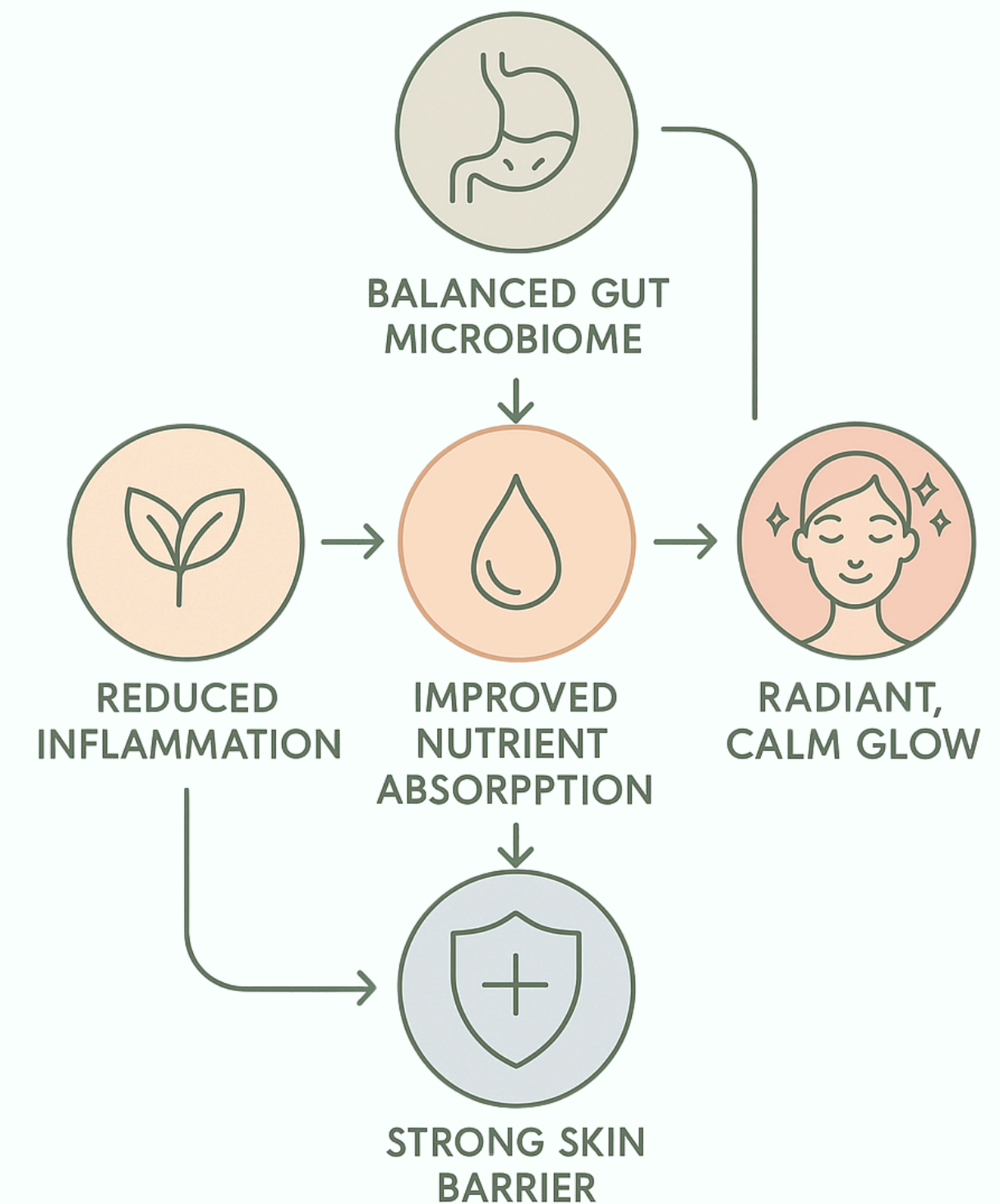


Alcohol



Fried Food

THE GUT-TO-GLOW PATHWAY



HEAL YOUR GUT.
REVEAL YOUR GLOW.

TouchCare Action Kit | Heal Your Gut. Reveal Your Glow.
Inspired by Mijung's personal flight-attendant wellness routine.