

# the **Glow** inside out method

How I reduced inflammation and balanced my hormones naturally to glow from the inside out and how you can too!



## *Used herbs*

I incorporated targeted herbs known to support detoxification, calm inflammation and restore balance to my gut and skin.



## *Daily Probiotic (Proper Strain)*

I added a daily probiotic with the right strains to restore healthy gut bacteria and improve digestion which directly impacts skin health.



## *Eliminated Sugar*

I cut out refined sugars to reduce systemic inflammation and prevent feeding harmful gut bacteria that can trigger rashes.



## *Focused on Whole Foods (90%)*

I prioritized whole, unprocessed foods about 90% of the time to nourish my body with vitamins, minerals and antioxidants.



## *Prioritized Fiber & Protein Intake*

I consistently ate 120-140 grams of protein and 25-40 grams of fiber daily to support healing, repair tissues and balance blood sugar.



## *Stayed Hydrated*

I drank 100 Oz. of water daily to flush out toxins, stay hydrated and support clear skin.



## *Daily Movement*

I committed to 8-10k steps each day and lifting 3 times per week to boost circulation, lower stress and support detoxification.



## *Holy Healing Method*

I implemented the Holy Healing Method to regulate my nervous system, release stress, and create a calm internal environment for healing.



## *Amanda Surratt*

Faith-Driven Chronic Illness Healer

If you want a personalized plan to reduce inflammation and balance your hormones naturally, book your call today for only \$47.

[Get My Personalized Plan](#)