

8 winter foods that transform your skin by healing your gut first

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Winter brings with it cosy sweaters and festive celebrations, but it also brings the common beauty challenge that is dry, dull, tired-looking skin. As temperatures drop and holiday indulgences increase, people start to notice their complexion losing its natural glow. But as one expert is revealing, the solution might be in your refrigerator rather than your medicine cabinet.

According to Dr Kevin Hayavi, Medical Director and Managing Partner at Beverly Hills Physicians, a premier medical group offering comprehensive beauty and wellness services across Southern California, the connection between gut health and skin health is stronger than most people realise.Â

â??What happens inside your digestive system shows up on your face,â? Dr Hayavi explains. â??When your gut is inflamed or struggling to process nutrients properly, your skin pays the price.â?

Below, Dr Hayavi shares eight winter-friendly foods that can help you maintain radiant skin throughout the colder months by supporting your gut health.

The Gut-Skin Connection

The relationship between your digestive system and your complexion isn't just skincare folklore. When your gut microbiome is balanced and functioning well, it helps reduce inflammation throughout your body, including your skin. During winter, when we're more likely to indulge in heavy foods and spend less time outdoors, our gut health can suffer.

â??Inflammation and poor digestion often show up as dryness, dullness, and even breakouts on your skin,â? says Dr Hayavi. â??Winter already challenges our skin with cold air and indoor heating, so supporting your gut becomes even more important during these months.â?•

8 Winter Foods for Glowing Skin

Dr Hayavi shares his eight go-to foods for a happy gut and glowing skin:Â

1. ABC Juice (Apple, Beetroot, Carrot)

This vibrant juice combination delivers a powerful blend of vitamins A and C, along with antioxidants that fight free radical damage. Beetroot supports liver detoxification, which helps your body process and eliminate toxins that can dull your complexion. Carrots provide beta-carotene, which your body converts to vitamin A for skin cell renewal.

“ABC juice is one of the simplest ways to pack multiple skin-loving nutrients into one glass,” Dr Hayavi notes. “The fibre from these vegetables also feeds beneficial gut bacteria, creating a healthier microbiome that reflects in clearer, brighter skin.”

2. Yoghurt and Fermented Foods

Probiotic-rich foods like yoghurt, kefir, sauerkraut, and kimchi introduce beneficial bacteria to your digestive system. These good bacteria help break down food more efficiently, reduce inflammation, and support your immune system. A healthy gut lining means better nutrient absorption, which translates to better skin nutrition.

3. Avocados and Nuts

Healthy fats are non-negotiable for winter skin health. Avocados and nuts like almonds and walnuts provide omega-3 fatty acids and vitamin E, which help maintain your skin's moisture barrier.

“These foods hydrate your skin from within while also supporting the absorption of fat-soluble vitamins that are essential for skin repair and regeneration,” explains Dr Hayavi.

4. Citrus Fruits and Berries

Vitamin C from oranges, grapefruits, and berries supports collagen production, which keeps skin firm and elastic. These fruits also provide antioxidants that protect against environmental damage from cold wind and dry indoor air. The fibre in whole fruits feeds your gut microbiome while the vitamin C brightens your complexion.

5. Leafy Greens and Sweet Potatoes

Dark leafy greens like spinach and kale are packed with vitamins A, C, and K, plus minerals that support skin cell turnover. Sweet potatoes provide beta-carotene and complex carbohydrates that help stabilise blood sugar, reducing inflammatory spikes that can trigger skin issues.

“These vegetables are winter staples for a reason,” says Dr Hayavi. “They're hearty, satisfying, and deliver the nutrients your skin needs to stay resilient during the harshest months.”

6. Bone Broth

Rich in collagen, amino acids, and minerals, bone broth supports gut lining health while providing the building blocks for skin elasticity. The gelatin in bone broth can help seal gaps in the intestinal lining, reducing inflammation that often manifests as skin problems.

7. Chia Seeds

These tiny seeds pack a big nutritional punch with omega-3 fatty acids, fibre, and protein. When soaked in liquid, chia seeds form a gel that supports digestive health and helps maintain stable blood sugar levels. They also provide zinc, which is important for skin healing and reducing inflammation.

8. Wild-Caught Salmon

Fatty fish like salmon provide high-quality protein and anti-inflammatory omega-3 fatty acids that support gut barrier function while reducing systemic inflammation that can lead to skin issues. Salmon also contains astaxanthin, a powerful antioxidant that protects skin from oxidative stress.

“Wild-caught salmon is one of the most complete foods for skin health,” Dr Hayavi emphasises. “It addresses multiple pathways from gut health to inflammation control, all of which impact how your skin looks and feels.”

Dr. Kevin Hayavi, Medical Director and Managing Partner at Beverly Hills Physicians, commented:

â??Incorporating these foods into your daily routine doesn't have to be complicated. Start your morning with a chia seed pudding or ABC juice. Add fermented vegetables to your lunch salad or sandwich. Snack on a handful of nuts and an orange in the afternoon. For dinner, build meals around salmon or include a cup of bone broth as a starter.

â??The key is consistency rather than perfection. Even adding two or three of these foods to your daily meals can make a noticeable difference in your skin within a few weeks. During the festive season, these foods can help balance out the richer holiday meals we all enjoy.

â??Remember that beautiful skin starts from within. When you nourish your gut, you're investing in your complexion for the long term. Winter is the perfect time to establish these habits so you can start the new year with glowing, healthy skin."