

# *The Barrier Repair Kitchen Guide*

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*The 3 Simple Recipes  
That Fixed My Skin After 35*



*By Pearly Petal*

## *The Cortisol-Balancing Breakfast Bowl*

### Why it works:

Protein and healthy fats help buffer morning cortisol. Collagen, vitamin C, and omega-3s support skin barrier repair and reduce inflammation.

### Ingredients:

- 2 tbsp collagen peptides
- 1 tbsp ground flaxseed
- 1/2 cup full-fat Greek yoghurt
- 1/2 cup frozen wild blueberries
- 1 tsp raw honey
- Squeeze of lemon

**How to use:** *Eat this before or with your coffee — not after.*



## *Recipe 2:*

# The Barrier Fat Elixir

*(Dinner Prequel)*

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### *Why it works:*

Provides essential fats your skin barrier needs to rebuild its lipid layer and hold moisture overnight.

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### *Ingredients:*

- 1 tbsp extra virgin olive oil
  - 1/4 ripe avocado
  - Pinch of sea salt
  - *Optional:* small piece of sourdough
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### *How to use:*

Eat this before dinner to support overnight skin repair.



## Recipe 3:

# The Overnight Repair Tonic

### Why it works:

*Supports sleep quality, reduces inflammation, and activates overnight skin repair processes.*

### Ingredients:

- 1 cup warm (not boiling) water
- 1 tbsp magnesium glycinate powder
- 1 tsp tart cherry concentrate
- 1/2 tsp raw honey

### How to use:

*Drink 30–60 minutes before bed.*



# My 90-Day Barrier Reset Checklist

- Eat the Cortisol-Balancing Breakfast before coffee 
- Add the Barrier Fat Elixir before dinner 
- Drink the Overnight Repair Tonic before bed 
- Pair carbs with protein or fat 
- Track sleep quality 
- Track midday skin tightness 
- Take weekly progress photos 
- Stay consistent, not perfect 