

## TONASKET NATURAL FOODS CO-OP



Holistic doctors call the gut the “second brain” due to its immense impact on all over health. This makes maintaining gut health a critical part of achieving optimal functional, integrative health.

Research has found that maintaining proper gut health affects biological functions such as nutrient absorption and plays a role in emotional health and immune system response. And ironically, our gut health is impacted by emotional and mental factors, as well.

Holistically addressing this matter is said to be the best approach, and we can be proactive in obtaining optimum health in our gut, beginning with diet; we are what we eat, after all! In most cases, our best dietary choices include minimally processed foods, sugars, and refined carbohydrates. It is also critical to identify which foods we are allergic to and eliminate them from our diets. Natural dietary fiber and ample fruits and vegetables are essential to proper gut function and whenever possible, eat organic grass-fed meats.

Finally, adding fermented foods to your diet, such as kefir, kimchi, and sauerkraut, will help add beneficial bacteria and enzymes to your intestinal flora, which will aid the health of your gut microbiome and overall digestive system.

All of these suggestions are very doable and not very expensive to implement. Additionally, many culinary herbs and foods are well known for aiding gut health. Luckily, the Co-op stocks an abundant supply of these beneficial foods, most of them in our bulk herb section.

For over 5 years, our company has been improving the brand and company images to give a proper experience to our customers.

# HERBS TO AID GUT HEALTH

## PRODUCTS THE CO-OP CARRIES

Ginger: a warming and calming digestive aid, anti-nausea and anti-microbial

Turmeric: a carminative, meaning it can relieve bloating, supports liver function, anti-microbial and a powerful anti-inflammatory

Fennel: can also help relieve bloating and is stimulating to the liver, improves appetite, increases milk production for lactation, and eases colic

Caraway: eases stomach cramps & nausea, helps expel gas from the bowel & inhibits stomach fermentation

Cinnamon: a warming appetite and circulation stimulant

Garlic: anti-microbial and probiotic due to its inulin and other compounds

Rosemary: a stimulating carminative that helps to clear your liver

Peppermint: antispasmodic, cooling and anti-microbial and supports liver function

Allspice: warming and settling to the gut, promotes digestive enzymes, is analgesic and antiseptic. Most beneficial when drank as a tea after a meal

**None of these statements have been evaluated by the FDA**

