How Your Gut Works 101

You Eat Food

Your stomach breaks food down into smaller digestible componets

Food moved from the stomach into the gut

In the Gut the fun begins

Food is absorbed via the lining of your gut & released into the bloodstream

Non-digestible compounds (ie fibre resistant starch) are eaten by your “good” bugs to make butyrate & other healthful compounds

good bugs are happy nourished & multipy

butyrate is used to repair & replenish gut cells

Germs from everyday life & food enter the gut

Pesticides, toxins & antibiotics make their way from our mouths & into the gut. These can hurt our good bacteria & encourage overgrowth of the bad guys

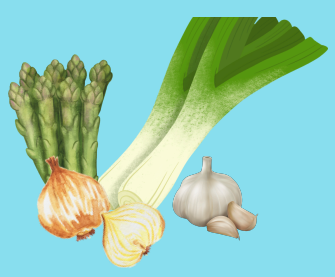
In a Well Gut

Immune cells are supported by healthy gut bacteria which can detect & neutralise, pathogens, to prevent them from entering your bloodstream

Things that support your gut



Probiotic rich foods & beverages



Prebiotics fibre & resistant starch



Digestive rest



Foods Low in Sugar & Minimally Refined



A" Green" toxin-free home



Hydration



Happiness

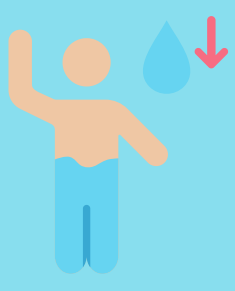
In a Sick Gut

Our gut is less able to protect against invading pathogens. This may lead to increased gut upsets, colds & illnesses

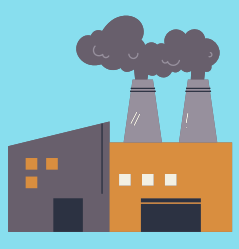
Factors which hurt your gut bacteria



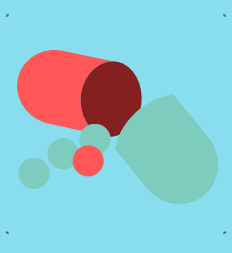
Stress



Dehydration



Pollution & Environmental Toxins



Overuse of antibiotics



Over-hygiene



Overuse of antibacterial sprays & handwashes

Recognise yourself in these gut-harming patterns? Don't wait. Book a clarity call and start your journey to gut health today. [Your Contact Link]