

Gut Health 101

The gut plays a vital role in health, metabolism, and digestion.

The gut is known as the second brain because of it's direct connection to our brain and immune system.

You have BILLIONS of healthy bacteria living in your gut!

Healthy gut bacteria supports weight loss, digestive health, muscle growth, and immune function.

The bacteria in your gut only has a lifespan of 3-4 days and needs to be replenished frequently!

Better gut health reduces stress, balances hormones, and clears brain fog.

BLOATING

Why do we feel bloated?

Here are a few common causes of bloating:

- Overeating
- Carbonated beverages
- Eating too fast
- Food intolerances - dairy and gluten are common
- Menstrual cycle
- Eating foods that we don't normally eat
- Eating inflammatory foods - seed oils and dyes are big ones

Gut Health

How do we take care of our gut?

Consume 2-3 servings of probiotic-rich foods daily.

Consume 2-3 servings of digestive enzyme-rich foods daily.

Drink +100oz of water daily.

SIMPLIFY YOUR DIETARY INTAKE.

Limit intake of processed foods.

Avoid seed oils like canola oil, vegetable oil, and palm oil.

Avoid dyes like Red 40 and Yellow 5.

If you have intolerances, avoid dairy and/or gluten.

Probiotics & Digestive Enzymes

Probiotics are foods or supplements that introduce new, good bacteria to your gut microbiome.

- Good whole food sources include yogurt, kombucha, kimchi, sauerkraut, kefir, miso, pickles, and cottage cheese.
- If you're going to use a supplement, you want to use one with ≥ 8 billion CFU for maximum effectiveness.

Digestive enzymes are naturally occurring proteins that help your body break down food for digestion and absorption.

- We can help our body with this process by consuming foods rich in digestive enzymes, such as pineapple, banana, papaya, mangoes, avocados, and kiwis.
- You can also utilize a digestive enzyme supplements for specific occasions of anticipated bloating or for daily mitigation.