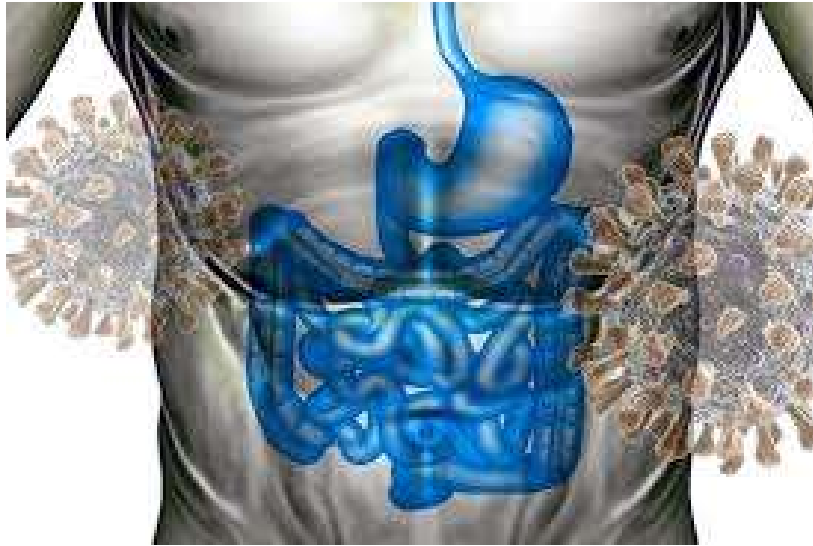


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## Everything Your Doctor Won't Tell You About Gut Health



In the pursuit of flawless skin, luscious hair, and strong nails, many people invest significant time and money on external treatments and beauty products.

However, what if the key to unlocking your body's natural beauty lies within, specifically in the often-overlooked realm of gut health?

So, what are the signs of an unhealthy gut?

You may be wondering, "How do I know if my gut is healthy?" and "How do I reset my gut health?"

In this blog post, we'll explore everything your doctor might not be telling you about gut health and its profound impact on your overall well-being.

### 1. Collagen: The Beauty Molecule

Many people are curious about what the top 3 superfoods are for your gut. Read on for more info.

Collagen, a critical connective tissue element, is the unsung hero behind the tightness of your skin, the strength of your hair, and the resilience of your nails.

Unfortunately, our modern diets often lead to a massive depletion of collagen, leaving us susceptible to a myriad of beauty concerns.

The good news is that replenishing collagen is within your grasp.

Sources of Collagen:

- **Bone Broth:** A nourishing elixir that involves simmering bones and meats for 24 to 48 hours, bone broth is a potent source of collagen. By drinking it regularly, you can boost collagen levels and contribute to the health of your skin, hair, and nails.

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- **Vitamin C-Rich Foods:** Fruits like oranges and peaches are rich in vitamin C, a precursor to collagen. Consuming these fruits supports your body's ability to produce more collagen, promoting the growth of beautiful hair and nails.
- **Eggs:** Among the few foods containing collagen, eggs are a versatile and accessible source. Opt for clean, natural, and organic eggs to avoid unnecessary toxins while enjoying the benefits of collagen.

## **Collagen Intake Recommendations:**

For general benefits, aim for a daily intake of 15 grams of collagen.

If you're dealing with specific issues or hair thinning, consider increasing your daily intake to 30 grams for optimal results.

## **The Collagen Cleanse:**

To kickstart your journey to radiant skin and optimal health, consider a collagen cleanse.

This involves loading up on collagen for two to three days, allowing it to repair your gut and replenish your body's stores.

During the cleanse, focus on collagen-rich foods like bone broth or incorporate powdered collagen into your routine.

Simultaneously, engage in a cleansing process by lowering insulin, abstaining from eating, and activating autophagy — the body's cleanup system.

As part of the collagen cleanse, you can indulge in a delightful collagen smoothie that not only supports gut health but also tantalizes your taste buds.

Here's a quick recipe to get you started:

## **Ingredients:**

- A handful of spinach
- Coconut milk
- Blueberries
- Collagen protein (vanilla or chocolate-flavored)

## **Instructions:**

- Place a handful of spinach at the bottom of your blender.
- Add coconut milk (approximately one can) for a creamy texture.
- Drop in a handful of blueberries for a burst of flavor and antioxidants.
- Incorporate collagen protein, ensuring a generous dose for maximum benefits.
- Blend until smooth and relish the goodness of a collagen-packed smoothie.

This delectable smoothie not only caters to your taste buds but also provides a nutrient-rich start to your day, supporting your gut health and overall well-being.

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## 2. Balancing Omega-6 and Omega-3 for Inflammation Control

While collagen works its magic internally, maintaining a proper balance of omega-6 to omega-3 fatty acids is crucial for controlling inflammation — an often overlooked aspect of health.

### Balanced Fats:

Choose healthy fats with a balanced ratio of omega-6s to omega-3s, such as borage oil, ahi flour, olive oil, and avocado. Opt for wild-caught fish sources of omega-3 to reduce inflammation and support overall health.

### Inflammation and Dietary Choices:

It's important to recognize the correlation between dietary choices and inflammation.

Avoid processed meats with a high omega-6 to omega-3 ratio (e.g., a McDonald's burger with a 20 to 1 ratio).

Be mindful of cooking oils, ensuring that they don't turn rancid and contribute to inflammation.

## 3. Nurturing Your Second Brain: Tips for a Healthy Gut

Your gut, often referred to as the second brain, plays a pivotal role in immune function and overall health.

Recognizing the signs of a distressed gut is essential for optimal well-being.

### Symptoms of Gut Issues:

What are some signs of poor gut health?

- Craving carbohydrates
- General fatigue
- Interrupted sleep, especially related to late-night eating
- Skin irritations
- Anxiety and nausea

### Strategies for Gut Health:

Time your eating to reduce stress on your digestive system, avoiding late-night meals.

Invest in quality sleep by monitoring your sleep environment and considering adaptogenic herbs like rhodiola or ashwagandha.

Hydrate effectively, adding lemon or cucumber to your water to aid your digestive system.

## 4. Digestion Optimization: Small Steps, Big Impact

Optimizing digestion is a multifaceted approach that involves conscious eating, hydration, and strategic supplementation.

### Chew Your Food:

Thoroughly chewing your food eases the digestive process and reduces strain on your gut.

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Eating smaller, well-chewed meals and doing intermittent fasting can both contribute to easier digestion.

## **Hydration and Supplements:**

Stay well-hydrated with lemon-infused water or apple cider vinegar for added benefits.

Consider a complete pre-pro-post-biotic approach to support gut bacteria and overall digestive function.

## **Eliminate Potential Irritants:**

Identify and eliminate potential food sensitivities through a systematic process.

Cut out specific foods such as nuts, seeds, spices, alcohol, grains, and gluten to observe potential improvements in gut health.

You can then add some of them back in to see which ones you have a sensitivity to.

## **Conclusion**

In conclusion, the journey to radiant skin, luscious hair, and strong nails begins from within.

Embracing collagen-rich foods, balancing essential fatty acids, nurturing your gut, and optimizing digestion are key steps toward unlocking your body's natural beauty and supporting your overall health.

By paying attention to these often overlooked aspects of health, you can embark on a transformative journey to holistic well-being