

savy wellness



FREE WELLNESS WORKBOOK

A Guide to Ingredients

Common gut irritants to
avoid and easy swaps



Welcome

As a certified health coach, I value what we put in our bodies, and I value that what fits each of our needs and bio-individuality is different.

The irritants in this guide or common irritants that I recommend avoiding, but this isn't the end all be all. It is important that you listen to YOUR body and do what feels right for you. Remember that moderation is key, and that stressing over food and ingredients can be just as harmful as bad ingredients themselves. I created this as a guide for people who wanted to make healthy, easy swaps to feel better about their choices.

Be happy and be well.





Avoid: Dairy

Dairy products such as milk, cheese, and yogurt can be difficult to digest for some people, particularly those who are lactose intolerant or have a sensitivity to casein, a protein found in dairy. It's worth noting, and I do it often, that we are the only animal on the planet that drinks the milk from another animal. It speaks to why our bodies just aren't built to digest it.



EASY SWAPS

- Use non-dairy milk alternatives such as almond, coconut, or oat milk.
- Try non-dairy cheese alternatives made from nuts or soy.
- Substitute yogurt with non-dairy alternatives such as coconut yogurt or soy yogurt.

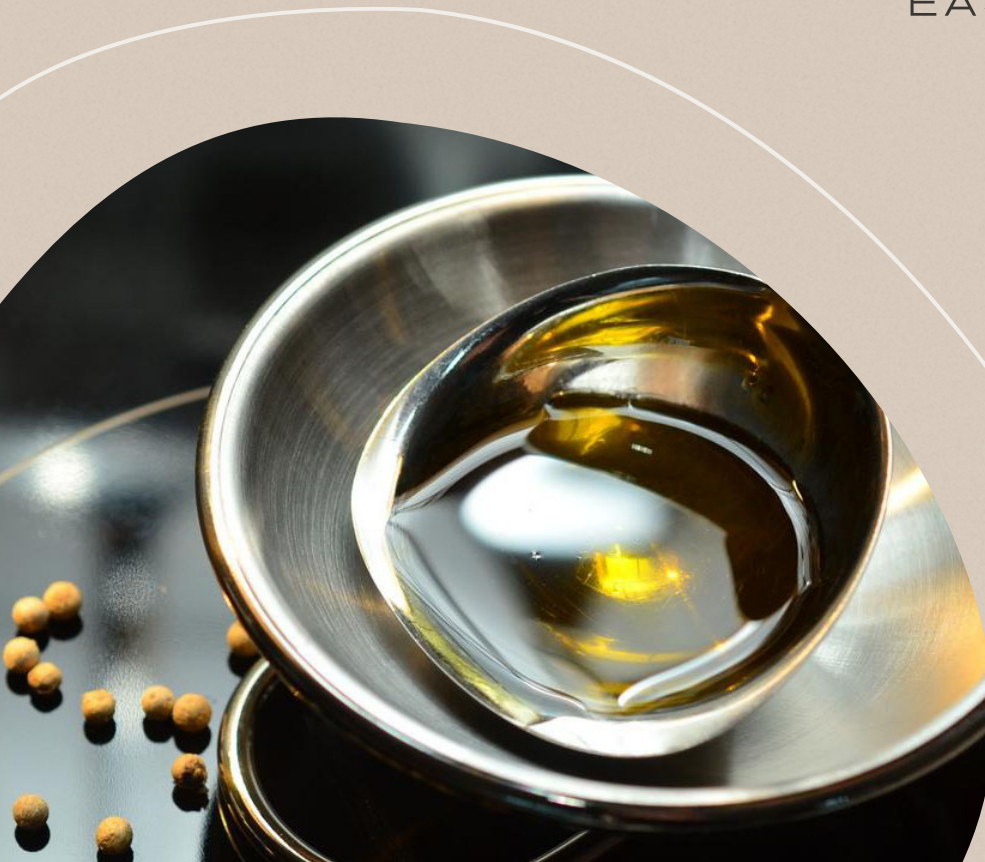
Avoid: Refined Oils

Inflammatory refined and seed oils can be harmful to gut health when consumed in excess. These oils are high in omega-6 fatty acids, which are pro-inflammatory and can contribute to chronic inflammation throughout the body, including the gut. Omega-3, conversely, are the inflammatory superheroes!

Chronic inflammation in the gut can lead to a variety of digestive issues, such as irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), and leaky gut syndrome. Additionally, excessive consumption of these oils has been linked to an increased risk of obesity, metabolic syndrome, and cardiovascular disease. vegetable oils, canola oil, safflower oil, cottonseed oil, sunflower oil, and grape seed oil.

EASY SWAPS

- Olive oil
- Avocado oil
- Flaxseed oil
- Coconut oil



Avoid: refined and artificial sugars



Artificial sweeteners, such as aspartame, saccharin, and sucralose, have been shown to have negative effects on gut health. These sweeteners are not digested or absorbed in the small intestine, which means they can reach the colon intact. Once in the colon, they can be fermented by gut bacteria, leading to an imbalance in the gut microbiome and promoting the growth of harmful bacteria.

Furthermore, some studies have suggested that artificial sweeteners may also interfere with the production and secretion of hormones that regulate appetite and metabolism. This disruption can lead to changes in the gut microbiome and contribute to conditions such as obesity and diabetes.

EASY SWAPS

- Coconut sugar, coconut milk, or coconut oil
- Cinnamon
- Rice malt syrup
- Honey
- Maple syrup
- Fruit

Note: I like to curb a sweets craving with organic dark chocolate (even better if they are added to zero sugar greek yogurt, or I drink a flavored sparkling water, or kombucha.

Avoid: Food Dyes

Artificial food dyes have been a topic of debate and concern for their potential health effects. While the use of food dyes is considered safe by regulatory agencies when consumed in moderate amounts, some studies suggest that they may have negative effects on human health.

Food dyes are synthetic chemicals that are added to foods to enhance their appearance and make them more visually appealing. Many food dyes have been linked to adverse health effects, such as hyperactivity in children, allergic reactions, and even cancer.

Some food dyes, such as Red 40 and Yellow 5, have been shown to disrupt gut microbiome balance and cause intestinal inflammation, which can contribute to digestive issues and chronic diseases.

EASY SWAPS

- Pink: strawberries, raspberries
- Red: beets, tomato
- Orange: carrots, paprika, sweet potato
- Yellow: saffron, turmeric
- Green: matcha, spinach
- Blue: red cabbage + baking soda
- Purple: blueberries, purple sweet potato
- Brown: coffee, tea, cocoa
- Black: activated charcoal



If eating packaged food, just avoid the food dyes. They wreak havoc. Natural foods will have the ingredients listed above if used as a colorant.



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About Savvy Wellness

I am passionate about helping individuals find balance in their busy lives and cultivate a sense of inner peace and vitality. With a warm and compassionate approach, I strive to create a safe and supportive environment where my clients feel heard, valued, and empowered to take charge of their health and well-being. Through one-on-one coaching, group sessions, and workshops, I work collaboratively with my clients to develop customized wellness plans that address their physical, emotional, and spiritual health.

