



6 Tips for Rebuilding & Maintaining a Healthy Gut

Module 8

1. Remove allergens & toxins from your diet

First step is to remove any offending foods and toxins from your diet that could be acting as stressors on your system. This means caffeine, alcohol, processed foods, bad fats, sugar, and any other foods you think may be causing issues. Other top allergens are gluten and dairy. Also falling in here are environmental toxins and even things like GMOs. All of these all irritate the gut in some form and create an inflammatory response.

2. Treat any intestinal pathogens

Parasites, small bowel bacteria, and yeasts can all inhibit proper gut function. You must treat these infections if you want to heal.

3. Start to repair the gut lining by eating a whole foods diet.

Get rid of the processed factory made foods and include more whole foods the way nature intended them. Fruits, vegetables, nuts, seeds, quality animal proteins, healthy fats. The majority of the diet should be made up of vegetables. Aim to eat between 20-40 different veggies each week. You also might want to take on omega 3 supplement to help cool inflammation in the gut.

4. Restore the gut bacteria by introducing the good bacteria

Do this by eating probiotics. Probiotics are the bacteria found in fermented foods like yogurt, kefir, sauerkraut and kimchi. I'd recommend eating these foods everyday to continue adding new bacteria to the gut. You want to make sure if you are eating fermented veggies like sauerkraut, that it is raw and non-pasturized. If you're eating yogurt look for full fat, no sugar and organic if possible to make sure it's coming from a good source. You can also take a high quality, multi-species, probiotic supplement each day.

5. Feed the good bacteria

Once you have a proliferation of the good bacteria - you want to keep them fed so they continue to grow. You do this by eating pre-biotics. These all-natural, plant-based fibres nourish the beneficial bacteria in the gut. The body itself does not digest these plant fibres; instead, the fibres act as a fertilizer to promote the growth of many of the good bacteria in the gut.

Where do we get pre-biotics? Pre-biotic fibre is found in many fruits and vegetables, such as the skin of apples, bananas, onions and garlic, Jerusalem artichokes, chicory root and beans. Unfortunately, the minute amounts of fibre in each of these foods - such as 1 to 2 grams per serving - make ingesting enough fibre extremely difficult. Most people should consume at least 25 grams of fibre every day, and the foods highest in prebiotic fibre - chicory root is one such example - are nearly impossible to eat in large quantities every day.

A great way to get pre-biotics is from potato starch which is a really beneficial prebiotic. You can buy it in most health foods stores. Make sure you get unmodified potato starch not potato flour. Start with 1 tablespoon each day in water on an empty stomach and work your way up to 4 tablespoons a day.

6. Take steps to manage your stress

The gut is especially vulnerable to the presence of chronic (and even acute) stress. Stress affects the physiological function of the gut and has also been shown to actually cause changes in the composition of the microbiota and impairs your guts' ability to absorb nutrients.