

## The 3 Best Steps to Better Gut Health Plan

Instructions: Take a look at the suggestions in each section. Pick the ones that are easiest for you to add to your daily life. Add one at a time if that is what works best for you. The goal is to add more suggestions as you go until you find the right combination for you. Look for your digestive, elimination and energy functions to improve.

|                                 |  |   |   |
|---------------------------------|--|---|---|
| <i>Feed the Good Guys</i>       | Prebiotic Foods  | Resistant Starch Foods  | Polyphenol Foods  |
|                                 | Many whole foods are prebiotics, meaning they feed good bacteria. Broccoli, kale, cabbage, apples, tomatoes, berries, artichokes, chicory, bananas, avocados almonds, onions, and garlic are good choices.               | Wheat, potatoes, corn, and other grains that feed bacteria in the colon that produce beneficial short chain fatty acids are examples of resistant starch foods. Sweet potatoes, legumes, and quinoa also have resistant starch but not as much.   | Polyphenols are beneficial chemicals in plant foods such as red, blue, and purple berries, wine, chocolate, and green tea. Many foods have polyphenols, such as cashews and cauliflower which both have purple hues. Whether other phytochemical families also are prebiotic – only time will tell.   |
| <i>Help the Gut Do Its Work</i> | Probiotics   | Fermented Foods   | Other Helpers   |
|                                 | Research has shown that many different types of probiotic supplements can be very helpful. They support the function of your residential bacteria. Be sure to pick a company that has research to support their product. | Fermented foods have two benefits: They provide beneficial bacteria to help the residential bacteria. Plus, they are antimicrobial to inhibit bad bacteria. Many also contain prebiotics to feed the residential bacteria. Try kefir, yogurt, sauerkraut, kimchi, kombucha, wine, and unpasteurised beer. | In order for the good bacteria to survive, they need a healthy mucus and gut lining. Bone broth contains many nutrients that will help. Aloe Vera can also soothe the lining and promote the growth of good bacteria. Colostrum and glutamine are supplements that can help repair the lining and help with inflammation. They can be easily added to a smoothie. |
| <i>Look After You</i>           | Exercise   | Sleep   | Stress Management   |
|                                 | Walking, swimming, cycling, yoga, Pilates, dancing, light jogging, and playing recreational sports all help support the health of the gut bacteria. Excessive training and couch potato-ing do not.                      | Go to bed and get up at the same time every day. Get 7 to 8 hours of sleep a night. Sleep in a dark room and practice relaxation techniques before going to bed. Failure to stay asleep or waking several times in the night is a sign of too much stress.  | A good stress management program includes proper sleep and moderate exercise. Deep breathing to lower the stress hormone cortisol is helpful. So is practicing meditation and mindfulness. Having fun and enjoying family and friends can work wonders. Avoiding stimulants such as caffeine, nicotine, and too much alcohol can also help.                       |