

heal your gut heal your life

Your digestive system is central to every aspect of your health as it is through your digestive system that you absorb all the vitamins, minerals and nutrients your body needs to function. There are many factors that compromise your gut health such as stress (mental and emotional), antibiotics, the wrong foods, alcohol, lack of sleep, illness, inadequate water, drugs, environmental toxins and much more. That is why it is so important to make sure you are looking after your digestive system for three key fundamental reasons which are outlined below;

- 1. Your gut is your 2nd brain;** there are millions of neurons located in the wall lining of your gut. What you eat affects your mood and emotions. It can make you angry, sad, frustrated, brain foggy, irritable, anxious or depressed. Of course there are other contributing factors to these moods and mental illnesses, but foods can play a huge part in helping you mentally cope with life.
- 2. 70% of your immune system is in your gut;** your gut is like a beautiful mini rain-forest with billions and billions of microflora & bacteria contained within it. There is good and bad bacteria located in your gut and the quality of your health can be determined by how well the ratio of this good and bad bacteria is kept. When you have antibiotics, eat crappy food, consume toxins and chemicals or when you are stressed and inflamed, the bad bacteria flourishes causing an imbalanced ratio. This in turn can compromise your immune system (which is located just underneath the lining of your intestinal wall) and you can become more susceptible to catching an illness, allergy, cold or flu.
- 3. Your inner ecosystem influences your genes;** you have 500 trillion cells in your body that all interact together. Every cell in your body is unbelievably intelligent and knows exactly what to do to communicate with the other cells but the foods you eat determine whether this communication is in a positive or negative way. Therefore it is vital to nourish your gut with nutritious food ensuring you have a healthy internal ecosystem to switch on and off certain genes!

Over these past few weeks, you have taken the steps to ensure you are nourishing your inner ecosystem with good, nutritious, anti-inflammatory foods. Moving forward, I would highly recommend keeping this up and staying away from some of the main "gut destroyers" (gluten, dairy, refined sugars, alcohol, processed foods.)

I WOULD ALSO HIGHLY RECOMMEND INTRODUCING THE BELOW TWO FOODS INTO YOUR DAY WHICH WILL ENSURE YOU HAVE A HEALTHY GUT AND LEAVE YOU FEELING HEALTHY AND HAPPY FOR LIFE!

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BONE BROTH SOUP

This will help heal and seal the lining of your intestinal wall (so no holes or leaky gut). It is loaded with minerals and nutrients for health, fights inflammation in the body, assists with sore joints and promotes healthy digestion.

My quick and simple recipe; Chuck half kg to 1 kg of organic beef marrow bones or chicken carcass in a large pot. Fill to the top with water. Add in 2 tablespoons of apple cider vinegar, cinnamon sticks, cloves and a tablespoon of turmeric powder. Bring to the boil, then cover and simmer for 8-12 hours. Strain the bones, let mixture cool and store in fridge! Each morning have a small cup or use as stock.

FERMENTED VEGETABLES

This will populate your gut with good bacteria and is one of the best natural probiotics out there! You can either make fermented vegetables yourself or purchase from any health food store.