

Module 7

VIDEOS TO WATCH

7.1 Gut Health Overview

7.2 Microbiome Dysbiosis

7.3 How To Heal Your Gut

HOMework

Microbiome Check-In

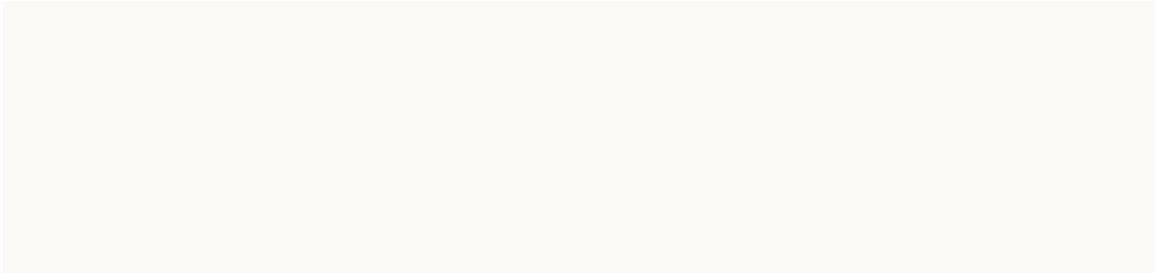
5 Step Process

MICROBIOME CHECK-IN

IDENTIFY WHICH OF THESE FACTORS COULD BE AFFECTING YOUR MICROBIOME

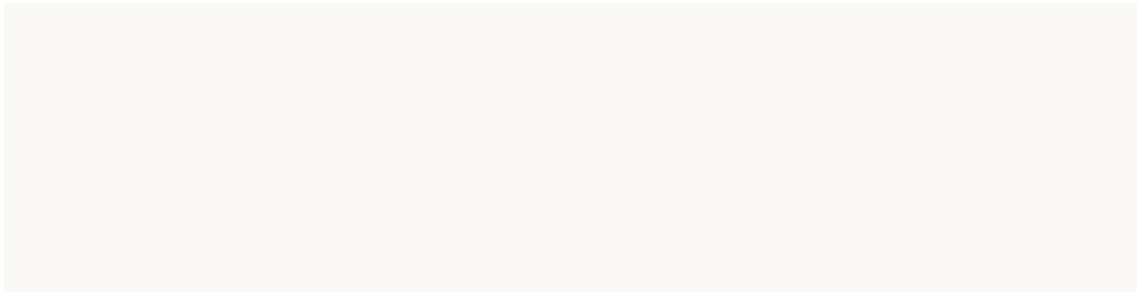
1 POOR DIET

Diets high in sugar, processed foods + poor quality fat and low in fiber + nutrients will reduce microbiome variety + balance.



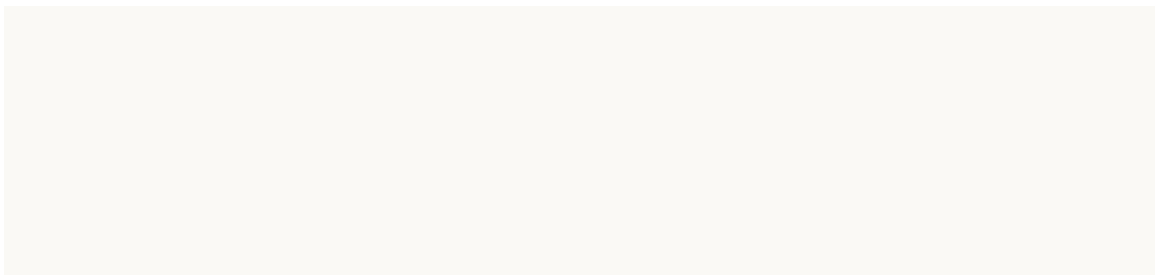
2 ANTIBIOTICS

In the process of eradicating the bad bacteria, the good strains are destroyed.



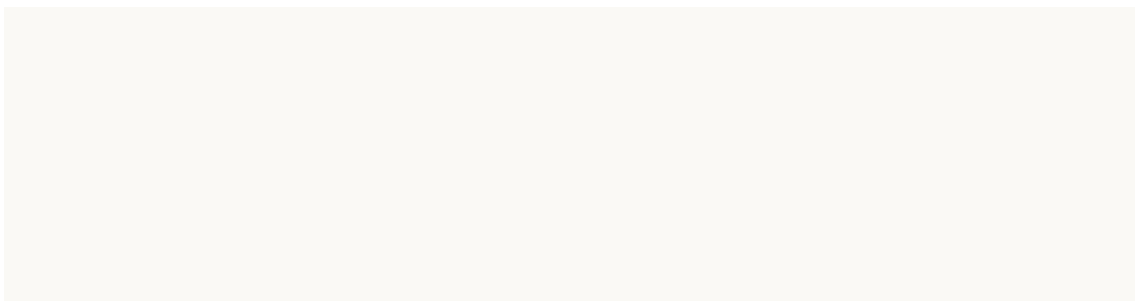
3 STRESSORS

Stress (psychological, environmental + physical) disrupts the function of bacteria in the gut.



4 GENETICS

If your mother didn't have a healthy gut during your development, neither do you, unless changed by other factors.



Five Step Process

TO HEALING YOUR GUT

STEP 1: REMOVE

First we need to remove the stress, inflammatory foods + infections that wreak havoc on our digestive systems + microbiome. Foods high in sugar or that initiate an allergic response exacerbate the problems along the digestive tract + promote growth of the bad gut bacteria. Consider removing alcohol, caffeine, sugar, gluten, dairy, hydrogenated vegetable oils, processed foods first. If problems persist, eliminating potentially reactive foods like eggs, nightshades, corn, soy, etc. Extreme cases may need to seek help from a doctor to eliminate some yeast + bacterial overgrowths.

STEP 2: REPLACE

During this phase it is important to support digestive organs to ensure proper production of enzymes + gastric juices to fully digest food + eliminate discomfort (reflux, diarrhea, constipation, gas + bloating) when eating healing foods. Support could be as simple as incorporating some naturally bitter foods like beets, apple cider vinegar, radicchio, ginger, coffee + dandelion greens. Supplementation could be in the form of HcL, digestive enzymes, bile, liver detox teas + tinctures.

STEP 3: REINOCULATE

Probiotics (like lactobacillus + bifidobacteria) are strains of bacteria + yeast that are beneficial to the gut microbiome. These can be acquired through fermented foods like low sugar yoghurt, low sugar kombucha, tempeh, kefir, miso, sauerkraut + kimchi for the most wide variety of strains. Supplements can also be used to promote good bacteria in the gut. In addition, feeding the good gut bacteria with prebiotic foods like beans, whole grains, aromatics like garlic + onion, greens, seaweed, fruit + vegetables are great sources, as well as maca, chicory root + dandelion greens.

STEP 4: REPAIR

Repair the digestive tract + microbiome with anti-inflammatory foods, soothing herbs + supplements, + nutrient-dense whole foods. Fish oil, turmeric, quercetin, omega-3's, zinc, slippery elm, glutamine, marshmallow root, bone broth (protein powder), collagen + aloe vera are all very healing natural supplements.

STEP 5: REBALANCE

In addition to diet, we also need to focus on lifestyle habits that can have a tremendous impact on our gut health. Reducing + managing stress, consuming a wide variety of nutrient dense foods to provide all the necessary nutrients our body needs, movement, good sleep + reducing toxic exposure will all lead to a healthy gut + life!