

Healthy Gut

3 STEPS TO A FLOURISHING FLORA

“ Nothing affects your gut health more quickly and more powerfully than the food you put in your body. ”

Food Toxins Stress Sugar Food Sensitivities Digest

01.

REDUCE THE BAD

The first step towards a healthy gut is reducing the toxins you put in and on your body. Top on the 'avoid' list are household cleaners, laundry products, cosmetics, soaps and shampoos. Packaged and processed foods are not your friends. They are loaded with artificial colours, flavours and preservatives that harm your gut.

02.

ADD IN THE GOOD

Your microbiome needs to be fed the right foods to help it flourish. Variety is key. It's clear that a healthy gut is a diversely-populated gut, and one of the best ways to build a diverse bacterial community is to eat a wide range of healthy foods. Lots of greens and plant based foods are what keep our 100 trillion friends happy.

03.

DON'T FORGET

Stress, sleep and exercise. Did you know it's impossible to digest our food properly when we are stressed. Breathe! Switches us from *Fright or Flight* to *Rest and Digest* mode. Tools for stress reduction, exercise and a good night's sleep will ensure that your 'friends' will flourish.



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QUESTIONNAIRE



HOW HEALTHY IS YOUR GUT?

SCORE 0 - 3

Hello gut health champion! It would seem your flora is flourishing and your good health will attest to that. You are WINNING!

SCORE 4 - 6

We all need a tune-up once in awhile and it would seem it's time for your gut health check. Perhaps you have unrecognized food sensitivities or simply need to add in some fermented foods, gut friendly fibres or a few lifestyle tweaks. Refer to the Healthy Gut Checklist for tips or contact Jennifer for a consultation. <https://www.eatforliving.ca/contact.html>

SCORE 7 - 10

WARNING, your gut health is in need of a high performance tuneup. Seeking the guidance of a nutritionist is recommended at this time to keep food fun & delicious while transforming your energy, focus and sleep.

- I crave sugar, bread and/or alcohol
- I eat the same breakfast most mornings
- I suffer from heartburn, GERD, reflux or acid indigestion
- I frequently feel drowsy or tired after eating
- I have had times in my life when I frequently had antibiotics i.e. as a child, in my teens or have had a bout of food poisoning in the past 5 years.
- I frequently feel bloated and gassy
- I take ibuprofen (or other NSAID drugs) or Tylenol regularly
- I have seasonal allergies and/or food allergies, asthma, or eczema
- I suffer with depression and/or anxiety
- Living with an autoimmune disease is a part of my life ie rheumatoid arthritis, psoriasis, hashimoto's, multiple sclerosis or inflammatory bowel disease

Total