

5 SIMPLE STEPS TO IMPROVE YOUR GUT HEALTH

GHP TOOLKIT



SEAN & CHRYSTIE



GUT HEALTH ENTHUSIASTS

Our mission is to help you to understand how your gut works and what it needs to thrive.

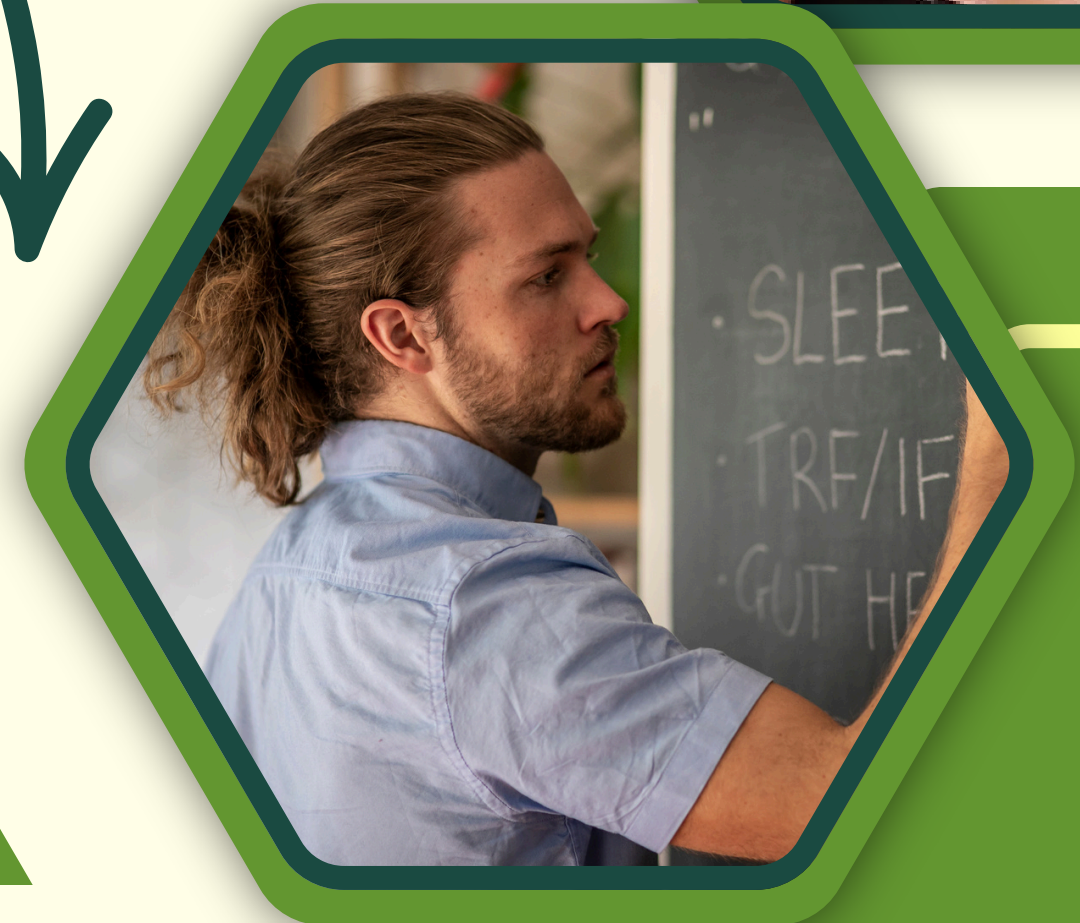
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*That's
Us!*



DISCLAIMER

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Benefits of Improving Your Gut Health

Your gut microbiome plays a key role in your health. Follow our simple, actionable steps to improve your gut health and start feeling your best self.

- ✓ More energy
- ✓ Improved mood
- ✓ Less bloating
- ✓ Healthy digestion
- ✓ Sleep better
- ✓ Clear skin



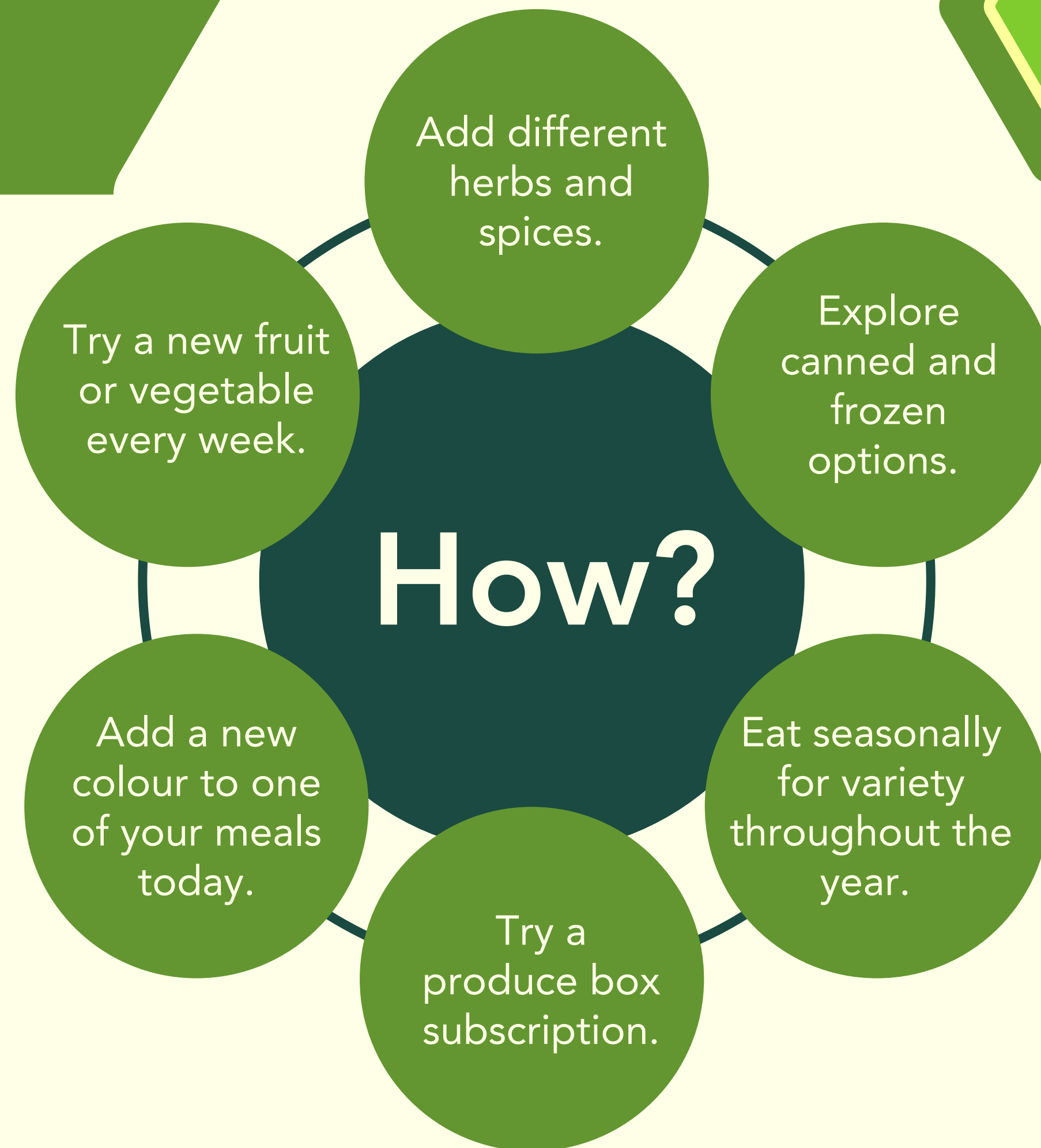


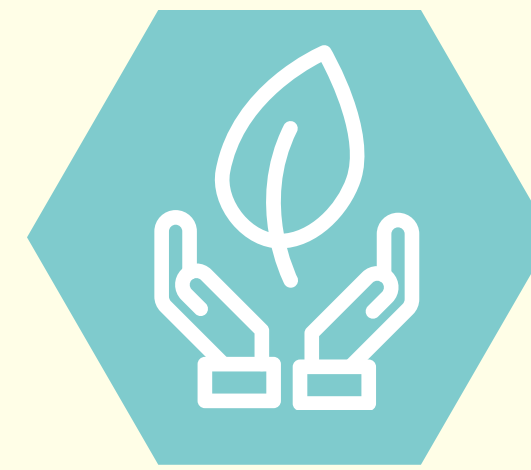
#1. EAT A WIDE VARIETY OF PLANT FOODS

Why?

The best diet for gut bacteria is a diverse one that includes a range of different foods to provide different microbes with fuel.

Plant foods are particularly important to support our gut microbiome as the fibers found in plants are our gut bugs' favourite food.





#2. Increase Your Fibre Intake

Why?

Dietary fibre helps to promote healthy bowel movements, blood sugar, and cholesterol.

Special types of fibre known as prebiotic fibre, feed our good gut bugs, and in return they produce vitamins for our body to use and special compounds called short-chain fatty acids, which are crucial for our intestinal health, regulating our immune system, our brain function, and managing blood sugar.

How?

- Keep the skin on vegetables like potatoes and squash.
- Add nuts and seeds to salads, oatmeal and smoothies.
- Switch white rice for brown rice or quinoa.
- Add grated veggies to dishes.
- Use pulses and legumes to bulk out dishes.

Tip: aim for 25-30g of dietary fibre daily.





#3. ADD FERMENTED FOODS

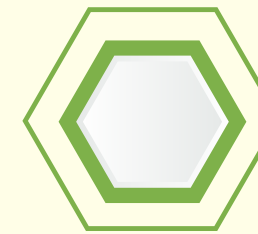


Why?

Fermented foods are the most natural form of probiotics. They contain unique properties and benefits:

- **Easier to digest:** Fermentation helps to break down certain parts of food that are harder to digest.
- **Nutritional profile:** Fermentation can increase the amount of certain vitamins and minerals in food.
- **Anti-inflammatory:** Contain fermentation byproducts like short chain fatty acids which help to reduce inflammation and reduce the risk of developing diseases like inflammatory bowel disease (IBD), type 2 diabetes, and bowel cancer.
- **Antioxidants:** Contain antioxidants and other compounds that may help with blood sugar and insulin sensitivity.

How?



ADD FERMENTED FOODS TO YOUR SALADS OR SANDWICHES.



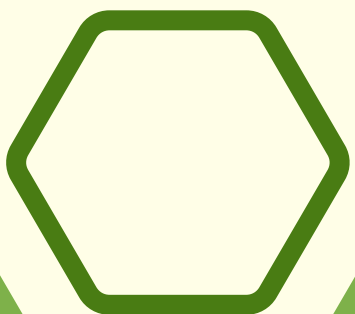
TRY FERMENTED CHEESE, SUCH AS AGED CHEDDAR.



ADD KEFIR OR YOGHURT TO YOUR BREAKFAST.



TRY FERMENTED PROTEINS LIKE TEMPEH, OR FERMENTED SOYBEAN.





#4. LIMIT ULTRA-PROCESSED FOODS

Why?

High consumption of ultra-processed food can change our gut microbiome and lead to inflammation.

Studies indicate that individuals with diets high in ultra-processed foods have higher levels of gut bacteria, which are linked to markers of blood sugar, cholesterol, and inflammation. These markers significantly increase the risk of cardiac events, strokes, and type 2 diabetes.



How?

Switch breakfast cereal for oats, yoghurt and fruit.

Keep healthy snacks on hand, like nuts, fruit, carrots, and boiled eggs.

Skip the takeaway and make your own 'fakeaway' like burgers or pizza.

Double cook dinner so you have a healthy lunch prepared.



#5. GET 7-8 HOURS SLEEP EACH NIGHT

Why?

Lack of sleep leads to increased cortisol and stress, which can eventually alter the balance of our gut bugs.

A healthy sleep cycle helps the body produce the hormones melatonin and prolactin, which have been found to promote good bacteria and digestion.

Sleep deprivation can alter the hormones leptin and ghrelin, which help us to regulate hunger. These imbalances may make us crave unhealthy foods such as processed foods, and those high in fat and sugar. Overconsumption of these types of foods can cause overgrowth of harmful bacteria and decrease beneficial bacteria.



How?



AVOID FOOD 2 HOURS BEFORE BED. WATER ONLY AND KEEP IT LIMITED!



REDUCE/DIM LIGHT 2 HOURS BEFORE BED.



GET 30 MINUTES OF DIRECT SUNLIGHT PER DAY.




IF YOU HAVE TROUBLE FALLING ASLEEP, READ A BOOK UNTIL YOU FEEL SLEEPY.



GUT HEALTH PROJECT

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PARTY!

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