

Discovering the

3 Best Steps

to Better Gut Health & Well-Being



Sara Abtahi

Hello. Thank you for downloading "Discovering the 3 Best Steps to Better Gut Health and Well-Being."

Learning to support your gut and the beneficial bacteria that live there is the best thing you can do for your health.

The good news is that feeding the gut with foods can be fun. Good bacteria love so many delicious fruits, grains, legumes, vegetables, herbs, and spices. Beneficial fats found in butter, olive oil, chia seeds, flaxseeds, hemp seeds, avocado oil, and coconut oil provide nutrients that nourish the gut and, of course, protein is always needed to build a healthy home for the bacteria.

Maybe you react to certain foods. That is a sign you do not have the needed good bacteria to digest the food properly. Working on your gut health may help you to stop reacting. So, what do you have to lose? Feed your gut and feel the rewards.

I am here to help you. I can clarify what you need to do so don't be afraid to reach out.

If you have any questions, please feel free to contact me at 778-951-1351 or info@saranutritionalconsulting.ca.

Enjoy!

Sara Abtahi

Certified Nutritional Practitioner, Bsc, CNP



info@saranutritionalconsulting.ca

778-951-1351



Medical Disclaimer

All information contained in this document is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent health problems. For all serious health issues, please contact a medical or nutrition practitioner. The information provided in this program is based on the best knowledge of the author at the time of writing, and we do not assume liability for

the information within this program, be it direct or indirect, consequential, special, exemplary, or other damages. In all circumstances, it is always wise to consult your physician before changing your diet, taking supplements, or starting any exercise or health program.



In a perfect world we would all have known more about the beneficial microbes in and on our body and how to look after them. We would know how to feed them, and we would be reaping the amazing health they help us achieve.

Unfortunately, that is not the world we live in, and many of us live with results of poor gut management and the symptoms that go with it – gas, bloating, constipation, diarrhea, and inflammation.

This is a complex issue, and what we know is that poor gut health is being linked as a factor to every other health condition. No matter what health condition you may have, being nice to your gut microbes should be part of any plan for repair and recovery.

Causes of Poor Digestion and Gut Health Issues

- **Refined and processed foods:** They do not feed the microbes properly so that they can thrive and protect us.
- **Antibiotics:** They deplete both good and bad bacteria and for some reason, the bad recover faster from antibiotic use than the good.
- **Other Medications:** Corticosteroids, birth control pills, aspirin, ibuprofen, non-steroidal anti-inflammatory drugs (NSAIDs) interfere with the mucus lining – the home of the good bacteria where they reproduce.
- **Stress:** In today's world, we run around like crazy with too many activities and responsibilities and it's taking its toll. Amongst many other things, excess stress depletes good bacteria levels. In return, too much bad bacteria stimulates cortisol production, our main stress hormone.
- **Poor Sleeping Habits:** Our gut bacteria sleep when we sleep, and just one night of no sleep can lower the quality and quantity of our gut microbes. Think about what it must mean when poor-quality sleep occurs night after night for many years.
- **Bad Digestive Habits:** Chewing food properly is key to digesting good food properly. Forty-five percent of the bacteria in the gut is seeded by the bacteria in the mouth. And to make sure the



bacteria is primarily beneficial, we need to secrete lots of antimicrobial saliva to keep the bad bacteria levels low. Chewing stimulates saliva production and we need to chew more.

- **Exercise:** Too little or too much doesn't help us maintain our good bacteria levels. Moderate exercise on a regular basis is the best option.

What you need to know:

There are two types of beneficial bacteria:

- ✓ Residential bacteria are native to you, and this is what you need to build and maintain for long-term health.
- ✓ Transient bacteria are found in probiotic supplements and fermented foods – they help while they are there, but they're just passing through.

Do you suffer from foods sensitivities or allergies?

Food sensitivities are not caused by the food. They are a digestive issue due to lack of enzymes and/or lack of good bacteria. We do not know what strains any one person is missing, but we do know that different strains help us digest different foods. For example, lactose intolerance is due to lack of the good bacteria that helps break down lactose. Improving the quantity and quality of the strains will improve the ability to digest all types of foods.

What is dysbiosis?

It's the name given to the condition in the gut when there is no longer the right ratio of good bacteria to bad bacteria. The gut should have 85 percent beneficial microbes. Anything less than this can result in symptoms, and as the ratio gets further out of balance, more symptoms occur. Dysbiosis has been linked to all major health conditions.

It's residential bacteria that need to be re-established. Probiotic supplements can help in the short term, but the permanent solution is finding the right balance of foods and lifestyle that the gut requires to function at its best on its own.

What do residential bacteria like to eat?

They like fiber like FOS (fructo-oligosaccharides), polyphenols, and resistant starch. Dairy products contain two types of food for bacteria – lactose and GOS (galacto-oligosaccharides) They also function best with lots of vitamins and minerals. So, load up on the fruits, vegetables, grains, legumes, nuts, seeds, and dairy products. The key to a healthy gut is increasing the number and diversity of strains. Different foods feed different strains so variety is the key.



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.

1. Feed the Good Guys	1 Prebiotic Foods Many whole foods are prebiotics, meaning they feed good bacteria. Broccoli, kale, cabbage, apples, tomatoes, berries, Jerusalem artichokes, chicory, bananas, avocados almonds, onions, and garlic are good choices.	2 Resistant Starch Foods 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.	3 Polyphenol Foods 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.
2. Help the Gut Do Its Work	1 Probiotics 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.	2 Fermented Foods 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 unpasteurized beer.	3 Other Helpers 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.
3. Do Your Body A Solid	1 Exercise 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.	2 Sleep 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.	3 Stress Management 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.