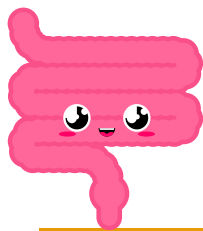




# 10+ tips your gut will love you for!

**FEEL GOOD**  
from the inside out

## a Love Affair for Life



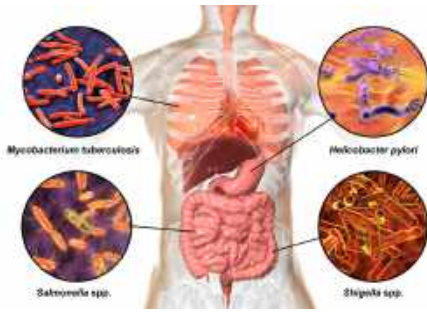
Mirror mirror on the wall,  
Who helps my health best of all?

Your gut microbiota that is by far  
Your best defence against dis-ease

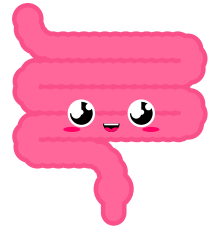
Get off your duff, walk that mile  
Wake up, listen, the signals are there  
Your gut and you are divine designs,

Fall in love with your body,  
trust your gut  
Keep it healthy and you too shall be  
As radiant as you choose to be!





# WHAT'S TO KNOW?

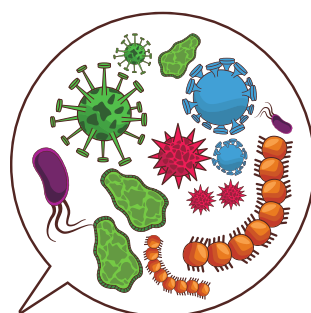


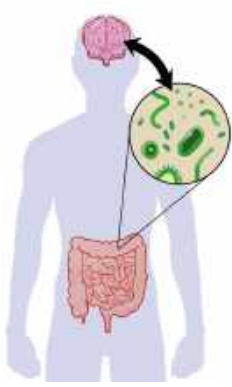
## What is your Gut Microbiota?

It's the community of gut bacteria of micro organisms that live inside your digestive tube from your mouth to your butt.

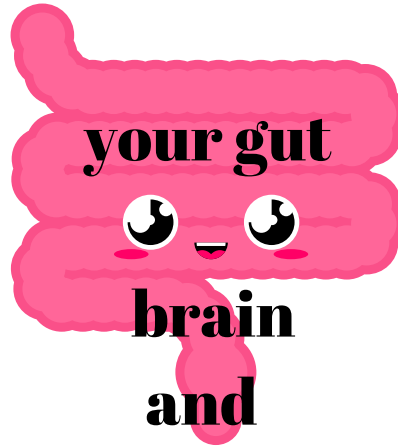
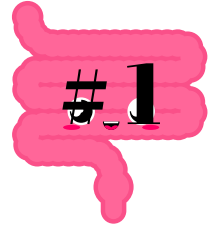
Did you know? -

- You have 39 trillion gut buddies, mainly bacteria, and that also includes yeast, parasites, viruses and archaea.
- Follow the tips on this list (and there are more) and your gut buddies will love you and serve you well, and keep you healthy for decades to come
- If you insist on your old habits ---> DYSBIOSIS ---> a loss of harmony and balance in the gut, mostly the colon. and your body starts sending signals, quiet at first
- WHAT ELSE? Leaky Gut...Bacteria leaks into the bloodstream because your gut army has lost its defense.
- SO WHAT! YOU SAY? This is a problem! And has been linked to auto immunity, congestive heart failure, type two diabetes, Alzheimer's, alcoholic hepatitis, non-alcoholic fatty liver to name a few!!
- 5 ESSENTIAL ELEMENTS FOR HUMANS TO THRIVE:
  - Immunity, metabolism, hormonal balance, cognition and gene expression
- WHAT ELSE?
  - Pre-biotics: - induce growth, beneficial, food for the healthy gut microbes
  - Probiotics - live bacteria with beneficial qualities
  - Postbiotics - compounds created by a gut microbiome





# WHO'S IN CHARGE?

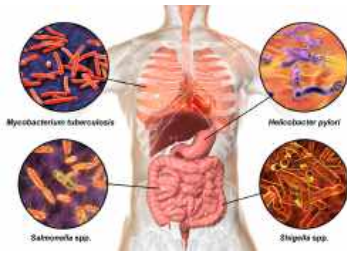


**your gut  
brain  
and  
your vagus  
nerve**

**You are!**

- And you really need to read the labels of packaged foods, juices, muffins etc.
- Sad to say but the Food industry doesn't really have your radiant health as a priority
- Your divine design originates back to the Hunter/Gatherers when we ate when we caught our food, then our bodies went into recovery/fasting kind of mode
- Your gut microbiome is incredibly complex, works in an amazing style of collaboration and cooperation with all the other cells and systems in the body AND the vagus nerve AND your brain as well. When you eat too much of the wrong food it throws the system off and over time, dis-ease starts to flare up
- Fresh is Best because it is what our bodies are designed to use, to flourish and age with grace and ease





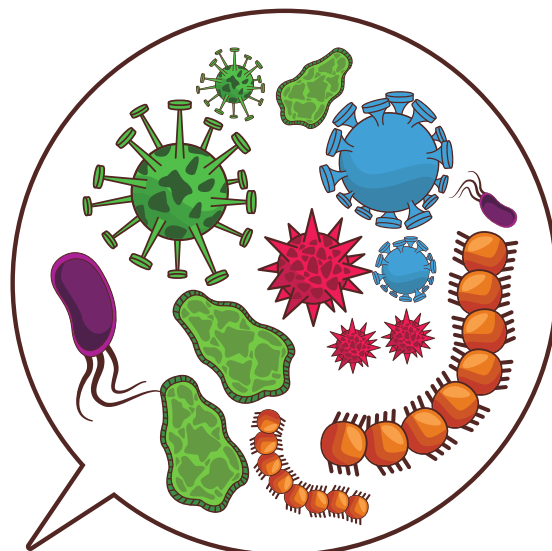
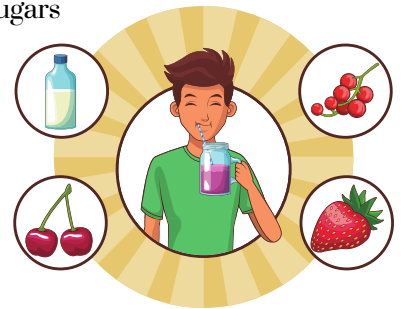
# FEED YOUR GUT FIBER!



## Fibre Fiber!

Why do I need a minimum of 25g of fiber for a woman and 38g for a man?

- It is what feeds your gut bacteria! A healthy gut is a Healthy YOU!
- Traps sugars going through the digestive tract slowing the absorption of sugars
- Acts as fat and starch blockers so less is absorbed
- SCFA short chain fatty acids are made by the gut biome and assist with immune function and LOWER INFLAMMATION, and may help control our appetites
- **High fiber:** whole grains like oat/rye /barley groats, legumes – beans, chickpeas and lentils (1c=15g), kale, chia seeds, avocado (10 g), apple (5g), **NO Fibre:** meat, eggs, dairy



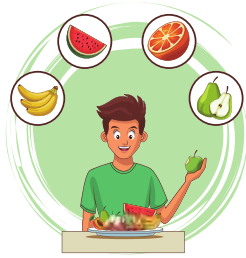


# SLOW DOWN deStress

#3

- 7/10 causes of death/lowering of our life expectancy is caused by lifestyle \* Heart disease, cancer, COPD, stroke, Alzheimer's, diabetes and kidney disease
- Create a quiet space to relax, listen to some soothing music, go for a walk in nature
- Turn off the TV while you have your meals, add a candle or some flowers to your table
- With your family have a "gratitude" word for your day to share around the table
- Reducing stress reduces the stress on your body's systems – anti-aging
- Eat mindfully, more consciously, savour the flavour of each bite

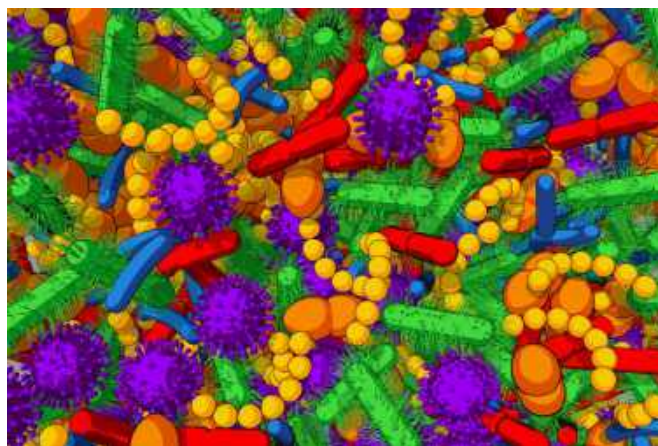


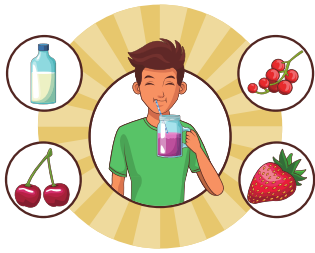


# BROADEN Your Variety



- Eat all the colours of the Rainbow: fruits and veggies represent different nutritional content, vitamins and minerals
- Try something new each week- the internet has millions of recipes
- For example: jicama, starfruit, Chinese greens, add arugula to your salad to give some zing!
- Some suggest having a different root vegetable with each dinner because of their different nutrients we need
- For children, give them one piece of something to try, and be patient, and you be the example for them to follow





# CHEW WELL and take smaller bites



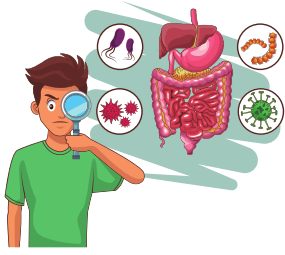
- Chew each morsel 25-32 times, until its mushy and your digestive system will appreciate you even more. Digestion does start in the mouth and with longer time eating, you may eat less and feel fuller

WHY? –

- the mouth sends a signal to the brain that food is coming. The brain then sends a signal to the stomach and the gut brain/intestine that food is on its way and certain enzymes are released to digest your food with those 39 trillion gut buddies of yours.
- When you eat and run, your system and your gut buddies can't do their job properly and you get some kind of dis-ease or message from your body
- Use smaller plates – 8" is good

WHY?: because when the brain sees a full plate it sends a signal and you will be satisfied when you finish that plate (no seconds necessary)





# FEEL GOOD from the inside out



## Thylakoids

- The dark leafy greens are nutrient dense – lots of yummy food for your body
- Thylakoids are found only in dark green leafy veggies like collards, kale, arugula
- Spinach, beet tops and swiss chard have more oxalates but a few people that creates issues with kidney stones
- These green veggies contain THYLAKOIDS which have membranes that resist enzymes until lower in the gut, bind to lipase which digests fat and fat absorption is delayed – Yay!! That means that more fat goes down the “waterslide” and gets pooped out.
- Not a green but drinking hibiscus tea has been found in some studies to help in weight loss (rinse your mouth after any sour foods)



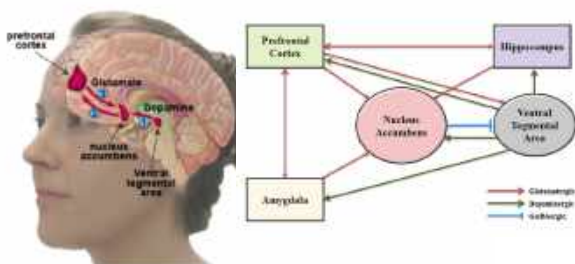
# SUGARS

## not so good for you



- There are over 56 different names for sugar substitutes and research has shown that artificial sweeteners can disrupt our microbiomes and metabolisms
- One cup of store bought orange juice contains about 22 g of sugar
- Men's requirements are 36 g (9 tsp) and women it's 25 g (6 tsp) of sugar per day
- 1 cup of canned pork and beans has 23 grams of sugar and a bran muffin from our local store contains 28 g of sugar for the muffin, a few g of fiber and 6 g of protein
- The brain sees all sugar as sugar (fruit is a bit different), sends a signal for dopamine to be released, you feel good temporarily, another signal is sent for more "cake" and the cycle continues. It's like the "I've had enough" signal is hijacked and isn't heard.
- And the food industry knows that! So, read your labels!!!
- Honey, maple syrup, yacon syrup, molasses, stevia work in a similar fashion but usually it's not as much as those sugary cereals people like to have
- Fruit: because fruit is a whole, its sugars are swept down the digestive tract with the fiber and the pectin so less sugar is absorbed by the body
- Sugar is a major cause of obesity which in turn is related to many of our chronic diseases

Some of the neurocircuitry involved in the reward system of the brain



**what shortens Telomeres?**

- influenced by...obesity, diabetes, cardiovascular disease, mental health, chronic stress, smoking, excess sugar ...

**•Good News!! Eat those Whole foods rich in vitamin C, potassium, folate in fruits and veggies AND...  
• get some exercise and enjoy your life!**

**" it's clear that longevity is actually less about trying to see how long we can live and more the product of a choice that we make in each moment of every day...  
Gregg Braden 'Human by Design'"**

*an.mediclife*



# MOOD FOOD



- an awareness of your eating habits especially when you are feeling upset or emotions are running high, or even when you are really tired will help you make a shift
- think about why you go to those foods. Was there something in your childhood, or a stressful time in your life that you were either rewarded with food, or it just became your Go-To food when stressed?
- breathe deeply a few times, leave the kitchen!
- purposefully grab a book or something quick to do. After having a glass of water, recheck to see if it is hunger or mood food.
- I have a little sign that you can put on your kitchen cupboard so when the snack attack hits - it serves as a reminder:
- Am I hungry? Am I thirsty? Am I tired? Is there a healthier choice? I am feeling out of sorts? And will food really change that?





# BREAKFAST is back



- Seems that research is showing that having breakfast is actually a good thing in the long haul for cutting down on calories later in the day.
- One suggestion is to eat really well at breakfast, a bit smaller at lunch and a lighter meal at dinner. Skipping breakfast has been associated with higher risk of heart disease and higher cholesterol
- Refined carbs especially white bread and packaged cereals do not feed our good bacteria/gut biome the way intact grains like oat or barley kernels do.
- Whole wheat bread does have fibre but that is used higher up in the gut and does not reach the bacteria-rich part of the lower intestine.
- Try soaking some oat/barley/rye groats overnight in water and cook for breakfast the next morning. Cooks in about 22-25 minutes in a pressure cooker. Add some cinnamon, a few walnuts or currents and enjoy.



# I'M THIRSTY



- Drink water throughout your day, think of it as a food
- Water helps nourish all parts of our body –kidney, and joints, delivers oxygen through the body, is needed for our digestion and much more
- When we are dehydrated the kidneys produce an enzyme which stimulates a hormone that constricts our blood vessels, makes us thirsty and the angiotensin hormone starts piling on more fat. Yes, fat!
- Most other drinks contain sugar or sweeteners

**DID YOU KNOW?**

	Medium orange	15oz orange juice	16oz orange soda	Diet orange soda
Sugar	31-33g	48g	54g	0g
Fiber	++	-/-	-	-
Vitamins	++	++	-	-
Satiety	++	-/-	-	-
Effect on blood sugar	Slow, controlled rise in blood sugar	Rapid blood sugar spike and full	Rapid blood sugar spike and full	May alter how body reacts to water

fresh oranges --> fibre + nutrients





# LOVE FOOD family expectations



- How often have you heard someone tell you, or you do this yourself, “I made this just for you, for your birthday, for a special occasion” ?
- If someone is really trying to cut back on calories, lose weight, or being more mindful of what they eat, then you/they need to be honoured and their choice respected.
- There are a lot of cultural and family traditions around food and it’s not always an easy habit to break or change.
- For some it can be a huge pressure, but you are in charge of your body, it’s ok so say No

*No Thank You*





# EXTRA TID BITS



- Stop eating after dinner and allow at least 12 hours before breakfast the next day. This gives your gut a rest and allows a brain wash that helps pull out toxins. This is sometimes called intermittent fasting.
- Over 10 000 additives on the food market in processed food and **99% have NOT been tested**: GRAS GeeRas – means Generally Recognized as Safe but has not been tested with humans
- Apparently we can stimulate the vagus nerve by humming, gargling to the ABC song which stimulates/activates the nerve to wake up the connection to the gut – this nerve connects to the heart, gut and the brain.
- Get enough sleep
- Practice mindfulness in your purposeful life, in your eating, with your family and your work, change your perspective to Life is FOR you, how can you see things as opportunities?
- Our body systems are still part of the Hunter/Gatherer – it's not used to going to the grocery store and eating everything available at all hours of the day.
- We have the best built-in communication system on the planet, a community of 60 to 100 trillion cells that know how to work in harmony for our bodies to be our best and healthiest. The problem is we don't know how to communicate back to the body. My Trust Your Gut program teaches you how to do that.

research: some referenced from Michael Greger MD, [How Not to Diet](#), and [Fiber Fueled](#)  
by Will Bulsiewicz, MD MSCI



your road to freedom to live the life you love  
[Smartfoodstofreedom.com](http://Smartfoodstofreedom.com)

Ann Metcalfe

Trust Your Gut: Eating Mindfully, Healing Naturally  
find more on Authentic Sacred Design App