



GLOWING WITH Good Gut Health

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THE ROAD TO HEALTH IS PAVED WITH GOOD INTESTINES!

Did you know that over 60 million people in the United States experience gut issues and/or food sensitivities? Maybe you are one of them. And maybe you don't even know that what you are experiencing is actually an issue with your gut!

If there is one aspect of nutrition that I wish I knew at the very beginning of my journey, it would be gut health! Whether it is our skin, our weight, our mood, or our immune system - the gut plays a bigger role in all these aspects more than we think.

If you're experiencing chronic digestive issues, I hope the information and tips provided in this guide will help you to see why gut health is so important! Are you ready to improve your gut health so you too can glow from the inside out?!

**LOVE YOUR
GUT HEALTH
FIRST AND
THE REST
OF HEALTH
WILL FOLLOW!**



WHAT IS GUT HEALTH?

Gut health isn't just about good digestion!

According to LiveScience, The gut contains trillions of microorganisms, including beneficial and harmful varieties. Collectively, these make up what is known as our "gut microbiome". Maintaining a healthy balance of microorganisms within the microbiome is crucial. These microorganisms in the gut play a vital role in breaking down food, making it easy to digest. Factors like diet, exercise, medications and even genetics can affect its composition and diversity, impacting various aspects of your health for better or worse.

■ WHY YOUR GUT HEALTH MATTERS TO YOUR HEALTH

New science and research in recent years has proved that our gut (aka digestive system) is much more complex than we realized. Not only that, but it has a huge impact on our overall health. A healthy gut contributes to a strong immune system, healthy heart and brain, and better mood and sleep. It is said that over 70% of immune cells are found in the gastrointestinal tract. This is why many people have also found that improving their gut health improves their autoimmune conditions.

The gut wall acts as a barrier to viruses, fungi and harmful bacteria. Unfortunately, this barrier can sometimes become permeable and is known as "leaky gut syndrome". This allows these to enter the bloodstream and make you sick. There's not one thing that contributes to leaky gut, but rather a combination of factors including diet, inflammation and medication use. Did you have any idea that gut health played such a large role in overall health??!

"ALL DISEASE BEGINS IN THE GUT" - hippocrates

Signs YOUR GUT NEEDS A GLOW UP

Our digestive system's whole job is to make use of all the food we eat. It makes sure food is digested properly and that nutrients are absorbed in order to spread to the rest of our body. Eating healthy food is great, but you need a healthy gut to make the best use of that food.

Of course, the digestive system is also responsible for waste removal. If waste and toxins are not exiting the body effectively and regularly, then that can lead to major issues. That stuff is meant to get OUT of your body.



10 SYMPTOMS OF AN UNHEALTHY GUT

1 Frequent discomfort, bloating, gas, constipation or diarrhea

2 Chronic fatigue and low energy

3 Trouble sleeping at night

4 Food intolerances or sensitivities

5 Extreme cravings, especially for carbs and sugar

6 Unintentional weight loss or weight gain

7 Skin conditions such as eczema, acne or psoriasis

8 Frequent headaches/migraines

9 Autoimmune issues

10 Frequent mood changes

FOODS FOR A GLOWING GUT!

As mentioned, the gut is filled with bacteria, which is not a bad thing. There are good gut bacteria that actually help your digestive system to do its job. So, one focus needs to be eating & feeding those good bacteria, particularly with fermented foods. Another focus needs to be adequate fiber & water intake for proper regular elimination. Here's some specific foods to keep your gut happy!



KOMBUCHA



MISO



SAUERKRAUT



KIMCHI



TEMPEH



BEANS



BROCCOLI



BERRIES



APPLES



WHOLE GRAINS



GINGER



LEMON

FOODS THAT HURT YOUR GUT! AVOID OR MINIMIZE THESE THINGS:

PROCESSED FOODS

SIMPLE CARBS

ALCOHOL & TOBACCO

HIGH FAT (TRANS/SATURATED)

REFINED SUGARS

ARTIFICIAL SWEETENERS

Decreasing these bad-gut foods is the best way to start noticing a difference in your gut health!

WAYS TO GIVE YOUR GUT HEALTH a BOOST

You can also add a Probiotic, Prebiotic and Digestive Enzyme supplements to your diet to give your gut a good boost!

probiotics

Probiotics are live microorganisms that can be consumed through fermented foods or supplements. When taken in sufficient amounts, they can help restore the natural balance of gut bacteria.

EXAMPLE FOODS: SAUERKRAUT, MISO & KOMBUCHA,
Supplement: My Favorite Probiotics and Prebiotics

LOOK FOR 'LIVE, ACTIVE CULTURES' ON LABELS

prebiotics

Prebiotics are a form of dietary fiber that feed the "friendly" bacteria in your gut. This allows your gut bacteria to produce nutrients for your colon cells, which leads to a healthier digestive system.

EXAMPLE FOODS: ASPARAGUS, BANANAS, GARLIC & ONIONS
SUPPLEMENTS ARE OK, BUT WHOLE FOOD SOURCES ARE BEST

digestive enzymes

Digestive enzymes are non-living proteins that play a key role in helping to break down food so that your body can absorb the nutrients. Digestive enzyme supplements can help support healthy digestion.
Supplementation: EZ-Gest

EXAMPLE FOODS: MANGO, PAPAYA, AVOCADO & FERMENTED FOODS
LOOK FOR 'BROAD SPECTRUM' TO CONTAIN MULTIPLE ENZYMES

OTHER THINGS THAT IMPROVE GUT HEALTH FOCUSING ON FIBER, WATER AND EXERCISE!



#1: GETTING FIERCE WITH MORE FIBER

Fiber is essential to the body and it plays a major role in improving gut health. Two main fibers are found in foods. These are soluble (swell in water) and insoluble (do not swell in water). Both are critical for good health and are best obtained through food. A 2020 study found that diet and gut health were directly related and that foods rich in fiber had a beneficial impact on the gut microbiome. Fiber is converted into short-chain fatty acids after fermentation by gut bacteria, which has been associated with multiple health benefits. High fiber foods to include more of are beans, lentils, broccoli, brussels sprouts and whole grains.

#2: STAYING HYDRATED ALL DAY LONG

Drinking water and staying hydrated is one of the most important factors in improving digestion and promoting a healthy gut. Water can move nutrients around in the body and assist in removing waste and other toxins. Staying hydrated helps to prevent constipation so it can move food as it travels through your stomach, intestines and colon. It helps to break down food for digestion, it also reduces inflammation in the gut and reduces the risk of a permeable gut (known as "leaky gut syndrome").

#3: HAVING A REGULAR EXERCISE ROUTINE

Moderate, low impact exercise is best for healing your gut. Regular movement and avoiding sitting for too long also keeps things moving along in your digestive system. Exercise helps to accelerate the process of increasing different kinds of microbial species in the gut and encouraging bacteria to flourish. You can start small with walking and just be consistent!

Looking for a good program? Spend \$150 or more and get 2 free months to Made4 Streaming platform.



HOW YOU EAT ALSO MAKES A DIFFERENCE IN YOUR DIGESTIVE HEALTH & FUNCTION

-
- Sit down and take the time to be present. Eat and chew slowly. I highly recommend Mindful Eating.
 - Spend 12-14 hours fasting per day (ex. supper to breakfast)
 - Eat a variety of foods to help create a diverse microbiome
 - Sip water while eating; don't chug before, during or right after
 - Avoid overeating or eating too heavy of meals
 - Take an apple cider vinegar supplement after a couple of bites
 - Go for a walk or do some light exercise / moving after eating

Just making these simple changes to how you eat can help avoid many of the uncomfortable gut issues you may be experiencing!



FOOD SENSITIVITIES OR INTOLERANCES

It's good to know that a food sensitivity or intolerance is not the same as an actual food allergy. However, some of the symptoms can manifest in the same way if it is a mild allergy. Symptoms of food intolerances typically start a few hours or even up to a few days after eating a certain food. This can make it a harder to identify the foods that are making you feel terrible. Symptoms are mainly physical like bloating, gas, diarrhea, rashes, headaches, nausea, stomach pain and sinus issues.

Anyone can be sensitive to a food without having a reason why, but people can be even more sensitive to specific foods. It's good

to talk to your doctor if you suspect serious allergies and sensitivities.

THE MOST COMMON FOOD SENSITIVITIES:



DAIRY, GLUTEN, EGGS,
CAFFEINE, NUTS, SOY,
ARTIFICIAL SWEETENERS
AND FOOD DYES

WHAT IS A FOOD JOURNAL?

A food journal is a way to keep track of what you eat and drink throughout the day. In addition to logging the specific items, you can jot down how much you consumed, who you ate with or if you ate alone, the time and location, how you felt before, during and after each meal or snack.



Keeping a food journal can be a great tool for trying to find out which foods may be causing negative symptoms for you. Especially if you have a food sensitivity or conditions like irritable bowel syndrome (IBS) or acid reflux. A food journal can also help you cue you into other factors in your life or your environment that may be contributing to unwanted symptoms. Will you give it a try?

HOW TO KEEP A FOOD JOURNAL

Get a Notebook

An old-school pen and paper approach is a great way to keep track or find a digital app online that you will use

Start Writing

After each meal put the time, list and rate the severity of your symptoms, the specific foods eaten and anything else

Pay attention

At the end of each week, go back through your daily entries and look for any possible patterns or potential food triggers

Try Elimination

If you've identified a culprit, follow an elimination diet of that food for a period of at least two weeks to see if it helps!

THE BENEFITS OF HEALING YOUR GUT

just some of the reasons why you should focus on healing your gut for good health!

improved gut function

reduced anxiety

reduced bloating / gas

reduced cravings

bowel regularity

improved energy

reduced headaches

weight loss

stronger immunity

balanced hormones

clearer skin

better quality sleep

better insulin function

reduced brain fog

decreased inflammation

and so much more!



Quick Tips for Good Gut Health



You might have realized by now that you do have gut issues and how it is affecting your health. Bummer, huh? But no worries, because we've been talking about all the things you can do to improve digestion and eliminate some of the discomfort. These are my quick tips put together, to give you a good start. Keep in mind, there could be deeper issues so this is not a cure-all!

1

EAT A WIDE RANGE
OF WHOLE FOODS

2

CONSUME PLENTY OF
FIBER FROM PRODUCE

3

INCORPORATE SOME
FERMENTED FOODS

4

INCORPORATE PRO
AND PREBIOTICS

5

DRINK PLENTY OF
WATER DURING THE DAY

6

FOCUS ON EATING
LOTS MORE VEGGIES

7

IDENTIFY ANY FOOD
SENSITIVITIES

8

EXERCISE REGULARLY
AND MOVE YOUR BODY

9

TAKE TIME TO
EAT AND CHEW
SLOWLY

The Gut Healthy Cheat Sheet!



Whole Foods



Food Journal



Sensitivities



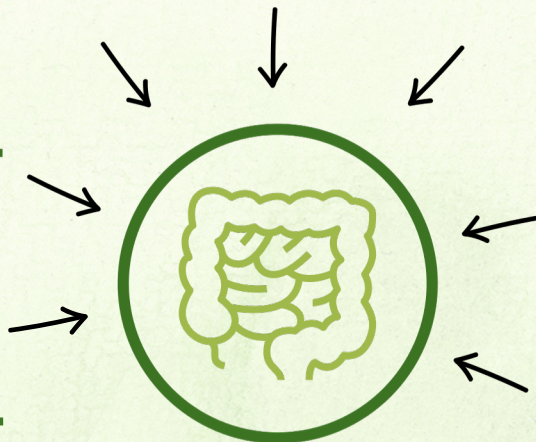
Fermented Foods



Chew Slowly



Stay Hydrated



Avoid Overeating



Exercise



Reduce Stress



Get Sleep

TODAY'S DATE

TIME:

B:

EMOTIONS, MOOD & ENVIRONMENT

.....
.....

PHYSICAL SYMPTOMS

.....	PAI	1	2	3	4	5	6	7	6	8	9	10
.....	N	1	2	3	4	5	7	6	7	8	9	10
.....	PAI	1	2	3	4	5				8	9	10

L: TIME:

EMOTIONS, MOOD & ENVIRONMENT

.....
.....

PHYSICAL SYMPTOMS

.....	PAI	1	2	3	4	5	6	7	6	8	9	10
.....	N	1	2	3	4	5	7	6	7	8	9	10
.....	PAI	1	2	3	4	5				8	9	10

D: TIME:

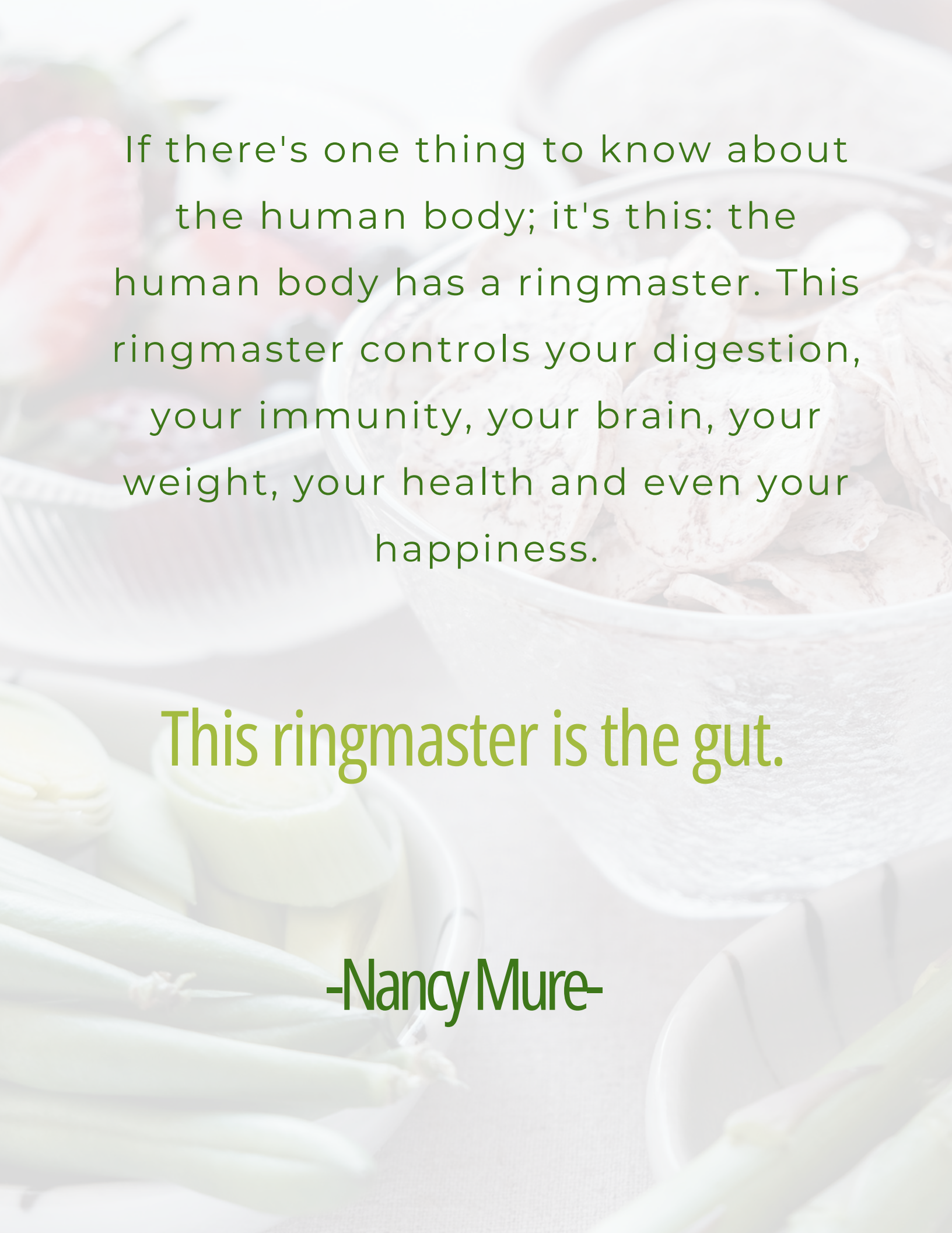
EMOTIONS, MOOD & ENVIRONMENT

.....
.....

PHYSICAL SYMPTOMS

.....	PAI	1	2	3	4	5	6	7	8	9	10
.....	N	1	2	3	4	5	6	7	8	9	10
.....	PAI	1	2	3	4	5	6	7	8	9	10

N
How much water? Exercise / Activity: PAI Bowel Movements:
N



If there's one thing to know about the human body; it's this: the human body has a ringmaster. This ringmaster controls your digestion, your immunity, your brain, your weight, your health and even your happiness.

This ringmaster is the gut.

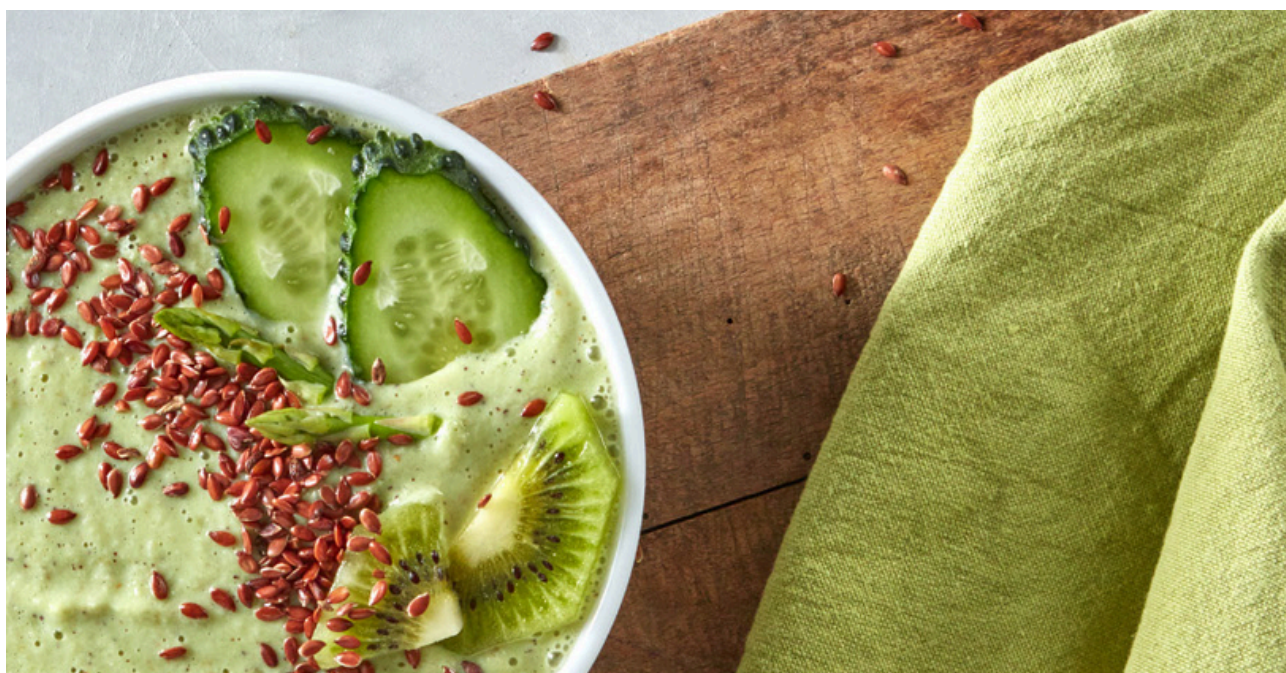
-Nancy Mure-

“Every day we live and every meal we eat we influence the great microbial organ inside us - for better or for worse.” - Giulia Enders

I'VE GOT 99 PROBLEMS BUT HEALING MY GUT SOLVED LIKE 90 OF THEM!

A few other quick tips I'd like to leave you with is to manage your stress levels and make sure to get enough sleep! Stress can make gut issues worse and disrupt the digestive process. Keep your stress levels under control for your gut to stay healthy. In addition, not only does poor sleep contribute to stress, but healthy sleep produces important hormones. Those hormones have been found to improve good gut bacteria. Getting good quality and quantity of sleep is your body's chance to rest, repair and recover, which also applies to your gut.

We went over a lot, but I hope you found it helpful! It's such good info that can really help your overall health. If you want to keep working on that overall health, shoot me a message! I'd love to help you stay accountable to take control of your gut health, increase motivation, discover your own individual path to success, dive into more self-care and feel your best self all year long!



About the Author

Hi, I'm Lisa — a certified health coach, wellness educator, creative spirit, and believer in practical everyday wellness.

I'm passionate about helping women create healthier habits in realistic, sustainable ways that fit real life. Around here, wellness isn't about perfection. It's about small shifts, nourishing routines, simple ingredients, and learning to care for ourselves well as we age.

When I'm not sharing wellness tips, you'll usually find me cooking, crafting, spending time in nature, or encouraging others through my online wellness community.

I hope this guide encouraged you to take a few simple steps toward supporting your gut health and feeling your best.

You can find more wellness inspiration, recipes, and simple living ideas at: [Bringing Back Dinner](#)

Join my free wellness community for encouragement, healthy habits, and practical wellness inspiration: [Wellness Community](#)

Wellness Disclaimer

The information provided in this guide is intended for educational and informational purposes only and is not intended as medical advice. This content is not meant to diagnose, treat, cure, or prevent any disease or health condition.

Always consult with your physician or qualified healthcare provider before making changes to your diet, supplements, wellness routine, or healthcare plan, especially if you are pregnant, nursing, taking medication, or have a medical condition.

Any wellness products or recommendations shared reflect personal experience and general wellness education and should not replace professional medical guidance.