

THE GUT HEALTH TRANSFORMATION

A 30 Day Journey to Revitalized Gut Health and Gaining the Springboard to the Healthy, Active Life You Deserve



 ERUDITE LIFESTYLE

The Gut Health Transformation

- Relieve Digestive Issues
- Revitalize Your Body's Immune System
- Embrace Gut Healthy Lifestyle Habits
- Gain the Springboard to the Active, Fulfilling Life
You Deserve

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Introduction

Welcome to The Gut Health Transformation!

You don't know it yet, but the next 30 days are going to mark a huge change in ALL areas of your health.

Because what you're going to learn during this course is how the way we think and our lifestyle habits are just as important to our health as the food we put in our bodies.

You're also going to discover how over the last few decades there's been a massive rise in digestion problems. And how recent studies have revealed what gut health experts long suspected: A major cause of ill-health is the state of the gut.

As long as the gut is in a state of imbalance, it allows toxins and pathogens to thrive, inflammation to spread, and ill health and disease to spread throughout the body.

What's more, if your gut is unhealthy it can't provide you with the nutrients, hormones, and enzymes you need. Low energy, brain fog, gas, bloating, cramps, and all manner of nasty symptoms then follow.

What's the cause of a gut imbalance?

The usual suspects:

- Lack of exercise
- Poor sleep
- Processed sugar loaded diets
- Chronic stress
- Household chemicals
- Air pollution

...and the list goes on.

When you understand the huge role our gut plays in our health, I'm sure you'll be eager to start resolving all these triggers. And that's exactly what The Gut Health Transformation is all about.

It provides a 30 day program for adopting a gut healthy diet, flushing toxins from the body, reducing stress, improving sleep, and gaining the springboard to robust health.

Our goal is that, if you follow the action steps and transition to a gut healthy diet, you will experience remarkable improvements to your all round health.

Why?

Because when the gut has an abundance of healthy bacteria and fewer of the bad guys then it's better able to digest food, absorb nutrients and support the immune system.

However, everybody's guts are different. Your current diet, lifestyle habits, and severity of your symptoms aren't the same as anyone else's. So you should take this 30 day program at your own pace, and not expect miracles overnight.

It also needs to be said that if your indigestion or inflammatory symptoms are chronic and severe you should always consult a doctor for advice.

The Gut Health Transformation is not a replacement for professional medical advice.

While I've done my best to present the latest information on gut health in an easy to understand way, you may still need a professional diagnosis of your symptoms. Because there may be an underlying medical cause only they can diagnose, and medication may be your best option.

However, I think The Gut Health Transformation can still be valuable in helping you understand WHY you are experiencing these symptoms. And what you need to do to relieve these symptoms over the long-term, as well as gain the springboard to robust good health long into the future.



How the Course is Going to Work

Every week day I'm going to post a video to the Facebook group.

These videos are designed to take you on a journey of discovery into gut health and how it impacts everything else that happens in the body. And how transitioning to a gut healthy diet can help flush toxins from your body, relieve stress, and improve sleep.

In each video I discuss a key gut health topic in 3-5 minutes in an easy to understand way:

- 1. Recipes and Meal Plans Overview**
- 2. 'Gut Check' Quiz**
- 3. 4 Causes of Auto-immunity and How to Reverse Them**
- 4. The Truth About Raging Inflammation**
- 5. Journey Through the Gut**
- 6. Hygiene Hypothesis**
- 7. Antibiotics Armageddon**
- 8. Dangers of gluten, lectins, and GMOs**
- 9. The TRUTH on Leaky Gut**
- 10. Toxic Load and The Bile Theory**
- 11. Curing the Belly Plague**
- 12. Howling Heartburn**

13. **The Cholesterol Cleanser**
14. **Invasion of the Brain Snatchers**
15. **Cravings Catastrophe**
16. **Hormonal Healing**
17. **The 'Poop in a Pill' Revolution**
18. **The Stress Solution**
19. **Steps to Soothing Sleeping**
20. **4 Steps to Choosing Quality Supplements**

A lot of content, don't you think?

And I want to make sure you NEVER miss a video.

So every day during the course I'm going to send you an email.

The email will remind you to watch that day's video. Yet more importantly, it's going to include an action step for improving your daily habits.

These action steps are all designed to give you simple lifestyle hacks that are quick and easy to implement. Yet can have a BIG impact on your well being. In fact, if you can sustain them, these habits can have a dramatic impact on your health, mindset, and all round happiness in life.

I've included the action steps in a separate guide too, so you always have them at your fingertips.

Our goal is that in 30 days time you're not only going to experience a reduction in indigestion issues thanks to a revitalised gut that's better able to digest food...

But you'll ALSO experience remarkable improvements in your all round health.

This may include:

- Becoming more active thanks to increased absorption of nutrients
- Better able to focus on tasks at work from less brain fog
- A more positive, relaxed mindset from developing mindfulness and CBT skills
- Stronger hair, nails, and more radiant skin due to the reduction in your toxic load
- A reduction in inflammatory symptoms, like high blood sugar, joint pain, and chronic lethargy

I know that, right now, such a transformation sounds too good to be true.

Yet as you learn more about why the gut is the core of all health in the body and put into action the tips in the emails, I think you'll soon discover what a remarkable improvement simple gut healthy lifestyle changes can have on your body and brain.

Because you see, *The Gut Health Transformation* isn't just about providing you with information on gut health, a set of meal plans and recipe guides and wishing you luck. It's designed to be a springboard to a new life filled with healthier digestion, strengthen immunity, and the optimal health to enjoy the life you deserve.

When compiling all this information, my aim was to remove all the guesswork about how to revitalize your gut. All you need to do is follow the advice and complete the action steps.

I'll admit, *The Gut Health Transformation* is pretty contrarian. What I'm suggesting goes against the mainstream advice on dieting, weight loss and reversing chronic disease. So I understand if you're skeptical about how improving the gut can offer all the remarkable health benefits I claim. All I ask is that you read with an open mind and be willing to give it a try.

I really do feel that with all the information I've collected and compiled, I'm giving you the keys to the kingdom. It's now up to you to

step inside and take the journey to better health through revitalising the gut.

To your gut health and happiness!



Matt Ambrose

“All Disease Begins in the Gut”

He may have lived 2,500 years ago, but even back then Hippocrates, the Greek philosopher and physician, understood the vital role the gut plays in our health.

But, sadly, this knowledge seems to have been lost over the millennia. People’s guts today may be in a worse state than at any time in history.

The industrialisation of our food supply has led to us eating highly refined sugars, grains, and carbs that wreak havoc to our gut microbiome.

And the impact goes much further than harming our digestion and immune system.

Ever heard the phrases "gut instinct" and "go with your gut feeling"? They reflect how your gut acts as a second brain, telling you what you should and shouldn't do.



It's ability to act like a "second brain" is all to do with the trillions of bacterial organisms that live in it. Collectively they're called the microbiome. This is a complex community of bacteria which control digestive processes and help manage your overall metabolism.

This includes neurochemical production. These are also produced in the gut. In fact, 95% of serotonin, a chemical that regulates mood and sleep, is produced in the gut. So if your gut is having trouble, your moods are affected too.

What's more, since metabolic is linked to how your entire body works, and many of these processes are influenced by your gut, you can see how important this second brain is to overall health and wellness.

Your microbiome is home to both good (beneficial) and bad bacteria. Even when your gut health is managed properly you'll still retain some bad bacteria. The key is having much more of the good kind.

When you achieve and maintain proper gut health, you naturally improve the amount of good bacteria in your system to keep the bad bacteria in check. The end result is a balanced ecosystem, where the different bacterial populations exist in healthy ratios.

The problem is due to the modern toxic environment, lack of exercise, and poor eating habits, many people have significantly damaged their gut health.

The good news is that you can take steps to repair and reduce the damage of our environment, lifestyles, and food at any age.

It's all to do with revitalising levels of healthy organisms living in your gut, while wiping out the bad guys.

Scientists and medical professionals are now waking up to the vital role the trillions of bacteria, viruses, fungi and other microbes in our gut play in our health.

Along with digestion, they regulate our immunity, our metabolism, and even our food cravings. Even depression, autism, anxiety, and asthma are being linked to the health of our gut.

Rather than expensive supplements with rather dodgy science backing them, the best way of revitalizing the gut is through food. And that's exactly what *The Gut Health Transformation* is all about.

This course is designed to provide a clear pathway on what foods to eat and what to avoid. And with the inclusion of gut health tips and 2 meal plans and recipes, *The Gut Health Transformation* provides a

complete system for repairing your gut so you can turn food into nutrients and fat into energy. The result is more energy for your muscles, a clearer mind and all round improvement in your robust health.

“Gut Check” Quiz

To find out what state your gut health is there's no need to open up your stomach or having to swallow an endoscope (scary looking long camera cable). All you need to do is complete this simple quiz!

This quiz will help you identify the current state of your gut health and what you can look forward to as it improves. All the questions relate to common health issues linked with too much bad bacteria and a weak microbiome.

Please be assured I didn't create this quiz to upset you. I just want you to appreciate how the gut really does play a key role in every aspect of your health.

And don't worry if your score seems bad. As by working through *The Gut Health Transformation* you should find that in just a few weeks your score will improve. So as you start eating more probiotic foods and the smoothies I've shared in this guide, return to this quiz periodically to track your progress.

Please answer all questions and score them as follows:

Never = 0

Rarely = 1

Sometimes = 2

Often = 3

1. Do you often feel tired, drained or unmotivated?
2. Do you feel dizzy if you stand up too fast?
3. Do you suffer from low moods or anxiety?
4. Do you get cramps, bloating or diarrhea after meals?
5. Do you go for a #2 in the bathroom less than twice a day?
6. Has your sex drive dropped a lot in recent years?
7. Do you suffer from acne, rashes or psoriasis?
8. Do you have difficulty maintaining / losing weight?
9. Do you suffer from joint pain?

TOTAL SCORE ____

How'd you do?

If you scored more than 12 it suggests you have a gut health problem. But don't worry. This is just your starting point. As you start nourishing your body with the gut enriching recipes found in this guide, you can relieve many of these symptoms and improve your score.

Has the Mainstream Approach to Gut Health Been Wrong for Decades?

The effect of processed foods on our health, on a national scale, has been catastrophic. Obesity is at epidemic levels, along with type 2 diabetes, heart disease, dementia, autoimmune disease, IBS, and more.

We now spend more money on weight loss programs, dieting, supplements, trendy workouts, and gym memberships than at any time in history. Yet we're getting fatter as a nation every year.

Two thirds of Americans are classed as overweight or obese. And over 95% of people who go on diets suffer rebound weight within a year.



It's clear that something about the mainstream approach to weight loss isn't working. And all the evidence suggests it's because the mainstream approaches are too focused on cutting calories, food restrictions, and gruelling exercise - and not enough on the gut.

The Gut Health Transformation offers an alternative. A pathway to losing weight, improving your health, and bulletproofing yourself from chronic disease through enhanced gut health. As to lose weight long-term, you have to escape the chains of cravings for junk food.

Shockingly, what we're only now discovering is that these cravings don't originate in your brain. They start in your gut.

Cravings Come from Your Gut. Not Your Brain

When you felt compelled to eat a bagel on the way to work or decided to go for a pizza stop on the way home, do you think it would be YOU making that decision? That is was YOU consciously weighing up the pros and cons before deciding satisfying your taste buds was a good idea?

Well, what if I told you that it wasn't your brain that made that decision at all. But that the decision on what foods you crave is made in your stomach.

The level of control our gut microbes have over our decision making, thoughts, and feelings has led to scientists calling our gut the "second brain" (known as the "enteric system"). In fact, the gut has as many neurons as the brain of a cat.

So when you find yourself guilty of "mindless eating", where you pick up snack foods in the grocery store, coffee shop, or even when paying for gas without even thinking about it, it's because of your gut microbes.

Yes, clever advertising and personal preference play a role. But it's *actually* your gut bacteria that's pulling the strings of your food cravings, like some diabolical puppet master.

Have you ever wondered why lucky skinny people never seem to put on weight no matter how much cake they eat or how little they exercise? Well, as you might have guessed, it's all to do with our gut microbes.

In your gut there are two main types:

1. Healthy food digesting microbes
2. Fat spreading bad guys

These two types are in a constant state of war. They compete for living space, food, and control of your vagus nerve so they can dictate what foods you eat.

In a healthy gut there's more of the healthy food digesting bacteria. And when you have more healthy bacteria they tell your brain to eat healthy foods that sustain their numbers. But if the toxic fat spreading bacteria take control, you start to crave sugars, carbs, processed meats, and all the unhealthy foods that make you sick if you eat too much.

And the more sugar you feed them, the more they want. And they'll even try to manipulate your taste buds and behavior to get more of the unhealthy fast foods and processed foods that make their numbers swell.

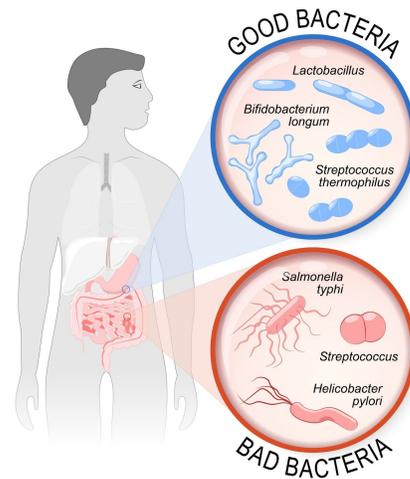
As Dr Aktipis, Arizona State University Department of Psychology, says,

"Microbes have the capacity to manipulate behaviour and mood through altering the neural signals in the vagus nerve, changing taste receptors, producing toxins to make us feel bad and releasing chemical rewards to make us feel good."

So you see, the bad microbes in your gut have the motive and ability to make you crave more of the foods that help them multiply and grow.

How do they do this?

By taking control of the vagus nerve.



The vagus nerve is like a busy telephone line that sends messages between the gut and the brain. And it's now believed that our gut bacteria has found a way of hacking this telephone line. This enables it to influence what foods we crave.

Our gut bacteria can also take control of the hormones your body produces. This includes dopamine, the 'feel-good hormone'. And when you eat sugary foods, dopamine is released to make you feel happy and to get a reward from "comfort eating" junk food.



It's even been suggested that dastardly microbes are producing dopamine on purpose to bribe your brain into giving them what they want. And it's not the only hormone they help produce. As your gut microbes also influence the hormones that control your appetite.

What Are the Appetite Controlling Hormones?

Your appetite isn't controlled by how much food is in your belly. It's *actually* controlled by hormones. These hormones have evolved as a healthy part of the body's digestive system over hundreds of thousands of years. Without them we wouldn't know when to stop eating or when our body's need fuel.

For the majority of the human race's existence, these hormones worked as they were designed to do. We only ate when we were hungry and knew when to stop before we over ate and got fat. But breaking research now suggests that our gut bacteria are able to create chemicals and hormones that influence what we eat.

There are two key hormones that switch our food cravings "on" or "off". They are:

Ghrelin - Its name comes from the Indo-European root ghre, which means "to grow". This hormone is manufactured in the stomach when it's empty. It's role is to tell the brain we need more food, so it's like an "on" switch for eating, leading to it being known as the "hunger hormone."

Leptin - Its name comes from the Greek word leptin, which means "thin". This is made by fat cells when they are all full. It's like an "off" switch that says to our brain not to feed us more food, leading to it being known as the "satiety hormone."

Other hormones that influence our appetite include gastrin, secretin, cholecystokinin, gastric inhibitory peptide, and motilin. And it's been recently discovered that the gut can produce hormones and chemicals that are similar to all of them.

What's more, there's a direct link between poor gut health and:

- X Higher levels of the hormones that make us crave junk food**
- X Being able to eat more before feeling full**
- X Suffering from chronic weight gain**

So what can you do about it?

If you want to fade away your cravings for junk food and be able to feel fuller faster, you need to improve the health of your gut. And when you can do that your body can fix the #1 reason why millions of people fail to lose weight long-term from dieting.

The Only Way to Lose Weight Long-term is to Repair Your Gut

Millions of people go on diets every year. And 95% of them struggle with low energy, hunger and misery only to lose a few pounds before putting the weight back on a few months later. And it's for one core reason: Poor gut health.

If you've tried countless diets in the past without success, you need to know that poor gut health was to blame. The fact is that claims of “effortless weight loss”, a wonder pill that can help you lose weight in your sleep, or low carb diets that will make the weight fall off by magic are all based on flawed science. Calorie counting, crash dieting, and bootcamp workouts are all a waste of time unless you have more of the healthy bacteria in control.



Without enough good bacteria, you'll never succeed in getting control of your cravings, hormones, and ability to turn food into nutrients like your digestive system is supposed to do. Instead, all it takes is a stressful day at home with the kids or at the office to trigger food binges and rebound weight with a vengeance.

So let's be clear, if you want to succeed at weight loss you must boost your levels of the good guys in your gut. This is something millions of overweight people desperately need to do, not just for their weight but also their all round health.

Poor Gut Health Weakens Your Immune System Too

Your gut isn't *just* where food cravings originate. It's also your life support system.

As much as 80% of your immune system is found in your gut. And in a healthy gut, the friendly bacteria help to repair cell damage, balance your hormone levels, and keep your body fit and healthy.

But when you have too much bad bacteria, you experience the reverse: Your cells deteriorate, hormones go haywire, and you struggle with sluggish energy and find it harder to fight off infection.

Here's a list of the diseases now linked to poor gut health:

Inflammatory bowel disease

Irritable bowel syndrome (IBS)

Colon cancer

Allergies

Asthma

Autoimmune diseases

Parkinson's disease

Autism
Alzheimer's
Multiple sclerosis
Depression
Anxiety
Types 1 and 2 diabetes
Strokes
High blood pressure
High cholesterol
Heart disease

Quite a long list, isn't it?

And it keeps getting longer as scientists make more discoveries about the vital link between the gut and our health.

Yet, while gut health may seem like a hot new health trend, we've actually known, or at least suspected, what vital role the gut plays in our health for thousands of years. In fact, the ancient Greek physician and philosopher Hippocrates was investigating the role of gut bacteria over 2,000 years ago. But sadly, today's medical world is only now catching up.

Discovery of the vital role our guts play in our all round health is arising none too soon as, sadly, people's guts have been destroyed on an industrial scale.

Causes of poor gut health include:

- Eating diets of highly processed "Frankenfoods"
- Chronic stress
- Sedentary lifestyles with little exercise
- Pollution
- Household chemicals
- Antibiotics
- NSAIDs (non-steroidal anti-inflammatory drugs).
- Smoking and drinking heavily

Based on these modern causes, is it any wonder today's boomers are suffering from worse gut health than their parent's generation? And it's no coincidence that rates of diabetes, obesity, heart disease, Alzheimer's, and every chronic disease have rocketed in tandem with changes to our lifestyles.

Now here's the good news: You can reverse the damage when you address negative lifestyle habits and add more gut revitalizing probiotics to your diet to improve the diversity of bacteria in your gut.

Why Diversity is Key

If you want to improve your gut health and bulletproof your body from chronic disease the key is DIVERSITY.

The latest research reveals that having a wide range of different species of bacteria in your gut is the key to being healthy and happy. Whereas only a small variety in their gut bacteria puts you at higher risk of digestion problems, chronic weight gain, higher cholesterol and even autism.

How do we know this?

Now, this may disgust you. But a lot of what we know about gut bacteria comes from examining POOP.

Because you see, poop isn't purely waste and undigested food. It also comprises of:

- 30% dead bacteria
- 30% indigestible food
- Up to 20% is cholesterol and other fats
- Up to 20% is inorganic substances such as calcium or iron
- Up to 3% is protein

So you see, analysing poop can be one of the most accurate ways of measuring health throughout the body.

Western doctors may only now realizing the pivotal role our guts have in our all round health. Yet doctors in Ancient China knew about it as far back as 3,000 years ago. Ancient Chinese court physicians would actually examine the Emperor's poop for signs of ill health.

While studies of a tribe of hunter-gatherers living in Tanzania called the Hadza people found they had gut bacteria that's twice as diverse as that of a typical person in a western country.



Their healthier diets and exercise were factors. Yet the fact that they also enjoyed far lower levels of obesity, heart disease, diabetes, and every chronic condition you can name is no coincidence.

Awareness of the vital need to have healthy levels of probiotic bacteria can also be traced back to World War 2. During the war a common cause of death in the cold, dank trenches was dysentery. This

is an inflammatory disease of the intestine which can result in severe diarrhea and abdominal pain. In North Africa, hundreds of German soldiers were dying every week because of dysentery, whereas the local people rarely suffered from it.

After studying their eating and health habits, the German doctors noticed that the local people used to eat animal dung. While revolting, it suggested that there was something in the dung keeping them healthy. After analyzing it, the German doctors found that it contained the bacteria "Bacillus subtilis".



After finding a way of breaking it down into a more edible form, they gave it to the German soldiers. Almost immediately, rates of dysentery plummeted. They'd just discovered the health benefits of probiotics and the importance to have a diversity of healthy bacteria.

Sadly, this knowledge didn't seem to get passed through history. Fast forward to today and you'll find four in five Americans are decimating their gut bacteria every year without even realizing it.

The Dangers of Antibiotics to Long-term Gut Health

You likely know about the link between obesity and processed food diets. But did you know there may be another cause of obesity few people know about: Rampant prescribing of antibiotics.

When they were first developed in the 1950s antibiotics were a revolution in health care. It was like they'd discovered the master pill for wiping out all known causes of ill health. Some hoped antibiotics may end all disease, and they have indeed save untold millions of lives.

The ability of antibiotics to extend lifespan and fight infection is beyond question. But some in the medical community fear we may have taken their use too far.



As many as 4 in 5 Americans undergoes a course of antibiotics every year. They're prescribed as a quick fix for everything, from a

winter cold to an ear infection. And doctors are under huge pressure to prescribe them as people demand a quick fix.

While effective at treating most infections, antibiotics are catastrophic for the health of your gut. As while they're designed to wipe out the bad bacteria that cause disease, antibiotics are like dropping a nuclear bomb in your gut, as antibiotics aren't sophisticated enough to tell the difference between the good bacteria and the bad ones. The result is that all life is wiped out.

It's then the bad bacteria who start to recover and dominate your microbiome. Without enough good bacteria to mount a defense, the bad bacteria can multiply, spread, and take control of your gut. It's feared that it can then take years for your gut's biodiversity to recover from a dose of antibiotics, if it ever does at all.

When they were first developed, nobody had a clue what damage antibiotics did to our gut bacteria. But now we do. And scientists and doctors are waking up to the fact that overprescribing them may be making our health problems worse in the long run, rather than better, due to damage to the gut microbiome.

Antibiotics may soon even be useless at treating disease anyway. As strains of lethal bacteria have mutated to become antibiotic resistant.

The ugly truth is that we now face the catastrophe of contagious diseases breaking out for which we have no cure. In fact, this is no longer a doomsday prediction. It's already happening.

According to the *Centers for Disease Control and Prevention*, at least 2 million Americans suffers an antibiotic resistant infection every year. What's worse, 23,000 die from infections doctors are unable to treat.



The danger of antibiotic resistant bugs is now well known.

What's being less reported is that rampant use of antibiotics may be making us fat and at higher risk of obesity as well. Because antibiotics aren't just prescribed by doctors. They're also in our food supply.

Initially, antibiotics were fed to cattle, pigs, and sheep to ward off disease. But farmers noticed a surprising side benefit: These drugs made them grow much faster and fatter without having to increase their feed.



It was as though they'd discovered a magic potion for creating fatter animals they could sell off at a juicier profit. The industrial scale feeding of antibiotics to farm animals really kicked off in the late 1970s. And this tallies exactly with the explosion in obesity among the US population.

Your options are to go vegan or to spend the extra dollars shopping in the organic aisle. But neither option guarantees you'll be safe. As the manure of factory farmed animals is used to nourish the ground in which the same farms grow vegetables. And traces of antibiotics have been found in both the soil and groundwater.

So even if you've never taken an antibiotic in your life and are a committed vegan, you've likely been exposed to them from the food supply. And the damage to your gut may have been taking place over many years.

Thankfully, by repairing your gut bacteria with probiotic foods you can repair the damage and perhaps even reverse all manner of ill health problems a weak microbiome can cause.

The Role of Gut Health in IBS

Irritable Bowel Syndrome (IBS) is the #1 digestive disorder in the world. As many as 45 million Americans are believed to be affected, of which two thirds are women.

IBS can have such a variety of symptoms and severities that many people suffer from it without realizing it. This can range from diarrhea and stomach cramps to gas, bloating, and even nausea.



At one end of the scale it can be just an annoyance and mildly uncomfortable. At the other end it can be so debilitating that you're forced to stop eating at your favorite restaurants or going places where there isn't easy access to a bathroom.

Despite it being a widespread problem, and one that only seems to be getting worse, mainstream science has yet to decide on the precise cause.

What is known is that IBS results from a combination of causes, including diet, stress, and, drum roll please, poor gut health. We know this because the poop of people with IBS typically have a different bacteria to that of people with healthy digestion.

So improving your gut won't just give you healthier poop. It will likely fix your digestion problems too.

The Role of Gut Health in Brain Function

The brain still remains largely a locked box of secrets to the smartest minds of modern science. A lot of our understanding of how it works, how it evolves, or why it deteriorates are still best guesses on what we've been able to observe with the limited tools we have now.

Yet what we do know is that our brains are always evolving. The way they are wired is fluid and flexible. And the latest science suggests that whether they evolve in a good or bad way hinges on both our experiences and the health of our gut.



The question now being asked among gut health expert is whether the right diversity of gut bacteria can give us clearer thinking brains. There's every reason to believe so. As studies of autistic people have revealed obvious signs of the link between gut health and the brain. And like all types of disease it seems, autism is on the rise.

Whether due to more people on the autism spectrum having children or due to awareness, more people are being diagnosed with autism. While their severity can vary, what is common among people on the autism spectrum is that they typically have an imbalance in their gut. They tend to have digestion problems too, with symptoms like diarrhea, gas, and bloating, which are all warning signs that something's not quite right in their stomach. This is particularly true when they're children.

This could be because autistic children tend to be fussy eaters. This limits the variety of healthy bacteria they get from food, resulting in a lack of bacteria diversity. While the link between the gut and autism is still being researched to find a proven link, studies in animals have been highly revealing.

A study of mice found they could be induced with autistic behaviors by injecting a pregnant mouse with an immune system stimulant. Her children then exhibited autistic behaviors and also had gut problems. The good news is that these symptoms went away when they were given the probiotic "Bacteroides fragilis".

Similar results have now been seen in children. In one study a group of autistic children were fed either the bacteria species "Lactobacillus plantarum" or a placebo. The children who took the

bacteria exhibited many improvements. In fact, the children seemed so much happier that other parents refused to allow the researchers to give their children the placebo. Without enough subjects, the research had to be halted.

It's hoped that similar improvements in brain function through gut bacteria may also be achievable in people with Parkinson's. They also tend to suffer from digestion problems, and tests have shown that they tend to have different gut bacteria to healthy people.

So even if you don't have autism or Parkinson's, studies suggest that improving your gut health may offer a pathway to gaining a clearer thinking brain.

The Role of Gut Health in Heart Disease

Do you or someone you know suffer from heart disease? It's such a common health issue that heart disease now claims more lives than any other disease (although Alzheimer's is catching fast).



Imagine someone with heart disease and you may picture someone who's morbidly obese, never gets off the sofa, and lives off fast food. But the reality is that even people who seem the picture of health can be vulnerable. In fact, millions of people may have arteries clogged up with plaque and sky high blood pressure without even realizing it.

And just as with any other disease, research is fast revealing that the gut has a vital role to play in balancing cholesterol levels. A study of 900 people in the Netherlands revealed a direct link between a healthy microbiome and high levels of healthy HDL cholesterol and triglycerides. This suggests gut bacteria play a key role in HDL production.

So while a lot more research is needed to categorically prove the link, it's not a step in the dark to think a healthy gut has a pivotal role to play in cholesterol and heart disease, as with everything else that happens in the body.

The good news is that after re-populating your gut with healthy bacteria it can trigger all manner of improvements in your all round health. As when your stomach has enough healthy bacteria it can break down food into nutrients like it's supposed to, instead of shoving undigested food into your cells to create lumps of ugly fat. It means having higher quantities of vitamins, minerals and nutrients rushing to feed your heart, muscles, and brain.

An added side benefit of having a healthier gut is that the increased level of nutrition you're getting from food means your hunger cravings for junk food become less as well. This is because your body is able to get the food it needs much quicker. And you'll have fewer cravings with the good bacteria in control of your vagus nerve.

You may then notice you have more energy from the increased level of nutrients your body is absorbing. You suffer from fewer midmorning or mid afternoon energy crashes. And you no longer have to keep "topping up" on soda, coffee, or snack foods to keep you going.



Why Probiotics and Prebiotics are Vital to Gut Health

As I hope by now has become clear - if you want to improve your gut health, eating the right foods is essential. Especially foods rich in probiotics and prebiotics:

Probiotics - Probiotics are the beneficial bacteria lining the gut. They guard the gut against disease causing pathogens while also stimulating the immune system. Probiotics help in nutrient absorption

and improve the overall health of the digestive system. One way to obtain probiotics is by eating 'fermented foods like kefir, kombucha, pickles, kimchi and sauerkraut.

But while probiotics are excellent for digestive health, too much of a good thing is no help at all. Fermented foods should be eaten in moderation. If you eat too many, the population of bacteria in your gut can become unbalanced. This may then result in digestive problems. So eat them in moderation.

Monitor your body's response, as everyone is different. If you are experiencing unexplained bloating and diarrhea, try cutting back on the probiotic foods and see if that sets you right.

Prebiotics - As probiotics are living organisms they need food to grow and flourish. If they do grow and thrive, you can look forward to an increase in healthy gut bacteria for fighting off the bad bacteria.

This is why you need prebiotics. Food sources of prebiotics include raw garlic, raw onion, raw Jerusalem artichoke, dandelion greens and leeks. Prebiotics have other gut health benefits including:

- Enabling regular bowel movements
- Maximizing the absorption of magnesium and calcium
- Strengthening the immune system

- Promoting better weight and appetite control.

Simple Eating Habits that Help Improve Digestion

Tweaking your diet and eating habits is the first thing you can do when your digestive health is suffering.

Start by chewing your food more. How much you chew your food greatly impacts your entire digestive system. The more you chew your food, the easier it is for your system to digest it. The smaller the food particles are, the easier it is for the food to pass through your esophagus.

The process of chewing also triggers the production of saliva, which in turn stimulates the stomach production of necessary acid and enzymes. These are required for the digestive process.

- **Don't Eat When Stressed or Upset**

Do not eat when you're emotionally upset or in a bad mood. Your digestive tract and brain are interconnected, so eating while in a bad mood can harm the digestive process.

Experts who have studied the 'brain-gut connection' have revealed that eating while stressed can cause the digestive process to literally shut down. This results in problems like constipation.

Stress can also cause the food to move too fast through your digestive system. If the food moves too fast, there isn't enough time for healthy nutrient absorption. This results in nutrient deficiencies.

- **Drink Plenty of Water**

The importance of water for digestion cannot be overemphasized. Water is needed to break down solid foods. It is also needed for proper absorption of nutrients into the body.

So you see, not drinking enough water can cripple the performance of the digestive system and result in constipation and other digestive problems.

It is better to drink water in between meals, rather than with meals or soon after eating. This is to avoid diluting the stomach acids that are necessary for optimal digestion.

- **Give Your Stomach Time To Produce Enough Acid**

Many people mistakenly believe that too much stomach acid causes heartburn. However, it's the other way around. If you always eat quickly, your stomach may not be able to produce enough acid for the digestive process to work.

As a result, the food may remain in your stomach longer as it's digested. This causes the food to ferment in your stomach which can lead to gas, bloating and heartburn.

To help increase stomach acids, you can drink water with freshly squeezed lemon juice in between meals. Or mix one to two teaspoons of raw apple cider vinegar with just a small amount of water before you eat.

- **Intermittent Fasting**

Intermittent fasting is an excellent way of giving your gut time to recover from digesting food all the time. It also gives your stomach lining a chance to regenerate itself with good bacteria. So try missing out breakfast a few times a week so you don't eat anything for 12-14 hours.

- **Be More Active If You're Not**

Your digestive system can become sluggish from a poor diet and lack of exercise.

Simple exercises like walking or yoga helps food to travel to and through your digestive system. So, if you want your digestive system to function more efficiently, get up and move as often as you can. Regular exercise also helps your body absorb nutrients more easily.

Another benefit of exercise for digestion include helping to improve your blood circulation. This in turn helps reduce constipation, cramps, bloating and other symptoms of a sluggish digestive system.

- **Lower Stress Levels**

Whether it's dealing with cranky co workers or misbehaving children, many of us cope with enormous stress in our lives. This makes it harder for your gut to do its job properly.

Stress of any kind increases the presence of cortisol and other hormones which promote inflammation in the gut. And when that happens, chronic indigestion problems then follow.

- **Increase Your Magnesium Levels**

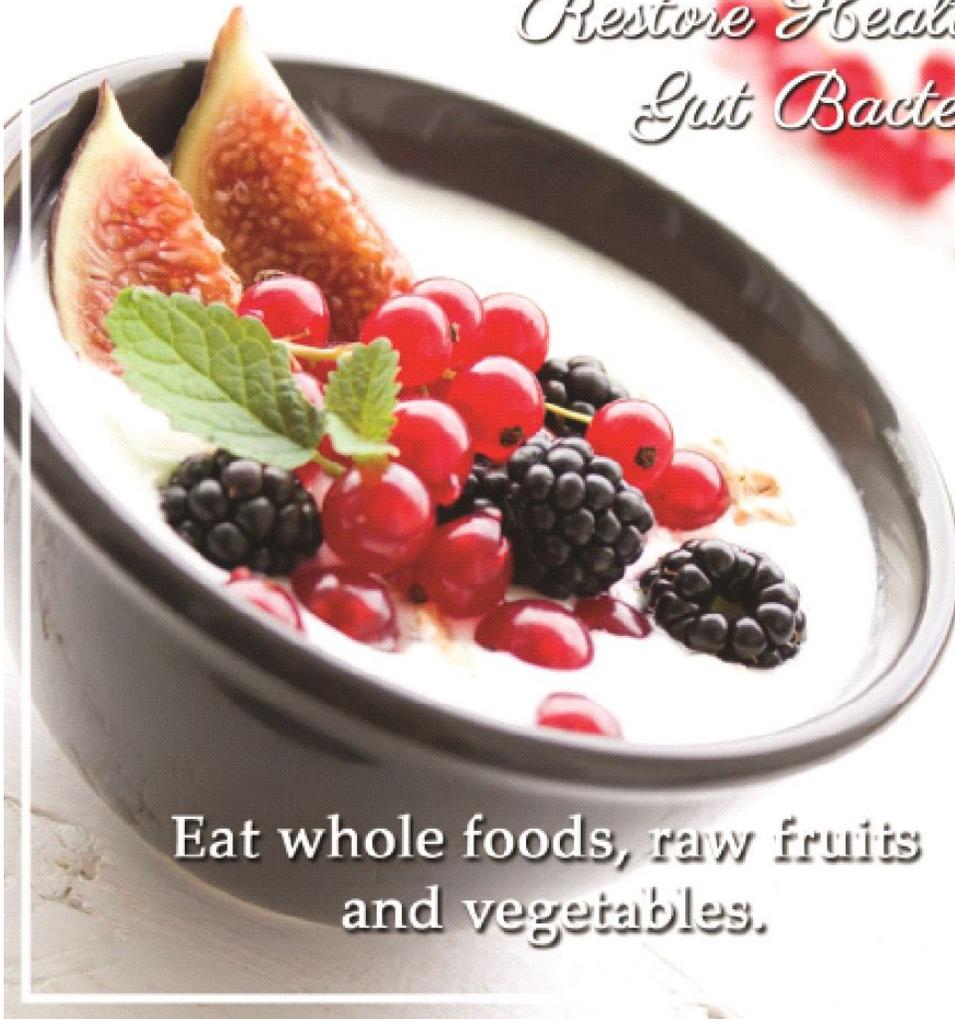
Your body cannot properly digest food without the help of magnesium. Magnesium also aids in muscle function. And without enough in your system, constipation can follow.

If your body is getting sufficient magnesium your intestines will also contain more water, which is crucial for initiating peristalsis. Peristalsis refers to the wavelike motion that enables the movement of fecal matter through the intestines. It is also the process of peristalsis that allows the food to be moved from the esophagus to the stomach.

Magnesium is also vital for protein synthesis, activating the enzymes that help the body absorb carbohydrates and fats, and it plays a role in releasing enzymes that help catalyze many of the chemical reactions in the body.

So you see, there are many reasons why magnesium is it vital to improving the digestion of food and improving the efficiency of converting food into fuel.

*Restore Healthy
Gut Bacteria*



**Eat whole foods, raw fruits
and vegetables.**

Small Diet Changes Have a BIG Impact on Gut Health

Switching to a gut healthy diet is a marathon rather than a sprint. Rather than immediately go turkey on your favorite foods, start by eating more raw fruits and vegetables, whole foods, and unprocessed foods. While whole grains, nuts, berries and seeds should take the place of processed grains, sweets, baked goods and high levels of white flour, salt and refined sugar.

Avoid processed food as much as you can for 14 days. Instead, eat a plant-based diet, where your food is as close to its natural state as possible, meaning it is minimally processed and cooked. Drink lots of water and herbal teas, and fewer sodas.

Drink lots of water and herbal tea instead of sodas and processed drinks. Just these simple changes can be enough to fix your gut in no time.

If this all sounds complicated, then keep reading. You'll find two meal plans and lots of delicious gut healthy recipes later in this book to guide you.



Is your diet causing
digestive
problems?

*If so
change your diet!*

Should You Eat Bran To Stop Constipation Problems?

There are times when doctors recommend bran for constipation. The bran is an insoluble fiber that fills the stomach and stimulates bowel movement.

However, this advice may not work for everyone, especially people with slow transit constipation or STC, a condition characterized by the slow passage of waste through their large intestine.

A person with STC is more likely to suffer from excessive gas and bloating if they consume bran. This is because if they eat insoluble fiber their digestive system will have to work harder. This causes more stress on their digestive system.

As a consequence the gut becomes more irritated as it works harder to get rid of the bran.

Research shows that a significant number of people suffering from IBS or Irritable Bowel Syndrome have been found to be hyper-reactive to anything that irritates the gut, such as bran and other types of insoluble fiber.

Other Foods that Can Cause Digestive Problems

- Legumes

Legumes contain compounds that have been found to irritate the digestive system. For example, peanuts contain aflatoxin and lectins, while soy has phytoestrogens.

If you are having issues with your gut health reduce all kinds of legumes for a while.

- Dairy

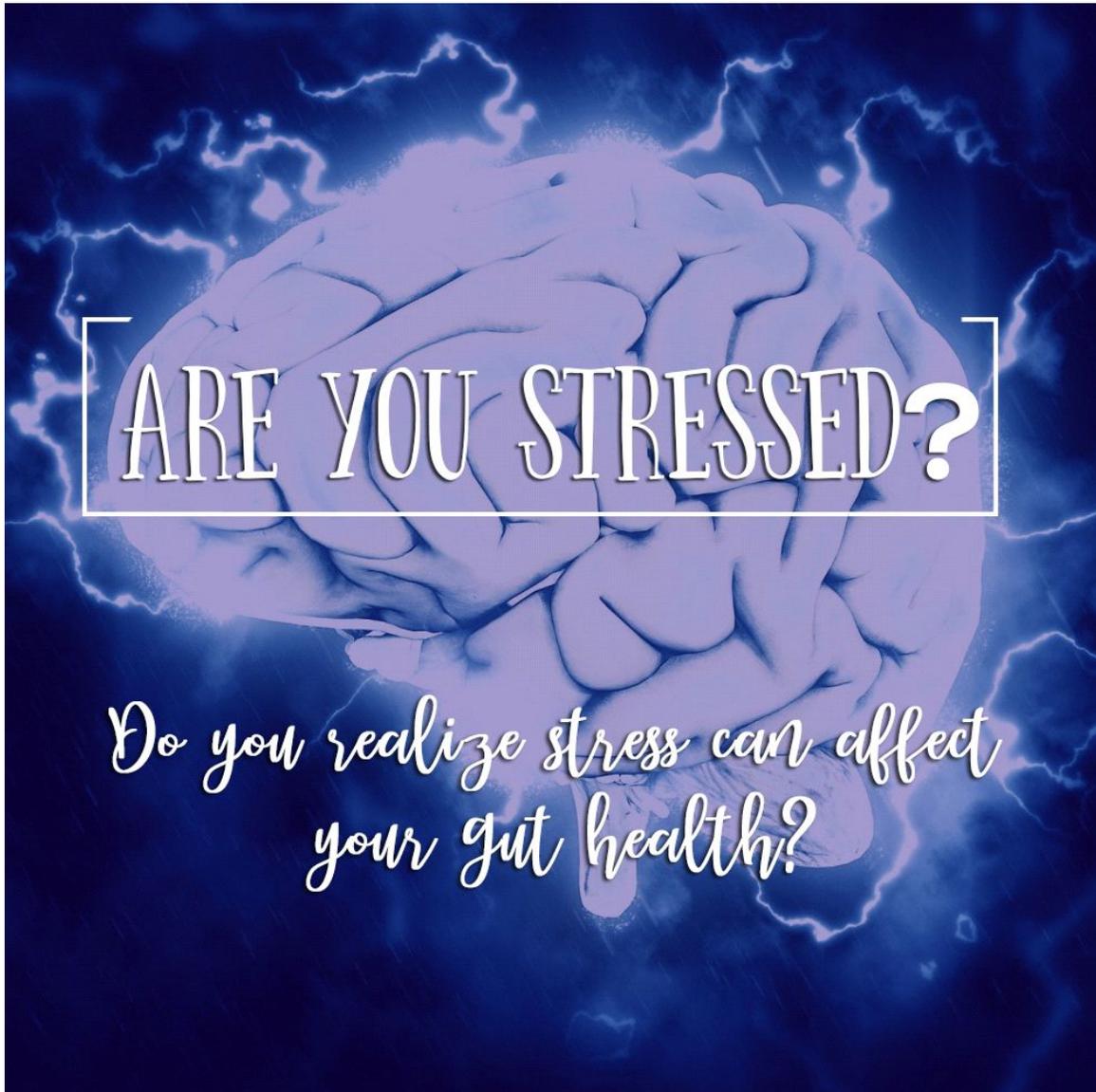
There are some dairy products that are considered healthy for the gut, and others that aren't, so if you are having digestive issues your dairy consumption could be the culprit.

Start choosing fermented dairy, such as grass-fed kefir and acidophilus yogurt.

- Sugar

Too much processed sugar in your diet is a key cause of bad bacteria being able to multiply in your gut. This can adversely impact

your metabolism and immune responses. An overgrowth of bad bacteria also promotes inflammation. If left unabated, this may lead to symptoms of an autoimmune-inflammatory response.



How Stress Affects Gut Health

The food you eat is not the only thing that affects your digestive system. Stress is another major factor. Unfortunately, the part of our brain that responds to threats can't tell the difference between a physically harmful threat or agitating, emotional threat.

Therefore, any stressful situation can trigger a fight or flight response. Once the brain detects any form of perceived threat, it releases stress hormones which go straight to your gut.

This sets off a chain reaction of events in the body. The goal of releasing stress hormones is to channel resources to the muscles and brain to enhance our ability to physically respond to a threat, such as fighting or running.

But this also means shutting down or reducing activity in functions that usually consume high amounts of energy. One of these functions is the digestive process. When a stress response is triggered, the digestive process is severely disrupted.

When stress hormones are released, sensory nerves in the gut increase acid secretion. As a result, digestion and appetite can shut down, triggering a stomach ache or painful gastrointestinal distress.

Since the gut is an integral part of the entire nervous system, the brain in turn affects gut functioning. So, although it starts with the brain, stress can impact the physiological functions of your gut.

There is plenty of evidence to show that our gut is vulnerable to the effects of both acute (immediate) and chronic (long-term) stress. It certainly makes perfect sense, as both our physical and mental health is often, and usually, affected by too much stress!

Some of the main changes that stress can inflict in the gut is due to the intestinal mucosa. It can be penetrated by a network of neuron cell bodies and fibers that are influenced by the signals released from the brain.

Stress Increases Risk of Gut Permeability

The changes that take place in the body in times of stress can have an immediate effect on gut function. This is due to a group of peptides known as Corticotropin Releasing Factors - CRF – which play a role in the coordination of the body's response to stress. The effects of

these CRFs have been found by experts to increase gut permeability and visceral hypersensitivity.

Stress Increases Risk of Intestinal Diseases

Studies have shown that stress can cause significant changes of the digestive microbiota composition. Laboratory research has demonstrated the link between stress and the overgrowth of bacteria in the gut, and how such changes can reduce microbial diversity inside the large intestine.

These adverse changes in the microbiota may increase a person's risk of being affected by enteric pathogens which are groups of bacteria that can cause disease in the intestines.

Stress Slows Down Movement in the Small Intestine

Experimental studies have also demonstrated that psychological stress can slow down the transit time in the small intestines resulting in the overgrowth of bad bacteria. This occurrence can then compromise the intestinal barrier.

Simply put, chronic stress can significantly contribute to the emergence of leaky gut syndrome and small intestinal bacterial overgrowth.

Because our digestive system is the engine that drives us, any problems with our gut function will not be contained there. Other body systems will be affected, often in ways that make it difficult to isolate the real cause of the problem. This includes our skin.

Stress-induced changes to the gut increase the risk of systemic and local skin inflammation. If the integrity of the gut is compromised an individual may experience skin inflammations, such as acne and rosacea.

Maintaining Healthy Gut Flora Buffers the Effects of Stress

Having a healthy gut flora makes it easier to modulate leaky gut permeability and hypersensitivity, which may occur as a result of being chronically exposed to stress. In order to achieve healthy gut flora make sure you include plenty of probiotic foods in your diet.

An increased intake of fermentable fibers such as yam, sweet potato and yucca can also help keep the gut flora within healthy levels. Most of all, find ways to better manage your stress levels in order to avoid gut and digestive health problems, and other health problems too!

Heartburn Problems?



Avoid spicy, acidic, and
high fat foods!

Natural Ways to Relieve Heartburn

If you suffer from chronic heartburn, the best way to treat it is by discovering and avoiding trigger foods.

Keep a food diary and take note of what and how much you ate prior to an attack. Look for matches – it may not always be the same meal that causes it but a particular ingredient.

Regular Mealtimes and Portion Control

Making a point to limit your food portions and to schedule your meals appropriately can also make a world of difference. You may find that instances only happen when a certain food, drink or combination is consumed at certain times of the day, or more likely, at night.

Generally, you would want to avoid spicy, acidic foods, as well as those that are very high in fat. Although everyone's guts are different and may have different trigger foods.

Remove all instances of a suspect food from your diet for at least two weeks and monitor your incidences of heartburn. Keep testing foods and food types until you find the culprits.

Greasy foods should be the first to go. After that eliminate foods like citrus fruits, chocolates, caffeinated beverages, alcohol, carbonated beverages, and tomato products. These foods considerably increase your risk of heartburn. Other heartburn triggers that you may not expect are lifestyle-oriented, such as smoking, taking certain pills (for example, ibuprofen), and suffering from high stress levels.

Physical Treatments for Heartburn

If you try some or all of the following suggestions, you may find relief without the need for medication. Most heartburn medications usually only treat the acute symptoms rather than preventing the problem anyway.

Lying Down After a Meal

Avoid lying down for an hour or so after you eat can be very effective in preventing heartburn. Standing or walking right after eating can be very helpful in allowing the gastric juices to flow down in the normal direction, and avoiding any reflux action.

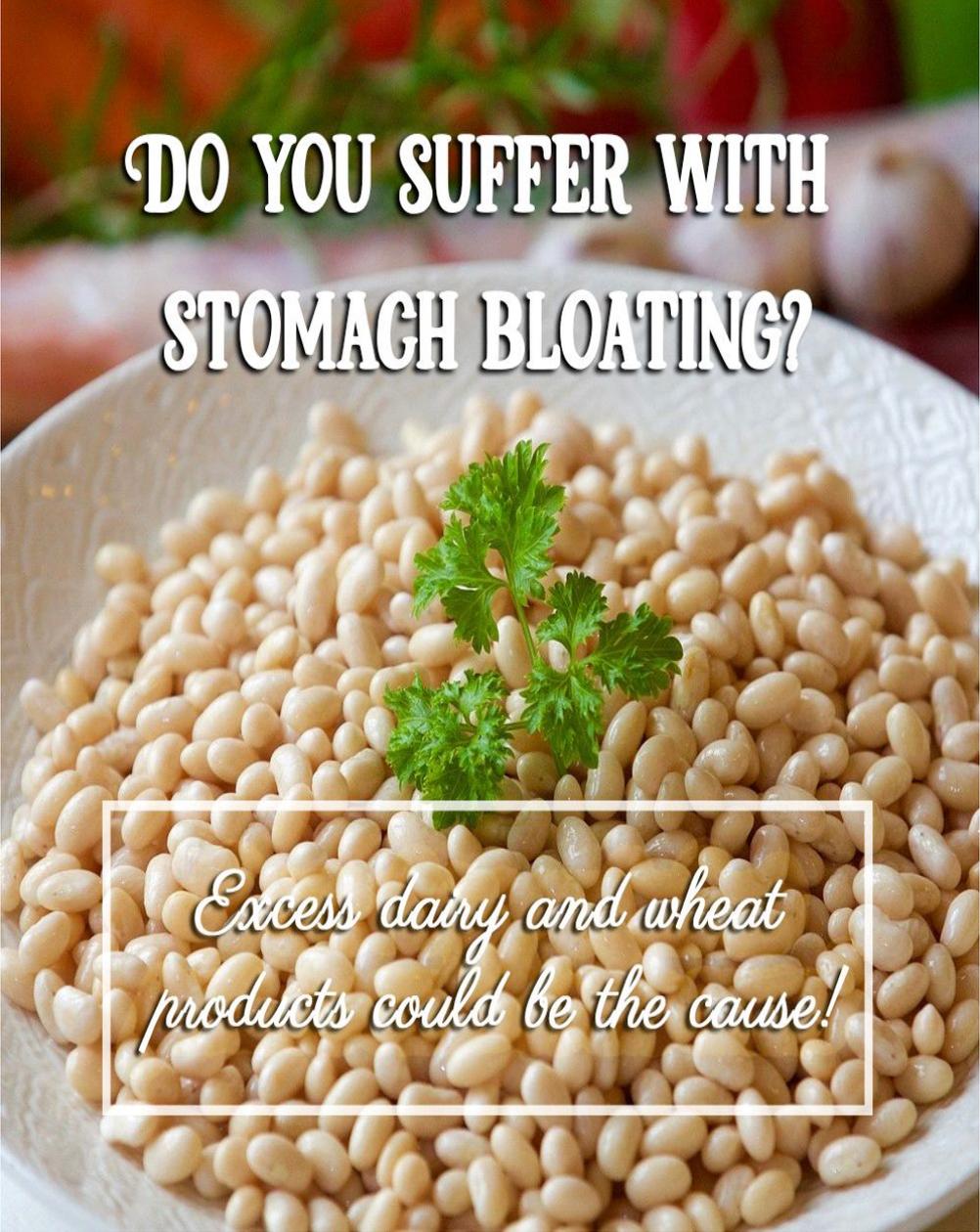
Ideally, you should have a meal at least two to five hours before sleeping, which will provide you with sufficient time to clear some stomach content before bedtime.

If eating close to bedtime is unavoidable, try to prop your head up to sleep with both your head and chest elevated. Sleeping on an incline will prevent stomach acids from flowing into your esophagus as you try to sleep.

Watch Your Weight

If you're overweight, excess fats in the body can trigger the release of certain chemicals that may interfere with proper digestive functioning. In fact, research has proven that losing weight can significantly reduce the symptoms of heartburn and acid reflux.

If you have put on weight, try wearing clothes that are loose around the waist and stomach, as clothes that fit too tightly can also contribute to increased heartburn risk.

A close-up photograph of a white ceramic bowl filled with cooked white beans. A small sprig of fresh green parsley is placed in the center of the beans. The background is softly blurred, showing hints of other vegetables like tomatoes and onions.

DO YOU SUFFER WITH STOMACH BLOATING?

*Excess dairy and wheat
products could be the cause!*

How to Prevent Stomach Bloating

Abdominal bloating and discomfort is a regular, sometimes daily, occurrence for many people. There are many reasons given for stomach bloating. But most often the cause can be traced back to diet.

Many people may think their bloating is due to a digestive 'condition'. But in most cases it's due to a poor diet.

What constitutes a proper diet varies from person to person. This can be due in part to genetics. If your ancestors ate a particular food types, these are unlikely to cause you or your family a problem.

If you suffer from stomach bloating, especially when you eat certain foods, such as beans or other gas-causing foods, you may find the following tips helpful.

Dairy

Eating dairy can cause stomach gas. So avoid pairing dairy products with hard-to-digest foods. Those who are sensitive to lactose will find that cheeses and yogurt may be tolerated by their system, whereas milk is not.

Wheat Products

Sensitivity to wheat is now being diagnosed at a rapidly increasing rate. There are a couple of reasons for this.

Firstly, the wheat we eat today is not the same as our ancestors ate. It's now bred in a certain way to increase in production and ease processing. The problem is this is at the expense of digestibility.

Secondly, wheat is an ingredient in many of our modern dietary staples. Unless you live on a strict meat and vegetable diet, it can be almost impossible to avoid wheat in some form or another. This excess consumption has caused allergy-like symptoms in many people. Two favorite foods high in wheat are bread and pasta.

If you regularly suffer from bloating, both wheat and dairy should be eliminated. Many people have found relief simply by switching to gluten-free alternatives of their favorites.

Broccoli – Cook Gently Rather Than Eat Raw

These green little florets are no doubt delicious and very good for you. The problem is broccoli can cause your stomach to bloat. Broccoli is rich in fiber and can be difficult to digest when eaten raw.

To avoid that gassy feeling in your stomach, steam or sauté your broccoli before eating. The same applies to other vegetables that are hard to digest, such as cauliflower, cabbage, collard greens and kale.

Beans – Rinse Soaked Beans Well Before Using

Beans are loaded with proteins, complex carbohydrates, fiber and are low in fat content. But, unfortunately, many people have a problem when they eat beans! And can suffer from a bloating belly and uncomfortable gas.

To avoid this, after you soak beans before cooking, tip the water used to soak the beans out. This is because the water you used for soaking it contains gas-producing enzymes. After that, rinse the beans again in fresh water before cooking them.

You can eat them with quinoa and other foods that are easy to digest. Avoid pairing your bean recipes with dairy products or spicy foods. This is a surefire way of making your stomach bloat.

Pears

Pears have more fiber than apples and also can cause a gassy stomach. If you really like to eat pears but your digestive system is not

so cooperative, try making baked pears. Cooking them helps your stomach to digest them more comfortably.

Adjust, or Avoid

Applying the dietary and cooking tips I just provided can help you to continue enjoying these foods and gaining the nutrients they provide without suffering gut problems.

However, if you continue to have a digestive problem or your stomach gas persists, try eliminating the major culprits listed above, or any others that you suspect. But if symptoms persist, visit your doctor for a full diagnosis of what is causing your digestive discomfort.



Eat Foods to Help Improve a Leaky Gut

*Make sure you add dark,
leafy green vegetables
to your diet!*

Foods to Improve a Leaky Gut

If you suffer with a leaky gut the most important thing to do is to avoid the foods that trigger your symptoms. While this seems obvious and simplistic, most people look for a 'cure' and overlook the most obvious and healthy solution.

Healing a leaky gut may take six months to two years, sometimes even longer, depending on the severity of the damage.

If you want to renew your gut's health, avoid eating dairy products, grains and legumes. Most of all, make sure your gut gets the nutrients it needs to completely heal from leaky gut.

Here's an example of the foods you should include in your diet.

Bone Broth

Bone broth should be top of the list for better gut health. This is due to the excellent sources of gelatin and collagen peptides it contains, which are hardly found in other foods.

These substances are loaded with amino acids that make up our gut lining, skin and joints. While the colloidal properties of gelatin have been found helpful in digesting foods that usually cause a “sour stomach” by strengthening the gut lining while also reducing inflammation in the body.

Most of all, these peptides work wonders in improving digestive function. Just make sure you choose bones that come from grass-fed beef when making your bone broth.

Bone broth can also reduce food sensitivities. This is because gelatin has been found to improve the digestibility of milk, milk products and beans. It also assists in increasing protein utilization in barley, wheat and oats.

Ginger

Ginger contains antibacterial, antiparasitic, antiviral and antifungal properties. It prevents the formation of cancer cells while it also revs up the immune system.

Ginger not only provides relief from stomach upsets and nausea but also plays a role in the production of digestive juices such as pancreatic enzymes, bile and stomach acids. A healthy production of

digestive juices is crucial for people who are afflicted with leaky gut syndrome as it works to reduce any gut-related inflammation.

Pineapple

Pineapple is touted as a super food for gut health. It is rich in compounds that are beneficial for maintaining balance in the digestive system. It has a very dense mineral profile that works to heal any damage present in the intestinal lining. Some of these are zinc, potassium, iron, copper and manganese.

One kilogram of pineapple contains approximately 1,328mg of potassium, while it also has 66 mg of magnesium, 91 mg of manganese and 41 mg calcium.

The stem of the pineapple is rich in the mineral bromelain. Bromelain has been found to reduce the damaging effects of inflammation in the intestinal tract.

Organic Meat

Where possible, select organic, pasture-raised or grass-fed animal sources of meat. This meat contains a good source of omega-3 fatty acids that are important for reducing gut irritation.

Studies have shown that omega 3 fatty acids are helpful in reducing inflammation. These omega 3 fatty acids work in two ways.

- They inhibit the formation of eicosanoids which are compounds found to be pro-inflammatory.
- Secondly, these omega 3s also work to form anti-inflammatory compounds that help reduce inflammation.

Therefore, omega 3s work to prevent the onset of inflammation, while also reducing the existing inflammation.

Coconut

Coconut food products are excellent sources of MCFAs or medium-chain fatty acids. MCFAs are easier to digest than any other types of fats. This is why it serves as a healthy addition to a person's diet, especially to people who have problems with their digestive health.

Plus, if you choose to eat coconut kefir you will be able to obtain the additional health benefits of probiotics. Coconut is known to help reduce inflammation and improve nutrient absorption. It is also found to be helpful in sealing inflamed digestive tract linings. This makes it very beneficial for people suffering from leaky gut syndrome.

Dark Leafy Greens

Findings from an Australian study revealed that a special type of immune cell can be regulated through the regular consumption of dark green leafy vegetables.

These immune cells are called ILCs or Innate Lymphoid Cells. These cells play a role in protecting the body against any bad bacteria that may enter the intestine.

This then protects the body against infections that may form in the digestive system. In addition to its protective role, these ILCs also promote the growth of good bacteria and help in the process of healing small wounds that are present in the gut tissues.

Researchers found that to assist the growth of ILCs people should increase their consumption of dark green leafy vegetables. Good examples are arugula, Chinese broccoli, brussels, cabbage, collard greens and kale.



Boost Your
Digestive Enzymes
with Natural Supplements

Boost Digestion with Digestive Enzymes

In order for your body to feel energetic and revitalized, it is vital that you absorb all of the nutrients from the food you eat. For this, you need digestive enzymes.

In your stomach digestive enzymes are vital for ensuring food is properly digested. Once the minerals and nutrients are extracted from our food, they can be broken down and absorbed into our bloodstream, to then be used as needed to fuel our brains and bodies.

Digestive enzymes also help the body break down proteins, lactose and other sugars as well as complex carbohydrates.

Typically, the more abundant your enzymes, the better your body will be able to break down the food. There is however, a limit to how many enzymes your body can naturally produce and this is why it's a good idea to eat foods high in digestive enzymes.

Eat Raw Foods In Your Diet

Eating healthy foods like fresh fruits and vegetables is a great way of increasing your enzymes, as they are abundant in these foods. Two popular digestive enzymes are Bromelain, which is derived from pineapple, and Papaya extract.

However, in order to fully reap the benefits, you have to make sure that you eat them as raw as possible.

Unfortunately, once vegetables and fruits undergo the cooking process, especially if they are heated to a temperature of 118 degrees Fahrenheit, they are practically devoid of all enzymes.

So you see, because we've got used to cooking our foods, and have strayed from eating a raw food diet, you may not be getting as many enzymes as you can from foods.

This is one of the reasons why many people should add digestive enzymes to their diet.

Not only will these enzymes help boost the body's natural digestive processes, but they can also help to prevent a whole range of gastrointestinal problems. Enzyme deficiencies have been linked to other problems including emotional and mental disorders and even some physical disabilities.



Add a few select
herbs and spices
to your diet, for a healthy
digestive system!

Herbs and Spices For A Healthy Digestive System

With 70% of your immune cells in your gut, it makes sense to keep the digestive system healthy so your body can perform its critical immune functions continuously.

One of the best things you can do is eat healthy dishes that contain a variety of different herbs and spices. This includes:

Licorice Root

This is an adaptogenic herb which works in balancing the cortisol levels and in improving stomach acid production. Its ability to regulate cortisol levels is what makes this herb helpful for those people suffering from leaky gut symptoms, which can be triggered and exacerbated by stress.

Licorice root also helps maintain the mucosal lining in the stomach and duodenum. In addition this herb contains glycyrrhizic acid. This helps speed up the healing process of gastric ulcers.

Licorice root is also recommended by some health practitioners for easing the side effects of laxatives.

Ginger

If you are having issues with acne, eczema, psoriasis and any other skin problems, it can be a strong indication that you may have inflammation in your digestive tract. And a great way of reducing this inflammation is with ginger.

The healing properties of ginger has been used for centuries and it is well-known for treating several digestive problems due to the compounds zingerones and gingerols, which have anti-inflammatory properties.

Another benefit of ginger is that its fiber content functions as a prebiotic that encourages the growth of healthy bacteria in the gut.

Milk Thistle

Flatulence, constipation, bloating, stomach cramps and indigestion are just a few of the many digestive problems that can be relieved through the use of milk thistle. However, keep in mind that milk thistle tea should only be consumed in prescribed quantities.

Milk thistle has earned quite a reputation for improving bile circulation, repairing damaged cells and reducing liver inflammation. All these benefits greatly contribute to the improvement of digestive health.

In addition, milk thistle has demulcent properties that moisturize and soften mucous membranes. Thus, it calms the digestive system while also healing inflammation on the intestinal walls.

Peppermint

Peppermint possesses antispasmodic and relaxant properties that have been found to help relieve gastrointestinal cramps and spasms. This muscle relaxation allows painful digestive gas to pass, giving relief from flatulence and bloating.

This herb has volatile oils that stimulate the gallbladder and enable it to release bile, which is needed for digesting fats.

The compounds present in peppermint tea have been found to improve the flow of bile to the liver. A moderate intake of peppermint tea also helps detoxify the liver. A healthy liver is crucial for keeping the digestive system functioning optimally.

However, peppermint isn't recommended if your problems are in the upper reaches of the digestive tract, such as with heartburn. Peppermint relaxes the sphincter muscle. This closes off the stomach and allows acid to go back into the esophagus, resulting in heartburn or GERD.

Cardamom

Cardamom is another spice that works for easing heartburn, irritable bowel syndrome, and intestinal spasming. It is also found to be effective in providing relief from constipation and intestinal gas.

Its strong aroma activates the taste and other sensory elements, increasing salivation and making for easier digestion. It improves the efficiency of enzyme secretion, further improving digestion. Cardamom is helpful if you consume it after having a heavy meal, although your gut will thank you more if you don't overload it in the first place!

Coriander Seed

Coriander seeds possess aromatic flavors, brought about by its essential volatile oils and fatty acids. Dried coriander seeds have important fatty acids such as linoleic, petroselinic, palmitic and oleic acids. Together, these essential oils provide anti-flatulence and carminative effects that are beneficial for digestive health.

Coriander is also a good source of dietary fiber. A hundred grams of coriander seeds contain 41.9 grams of fiber. This dietary fiber adds bulk to the food by absorbing more water which leads to smoother bowel movements. The fiber composition of coriander also works together with flavonoid antioxidants to prevent the development of cancer in the colon mucosa.

Cumin Seed

Cumin contains a compound called thymol which is helpful in stimulating the glands for improved production of bile, acids and other enzymes. This results in improved digestion, and because cumin seeds are high in fiber content they are beneficial for those suffering with hemorrhoids.

Cumin seeds also have the ability to prevent gas formation in the gastrointestinal tract and help combat the symptoms of flatulence.

These herbs and spices are often used in medications to help with digestive health problems, both pharmaceutical and alternative medicine. However, a more natural and holistic approach is simply to utilize them more regularly in home-prepared meals.



*There are many
superfoods for
improving
your gut
health!
Just make
sure you eat some!*

Super Foods for Gut Health

The human gut is home to trillions of microorganisms. In fact, the population of bacteria in the gut is ten times more than all the cells in the body combined.

Our gut flora plays a major role in our health and is responsible for regulating metabolism, protecting the body against infection and enhancing gastrointestinal functions.

Therefore, it's important to have healthy gut flora for a healthy digestive system. One way to achieve this is to eat the right foods.

Some of these foods are considered to be probiotic 'superfoods' for gut health. Here are a few to include in your diet to improve and optimize your gut health.

Bone Broth

As mentioned, bone broth contains immune-optimizing components which serve as building blocks for gut healing. This is especially beneficial for those suffering with a leaky gut. One particular component that makes bone broth helpful for gut healing is gelatin.

Gelatin is made up of hydrophilic colloid which attracts liquids, such as digestive juices. Gelatin also contains glucosamine, silicon, calcium and phosphorus which further promote a healthy gut.

Flax Seed Tea

Flax seeds contain soluble fiber, omega 3 fats and lignans. These components aid in lubricating and they also have an anti-inflammatory effect, making them beneficial for colon healing.

To make the tea, pour one tablespoon of flax seeds into 12 ounces of boiling water. Allow it to steep overnight and strain off the seeds before drinking.

Red Cabbage

Red cabbage contains L-glutamine amino acid which aids in healing the soft tissue lining of the intestines.

Red cabbage is beneficial for people suffering from leaky gut syndrome, irritable bowel syndrome, celiac disease, Crohn's disease and ulcerative colitis.

Coconut

Coconut contains beneficial bacteria that will recolonize your gut and promote hydration in your mucous membranes. It has beneficial yeasts that destroy pathogenic yeasts.

It also works to purify, strengthen and clean the intestinal walls and keep it strong and healthy against any disease-causing pathogens such as salmonella and E.coli.

Coconut has been found helpful in assimilating the nutrients in the gut while also enhancing the usage of B vitamins and other trace minerals.

Moringa

The medicinal powers of moringa have been used for centuries in treating indigestion. Moringa is loaded with fiber which helps clean the intestines and also contains antibacterial components for killing off unwanted invaders that may adversely affect a healthy digestion.

Moringa is a powerhouse of isothiocyanates which serves as a natural antibiotic to help destroy H. pylori, which can cause stomach ulcers. By adding moringa to your diet, the less likely you are to suffer from gastritis and duodenal ulcers.

Oranges

Oranges are packed with soluble fiber, that when fermented by the gut bacteria, has several health benefits. The process of fermenting soluble fiber in the gut produces a byproduct called butyrate. This substance is known to act as an anti-inflammatory that helps the gut to work in a healthy manner.

The butyrate helps regulate the growth of cells in the gut lining. As a result, proper balance is achieved between the formation of new cells and the death of old cells in the lining of the gut.

Chia Seeds

Chia seeds are powerhouses of anti-inflammatory phytochemicals. They provide a soothing effect that is beneficial for sufferers of gastrointestinal distress. They are also gluten free which makes them ideal for those who have celiac disease and gluten intolerance.

In addition, chia seeds are high in dietary fiber which promotes bowel regularity. This fiber content also makes people feel full quicker. Once it reaches the stomach, it forms a gelatin-like substance that serves as a prebiotic for enhanced probiotic growth in the gut.

There are quite a few foods to choose from, so you can certainly add a few or all of these super foods to your diet without too much trouble. If you do, you'll boost your gut health!

Conclusion - Sustaining a Gut Healthy Diet and Lifestyle

If you've been experiencing chronic indigestion symptoms for a while or are among the 2 in 3 adults with inflammatory symptoms, then I've little doubt this is the first course you've tried.

I expect you've already tried countless supplements, restrictive diets, detoxes, broths, and juice cleanses. But with temporary or mediocre results.

This is why I hope *The Gut Health Transformation* will be the breakthrough you need.

Because I hope after reading all the information in this guide, watching the videos, and implementing some of the action steps, you now appreciate how there are no quick fixes to achieve robust health over the long-term.

It comes down to ensuring you can sustain healthy habits over the LONG-TERM.

So while The Gut Health Transformation is only 30 days long, my hope is that 30 days is still long enough for the recipes you've tried and action steps you've implemented to become habits that you stick to. And that over the next few months and years, you start to notice how taking proactive steps to eat gut healthy foods, to lower your stress levels, and detoxify the body results in more energy, a happier mind, and greater joy in daily.



With your permission, I'll continue to stay in touch via email. So feel free to email me back whenever you have questions, or would like to share any feedback on the course. I'm always interested to hear from people who've benefited from *The Gut Health Transformation* and what I can do to make it better.

But for now, I'll repeat my favorite sayings that 'food is medicine' and 'health is happiness'. I hope you'll continue to remember these sayings to stay motivated on your journey to achieving the healthy, active life you deserve.

To your gut health and happiness!



Matt Ambrose

