



# What makes a happy gut?



## 1. Feed the gut bugs well

Gut bugs love plant foods because they contain fibre. The fibre passes through the gut undigested and becomes an important fuel source for 'healthy' gut bacteria.

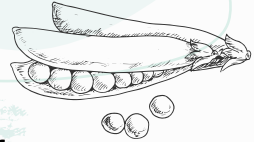
### Diverse micro-organisms need a diverse diet!

Think diversity of plant food (e.g. vegetable, fruit, nuts/seeds, legumes, grains, herbs/ spices), colour and variety.

### Eat Probiotics

They are preferred by our gut bugs and give extra benefits by promoting Short Chain Fatty Acids (SCFA) production. Some prebiotic rich foods include:

- onion
- garlic
- leek
- artichoke
- asparagus
- dried fruit
- stonefruits
- barley
- rye
- peas
- legumes
- wheat
- cashews



**Eating a diet with a variety of plant foods is a great way to keep your digestive system healthy.**



## 2. Introduce new bugs (probiotics)

Some foods contain naturally occurring probiotics e.g. fermented foods like yoghurt with a live active culture, kefir, pickled vegetables (e.g. sauerkraut, kimchi), tempeh, kombucha.

A word about probiotic supplements - It is important to choose a strain, dose and duration of probiotics for which there is evidence of a benefit for your symptoms.

Ask me if there is a product that might be of benefit for you.

### DID YOU KNOW?

Gut Bugs love Resistant Starch.

Eat plenty of lentils, peas and beans, cooked and cooled potato/rice/pasta, and firm bananas.

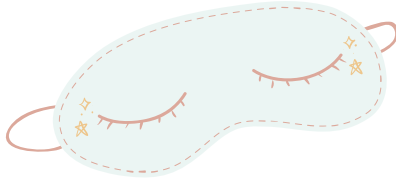




# What makes a happy gut?

## 3. Cultivate good sleep habits. Think:

- No screens 1 hr before bed
- Comfortable temperature and low lighting
- Breathing / meditation practice
- Movement during the day or after work
- Early nights
- Reduce alcohol/ caffeine intake
- Self care rituals to close the day. For example: candlelight shower, body massage with moisturiser, essential oils, reading, gratitude journal.



## 4. Support your nervous system every day.

Think manage stress AND process the stress in healthy ways. This might include:

- Healthy boundaries
- Meditation
- Breathing
- Yoga
- Movement or exercise
- Connect with loved ones
- Journalling



## 5. Spend time with nature and animals

- Walk outside
- Play with a pet
- Grow a garden
- Swim at the beach / water hole



Time in nature also helps with stress and sleep!