



Gut Friendly Foods

Maintaining an optimum digestive system is essential for overall well-being, influencing everything from digestion to mood regulation. Some foods to consider with this in mind:

Fermented Foods

Fermented foods are rich in probiotics, which are live organisms that can benefit gut health.

Yogurt: Contains live cultures that support the growth of good bacteria in the gut. Look for plain yogurt with "live and active cultures" on the label.

Kefir: A fermented dairy product similar to yogurt, kefir is often richer in probiotics and can enhance gut flora diversity.

Sauerkraut: Fermented cabbage that is packed with beneficial bacteria. It's important to choose unpasteurized varieties to retain live cultures.

Kimchi: A spicy Korean dish made from fermented vegetables, typically napa cabbage and radishes, which offers a variety of probiotics.

Kombucha: A fermented tea that contains a variety of beneficial acids and probiotics, promoting gut health.

Prebiotic Foods

Prebiotics are types of dietary fiber that feed the good bacteria in your gut.

Garlic: A good source of inulin, a prebiotic fiber that promotes healthy gut bacteria and supports digestive health.

Onions: Also high in inulin, onions can stimulate the growth of beneficial bacteria in the gut.

Asparagus: Rich in dietary fiber and has prebiotic properties that can support gut health.

Bananas: Particularly when slightly green, bananas contain resistant starch, which acts as a prebiotic and aids in digestion.

Leeks: Similar to onions and garlic, leeks are a great source of prebiotics that nourish beneficial gut bacteria.

High-Fiber Foods

Dietary fiber is essential for a healthy digestive system.

Whole Grains: Foods like quinoa, barley, and brown rice are high in fiber, promoting gut health by supporting diverse gut microbiota.

Legumes: Beans, lentils, and chickpeas are excellent sources of fiber and prebiotics, helping to improve digestion and promote a healthy gut environment.

Fruits: Berries, apples, and pears are high in fiber and antioxidants, contributing to a healthy gut microbiome.

Vegetables: Leafy greens (like spinach and kale), broccoli, and carrots provide a wealth of nutrients and fiber, aiding digestion.

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“Minding Your Mind”

Healthy Fats

Certain fats can support gut health by reducing inflammation and promoting nutrient absorption.

Olive Oil: Rich in monounsaturated fats and polyphenols, olive oil supports gut health and may reduce the risk of gut-related diseases.

Avocado: Packed with healthy fats and fiber, avocados can benefit gut bacteria and enhance nutrient absorption.

Nuts and Seeds

Nuts & Seeds are great sources of healthy fats, fiber, and beneficial nutrients.

Almonds: Rich in fiber and healthy fats, almonds can support gut health and promote the growth of beneficial microorganisms.

Chia Seeds: Packed with fiber and omega-3 fatty acids, chia seeds can help maintain regularity and support overall digestive health.

Incorporating a variety of these gut-friendly foods into a diet can enhance digestion. A balanced approach that includes fermented foods, prebiotic-rich options, high-fiber foods and healthy fats. Additionally, maintaining overall dietary diversity and practicing good eating habits will contribute to long-term gut.

Other Considerations:

- The Gut Biome is bacteria that aids in digestion and produces serotonin.
- 90% of Serotonin (The Happiness Hormone) is produced in the gut.
- Certain foods increase the Gut Biome and production of serotonin.
- Serotonin moves through the Vagus Nerve to the brain.
- Stress can produce Cortisol (The Stress Hormone) and inhibit the Gut Biome.
- Cortisol can inhibit the production of Serotonin.
- Monitoring the diet can have a variety of effects on the body and mind.

Hypnosis (focused relaxation) can assist in creating a relaxed state of mind, reducing stress, and revise patterns of behavior to meet weight loss objectives.

Disclaimer: The above shares information considered to be reliable from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. Always consider whether this information is appropriate for you & always confer with your health professionals

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