



SM *Nourishing Ways Center*

Your Ultimate Path To Wellness

Your Beginner's Nutritional Guide to Gut Health

Your gut is the most important area to start with to be treated. Nowadays, we call it the “microbiome”. We have roughly between 2 and 6 pounds of bacteria in our gut. It doesn't seem like much, but it is important to keep more of the good bacteria than the bad guys. We don't want to throw off the balance of it. There are many studies that confirm our gut plays a role with autoimmune disease, skin conditions, pain, asthma, allergies, irritable bowel disease, mood and of course our immune system. 70% of our immune system is in our gut. There is something called leaky gut/leaky brain, etc. What happens is our intestines become a rusty bucket and many microbes and proteins that should flow through our intestinal tubes, are now leaking through our lining and getting into our bloodstream that shouldn't be.

How do you know you have a bad gut? Here are some questions to consider to ask yourself:

Do you eat conventional foods? Do you eat out at restaurants, fast food? Only consume some organic foods? Eat a lot of sugar? A lot of stressful things going on? On the go all the time? Any brain fog or you may not even know you have brain fog until it's gone? Get sick often? On antibiotics once a year? Sinus infections? Bad breath? How are your bowels, daily, once a week, don't feel like you empty every time you go? Are they loose, mucousy, any food in your stool? Do you have a filter on your shower head to get of chemicals? Can't lose weight? Don't sleep well? Do you use round up on your lawn, does your neighbor? The list goes on. We are full of toxins which can also destroy the gut lining.



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How can we correct it?

- 1. Let's remove inflammation with foods. Dairy, grains, soy, sugar, peanuts, and corn are all inflammatory and must be removed. Start charting a food diary. This can be an eye opener when you end up adding these things back in and discover you get a bad reaction from it. When your body is inflamed, it makes it hard to get well, including even weight loss.**
- 2. Sleep well. No electronics at least 1-2 hours before bed. Your body thinks it is awake and needs to stay up. Let's relax and not do things up until bedtime. 7-8 hours of consistent sleep is the all-time recommendation. Make sure the room is very dark and no electronics staring at you while you sleep. Put your phone on airplane mode so you don't get the electromagnetic frequency.**
- 3. Exercise, but not if you are exhausted. Wait till you are feeling up to it. Exercise helps regulate your bowels and gets your lymphatic system moving to help eliminate toxins. Even just walking or a little bit of a trampoline daily can help.**



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- 4. Chew your food well. We tend to eat in the car or standing up and not actually sit down to eat. Take small bites, chew 30 times before swallowing. Don't drink fluids with your meals, otherwise you are diluting your stomach acid. This helps with digestion of your protein.**
- 5. Increase your water intake. At least a minimum of 48 ounces. It all depends on the person of how much you need. We are all drinking too many sweet drinks, including your morning coffee or flavored waters. What is wrong with some old-fashioned water.**
- 6. De-stress. I know we can't eliminate stress. Say no when appropriate. Don't take on the world. You are one person. Get a massage, meditate or pray daily. I know you can't get a massage daily. Relax, you don't have to do something every minute of every day.**
- 7. Drink some bone broth. No one ever likes me recommending it. "It sounds nasty" but it is great at healing your gut, reducing inflammation, healing pain. Make some soups out of it or just drink it plain. Try beef bone broth. Every brand tastes a little bit different. So, go out on a limb.**



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- 8. I don't always recommend a probiotic. Most people can tolerate it. If so, at least do 60 billion. I don't recommend fermented foods either. Most people have candida and fermented foods can do more damage than good.**
- 9. Eat three meals a day and no snacks, if possible. Snacking does not create fat burning or the body to heal. It is like the conveyor belt just keeps going when you eat that often. We need an off switch to stop eating in between. Eat when you are hungry only.**

I hope this is enough information to get started. Pick one of them that are easy enough to do and move on to the next. When you look at all nine steps, it becomes overwhelming. Small changes make the biggest impact.

Any further questions, I will be happy to go on this journey with you.

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