



## Gut support

We could consider our gut system as a life supporting garden. The garden is full of both good and bad vegetation. Our performance relies on optimizing and balancing the gardens good vegetation and control of the unwanted over growth. The good vegetation consists of the trillions of good microbial bacteria, which assists in breaking down and converting the foods we consume. The overgrowth consists of millions of pathogens—resulting in a loss of microbial diversity. This is often caused by toxins, food stressors and pollutants such as heavy metals.

Other factors which are important for optimizing your gut systems or that can be reflected in poor gut function could be due to our own life styles and the foods we consume as well as many environmental factors combine to influence our gut and therefore our immune and brain systems.

Prebiotics Day 1-90 - Suggested foods	Probiotics Day 1-90 - Suggested foods
Onions, Asparagus, Garlic, Leeks, Beets, Cabbage, Tomatoes, Berries, Banana, Apples, Whole grains, Chia seed and Flax seed.	Garlic, Celery, Live Yogurt, Vegetable Fibre, Green Apples, Papaya, Banana, Ginger and Whole grains.
Optimise Day 1-90 - Suggested foods	Avoid Day 1-90 - Suggested foods
Aloe vera, Butyrate, Collagen, Ginger, L-glutamine, Liquorice Root, Alpha-Linolenic Acid (ALA), Eicosapentaenoic Acid (EPA), Docosahexaenoic Acid (DHA), Quercetin and Turmeric.	Gluten, Sugar, Highly processed foods, alcohol and E 171 Titanium Dioxide.

In optimizing gut performance we need to consider:

- Reducing gut stress levels.
- Enhancing sleep.
- Avoiding underlying food intolerances, which can stress our own gut flora balance.
- Increase our consumption of both pre and probiotic foods.
- Improving our water quality consumption.
- Reducing the amount of processed foods we consume daily. Avoiding chemicals and toxins that we absorb through unwashed vegetables.
- Reducing the chemical agents found in some foods.
- Reducing environmental factors such as water pollutants and the air we breathe.
- Reducing Electro Magnetic frequencies, and Geopathic stress factors.

We recommend that you get your epigenetics tested regularly to prevent gut and wellbeing challenges.