

# YOU ARE WHAT YOU EAT

## THAT'S A LOT TO DIGEST

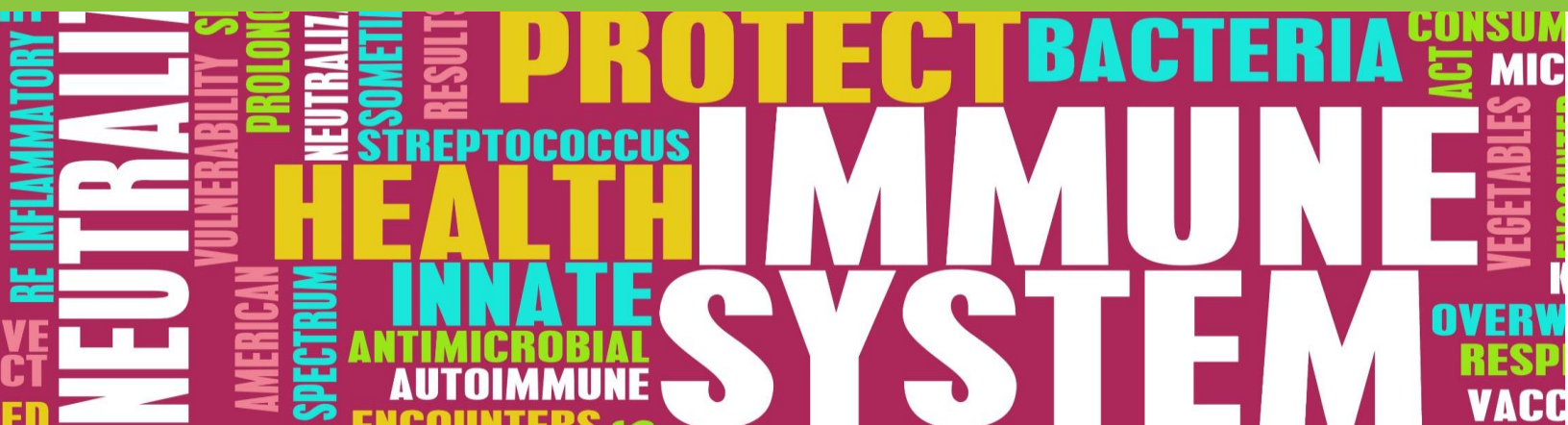
For too long we have been told that diet has no bearing on disease. However, current research is painting a very different picture! There is a force at work within you that is regulating your physical, emotional, mental health and wellbeing. It's called your microbiome and like a thumbprint, it makes you uniquely you!

You are composed of more bacteria than human cells! 10-100 trillion bacteria call your digestive tract home, a diverse community of strains of bacteria being determined by your genes, your environment, and most importantly your diet! The health of our microbiome may be the next frontier to preventative medicine, and the answer to some of the epidemics that plague our society like digestive disease, diabetes, chronic inflammatory diseases, depression and mental illness.



### What does the microbiome do?

- Acts as a protective barrier between us and our environment.
- Transforms undigested material into good bacteria and beneficial nutrients.
- Ensures the integrity of the gut wall and its functions.
- Regulates and houses 75% of the immune system.
- Produces neurotransmitters and chemical messengers acting as the pathway to communication between the nervous system and the brain.
- Aids in the absorption and creation of essential nutrients.
- Regulates metabolism and can help promote healthy weight loss.



# YOU ARE WHAT YOU EAT

## THAT'S A LOT TO DIGEST

**Nourishing gut bacteria is critical to health.**

**Here's how to do it!**

- **Remove sugar and processed food from your diet.** Sugar is the fuel source for yeast and other pathogens in the gut. Removing sugar will promote a healthier gut environment promoting more good bacteria and a more balanced gut environment.
- **Include probiotic-rich fermented foods in your diet.** There is mounting evidence suggesting the crucial role that probiotics and our microbiome play in our overall health. The bacteria in your gut are influencing your immune system, digestion, mental health, even the ability to lose weight. Fermented foods are nature's best source of good bacteria. Include things like raw sauerkraut, kimchi, and kombucha in your diet! If you aren't pleased by their taste, or have digestive issues, opt for a probiotic supplement. Probiotics may be even more important than your daily multivitamin!
- **Get your carbohydrates from vegetables.** Approximately 45%-60% of your diet should be made of carbohydrates. But that doesn't mean you should load up on bread and pasta. Get most of your carbohydrates from vegetables! You'll get all the benefits of fibre in your diet and they will also act as a prebiotic - a precursor to probiotics in the gut.
- **Take care of your digestion!** Be mindful when you eat. Take time to chew, digest and absorb your food. Have proper posture when you are eating and stay upright for at least 30 minutes after eating. Lessening the burden on digestion can increase your energy, reduce bloating and improve your bowels.
- **Manage stress.** Stress can sometimes be a fall back in explaining some of our ailments, however stress really does affect your digestion - on multiple levels. The stress you can feel in your muscles is also the same stress that your internal organs feel. Stress can lower your production of hydrochloric acid, enzymes, and gastric juices which can cause digestion to be sluggish leading to heartburn, reflux, gas and bloating and can cause some malabsorption. Try to take a few deep breaths to relax before you eat, and you'll feel better all around.

# YOU ARE WHAT YOU EAT

## THAT'S A LOT TO DIGEST



### Make your own homemade probiotic drink.

Kombucha is a sweetened black or green tea that is fermented with a SCOBY (Symbiotic Culture of Bacteria and Yeast) to create a healthy and tasty tonic with health benefits. Naturally sweet and bubbly, it is a great alternative to soda and sugar-based beverages and can be purchased in a variety of flavors. Or you can create your own DIY brew for pennies a glass!

### Ingredients

- Black/Orange pekoe tea bags
- White sugar or organic cane sugar
- Starter tea from a previous batch of kombucha
- One kombucha SCOBY purchased online and rehydrated or passed along from a friend
- Filtered water

### Instructions:

1. Prepare the sweet tea. Use 8-10 small bags per gallon of water and 1 cup sugar per gallon.
2. Let tea cool to room temperature. If tea is too warm it can kill your SCOBY.
3. Pour into glass jar, leaving about 20% of the room at the top.
4. Pour in 1 cup of starter tea, or store bought kombucha. A starter liquid is best, but vinegar can be used as a substitute if needed.
5. With very clean hands, add the SCOBY. The SCOBY may sink or float, it makes no difference, as the new SCOBY will eventually form on the top.
6. Cover the jar with a coffee filter, tea towel, or cheese cloth and a rubber band.
7. Put the jar in a warm (around 75-85 degrees is best) corner of the kitchen.
8. Let sit to ferment for around 7-21 days. The length of time may vary depending on room temperature and batch size. Taste test for tart but slightly sweet.
9. Pour the kombucha into another jar or jars with airtight lids and seal until ready to drink.

Adapted from: <https://wellnessmama.com/8638/continuous-brew-kombucha>

Sources: [www.chewsomegood.com/microbiome-roots-energy-mood-digestion/](http://www.chewsomegood.com/microbiome-roots-energy-mood-digestion/)  
<http://biomeonboardawareness.com/diet-other-things-what-determines-microbiome/>  
<https://www.drnorthrup.com/how-to-improve-your-gut-microbiome-in-a-day/>  
<https://www.sciencedaily.com/releases/2016/11/161128113752.htm>  
<https://healthyeating.sfgate.com/enough-carbs-vegetables-3511.html>