



# YOU ARE WHAT YOU EAT

## THAT'S A LOT TO DIGEST

**Nourishing your 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. One that is more balanced and able to house and protect good bacteria.

**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, and 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 up of carbohydrates. But that doesn't mean you should load up on bread and pasta. You can 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 your stress levels.** Stress can sometimes be a fallback in determining the cause of some of our ailments; however, stress really does affect your digestion on multiple levels. The stress you can feel in your muscles is 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. This leads to heartburn, reflux, gas and bloating, and may cause some malabsorption. Try to take a few deep breaths to relax before you eat, be mindful and present while eating, and you'll feel better all around.

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### 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 or 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

### Directions

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 a glass jar, leaving about 20% 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 corner of the kitchen. Around 75-85 degrees is best.
8. Let sit to ferment for 7 to 21 days. The length of time may vary depending on room temperature and batch size. Taste test – it should be tart, but slightly sweet.
9. Pour the kombucha into another jar or jars with airtight lids and seal until ready to drink.

Sources: [www.chewsomegood.com/microbiome-roots-energy-mood-digestion/](http://www.chewsomegood.com/microbiome-roots-energy-mood-digestion/)  
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