

CHECK UP & TUNE IN

LIVE THE SIMPLE LIFE



More than 20 million Canadians suffer from digestive disorders every year, including irritable bowel syndrome, Crohn's Disease, hemorrhoids, and lactose intolerance.

- Canadian Digestive Health Foundation

Adjusting what you eat and how you eat can be simple changes that help you avoid becoming a statistic. One of the easiest strategies for digestive health is to fuel up on whole, natural foods that will strengthen digestion. Like an oil change for your car, a diet made up of easy-to-digest foods can tune up the engine, clean out the lines, and allow things to run efficiently.

Knowing what to eat in order to give your digestive system what it needs to stay healthy is a powerful tool. Integrate some simple changes into your everyday routine to nourish the gut and prevent digestive disorders and diseases.

START BY EATING MORE WHOLE FOODS

WHOLE FOODS

Eat This



Protein

Nuts & Seeds



Whole Grains

Beans & Lentils



Good Fats



Fruits & Vegetables

Digestive Supporting



FIBRE
WATER
ANTIOXIDANTS
ENZYMES

VITAMINS
MINERALS
NUTRIENTS
NATURAL SYNERGY

PROCESSED FOODS

Not That



"Fake" Foods

Convenience Foods



Sugary Treats



Fast Food

Deli Meats



Refined Grains



FIBRE
NUTRIENTS
ANTIOXIDANTS
WATER



SUGAR
SALT
FATS
ADDITIVES

Digestive Depleting

LISTEN TO YOUR BODY As you make the shift to more whole, unprocessed foods, pay attention to how you feel after meals. We often neglect our awareness of how our body feels and its connection to the food choices we make. Eat foods that make you feel your best!

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So, what does this look like in real life?



Milkshake to
Fruit Smoothie



Chicken Nuggets
to Chicken Kebobs



Potato Chips to
Roasted Potato Slices



Applesauce to Apple

ADD GUT-SPECIFIC NUTRIENTS

All nutrient-rich foods are good for your gut, but here are some essentials you can add to support a healthy digestive system.



L-GLUTAMINE is an amino acid that protects the mucosal barrier in the body. The mucosal lining of the digestive system houses our good bacteria, defends against pathogens, and secretes immune antibodies! Stress, toxicity, and food allergies can compromise this very delicate lining making you susceptible to inflammation and digestive disorders. It is synthesized by the body; however, it can be depleted by stress and illness. Including glutamine-rich foods like bone broth, red cabbage, spirulina, and grass-fed beef can help to protect and restore the integrity of the gut's mucosal lining.



ZINC & CARNOSINE is one of the most powerful nutrient combinations to help to restore gut health through tissue healing. By healing and stabilizing the gut mucosa, this combination is helpful in cases of gastric inflammation and damage like GERD or ulcers. While zinc and carnosine can be found together in foods like red meat, poultry, eggs, and fish, a 1-1 combination of these nutrients is most effective for gut healing. This can only be found in supplement form.



FERMENTED FOODS & FIBRES are food for the gut. Most of us are familiar with probiotics, the good bacteria in our digestive system, which can be found in kefir, yogurt, and fermented foods. Prebiotics are the indigestible fibres that feed the probiotics to keep the gut balanced with plenty of good bacteria that keep you healthy! Prebiotics come from undigested carbohydrates that move through the small intestine and ferment in the colon providing food for the good bacteria. Foods that are rich in these prebiotic fibres include bananas, onions, garlic, Jerusalem artichokes, apple skins, and chicory root.

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SHAVED ASPARAGUS PREBIOTIC SALAD

Ingredients

1 bundle asparagus
2 green onions, chopped
1 clove garlic, minced
1 tbsp grated parmesan
1/2 fresh lemon, juiced
1 tbsp extra virgin olive oil
1 tsp grainy mustard
Raw sunflower seeds

Directions

Cut off the tops of the asparagus and shave the stems with a vegetable peeler. Add to a bowl and toss in the green onions and garlic. Chop up the remaining asparagus and add to the bowl. Combine the olive oil, fresh lemon juice, and grainy mustard to create a vinaigrette, and add to the salad. Toss to combine and sprinkle with parmesan and sunflower seeds. For an added prebiotic kick, serve with dandelion greens.

A FEW SIMPLE, BUT POWERFUL EXTRAS

Good gut health doesn't have to be complicated. Here are a few things you may already be doing that benefit your gut health.

HERBAL TEAS can be an easy and comforting gut-supporting habit to add to your day.

- Slippery elm, licorice root, and marshmallow root help to protect the gut lining.
- Fennel aids in promoting good digestion and relief from gas and bloating.
- Dandelion supports the liver and the gallbladder.



WATER ALWAYS DOES THE BODY GOOD and a few extra glasses could make a big difference in how digestion functions.

- Water flushes toxicity from the colon.
- It aids in nutrient absorption.
- It helps to soften stool.
- Water keeps the intestines lubricated.



STRETCH IT OUT daily. Your organs are muscles too and when digestion is stressed, some basic stretches can help stimulate the organs and promote better digestion.

- Spinal twists can prevent stagnation.
- Pulling the knees to the chest can relieve gas and bloating.
- A forward bend massages the belly and can ease stomach pain.



Sources: <https://cdhf.ca/digestive-disorders/>
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