

# GUT HEALTH

## MAINTAINING YOUR MICROBIOME

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Hippocrates (born about 460 BC) is credited with being the first person to believe that diseases were caused naturally, not because of superstition and the gods. He is credited with saying that "all disease starts in the gut." He was right.



Your microbiome (made up of millions of bacteria and microbes) found in the small and large intestine plays an important role in protecting your health and preventing the development of many chronic diseases and conditions, including heart disease, diabetes, obesity, inflammatory bowel disease, and cancer. There are ten times more bacterial cells than human cells in our bodies and when the good bacteria is in balance with the bad bacteria, we are more healthy.

The good bacteria in a healthy microbiome help us break down our food to produce energy, help us to absorb the fatty acids that cells need to grow, block disease-causing agents from the intestines, strengthen the immune system, and suppress bad bacteria. However, when bad bacteria outnumber the good, your body is set up for disease conditions to flourish. See below for quick tips for maintaining a healthy gut.

Up to  
**90%**

of all disease can be traced back to the gut and health of the microbiome

## WHY GUT HEALTH MATTERS



**IMMUNITY**



**MENTAL HEALTH**



**DIGESTION**



**SKIN HEALTH**



**SLEEP**

**500-2,000**

species of micro-organisms (bacteria, yeast, parasite viruses, etc.) live in a healthy body

**3.5 LBS**

of bacteria make up the microbiome

**70%**

of the immune system is in the gastrointestinal tract (the gut).

## SIGNS OF AN UNHEALTHY GUT

Upset stomach with frequent gas, bloating, constipation or diarrhea

Sugar cravings, a high sugar diet

Unintentional weight changes (gaining or losing weight)

Constant fatigue and difficulty sleeping

Skin irritation

Food intolerances and difficulty digesting foods

## 7 WAYS TO IMPROVE YOUR GUT HEALTH

- ✓ Lower your stress levels
- ✓ Get enough sleep
- ✓ Eat slowly
- ✓ Stay hydrated
- ✓ Take a prebiotic or probiotic
- ✓ Check for food intolerances
- ✓ Reduce the sugar and processed foods in your diet

## BEST FOODS FOR GUT HEALTH

**HIGH FIBER FOODS** like legumes, beans, peas, oats, bananas, berries, asparagus, leeks

**GARLIC AND ONIONS** along with leeks, scallions and shallots

**FERMENTED AND PICKLED FOODS** like kimchi, sauerkraut, kombucha, yogurt with live cultures, tempeh, miso and kefir

**COLLAGEN-BOOSTING FOODS** such as bone broth, salmon

**WHOLE GRAINS** like barley, brown rice, quinoa, oats



## PEA-FETA Avocado Toast

### INGREDIENTS

- 4 oz. frozen peas
- 1 ripe avocado
- Juice from half a lime
- Sea salt and freshly ground black pepper
- 80g feta cheese, crumbled
- 1 tsp fresh mint, finely chopped
- 4 thin slices of rye sourdough, toasted
- 1 tsp white wine vinegar
- Pea shoots to garnish

### INSTRUCTIONS

- Place the frozen peas in pan and cook in a little boiling water for five minutes. Drain and leave to cool.
- Cut the avocado in half, remove the stone and scrape out the flesh taking care to extract the thin, very green layer next to the skin. Place the avocado, peas and half the lime juice in the bowl of a food processor and blitz for 30 seconds. The mixture does not have to be completely smooth.
- Add the crumbled feta cheese and chopped mint to the bowl of the food processor. Pulse the mixture until well mixed. Season to taste and add more lime juice if needed.
- Spread each slice of toast with a generous amount of pea, avocado and feta mixture. Arrange on a plate, garnish the dish with pea shoots.



Recipe source: <https://loveyourgut.com/recipes/avocado-peas-feta-toast-poached-eggs>  
Check out more great recipes at [loveyourgut.com](https://loveyourgut.com)