



dynamic life challenge

SIMPLY BOOSTING HUMAN PERFORMANCE

Why Do a Gut Health Plan?

The gut houses trillions of microbes that support our body's system and they help our body function at its optimum. When gut microbes are compromised, they can cause discomfort in our body and create low grade inflammation. Many chronic diseases such as diabetes, cardiovascular disease, bowel dis-ease, cancer and arthritis stem from low grade inflammation, a result of poor microbial health due to unhealthy eating and lifestyle factors.

Those suffering from fatigue, brain fog, inflammation of the joints and/or body, constipation, diarrhoea, depression, anxiety, mood disturbances and weight gain have also been linked to having unhealthy microbial imbalance.

Healing your gut is one of the ways to improve physical as well as mental health. It is crucial to feed your gut microbes an optimal diet as they will provide support in helping the gut to heal, reduce low grade inflammation, improve brain health and immune function, supply vital nutrients to the gut and brain as well as acting as a natural antibiotic.



WHO WOULD BENEFIT FROM GOING ON A GUT HEALTH PLAN?

- *Those drinking too much alcohol - Even two glasses of wine or beer or 2 alcohol units a night can create a disturbance in the gut microbes*
- *Excess sugar or refined carbohydrates such as chocolate, pastries, bread, pasta, white rice, pastries, biscuits, cakes, sweets etc.*
- *Over consumption of food- This can create a huge discomfort on your gastrointestinal tract*
- *Experiencing abdominal discomfort (if a big problem, please see your doctor first)*
- *Constant fatigue or sleep problems*
- *Medication-any*
- *Weight gain over the last 6 months without changing much in your diet*
- *Menopausal woman*
- *Food intolerances*
- *Auto-immune conditions*
- *Exposure to mould*
- *Exposure to toxins- chemicals, pollutants etc.*
- *Seasonal allergies*
- *Asthma*





ABOUT THE GUT HEALTH PLAN

The gut health plan is easy to follow and only lasts a week. If you feel like repeating the gut health plan for 2 weeks, that would also be beneficial.

The plan includes prebiotic foods (vegetables, fruit, chickpeas) and probiotic foods such as Saurkraut. I have added in loads of anti-inflammatory foods such as spices, herbs, garlic, ginger, turmeric, vegetables, broccoli, fish, nuts and seeds. The logic behind the meal plan is incorporate the following:

- *Include 4-5 portions of veg per day*
- *Include 2 fruits a day*
- *Include omega 3 rich foods- salmon and walnuts and chia*
- *Make foods easier to digest – smoothies, soups, softer food items*
- *Eat 4-5 meals to prevent low blood sugars from occurring*
- *Include a broth every day if possible- supplies amino acids and a little collagen to support gut health*
- *Include anti-inflammatory foods*
- *Take out gluten, wheat, dairy, corn, sugar, alcohol and soya as these may be creating a problem right now*

Please consider preparing for the GUT HEALTH PLAN the week before. Take the shopping list and go and buy the food on Saturday. Then, spend a few hours on Sunday prepping some of the recipes. This will help to make the plan more successful and easy to follow.





SYMPTOMS YOU MAY EXPERIENCE

These usually occur on day 3 or 4 and lift after day 5.

Headaches

This could be due to taking out a food item you are allergic or intolerant to.

What to do: Take medication if you feel you need it. If you get a migraine, make sure you take your medication as soon as possible. Make sure you are getting in 2-3 liters of fluid a day and add a pinch of Himalayans or Celtic salt to your broths or meals.

Constipation

You may have been eating so little fiber and now, this plan provides a lot of fiber which may cause constipation.

What to do: take 1 or 2 aloe crystals or 1 tsp up to 1 tbsp psyllium husk or Fiber Blend from AIM to help your gut out. Make sure you are drinking enough water.

Fatigue

This may happen due to taking out the offending food. Sometimes a herx-heimer reaction takes place which can aggravate your body. This will pass with a day or two.

What to do: try to rest as much as possible during this time.

FASTING

Try to fast for 12 hours as this allows for the gut to restore more easily. Include your last meal at 6 pm and your first meal at 6 am or work around a time that suits you best.

Those of you that are diabetic, you may want to monitor your blood sugar levels throughout the GUT HEALTH PLAN.

Those who suffer from low blood sugar dips or who battle with fasting, you may not want to fast on day 1. What you can do instead, is to repeat day 5 as your day one. If you do this, remember to add onto your shopping list, extra ingredients for day 1.





MINDFULNESS OR MEDITATION FOR STRESS

Stress has a negative impact on gut health. Stress can actually change your gut microbes and create dysbiosis (microbial imbalance). Finding ways to manage stress is important in helping to address and support gut health.

Techniques that can help support or manage stress:

1. Mindfulness
2. Meditation
3. Breathing
4. Relaxation techniques
5. Cognitive behavioral therapy
6. Great family and social support
7. Exercise in moderations
8. Massage
9. Sleep- 7 to 8 hours of sleep a night for most people

WHAT TO DO AFTER THE PLAN HAS FINISHED

After the 7 days, continue with one broth a day over and above your meals. I know summer can be a problem, especially when hot. If you do not want to take in chicken broth, replace with 1 scoop of collagen per day to help provide support for your gut. Do this for 3 weeks then go off it until needed again.

Continue with the following

- Include 4-5 portions of veg per day-you can increase to 7 portions
- Include 2 fruits a day unless following a keto plan
- Include omega 3 rich foods- salmon and walnuts and chia or take a supplement
- Include a protein at each main meal to help stabilize blood sugar levels and to increase satiety
- Include healthy fats such as nuts, seeds, olive oil, olives, avocados.
- Include herbs and spices as these provide important anti-oxidants and some act as an anti-microbial.
- Include probiotics preferable from food sources such as sauerkraut, kimchi, low sugar kambucha, fermented vegetables





If you are feeling better on the plan, try to keep off of dairy, gluten, sugar and wheat for a further 4 weeks. You may need to see a dietitian to help you create a meal plan and to support you along the way. When introducing these foods back into your diet, include one new item every 4 days to see if your body is able to handle that food item again.

If you have any medical issues, please see your doctor before you start the program.

The GUT HEALTH PLAN has been designed around the research and advice given by the following doctors: Dr Kharrazian, DR Walsh, DR Bland, DR Meyer, Dr Natasha Campbell- McBride, DR Siabecker, Dr Rauscio, Dr Davis, Dr Perl-mutter, as well as other functional medicine practitioners that promote gut health.

SUPPLEMENTS TO CONSIDER

(Only start on day 2 of the program)

Glutamine- 5 g before bed

Glutagenics by Metagenics is a great product

Glutamine is an amino acid that is important for our gut cells. It provides fuel for our cells and supports the immune system.

Glutagenics by Metagenics contains glutamine, aloe gel and deglycyrrhizinated licorice. Take 1 tsp first thing in the morning with 200 ml water and repeat before bed.

Digestive enzyme

DIGESTIZYME from METAGENICS is a great one to use.

One tablet at night before you eat dinner, starting on day 2. Some of you may find this uncomfortable and if you find it burns your gut, rather take with a meal or at the end of a meal.

Digestive enzymes help the gut break down the fiber, carbohydrates, proteins and fat in your food and gives support to your digestive system. If your stool goes yellow, stop the enzyme as this means that your pancreas seems to be supplying enough enzymes.

For those that are really battling, take a digestive enzyme before each main meal (BF, Lunch, Dinner) as this may help your gut out more.

Aloe vera

Start off with 1tsp morning and night, on an empty stomach and in three days increase to 2 tsp, morning and night. If you are taking the Gultagenics, then do not include aloe vera.





Probiotics or Fermented Foods

Ultraflora Intensive Care by METAGENICS Or VSL#3 or FERMENTED FOODS

I sometimes feel fermented foods may aggravate the body in some individuals such as those with auto-immune disease or irritable bowel disease.

My recommendations for those that have a sensitive gut, is to not include fermented products and include Ultraflora Intensive Care by METAGEN-ICS.

Metagenics can be obtained by your pharmacy or at Dischem or certain health shops. This range is well backed by science and is one of the only brands that actually contain what they say they contain.

What are fermented foods:

- *Sauerkraut*
- *Kimchi*
- *Keffir - coconut*
- *Vegetables in Brine*
- *Garlic in Brine*

Milkthistle

Metagenics ADVACLEAR

This product helps to support phase I and phase II detoxification of the liver.

