

The Four R's

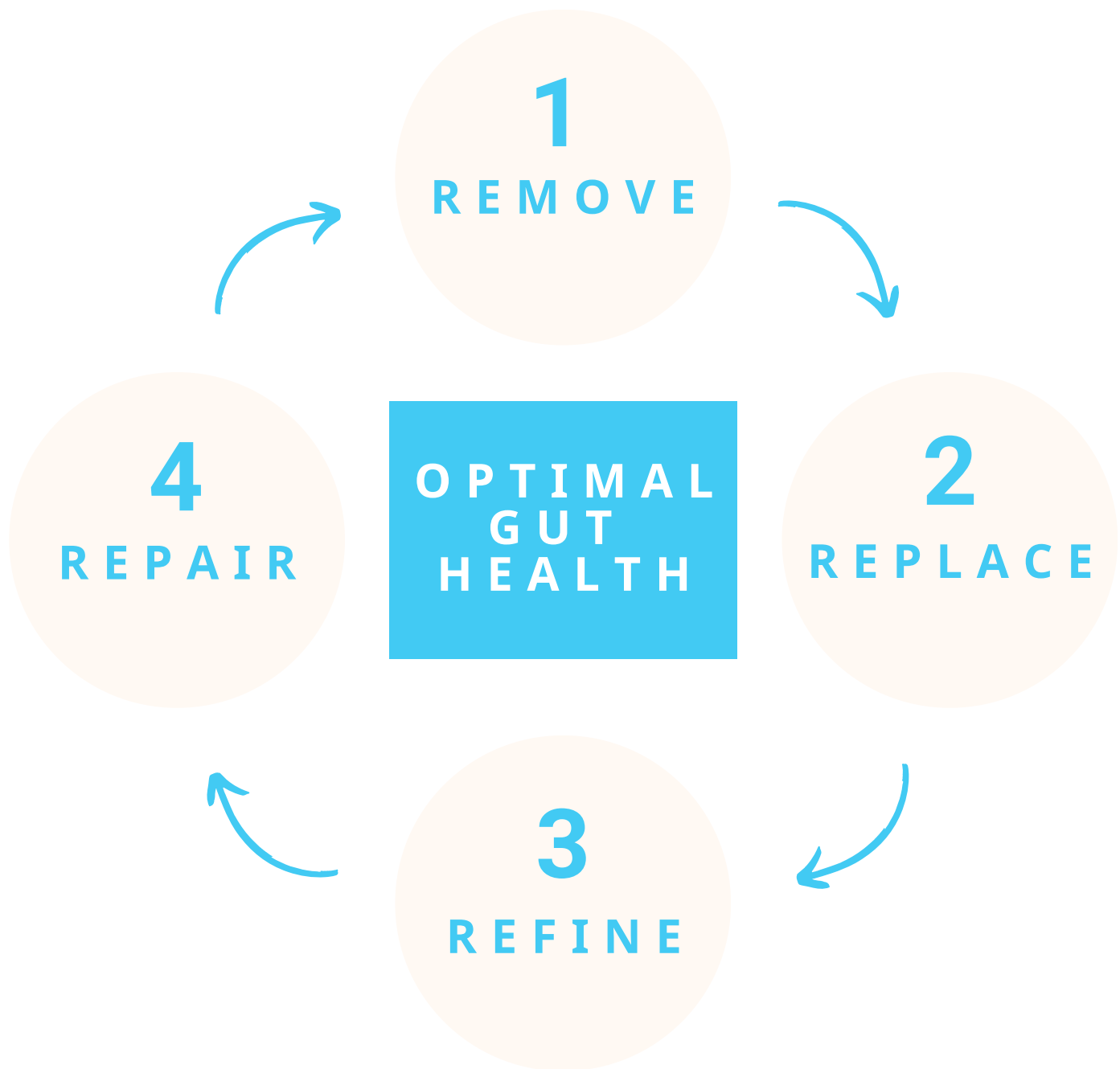
4 STEPS TO HEALING
YOUR GUT NATURALLY

Pro Fitness Tips
NUTRITION | LIFESTYLE





4 Steps to Healing Your Gut Naturally





The Four R's

REMOVE

It's important to start with removing the factors that negatively impact your gut health.

The trigger foods that may contribute to your symptoms, such as food sensitivities, candida overgrowth, stress, parasites, will have been identified using your food diary.

Other considerations include stress, intense exercise and chemical pollutants.

REPLACE

Replace your suspected triggers with nutrients and gut-healing foods that will help to reduce inflammation and support your digestive health.

These foods include:

- * Herbs and spices (e.g., turmeric, rosemary, garlic)
- * Extra virgin olive oil
- * High-fibre foods
- * Omega-3 fatty acids

REFINE

Refine your gut health with the use of beneficial bacteria. Probiotic supplements improve gut microbiota composition by restoring beneficial Bifidobacterium and Lactobacillus bacteria species.

Probiotics are also found in fermented foods, such as yoghurt, fermented vegetables, including kimchi, pickles, sauerkraut, fermented soy products, and kombucha.

Go slowly with these foods!

REPAIR

This final step in this process is to repair the lining of your gut. Your nutrition plays a significant role in this step, along with possible supplementation.

Some supplements can be used to help repair the intestinal tract lining, including L-Glutamine, Vitamins A, C, and Zinc.

It's essential to take away the issue first by identifying the root cause of your gut health symptoms.

Removing specific triggers won't be forever in most cases. It's at least until your gut has had time to heal.

These "triggers" may include:

- Food sensitivities determined by an elimination diet
- Excessive [intense] exercise
- Chemical pollutants
- Rushed mealtimes
- Poor sleep habits
- Chronic stress
- Slowly crowd out excessive sugar, alcohol, caffeine

Many facets of modern life, such as high-stress levels, too little sleep, eating processed and high-sugar foods, and taking antibiotics, can all damage our gut microbiome.

You can make several lifestyle changes to positively affect your gut health and your overall health to prepare your body for a healthy pregnancy.





Replacing your suspected food triggers with nutrients and gut-healing foods will help to reduce inflammation and support your digestive health.

These foods can include:

- Herbs and spices (check out the 12 spice guide)
- Extra virgin olive oil
- High-fibre plant-based foods
- Omega-3 fatty acids

Exercise:

Consider less intense workouts or changing your routine to include yoga, pilates, walking, swimming.

Mealtimes:

Replace rushed mealtimes with a more relaxed atmosphere and get into the habit of taking a few deep breathing exercises just before you tuck into your meal.

Mindfulness:

Slow down when you're eating. Chew your food to a mushy consistency and enjoy all of the new flavours you'll be experiencing from the gut-healing recipes.

Refining means adding good bacteria [probiotics] back into your gut. This is especially important if you've recently taken antibiotics.

Probiotic supplements improve gut microbiota composition by restoring beneficial *Bifidobacterium* and *Lactobacillus* bacteria species.

Beneficial bacterial strains are also found in fermented foods like:

- Yoghurt
- Fermented vegetables
- Kimchi
- Pickles
- Sauerkraut
- Fermented soy products
- Kombucha [not so good for heartburn]

It can be common to experience some bloating when introducing probiotic supplements or fermented foods. This is why it's imperative to start slowly.





- This final step in the process is all about repairing the lining of your gut.
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- Fibre ranks top of the list, and by now, you will have increased the amount of fibre [slowly] into mealtimes. Probiotics can't survive without the prebiotics in fibre to feed them.
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- Include foods like:
 - Chia seeds
 - Flaxseeds
 - Hemp seeds
 - Black beans
 - Lentils
 - Bone broth
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- Your nutrition plays a significant role in this step, along with possible supplementation.
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- Supplements can be used to help repair the intestinal tract lining, including:
 - L-Glutamine
 - Collagen
 - Adaptogens
 - Vitamins A, C and Zinc.



Bio-Individuality

While these 4 R's can be followed by almost anyone, the specifics of each step need to be tailored to your individual symptoms

P H A S E 1

Remove

-
- Trigger foods
 - Chronic stress
 - Intense exercise
 - Chemical pollutants
 - Poor sleep habits
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P H A S E 2

Replace with

-
- Gut healing foods, spices, herbs
 - Quality sleep
 - Less intense exercise
 - Mindfulness around mealtimes
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P H A S E 3

Refine

-
- Probiotic supplements
 - Fermented foods
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P H A S E 4

Repair

-
- Fibre
 - Supplements
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It's essential to listen to your body and always introduce changes SLOWLY to allow your body to adjust to this new life of thriving.

Disclaimer

The information contained within these materials is for general and informational purposes only. The information is not, nor intended to be, a substitute for professional or clinical advice.

If you have any concerns about your health, please contact your medical doctor or licensed healthcare practitioner.