

SESSION THREE

GUT AND BRAIN HEALTH

Our brain and gut are intimately linked because our gut supplies our busy brain with what it needs to create energy and form connections, which facilitate focus, concentration, learning and recall. However, a lot of factors in our fast-paced world are interfering with optimal gut health. Eating for gut health also reduces the risk of inflammation in the body, which is linked to all degenerative health challenges.

EAT MORE PREBIOTIC FOODS

Artichokes
Asparagus
Banana
Beetroot
Cashew nuts
Chickpeas
Chicory root
Dandelion greens
Dried fruit, such as dates and figs
Fennel bulb
Garlic, leeks and onions
Grapefruit
Green and snow peas
Jerusalem artichoke
Kiwi fruit
Peaches
Pistachio nuts
Pomegranate
Red kidney beans
Savoy cabbage

EAT MORE RESISTANT STARCH

All these foods, cooked and cooled:
Rice
Potato
Pasta
Green bananas
White beans
Lentils
Buckwheat noodles

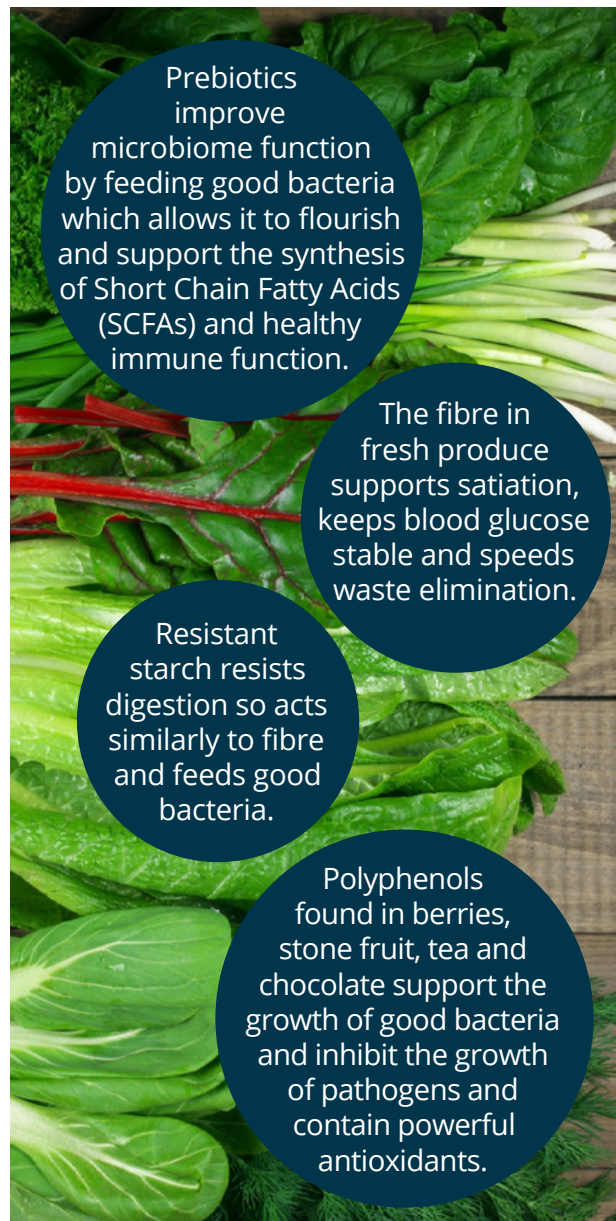


Include Gut 'Food' At Every Meal:

BREAKFAST: Yoghurt, fresh or frozen berries, citrus and Kiwi fruit, with nuts and seeds.

LUNCH: Miso salad dressing and sauerkraut or kimchi with fresh salad vegetables.

DINNER: Fresh salad vegetables with a garlic and ginger salad dressing, and steamed or roasted vegetables with clean protein.



If you're often bloated, try using digestive enzymes (Herbs of Gold Digest Zymes) with your main meals and probiotics (Herbs of Gold Probiotics) after main meals.

Avoid snacking – our gut needs about 5 - 6 hours between meals during the day to rest, and overnight at least 12 hours. If you're used to snacking, simply replace your standard snacks with fresh fruit and a few nuts, and work towards eliminating snacks as your blood glucose becomes more stable.