



Healthy Gut

UNDERSTANDING THE BASICS OF *Gut Health*



Hello and Welcome!

Congratulations! You have just taken the first step toward having a better, healthier gut. No matter what issues you may be experiencing, improving the function of your digestive and intestinal system will help. By following this program, you will be supplying your body and your gut with some much-needed support. You will be amazed by how much better you will feel and the new energy and vitality you will discover.

My goal is to help you through this journey. As a Registered Holistic Nutritionist and Life Skills Coach, I am dedicated to helping clients make the transition they wish to make.

Striving to achieve health and well-being is a process that can include improvements and sometimes minor setbacks. The body needs time to adjust its settings, clear out waste materials and build new tissues in order to perform more effectively.

I am here to support you through the process, answer your questions and provide any extra information you may need.

If you have any questions, please feel free to contact me at cathyferrenrhn@gmail.com.

I am excited to be a part of your journey and success.

Cathy Ferren



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Medical Disclaimer

All information contained in the Healthy Gut program is for informational purposes only. It is not intended to diagnose, treat, cure or prevent health problems. For all serious health issues, please contact a medical or nutrition practitioner. The information provided in this program is based on the best knowledge of the author at the time of writing and we do not assume liability for the information within this program, be it direct or indirect, consequentially, special exemplary or other damages. In all circumstance, it is always wise to consult your physician before changing your diet, taking supplements or starting any exercise or health program.

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Gut Health Basics

Would it surprise you to know that you are more bacteria than you are human cells? You have anywhere from 1.3 to 10 times more bacteria than cells in your body. Having a range like that may seem confusing, but that is just the way it is. We are in the frontier days when it comes to knowledge about the bacteria in our body and what it does for us.

Most people are afraid of bacteria, not knowing that the majority of it is called “good bacteria,” playing many beneficial roles in and on our body to keep us healthy.

There is, of course, bad bacteria, but 85 percent of the bacteria in a healthy body is the good kind. They keep the bad guys in check and, in turn, the bad guys give the good bacteria a workout. It is important that we have a diverse group of good and bad bacteria in and on our body, because the more diversity there is, the healthier we will be.

All health issues have been linked to the quality and quantity of good bacteria in our systems and the function of the “gut” – heart disease, obesity, cancer, osteoporosis, allergies, autoimmune diseases, arthritis, depression, anxiety, brain function and all conditions related to the brain and nervous system, acne, liver disease and of course, all digestive and intestinal conditions.



How and why all these conditions are linked to gut health is cause for thousands of annual research studies. While there is plenty more to learn in years to come, one thing is certain: our good gut bacteria play a huge role in regulating many functions in the body. When we do not have enough, we do not function properly and health issues develop.

So, the question is not when you should do gut health work, but why you aren't always doing gut health work.

The following information has been designed to help you understand how to support and maintain a healthy gut, and it all starts with food. Your healthcare practitioner can help you with any issues that need more intensive gut health work, but learning about the key foods that will support your efforts is the best place to start.