

PROGRAM WORKBOOK

Restore Gut Health





Welcome

Restore Gut Health

This program is designed to help you achieve optimal gut health and alleviate related symptoms through nutrition and lifestyle techniques.

You will learn how to implement the 5R Approach to Gut Health (a functional medicine approach) and gain a deeper understanding and appreciation of how your gut (and whole body) works.

This course covers:

- Functions of your gastrointestinal system (not only digestion).
- Factors that affect your gut health
- A step-by-step approach to start optimizing your gut function, improve gut symptoms, and feel great.

As you watch the course videos, have your workbook handy. Be sure to make notes and plan your action steps each week.

This workbook is organized by session with key points, pro tips, recommended goals, and resources. You can go through the program at any pace, but we recommend 4–6 weeks so you have time to make changes that will stick.

What are you waiting for? Let's get started!

Participation in this program is completely voluntary. Nothing presented or stated shall be considered medical advice, but solely used for educational purposes. Any lifestyle and diet changes should be discussed with your primary care provider.

This program is not meant for anyone under the age of 18, anyone currently under the care of a physician for a serious medical condition, pregnant individuals, or those nursing or trying to conceive.



Megan Green is a registered dietitian with 7+ years of helping people achieve optimal health to feel their best through simple changes and a positive mindset around food. She has additional training through the Institute for Functional Medicine.

Please be advised that all nutritional information in our recipes is evaluated using the information available at the time of writing. While information is based on recipes specific to Launch My Health, nutrient values and allergens in each food may vary due to your selected portion size, use of other condiments and seasonings, as well as growing conditions, product manufacturer formulations, or any substitutions. The information provided in our recipes is meant to be a guide. If you are concerned about specific food allergens or sensitivities, always check the specific ingredients listed and labels used on your products for allergen information before consuming. Launch My Health is not liable for any food reactions.

01

Functions of the Gastrointestinal (GI) System

This introduction provides an overview of the many roles of the gastrointestinal system.

02

Factors That Affect Gut Health

Your GI system is sensitive to its environment. Understand the factors that affect gut health, and receive an introduction to the 5R Approach to Gut Health.

03

The 5R Approach to Gut Health: Remove

You'll begin by removing things that contribute to gastrointestinal dysfunction like foods, toxins, and harmful bacteria.

04

The 5R Approach to Gut Health: Replace

Your body may need assistance with digesting and absorbing nutrients; replacing works to promote digestion and absorption.

05

The 5R Approach to Gut Health: Reinoculate

Reinoculate means introducing healthy microorganisms into your microbiome. Learn the difference between prebiotics and probiotics, and understand how they support gut health.

06

The 5R Approach to Gut Health: Repair

Key nutrients are crucial to repairing and supporting your gut by promoting the growth of GI cells, reducing inflammation, strengthening your gut barrier, and removing toxins.

07

The 5R Approach to Gut Health: Rebalance

Providing support for the restorative processes in your body involves focusing on the gut-brain connection signals. Stress on your body causes stress on your gut.



RESTORE GUT HEALTH

Session One

Functions of the Gastrointestinal (GI) System

Classes featured: Welcome to Restore Gut Health, Functions of the GI System, Digestion and Absorption, Elimination, Microbial Balance, Gut Barrier

What I want to remember:

WHAT YOU NEED TO KNOW:

- Functional medicine focuses on finding the root cause of your symptoms. A common saying in functional medicine is “heal the gut first.”
- 70% of your immune system is in your gut. It’s called the “GALT” for short (gut-associated lymphoid tissue).
- You’re not alone! Over 74% of Americans have reported living with some type of gut-related symptom for more than six months, and 40% have been diagnosed with a GI disorder.
- The four core functions of the GI system are:
 - › Digestion and absorption
 - › Elimination and detoxification
 - › Microbial balance
 - › Gut barrier function



HOMEWORK

Assignment

Track everything you eat and drink, your symptoms, stress level, movement, sleep, and bowel movements for 3–5 days using the Food and Lifestyle Tracker.

- **Everything you eat and drink:** what, when, and how much (don't worry about counting calories or exact quantities)
- **Symptoms and when they occur:** rate on a scale of 1–4 (1=mild and 4=severe)
- **Stress level:** low, medium, or high
- **Movement:** daily activity or exercise
- **Sleep:** number of hours and quality (poor, fair, or good)
- **Bowel movements:** time and type based on the Bristol Stool Scale

Quick notes:

FOOD AND LIFESTYLE TRACKING

Do you notice a symptom after eating? How do you feel? When does it occur?

Day one

What did I eat and drink?

Symptoms

Stool

Sleep, stress,
movement

Day two

What did I eat and drink?

Symptoms

Stool

Sleep, stress,
movement

Day three

What did I eat and drink?

Symptoms








Stool

Sleep, stress,
movement

Want to track digitally? Check out these free tracking apps: My Fitness Pal, My Plate, Shopwell

BRISTOL STOOL SCALE

Use this scale when tracking your bowel movements.

Type 01		Separate hard lumps, like nuts (hard to pass)	Severe constipation
Type 02		Sausage shaped, but lumpy	Mild constipation
Type 03		Like a sausage or snake, but with cracks on its surface	Normal
Type 04		Like a sausage or snake, smooth and soft	Normal
Type 05		Soft blobs with clear cut edges (passes easily)	Lacking fiber
Type 06		Fluffy pieces with ragged edges, a mushy stool	Mild diarrhea
Type 07		Watery, no solid pieces	Severe diarrhea (risk of dehydration)

Adapted from the original Bristol Stool Form Scale created by the University of Bristol.

WHERE DO TOXINS COME FROM?



External Toxins	Lifestyle Toxins	Internal Toxins
<ul style="list-style-type: none">• Polluted air• Auto exhaust• Solvents in paint and cleaning products• Heavy metals• Pesticides, herbicides, and insecticides• Radiation• Inhalants	<ul style="list-style-type: none">• Food choices<ul style="list-style-type: none">› Inflammatory ingredients› Some additives, colorings, and preservatives› Refined foods and sugars• Cosmetics• Nicotine• Alcohol• Caffeine• Prescriptions and over-the-counter drug	<ul style="list-style-type: none">• Bacterial, yeast, or fungal overgrowth• By-products of metabolic reactions (such as carbon dioxide, ammonia, or hormones)• Undigested food• Chronic stress• Unresolved trauma or abuse• Unhappy relationships

de-tox-i-fi-ca-tion: the body’s physiological process of changing chemicals, compounds, hormones, and toxins into a less harmful form and getting them ready to be excreted.

DETOXIFICATION: BETTER THAN A FAD DIET

Fat is created to protect the body from toxins and impurities, which creates unwanted weight.

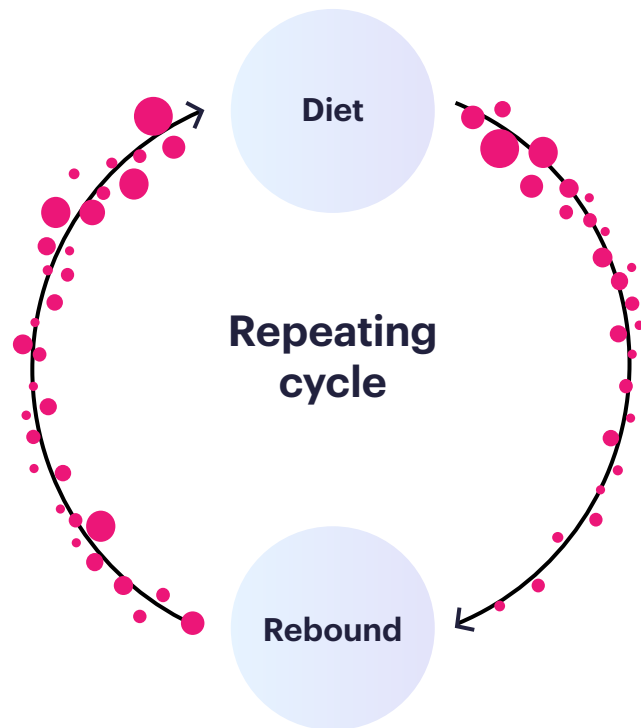
Dieting

Calorie cutting results in fat loss, creating toxic density.

This results in...

Rebounding

As toxic overload triggers the body to make fat, weight is regained.

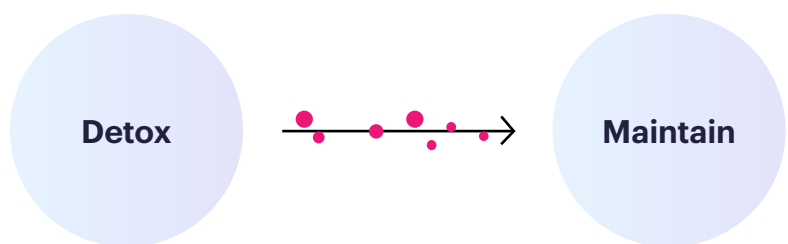


Detoxifying

True detoxification removes toxins from the body, creates lean muscle, and releases excess fat.

Maintaining

A clean, balanced diet keeps the body naturally lean and reduces toxic burden.





RESTORE GUT HEALTH

Session Two

Factors That Affect GI Health

Classes featured: Factors That Affect GI Health

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

Your gastrointestinal system is sensitive to its environment.

- **Factors That Affect Gut Health:**

- › Food and beverage choices
- › Sleep
- › Physical activity
- › Medications
- › Surgery
- › Stress

- **Potential Trigger Foods:**

- › Alcohol
- › Beef
- › Caffeine (coffee, soft drinks, tea)
- › Chocolate
- › Corn
- › Dairy products
- › Sugar and artificial sweeteners

- **Migrating Motor Complex:** Your built-in gut housekeeper makes sure anything left behind moves through the GI system. It only works in between meals, so if you're grazing all day, you might not be giving it enough time to do its job.

- **The 5R Approach to Gut Health:**

- › Remove
- › Replace
- › Reinoculate
- › Repair
- › Rebalance



TIPS FROM THE PROS TO REMEMBER:

- If sleep is an issue, make improving it your number one priority, starting now.
- If sweetened coffee drinks are a current habit, try asking for less syrups/sugar or swapping in a green tea every other time.
- Tracking your food and beverage intake, along with when your symptoms happen, can help you identify patterns to pinpoint potential trigger foods.

Quick notes:



HOMEWORK

Assignment

Which of the following do you think could use a little more focus and intention from you? Be honest with yourself. The one that seems the hardest to change is the one that will make the biggest difference for you.

Circle the factor you choose and which action you'll start right away. Feeling your best is worth it!

Sleep

- Set an alert on your phone to remind yourself to go to bed at an earlier time.
- Find a guided meditation that is meant to put you to sleep. Play this out loud or with headphones when you lay down to sleep.
- Get a sleep mask if light is interfering with your sleep.

Medications

- Reference the list of medications and potential nutrient depletion list on the next page.
- Check to see if any medications you're taking are listed. If so, make a plan to add foods that contain the nutrients listed.

Physical Activity

- Make movement a top priority every day—even if it's just 15 minutes some days.
- Every night, set out your exercise clothes and shoes for the next day so you're ready to go.
- Plan a weekly meetup, either in person or via video, with a friend to exercise together.

Stress

- Identify times during your week when you may be in fight-or-flight mode. Next, identify any changes you can make to prevent or manage stress at these times.
- Practice deep breathing techniques when you're feeling stressed.

MEDICATIONS AND POTENTIAL NUTRIENT DEPLETION

Medication	Nutrients depleted
Antacids	Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron, Zinc
Antibiotics	B Vitamins, Vitamin K, Beneficial Intestinal Bacteria, Calcium, Zinc, Magnesium, Iron
Anti-depressants	Coenzyme Q10, Vitamin B12
Anti-diabetic drugs	Coenzyme Q10, Vitamin B12, Folic Acid
Anti-inflammatories	Vitamin C, Folic Acid, Iron, Potassium, Vitamin D, Calcium, Zinc, Magnesium, Iron, Selenium
Cardiovascular drugs	Coenzyme Q10, Vitamin B6, Melatonin
Cholesterol-lowering agents (Statins)	Coenzyme Q10, Vitamin A, Vitamin B12, Vitamin K, Beta-carotene, Folic Acid, Iron
Diuretics	Vitamin B1, Vitamin B6, Vitamin C, Magnesium, Calcium, Sodium, Zinc, Coenzyme Q10
Hormone Replacement Therapy (HRT)	Vitamin B2, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid, Magnesium, Zinc
Oral contraceptives	Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid, Magnesium, Selenium, Zinc
Ulcer medications	Vitamin D, Vitamin B12, Folic Acid, Calcium, Iron, Zinc, Protein

Interested in food sources of a certain nutrient?

You can find lists by nutrient at: <https://www.nutrition.gov/topics/whats-food/vitamins-and-minerals>

DEEP BREATHING TECHNIQUE

Paced breathing helps your body switch out of fight-or-flight and into the “rest and digest” system. This system helps your body cool off and repair.

Before you start, find a comfortable place to sit or lie down.





RESTORE GUT HEALTH

Session Three

The 5R Approach to Gut Health: Remove

Classes featured: The 5R Approach: Remove Part 1, The 5R Approach: Remove Part 2

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

- **Remove** means to remove things that contribute to gastrointestinal dysfunction, like reactive foods, toxins, and harmful bacteria.
- Your gut and immune health are affected by many things, including the bacteria you have been exposed to since the day you were born.
- Removing food you are sensitive to for a period of time allows the gut to heal and can result in the ability to tolerate the food once it's reintroduced.
- Food allergies, sensitivities, and intolerances are different types of reactions in your body, although the words are often misused interchangeably.

Allergy

- **Allergy:** An immune system associated reaction caused by IgE antibodies in your body attacking a food that they think doesn't belong.
- It is usually a fast, immediate reaction and can be fatal.
- **Example reactions:**
 - › Anaphylactic shock, coughing, difficulty breathing, hives, itching, swelling

Sensitivity and Intolerance

- **Sensitivity:** A delayed reaction to a food, usually due to an imbalance in the GI system. Symptoms can appear hours or days later!
- **Intolerance:** Your GI system's response to a chemical in food or the lack of enzymes to digest it.
- Your body reacts to a food for reasons other than IgE antibody-related response.
- **Example reactions:**
 - › Anxiety, bloating, constipation, depression, diarrhea, fatigue, flushing, headache, joint pain, runny nose, sinus congestion, skin irritation



TIPS FROM THE PROS TO REMEMBER:

- Check the ingredient labels of sauces, condiments, and dressings. Choose options that use avocado oil, extra virgin olive oil, or olive oil. Avoid options that use inflammatory oils, artificial sweeteners, and food dyes.
- Use avocado oil when cooking with higher heat and extra virgin olive oil when cooking with low heat or no heat.
- Your personal family and cultural traditions with food are an important part of eating. Take time to identify and appreciate your values related to food that feel helpful to your health.



HOMEWORK

Assignment

Circle the option you will implement:

I will commit to lowering my toxic burden by removing as many processed foods with artificial additives and sweeteners as I can. I will replace these with anti-inflammatory ingredients and organic produce.

I will implement a rotation diet and rotate the food and drink I think might be trigger-foods every 4–5 days.

Quick notes:

4 FOOD-RELATED TOXINS TO AVOID OR LIMIT

BPA

- BPA (bisphenol A) is a hormone-disrupting chemical.
- Use stainless steel, glass, or aluminum for water bottles and food storage.
- Use alternatives to plastic wrap.
- Choose BPA-free canned goods.
- Brew coffee in a glass French press instead of a percolator.
- Keep plastic out of the dishwasher, freezer, and microwave.

Chemical additives

- Aspartame and acesulfame potassium (found in products listed as “sugar-free,” “no sugar added,” and “diet”).
- Potassium bromate (found in bread and baked goods).
- Caramel coloring (found in precooked meats, soy sauce, and chocolate-flavored products).
- Carboxymethylcellulose (found in beer, cake icings, jellies, ice cream, and diet foods).

Food dyes

- Regular intake of food products with dyes have been linked to health problems such as cancer, allergies, headaches, and behavior disorders.
- Some synthetic food dyes are made from petroleum.
- The nutrition label may only say “artificial color,” or it may state the name of the synthetic color, for example “Yellow 5.”
- Look for products with natural dyes like fruit and vegetable extracts.

Heavy metals

- Even at low levels of exposure, heavy metals are associated with organ damage. Examples include mercury, arsenic, and lead.
- Avoid fish with the highest mercury levels, such as swordfish, bigeye tuna, shark, marlin, orange roughy, and King mackerel.
- Reduce the amount of arsenic in rice by rinsing dry rice multiple times and cooking it in a large water-to-rice ratio.



HOW TO DO ORGANIC: THE DIRTY DOZEN AND THE CLEAN FIFTEEN

The Dirty Dozen

Farmers typically use the most pesticides on these crops.

1. Strawberries
2. Spinach
3. Kale, collard, and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell and hot peppers
11. Celery
12. Tomatoes

The Clean Fifteen

These crops usually have the lowest amount of pesticide residue.

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew melon
15. Cantaloupe

This list is provided every year by the Environmental Working Group (www.ewg.org)

USDA pesticide contamination data of popular fruits and vegetables is used to analyze and rank the dirtiest and cleanest. Note: This testing is done after preparing them the same way most people do at home (washing, peeling, and scrubbing).



SWEETENERS

Limit

Artificial sweeteners

- Acesulfame-k
- Advantame
- Aspartame
- Neotame
- Saccharin
- Stevia
- Sucralose
- Tagatose

Sugar alcohols

- Erythritol
- Hydrogenated starch
- Hydrolysate
- Isomalt
- Lactitol
- Maltitol
- Mannitol
- Sorbitol
- Xylito

Caloric sweeteners and sugars

- Barbados sugar
- Barley malt
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane sugar
- Confectioners' sugar
- Corn syrup
- Caramel
- Crystalline fructose
- Demerara sugar
- Dextran
- Dextrose
- Diastatic malt
- Diatase
- Florida crystals
- Fructose
- Galactose
- Glucose
- Golden sugar
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Maltose
- Muscovado
- Raw sugar
- Rice syrup
- Sucrose
- Treacle
- Turbinado sugar
- Yellow sugar

Best choice

Natural sweeteners

- Agave nectar
- Coconut sugar
- Dates
- Honey
- Maple syrup
- Molasses
- Pure stevia
- Sugar

Adding fresh fruit is a good way to add sweetness!



OILS

Oils to include more of

- Avocado oil
- Extra virgin olive oil
- Flax oil
- Olive oil
- Walnut Oil

Olive oil is high in monounsaturated fatty acids, which have a beneficial effect on our blood lipid profile (i.e., cholesterol and triglyceride levels). It's the most well-researched of the cooking oils.

Inflammatory oils to avoid

- Hydrogenated and partially hydrogenated oils
- Corn oil
- Cottonseed oil
- Sunflower oil
- Peanut oil
- Safflower oil
- Soybean oil
- Vegetable oil

Check the ingredients list of convenience products in your kitchen so you can identify what to replace when you run out.

Cooking tip: The smoke point

An oil's smoke point is the maximum temperature that it should reach when cooking. Once it reaches its smoke point, the oil starts to break down. This can create an undesirable flavor and release potentially harmful chemicals. Avocado oil has a higher smoke point than olive oil, so we recommend using avocado oil when cooking with heat.

SALAD DRESSING FORMULA

Best formula for a balanced vinaigrette: 1 part acid to 3 parts oil. This formula will help you get started. Explore your cabinet, and add mustard, chili flakes, chia seeds, or whatever you like to create new flavors!

Instructions:

- Shake it up in a mason jar or old spice container—drizzle on top of greens before adding other toppings and toss with tongs to mix well.
- Always taste-test on greens to see if you need more of an ingredient until it tastes just right!

Healthy fat

+

Acid

+

Sweetener

+

Spices



Extra virgin olive oil



White wine vinegar



Honey



Salt



Avocado oil



Red wine vinegar



Maple syrup



Pepper



Apple cider vinegar



Oregano



Lemon or lime juice

ROTATION DIET

A rotation diet is a modified version of an elimination diet. It involves reducing how often you eat foods you know (or you think) cause a reaction. In the rotation diet, you only eat these foods every 4–5 days for a period of time. This gives your gut time to restore its cells and lining in between eating. This diet is meant to be used for food sensitivities or intolerances, not for food allergies.

Eat reactive food — — — — Wait 4–5 days — — — — Eat reactive food again — — — — Wait 4–5 days

Rotation Diet Planning	Day 1	Day 2	Day 3	Day 4
<p>Rotate multiple foods, or just a food you are sensitive to.</p> <p>Write down what foods you plan to eat each day. Don't put foods you are rotating within four days of each other.</p> <p>Create a menu based on foods listed. On Day 5, you can go back to Day 1 foods.</p> <p>Don't forget: Track your symptoms during this time to identify patterns.</p>	<p>Meat, Fish & Dairy Ground turkey Canned tuna Eggs</p> <p>Fats & Oils: Avocado oil Almonds Pistachios</p> <p>Fruits: Avocado Apple Blackberries</p> <p>Vegetables: Bell peppers Tomatoes Jalapeños</p> <p>Starches & Grains: Potatoes (all types)</p> <p>Beverages: Almond milk</p>	<p>Meat, Fish & Dairy Salmon Chicken Goat cheese</p> <p>Fats & Oils: Flaxseed oil Cashews Ground flaxseed</p> <p>Fruits: Mango Raspberries Banana</p> <p>Vegetables: Broccoli Cauliflower Carrots</p> <p>Starches & Grains: Rice (all types)</p> <p>Beverages: Green tea</p>	<p>Meat, Fish & Dairy Bison/beef Tilapia Dairy</p> <p>Fats & Oils: Butter Peanuts Hemp hearts</p> <p>Fruits: Peach Orange Lime</p> <p>Vegetables: Arugula Cucumber Squash</p> <p>Starches & Grains: Quinoa</p> <p>Beverages: Seltzer water</p>	<p>Meat, Fish & Dairy Chicken Shrimp</p> <p>Fats & Oils: Olive oil Pumpkin seeds Walnuts</p> <p>Fruits: Pear Grapes Nectarine</p> <p>Vegetables: Spinach Beets Corn</p> <p>Starches & Grains: Bread Soybeans</p> <p>Beverages: Coffee</p>

This is an example meal plan; it is not comprehensive.

Added perk: Eating this way often increases the variety of foods and nutrients you eat.



RESTORE GUT HEALTH

Session Four

The 5R Approach to Gut Health: Replace

Classes featured: The 5R Approach: Replace

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

- **Replace** works to promote digestion and absorption. Once nutrients make it through your gut barrier, they circulate through your bloodstream all over your body for organ function, energy, and cell growth and repair.
- Stomach acid is necessary for optimal digestion of protein and absorption of vitamin B12, calcium, magnesium, copper, and zinc.
- There are a variety of reasons our bodies may need assistance digesting and absorbing foods. For example, as we age, our stomachs become less acidic, which can make it harder to digest protein.
- Ways to naturally stimulate digestion and absorption:
 - › Practice mindful eating techniques.
 - › Reduce excessive snacking in between meals.
 - › Avoid eating late at night before sleep.
 - › Stop eating 2–3 hours before bed if possible.

Tips from the pros to remember:

- Digestive enzymes are found in papaya and pineapple. They help break down protein into smaller, digestible parts called amino acids and peptides.
 - › **Papain:** a natural digestive enzyme found in papaya
 - › **Bromelain:** a natural digestive enzyme found in pineapple
- Common symptoms that may indicate low stomach acid include:
 - › Bloating, belching, burning, and flatulence immediately after meals
 - › Indigestion, diarrhea, or constipation
 - › Undigested food in stool
 - › Feeling upper digestive tract gassiness



HOMEWORK

Assignment

Choose one or two of the following to focus on:

- Continue with the changes you've made so far—removing inflammatory ingredients or beginning food rotation.
- Stop eating 2–3 hours before bed.
- Get adequate protein at breakfast. For most people, aiming for at least 20 grams of protein at breakfast is a good goal.

Quick notes:



DIGESTIVE AIDS

Taking digestive aid supplements for a period for time is often part of **Replace** in the 5R Approach to Gut Health.

Digestive aids help break down the food you eat. Some are naturally produced in your body, and others are in your food. Taking digestive aids as a supplement may be appropriate while figuring out the root cause of your symptoms. Always consult with your healthcare provider before beginning supplements.

Types of Digestive Aids

Hydrochloric Acid	Bile Stimulators	Digestive Bitters	Digestive Enzymes	Plant Proteases
Helps digestion by lowering stomach pH	Help digest fat	Stimulate all digestive processes	Help digest carbohydrates, protein, and fat	Help digest protein
Example: Betaine HCl	Examples: Ox bile, milk thistle, peppermint	Examples: Artichoke leaf, endive, dandelion greens	Examples: Amylase, lipase	Examples: Papain from papaya, bromelain from pineapple

PROTEIN BITES FORMULA

Choose 1–2 of your favorite ingredients from each category. Try new combinations to create new flavors!

Instructions:

- Start with a ½ cup healthy base, add 1–2 Tbsp of sticky & sweet, and add extra flavors to taste.
- Combine in a bowl, roll into balls, and store in fridge or freezer.
- Other fun add-ins: nutmeg, hemp seeds, fruit, dried fruit, or extracts (vanilla, peppermint, almond).

Healthy base

+

Sticky & sweet

+

Extra flavor



Oats



Ground dates



Shredded coconut



Almonds or other nuts



Ground flaxseed



Nut butter



Chocolate chips



Cacao powder



Protein powder



Honey



Extracts



Cinnamon



RESTORE GUT HEALTH

Session Five

The 5R Approach to Gut Health: Reinoculate

Classes featured: The 5R Approach: Reinoculate

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

- **Reinoculate** means to introduce healthy microorganisms into your microbiome.
- Prebiotics are the fibrous foods that feed the probiotics in your gut so they can thrive.
- Probiotics are beneficial bacteria in your gut that help you absorb nutrients, protect you from getting sick, regulate your blood sugars, produce vitamins, and more.
- Probiotics come from fermented food sources. Aim for 10–25 billion colony-forming units (CFU) of probiotics per day.

Tips from the pros to remember:

- One serving of yogurt has ~one billion CFU probiotics. Choose plain yogurt (with less than three grams of added sugars). Sweeten it with berries or a natural sweetener.
- For sauerkraut, get raw and unpasteurized (unless you are pregnant). Stick to 1–2 spoonfuls or less per day. Add sauerkraut to eggs, salad, stir-fry, or even a hamburger.
- Kombucha makes for a great mocktail, especially if you place it in a regular cocktail or wine glass. Stick to half a serving kombucha per day.
- Flaxseed tips:
 - › Buy ground flaxseed (or grind it yourself); this is how you get the health benefits.
 - › Store it in the fridge or freezer.
 - › Start with one teaspoon and gradually increase due to fiber content.



HOMEWORK

Assignment

Choose one of the following action steps:

- I will eat a prebiotic food at least once per day.
- I will try a new probiotic food from the list.
- I will check the probiotic supplement I am already taking to make sure it has multiple strains.

Quick notes:

PREBIOTIC VERSUS PROBIOTIC



Prebiotic

- Apple
- Asparagus
- Banana
- Burdock
- Chicory
- Cocoa
- Dandelion greens
- Eggplant
- Flaxseed
- Garlic
- Honey
- Jerusalem artichoke
- Jicama
- Konjac
- Leek
- Legumes
- Onion
- Peas
- Radicchio
- Whole Grains
- Yacon



Probiotic

- Cottage cheese
- Kefir
- Kimchi
- Kombucha
- Miso
- Sauerkraut
- Tempeh
- Yogurt

Supplements:
Choose a probiotic supplement that includes multiple strains of Lactobacillus and Bifidobacterium to get the most health benefit.

Fun fact: Synbiotics are supplement formulations or food products that contain both probiotics and prebiotics.



RESTORE GUT HEALTH

Session Six

The 5R Approach to Gut Health: Repair

Classes featured: The 5R Approach: Repair

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

- **Repair** means consuming key nutrients to support your gut.
- Your gut cells turn over every 2–4 days.
- Specific nutrients support your gut by:
 - › Promoting the growth of GI cells
 - › Reducing inflammation and strengthening your gut barrier to help your immune system
 - › Supporting your liver to efficiently detoxify and remove toxins from your body
- **Five key nutrients to support your gut repair:** N-acetylcysteine, magnesium, Omega-3 fatty acids, glutamine, and fiber
- Glutamine is an amino acid that is a preferred fuel source in your gut. It's important to get it from food instead of supplementation.
- Aim to get 25–38 grams of fiber per day (naturally from whole, fresh foods versus processed synthetic added fiber).

Insoluble Fiber

- Helps move food through the digestive system
- Adds bulk to stool
- Helps reduce constipation

Soluble Fiber

- Helps lower blood sugar and cholesterol
- Escorts excess hormones and toxins out of your body
- Helps reduce diarrhea or loose stool

Tips from the pros to remember:

- To get Omega-3 fatty acids, aim for two servings of fatty fish per week and at least two servings of plant-based Omega-3 sources per day.
- Canned salmon is a good, cost-effective, and easy-to-prepare option for consuming fatty fish.
- Gradually increase fiber, while getting adequate water, to avoid unpleasant GI symptoms.

Connection: Remember when you tracked your bowel movements with the Bristol Stool Scale? If you frequently had Types 1, 2, 5, 6, or 7, paying attention to which type of fiber you're eating may help resolve issues.



HOMEWORK

Assignment

Choose one or two of the following to focus on:

- I will eat at least one food from the gut healing list at every meal.
- I will track my food intake on an app to see how many grams of fiber I get daily, and I will gradually add in more fiber to get to 25–35 grams per day.
- I will eat two servings of fish every week and two servings of Omega-3 plant foods every day.

Quick notes:

FOOD SOURCES OF NUTRIENTS TO REPAIR

Fiber

Soluble Fiber:

Apples
Artichokes
Asparagus
Bananas
Barley
Beans
Berries
Broccoli
Brussels sprouts
Dark leafy greens
Legumes
Lentils
Nuts
Oats
Pears
Peppers
Squash

Insoluble Fiber:

Bran
Carrots
Cucumbers
Legumes
Nuts
Seeds
Tomatoes
Whole grains

Magnesium

Almonds
Black beans
Brown rice
Cashews
Pumpkin seeds
Spinach
Swiss chard

Omega-3 Fatty Acids

Fatty Fish:

Herring
Mackerel
Salmon
Sardines

Plants:

Chia seeds
Ground flaxseed
Hemp hearts
Leafy greens
Pumpkin seeds
Walnuts

Glutamine

Beans
Cabbage
Dairy products
Eggs
Meat
Nuts

N-acetylcysteine (NAC)

Bok choy
Brussels sprouts
Cauliflower
Chicken
Fish
Garlic
Nuts
Onions



RESTORE GUT HEALTH

Session Seven

The 5R Approach to Gut Health: Rebalance

Classes featured: The 5R Approach: Rebalance, Restore Gut Health Wrap-up

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

- **Rebalance** means to provide support for the restorative processes in your body, focusing on the gut-brain connection signals.
- Stress on your body causes stress on your gut. It changes how your gut moves food through your body, the amount of enzymes and digestive juices available, and your blood flow, and it impacts the bacteria in your gut microbiome.
- While we can't eliminate all stress, we *can* help our bodies handle that stress.

Quick notes:



HOMEWORK

Assignment

- Choose one mindful eating technique and one other Rebalance action item to implement.
- Write your chosen action items and how you will make them happen in the space below.

Quick notes:



REBALANCE TECHNIQUES

Make time for relaxation

- Plan in short breaks throughout the day.
- Get outside in nature.
- Take a relaxing bath.
- Prioritize your social health.
- Do centering practices like mindful meditation or deep breathing.
- Do something fun.
- Eat meals on a regular schedule. This gives your gut a break and helps regulate your blood sugar and energy levels.
- Spend more time with your food. Preparing your food can help you appreciate it more.
- Listen to your favorite music when cooking.
- Relax while you're eating. Avoid eating while driving, sitting in front of the TV, or sitting at your desk.

Mindful eating

- Set the table. No need for fanciness. Clear an area free from distraction.
- Sit down to eat.
- Use all of your senses, and ask yourself these questions:
 - › Look at your food. What colors and shapes do you see?
 - › Feel your food with your hands. How does your food feel? Warm? Cold? Textured?
 - › Listen when you're cooking. What sounds do you notice?
 - › Smell your food when preparing it. How does it smell? Be specific.
 - › Taste your food. How does the food feel on your tongue? What flavors do you notice?
 - › Chew slowly. Try chewing 20–30 times before swallowing. Chewing your food into smaller pieces gives it more interaction with your saliva's digestive enzymes.



Program Completion

Congratulations on completing the Restore Gut Health program!

You should have implemented a few of our tips by now and be starting to notice changes in how you feel. Remember this is only the beginning of your journey. With your newfound knowledge, you have additional tools to achieve optimal gut health and alleviate gut-related symptoms. Keep building on your healthy habits from the list of action steps.

Cheers to your health and wellbeing!

Want to continue learning?

Check out one of our other programs: Putting Out the Flame, Optimizing Brain Health, Optimizing Women's Hormones, Home Chef Pro, and Kids in the Kitchen.