



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