



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.