



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.