



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.



HOMWORK

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