# Gut Health Cheat Sheet

**REMEMBER: THE KEY TO A FLOURISHING MICROBIOME IS TO EAT DIVERSE, FRESH** WHOLE FOODS AND FERMENTED VEGGIES WHILE AVOIDING PROCESSED FOODS, **SUGAR AND STRESS.** 

## **STEP 1: Maximize gut health with tea**



1-2 cups of black or oolong of black or oolong



**MORNING:** 

1-2 cups



1-2 cups

of green





1-2 cups of green or white

## **STEP 2: Eat these foods**





## **STEP 3: Avoid these foods**



sweeteners











## vegetables



until water runs clear

half tsp oil



MAKE BREAKFAST THE BIGGEST MEAL OF THE DAY AND DINNER THE SMALLEST.



## **STEP 7: Reduce stress with medicinal** breathwork



- Sit quietly and place your attention on your exhale. Don't force it, breathe naturally
- Next, with every exhale, place your focus on your sacral chakra, two inches below your navel
- Finally, with every exhale, be mindful of the sensation of releasing tension from your body

AY	
EAT	DRINK
y fasted	<ul> <li>Have one cup of either black or oolong tea. You can add any nut milk or spices you like, but avoid sweetener or dairy.</li> </ul>
rish your body and gut with fibrous fruits kiwi, apples, berries or grapefruit	<ul> <li>Enjoy your second cup of black or oolong tea.</li> </ul>
e any whole grains to make porridge ined in Step 6	
by a lunch that is 70% vegetables	<ul> <li>Have one cup of green tea, which will aid digestion and support thermogenesis.</li> </ul>
ou eat meat other than seafood, try to eat r lunch and not dinner, as your body will e more time to digest it before sleeping	
ou include leafy greens, be sure to lightly am them before eating, to make them re digestible	
one serving of fermented vegetables	
ou're hungry for a snack, have some gies or a handful of nuts or seeds.	<ul> <li>Enjoy another cup of green or white tea to give you an afternoon energy boost and help you manage sugar cravings.</li> </ul>
pare some lightly steamed leafy greens ng with seafood or eggs	
to eat your dinner at least 2-3 hours ore bedtime so your body can properly est it before lying down	
	<ul> <li>Enjoy a cup of herbal tea</li> </ul>
	<ul> <li>Ginger is excellent to soothe digestion</li> </ul>

 Rooibos is a gentle and calming blend