

95% of your body's serotonin is produced here



It contains more neurotransmitters than your brain, and . . .

. . . more than 100 million brain cells live here

It even has its very own nervous system

70 percent of the cells that make up your immune system are housed here, and therefore. . .



. . . acts as the frontline of your immune system

Over 100 trillion organisms and . . .

. . . roughly 4 pounds and 1000 species of bacteria reside here

These bacteria help to make vitamins, protect you against infection and run your metabolism

If left in an unhealthy state, it has been linked to many different health issues and diseases such as:

Acne
ADHD, Tourette's and Autism
Allergies
Asthma
Autoimmune diseases
Cancer(s)
Chronic fatigue
Chronic heart disease
Dementia
Depression and Social Anxiety
Diabetes
Eczema
Fibromyalgia
Inflammatory Bowel Disease (IBS) – Chron's, Ulcerative Colitis
Liver disease
Mood disorders
Multiple Sclerosis
Obesity
Parkinson's
Psoriasis
Rheumatoid Arthritis
Schizophrenia

What am I?

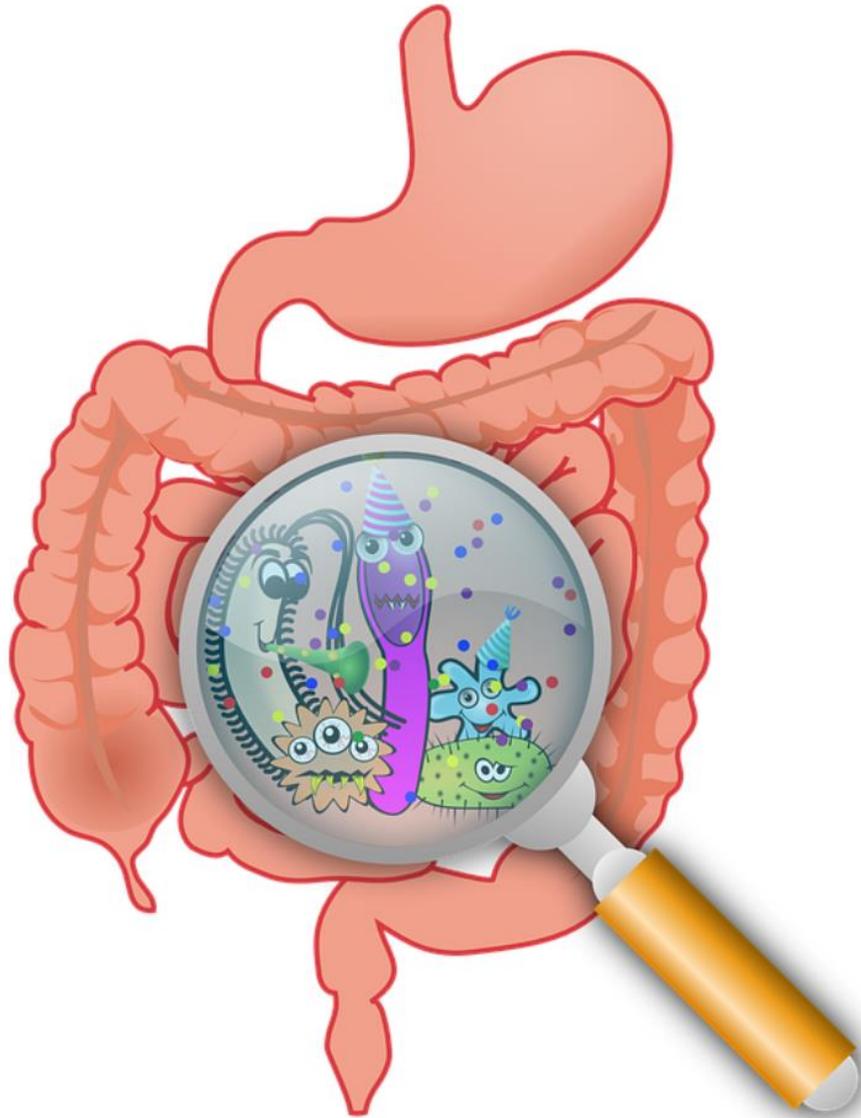
Your gut

Gut Health





If you want to fix your health, start with your gut.
Gut health literally affects your entire body.



Your gut garden is filled with ‘bugs’ that impact your health and emotional and mental wellbeing more than you ever imagined

Healthy gut bacteria is imperative to getting healthy AND staying healthy

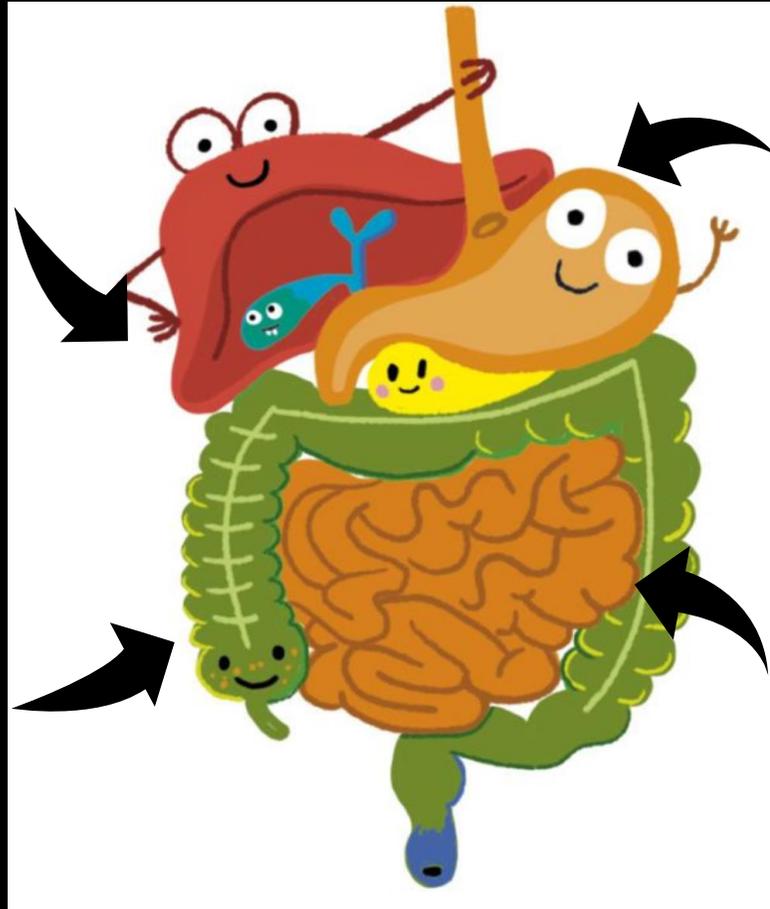
Sick (gut) bacteria = sick you!!



Sensory neurons inside the gut inform the vagus nerve and brain how our stomachs and intestines are doing

Your gut has many important jobs

Breaks down food



Keeps toxins out

Absorbs nutrients

Produces nutrients

Digestive issues such as gut dysbiosis, a.k.a. leaky gut, can contribute to a wide range of health issues



Poor diet and lifestyle choices that contribute to growing bad gut flora (bacteria) include:

- Not eating a diverse range of healthy foods
- Eating a diet high in both saturated fats and sugars
- Lack of both probiotics and prebiotics in diet
- Drinking too much alcohol
- Overuse of antibiotics
- Lack of regular physical activity
- Cigarette smoking
- Not getting enough sleep
- Too much stress

But the good news is you have the power to positively
alter your gut flora beginning with your next meal



Good diet and lifestyle choices will help you grow a healthy and diverse gut flora (garden).

- Eating a healthy diet consisting of fresh fruit and vegetables, whole grains, nuts, seeds, oily fish like salmon or sardines, non-fat Greek yogurt, fermented foods, and dark chocolate
- Supplementing diet with a good probiotic and prebiotic (prebiotics are food that help probiotics flourish)
- Regular physical activity
- Reducing stress (mindfulness, meditation)
- Getting adequate sleep
- Moderate consumption of red wine

“All disease begins in the gut,” so please take care of yours