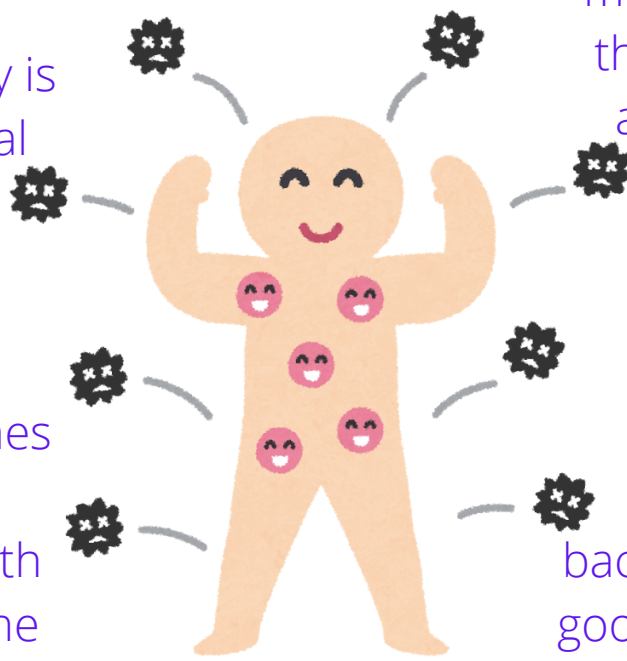


GUT HEALTH

MENTAL HEALTH

The Brain and the Gut are in constant communication to ensure that your body is working at an optimal state

The Gut is home to millions of microbiomes or bacteria. These organisms can be both good and bad, and the ratio is crucial for proper gut functioning




The microbiomes can assist with sending messages to the brain that can calm anxiety and improve mood

Imbalances in the bacteria (more bad than good) has been linked to anxiety, depression and other mood disorders

RESET YOUR GUT:

Resetting your gut starts with cleaning up your diet. Focus less on processed foods, red meat and sugars, while increasing fibre


VEGETABLES



- Onions
- Asparagus
- Leeks
- Green peas
- Broccoli
- Kale
- Root vegetables
- Sauerkraut
- Kimchi
- Pickles

★ INCREASES FIBRE + RICH IN PREBIOTICS

DRINKS



- Kombucha
- Kefir (coconut, water or cow/sheep milk based)
- Chai Tea

★ ADDS GOOD BACTERIA


FRUITS



- Raspberries
- Oranges
- Bananas
- Apples

★ SUPPORTS HEALTHY BACTERIA GROWTH

GRAINS + LEGUMES



- Beans
- Lentils
- Miso paste
- Cous cous
- Brown rice

★ HAS FIBRE AND LOW SUGAR

