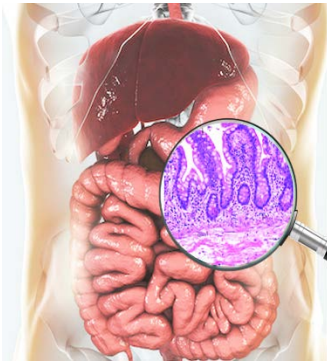


GUT SUPPORT



“All Disease Begins in The Gut.” - Hippocrates

The Gut contributes to more than 80% of the body’s functionality. The Guts wellbeing is of significant value to optimising the functions of: Immune System, The Brain, Fertility performance, Obesity, and other chronic illnesses.

The internal environment of the gut is dictated by the environment we live in **and what is put in your mouth! Therefore, in part the foods and nutrients we choose to eat** are crucial components’ to maintaining gut health. It has not been easy until now to recognise epigenetic “Gut stress” and therefore its importance is often over looked when considering a specific wellbeing optimisation action

Today’s diets are often unbalanced or lack natural bioavailability and substance, which when combined can impact the guts performance. The environment we live in and other environmental factors may also create a heavy toxic load on our guts. These are caused in part by some of the toxic metals and chemicals found in the foods we consume or from the water and air pollutants, which combine to form a massive burden to our gut, immune system and detoxification pathways.

Scientists have also discovered that Gut Stress has also lead to a condition called ‘leaky gut syndrome’ as well as ‘brain fog’, exhaustion, indigestion issues, stomach cramps, bloating sensation, diarrhoea, constipation, poor appetite, or unnatural hunger, nausea, Irritable Bowel Syndrome (IBS), Insulin resistance, frequent colds or flu, headaches, low immunity, Gastroesophageal reflux disease ,ulcerative disease, crohn’s disease, celiac disease, chronic allergies, nutritional malabsorption and many other chronic illness such as autoimmunity, food intolerances, systemic inflammation, asthma, adrenal fatigue, hormonal imbalances, high blood pressure, and diabetes.

Research discoveries lead to the ‘indicators’ below being used for the potential epigenetic root causes of Gut Stress.

They include the **Co-Relations** between the lower and higher relevancies of Nutritional Imbalance and Nutritional needs as well as the potential stressors of Bacteria, Fungus, Molds, Spores, Parasites and Virus plus Electromagnetic wave forms. The higher relevancies were given to the epigenetic relationships between specific Underlying Food intolerances, Toxic metals, Chemicals, Radiation, Oxidative stress as well as underlying epigenetic demands for Tryptophan, Cysteine, Glutamine and other neurotransmitters.

Natural Recovery from Gut Stress includes:



- Avoid allergenic and epigenetic underlying food intolerances.
- Detoxification, which can be optimised by using fresh juicing using Green apples, as they contain pectin.
- Try to consume Fermented Pre and Probiotic foods such as Sauerkraut, Kimchi, Tempeh, Kefir pickles. Fermented foods can also be a key component of a diet that fuels gut health.
- Increase your food fibre intake as this is one of the most crucial ingredients to improve gut health. **Soluble fibre** helps lower blood glucose levels and LDL cholesterol. You can find it in oatmeal, legumes, and some fruits and veggies. **Insoluble fibre**, on the other hand, offers more of a cleansing effect on your digestive environment. This can be found in whole grains, kidney beans, fruits and vegetables. In *The Journal of Nutrition*, eating insoluble fibre-rich foods has been found to reduce the risk of diverticulitis by an impressive 40%.
- Cruciferous vegetables such as Broccoli Cauliflower, Brussels sprouts, kale, and cabbage often improved their intestinal health. You can also discover the benefits of asparagus, or seaweed steamed, sautéed, roasted, or chopped raw in salads.
- Balanced food nutrients, vitamins and short-chain fatty acids, can improve the immune function, decrease inflammation, and protect against obesity.

Scientists have also discovered that gut bacteria produce neurotransmitters that regulate our moods’ including serotonin, dopamine.

This is not diagnostic and makes no claim that anyone has any disease, issues or conditions.

If there is any concern about gut health please contact a medical professional.