



## BRENDA'S QUICK GUIDE TO **BETTER GUT HEALTH**

# A STEP-BY-STEP APPROACH TO HEALING & OPTIMIZING DIGESTION



## UNDERSTANDING GUT HEALTH

Your gut is home to trillions of bacteria that influence digestion, immunity, metabolism, and even mental health. A well-balanced gut microbiome supports:

- ✓ **Efficient digestion & nutrient absorption**
- ✓ **Reduced bloating & gas**
- ✓ **Healthy bowel movements**
- ✓ **Strong immune system**
- ✓ **Mental clarity & mood balance**

## COMMON SIGNS OF POOR GUT HEALTH

- ✓ **Bloating, gas, or indigestion**
- ✓ **Irregular bowel movements (constipation or diarrhea)**
- ✓ **Food sensitivities**
- ✓ **Skin issues (ex. eczema, acne)**
- ✓ **Fatigue or brain fog**



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## THE 4R GUT HEALING PROTOCOL

An effective method for repairing and optimizing gut health.

### 1 REMOVE – Eliminate Gut Irritants

To reset your gut, avoid:

- Processed foods & refined sugars
- Artificial sweeteners (aspartame, sucralose)
- Gluten & dairy (if sensitive)
- Excess alcohol & caffeine
- Try a 2–4 week elimination diet to see what triggers symptoms.

### 2 REPLACE – Support Digestion

Many people lack stomach acid and digestive enzymes, leading to bloating & nutrient malabsorption.

Support digestion with:

- **Apple cider vinegar** (1 tbsp in water before meals) – boosts stomach acid.
- **Digestive enzymes** – take with meals for better food breakdown.
- **Ginger & bitter foods** – stimulates digestive juices.



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## **3 REINOCULATE – Help Restore Good Bacteria**

A diverse microbiome is essential for gut health.

Replenish good bacteria with:

- **Probiotics** – Look for multi-strain formulas with Lactobacillus & Bifidobacterium.
- **Fermented Foods** – Try plain yogurt, sauerkraut, kimchi, kefir, or miso.
- **Prebiotic Fibers** – Garlic, onions, leeks, bananas, asparagus, oats, or a quality prebiotic fiber supplement.

## **4 REPAIR – Help Heal the Gut Lining**

A damaged gut lining can lead to leaky gut syndrome, causing inflammation. Support healing with:

- **L-Glutamine** – A key nutrient for gut cell regeneration.
- **Aloe Vera & Marshmallow Root** – Soothes inflammation.
- **Omega-3s & Turmeric** – Reduces gut inflammation.



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## **ADDITIONAL DAILY GUT HEALTH ROUTINES & HABITS**

- ✓ **Start your day with warm lemon water** to stimulate digestion.
- ✓ **Eat whole, fiber-rich foods** to feed good bacteria.
- ✓ **Include fermented foods daily.**
- ✓ **Stay hydrated** – aim for half your body weight in ounces of water.
- ✓ **Chew food thoroughly** – digestion starts in the mouth!
- ✓ **Get 7–9 hours of quality sleep** to support microbiome balance.
- ✓ **Move daily** – exercise promotes gut motility and bacterial diversity.
- ✓ **Manage stress** – chronic stress harms gut bacteria (try meditation, deep breathing).





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## SUPPLEMENTS FOR GUT HEALTH

- ✓ **Probiotic** – 60 to 100 billion CFUs, multi-strain formula.
- ✓ **Prebiotic Fiber** – to help feed the diversity of good gut bacteria, “eat the rainbow” - at least 35 types of vegetables, fruits, legumes, beans and nuts every week.
- ✓ **High Fiber** - aim for 35 grams daily from insoluble and soluble sources.
- ✓ **Digestive Enzymes** – Supports nutrient absorption.
- ✓ **L-Glutamine** – Heals the gut lining.
- ✓ **Natural Laxative** – Use magnesium hydroxide when needed.



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## LONG-TERM GUT HEALTH MAINTENANCE

**80/20 Balance** – Aim for clean eating 80% of the time, but allow flexibility.

**Seasonal Cleanses** – A short gut reset can help.

**Diversity Matters** – Rotate different fiber sources & probiotic strains.

**Listen to Your Body** – If certain foods cause bloating, test for sensitivities.

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