

# The Top 10 Ways to Heal Your Gut & Maximize Your Microbiota!\*

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## 1) Prebiotics: Eat Whole, Organic, Unprocessed Foods

- Prebiotics
  - Fruits, Vegetables, Whole Grains
  - Unrefined, whole foods that are less processed and have fewer additives
- Greater variety in types of grains, fruits and vegetables will increase variety in bacteria
- Best time to establish diverse microbiota during first 2-3 years of life!

## 2) Better Balance of Fats

- Omega-3's have anti-inflammatory affect
  - Fish, walnuts, flax seed, chia seed
- Omega-6's have pro-inflammatory affect
  - More common in Western diet as vegetable oils (sunflower, corn, soy, etc.)
- Healthy Diet Balance of Omega-6 to Omega-3 fats
  - Western Diet about 15:1 to 17:1
  - More idea balance 1:1
- Animal Fats
  - Limit animal fats; coconut oil better source in moderation
  - Concentrations of lipopolysaccharide (LPS) that cross a "leaky gut"
    - ▶ increase by a meal rich in saturated fatty acids
    - ▶ decreased after a meal rich in omega-3's

## 3) Avoid Food Allergens & Gut Irritants

- Limit highly processed foods b/c additives/chemicals, refined grains/sugars, animal fats
- Meat, eggs or dairy from animals treated with antibiotics remains a concern
- Drinking highly chlorinated water
- Habitual alcohol intake or overuse
- Common Food Allergens: Dairy, Gluten, Soy, Mold, Lectins

## 4) Treat Infections or Intestinal Overgrowth

- Protocol specific to GI testing to identify types of pathogens
- Parasites first, if any; Natural Plant Botanicals, Spore-biotics, Mimosa Pudica, etc.

## 5) Heal Your Gut: Supplements & Herbs

- Supplements: Slippery Elm, Black Walnut hulls, Mimosa Pudica Seed, Marshmallow Root, Boswellia (aka Frankincense), Fulvic & Humic Acid, Activated Charcoal (coconut shells)
- Spices: Clove, oregano, thyme, cinnamon, cumin, garlic, ginger, basil, fennel, coriander, galangal, black pepper

## 6) Rest Your Gut: Sleep & Intermittent Fasting

- SLEEP
  - Microbiota is affected by circadian rhythms and sleep loss enhances translocation of viable bacteria from the intestine
- Intermittent Fasting (IF)
  - Typically at least 12 hours and up to 16 hours
  - IF promotes a better balance of gut microbiota
  - IF improves weight management, as compared to those eating same foods over longer period of time

## 7) Restore: Fermented Foods

- Yogurt, kefir, or fermented milk alternatives
- Sauerkraut, kimchi, other pickled vegetables (i.e. beets)
- Kombucha tea
- Miso, tempeh
- Pasteurization, canning and jarring kill bacteria

## 8) Consider Probiotics

- Common Probiotic Supplements (Lactobacillus and Bifidobacterium strains)
  - ↑ strains, ↑ colony forming units (CFUs) increase potency
  - Many regular probiotics do not survive to the site of colonization, yet dead cells can still modify genetic expression (i.e. L. rhamnosis)
- Advantage of Spore-based Probiotics (also known as soil-based)
  - B.licheniformis, B.indicus HU36, B.subtilis HU58, B.clausii, B.coagulans
  - Spore-based probiotics have high survival rate and greater colonization and more effective at healing "leaky gut"
  - Improve the health of gut and gut barrier by reducing inflammation, increasing short-chain fatty acid production, and increasing protective mucus secretion
  - Human subjects given a 30-day spore-based probiotic had a 45% reduction in endotoxins (LPS) compared to their baseline (LPS indicative of Leaky Gut)
- The Beneficial Yeast: Saccharomyces boulardii
  - Anti-inflammatory effect for treatment of IBD
  - Increases bacterial diversity

## 9) Hygiene: Don't Overdo It!

- Avoid all anti-bacterial soaps and hand sanitizers (spores survive!)
- Limit use of disinfectant cleaners
- Whole-house filters decrease chlorine in tap/shower
- Reverse osmosis for drinking water

## 10) Supportive Environment & Manage Stress Level

- More time in nature good for the gut!
- Deep breathing, Yoga, Tai Chi
- Exercise you enjoy! (increases butyrate levels)
- Expressive Arts, Music, Journaling, etc.
- Massage, Reflexology, Pedicure
- Aromatherapy, Acupuncture
- Meditation (Mindfulness-Based Stress Reduction-MBSR)
- Spirituality/Community

\*Steps to heal the gut are different for everyone and depend on symptoms and recommended tests. Supplements should be used with caution and added one at a time, since they are not tolerated the same between individuals. Caution should also be used with over-supplementation, or extreme fasting.