

WHAT DOES OUR GUT DO FOR US?



Our gut plays a very important role in our overall health. (1) The gut (gastrointestinal tract) processes food - from the time it is first eaten until it is either absorbed by the body or passed out as stools (feces). The process of digestion begins in the mouth. Here your teeth and chemicals made by the body (enzymes) begin to break down food. Muscular contractions help to move food into the gullet (esophagus) and on to the stomach. Chemicals produced by cells in the stomach begin the major work of digestion. (2) Numerous studies in the past two decades have demonstrated links between gut health and immune system, mood, mental health, autoimmune diseases, endocrine disorders, skin conditions, and cancer.



What is Gut Microbiome?

This term refers to the microorganisms living in our intestines. Do you know that each individual has about 300-500 different species of bacteria in their digestive tract alone? Not all microorganisms are harmful to our health. Many are amazingly beneficial and necessary for a healthy body. Good bacteria in our gut can enhance the function of our immune system, improve symptoms of depression, help combat obesity, and a lot of other benefits.

DO I HAVE A HEALTHY GUT?

Here are some of the most (1) common signs of an unhealthy gut.



UPSET STOMACH

Stomach disturbances like gas, bloating, constipation, diarrhea, and heartburn can all be signs of an unhealthy gut. A balanced gut will have less difficulty processing food and eliminating waste.



A HIGH-SUGAR DIET

A diet high in processed foods and added sugars can decrease the number of good bacteria in your gut. This imbalance can cause increased sugar cravings, which can damage your gut still further. High amounts of refined sugars, particularly high-fructose corn syrup, have been linked to increased inflammation in the body. Inflammation can be the precursor to a number of diseases and even cancers.



UNINTENTIONAL WEIGHT CHANGES

Gaining or losing weight without making changes to your diet or exercise habits may be a sign of an unhealthy gut. An imbalanced gut can impair your body's ability to absorb nutrients, regulate blood sugar, and store fat. Weight loss may be caused by small intestinal bacterial overgrowth (SIBO), while weight gain may be caused by insulin resistance or the urge to overeat due to decreased nutrient absorption.



SLEEP DISTURBANCES OR CONSTANT FATIGUE

An unhealthy gut may contribute to sleep disturbances such as insomnia or poor sleep, and therefore lead to chronic fatigue. The majority of the body's serotonin, a hormone that affects mood and sleep, is produced in the gut. So gut damage can impair your ability to sleep well. Some sleep disturbances have also been linked to risk for fibromyalgia.



SKIN IRRITATION

Skin conditions like eczema may be related to a damaged gut. Inflammation in the gut caused by a poor diet or food allergies may cause increased “leaking” of certain proteins out into the body, which can, in turn, irritate the skin and cause conditions such as eczema.



AUTOIMMUNE CONDITIONS

Medical researchers are continually finding new evidence of the impact of the gut on the immune system. It's thought that an unhealthy gut may increase systemic inflammation and alter the proper functioning of the immune system. This can lead to autoimmune diseases, where the body attacks itself rather than harmful invaders.



FOOD INTOLERANCES

Food intolerances are the result of difficulty digesting certain foods (this is different than a food allergy, which is caused by an immune system reaction to certain foods). It's thought that food intolerances may be caused by the poor quality of bacteria in the gut. This can lead to difficulty digesting the trigger foods and unpleasant symptoms such as bloating, gas, diarrhea, abdominal pain, and nausea. There is some evidence that food allergies may also be related to gut health.

HOW TO HAVE A HEALTHY GUT?

Having a healthy gut does not happen overnight. In the next chapters, we will help you create a healthy lifestyle using a holistic approach through the following major steps:

- 1 Healthy Gut Holistic Preparation 101: Embrace the 5 Pillars of Wellness**
- 2 Remove - Rinse Out - Refill**



#1

HEALTHY GUT

holistic preparation 101

Embracing the 5 Pillars of Wellness

The 5 Pillars of Wellness includes five simple yet beneficial disciplines not just to have a healthier gut but to empower ourselves to the optimal health of our mind, body, and spirit.



Filtered, Bottled, or Spring Water

Our bodies are 70% water, avoid chloride, fluorine and heavy metals in our tap water (toxins). Drinking 3 QTS of water daily is the easiest and safest way to cleanse the colon naturally. It moistens stool and gives it bulk, facilitating its passage through the colon. Adding raw and unfiltered Apple Cider Vinegar (ACV) with the Mother one teaspoon with one teaspoon of honey in a large glass of water is a great anti-inflammatory and also aids in digestion and provides many micronutrients vital to maintain health and wellness.



Plant-based Anti-inflammatory Diet

Food is medicine. Fruits and vegetables should be the mainstay of our diets. Make small changes: add one fruit and one vegetable per day and increase slowly. Fiber from fruits and vegetables adds bulk to stool. It reduces the time it spends staying in our colon and helps increase the number of bowel movements. Many natural whole foods are rich in fiber.



Exercise on Most Days

20-30 minutes exercise is very helpful. Be open to Yoga: calm the mind, relax the body and renew the spirit. Yoga meets you where you are at and is low impact and can be enjoyed by people of all ages and abilities/disabilities.



Sleep 7-9 Hours Nightly

Discipline to control the electronics, prepare ourselves for sleep. If we are living all the pillars, sleep should become natural and we should not need medication. Meditation, Reiki self-care, breathing exercises: 4-7-8, routine aerobic exercise, yoga, Chamomile/sleepy time tea, prayer, and music, all of these can assist in uninterrupted sleep. Alcohol and drugs disrupt our normal sleep patterns and we do not enter into REM or restful sleep.



Love and Forgiveness of Self and Others

Unconditional Love is the greatest healer. Many of us carry wounds of the soul. It is important to work on being loving and forgiving to self and others. Integrative medicine treats the mind, body, and spirit. Mother earth contains numerous remedies for our illnesses. Life comes from the Great Spirit from which all healing begins. Each of us is responsible for our own health.

#2 HEALTHY GUT remove - rinse out - refill

REMOVE

What is our standard diet? (3) A 2010 report from the National Cancer Institute on the status of the American diet found that three out of four Americans don't eat a single piece of fruit in a given day, and nearly nine out of ten don't reach the minimum recommended a daily intake of vegetables. On a weekly basis, 96 percent of Americans don't reach the minimum for greens or beans (three servings a week for adults), 98 percent don't reach the minimum for orange vegetables (two servings a week), and 99 percent don't reach the minimum for whole grains (about three to four ounces a day). This concludes that the "standard diet" of most of the people in the US are not on par with what a recommended diet plan should be.

The first step of restoring the health of our gut is by removing in your lifestyle the factors that disrupt the Gut Microbiome:

1



Processed, Inflammatory Foods

The American Diet is packed with the process and inflammatory foods such as refined carbohydrates and industrial seed oils.

This kind of diet reduces bacterial diversity and induces inflammation in the gut, thereby contributing to a slew of downstream adverse health effects.

2



High Sugar Diet

A diet high in added sugars can decrease the number of good bacteria in our gut. Sugar creates an imbalance in our gut and makes us crave for more sugar.

Refined sugars such as high-fructose corn syrup have been linked to increased inflammation in our body, which can lead to a number of diseases and even cancers.

3



Reduce Chronic Stress

Even if you've been extra conscious about what you put in your mouth, you will not heal your gut if you are experiencing chronic stress. Often times, when we talk about stress, it's emotional. It could come from a crappy job or an unpleasant relationship.

4



Antibiotics and other Medications

Other toxic exposures to eliminate include pesticides, NSAIDs, opioids, and antibiotics.

We recommend that you consult with your physician if he or she has prescribed these for you.

RINSE-OUT

Digestive health is integral to feeling happy, healthy, and well. Our gut should be cleansed for optimal digestive wellness.

water rinse



One natural way to rinse out our digestive system is by drinking plenty of water and by staying hydrated. Rehydrate with a large glass of lukewarm water with a squeeze of lemon as soon as you wake up. It is recommended to drink 6 to 8 glasses of lukewarm water a day. Proper hydration is the best way to keeping move moving through our intestines properly.

"Dehydration is linked to constipation, whereas hydration is linked with regularity," says the registered dietitian Liz Wyosnick MS, RDN.

acv rinse

Apple Cider Vinegar or ACV has many surprising benefits. Stock up on raw and unfiltered ACV with the "Mother" and filtered, bottled, or spring water and prepare six gallons of ACV Rinse mix by adding two tablespoons of ACV per one gallon of water and drink it throughout the day for six days. Always save eight ounces of the ACV Rinse mix for the end of the day and drink it before going to bed.



juices & smoothies

Daily juice or smoothie is the best add-on to our healthy gut diet. Moderate intake of juices can be good for your gut because juice blends contain some fiber and nutrients that help the digestion. Popular cleansing juices include lemon, celery, mint, turmeric, pineapple, and ginger. Prepare each to your individual taste.

A nutrient-rich smoothie also helps promote a healthy gut. Smoothie's benefits differ based on the ingredients we put it. Banana, yogurt, raw organic ACV, leafy greens, lemon, and ginger are only some of the many we can use in our smoothie.



probiotics



Adding probiotics to the diet is another way to cleanse the colon. This also boosts overall health in many other ways. It introduces good bacteria to the gut with the help of fiber and resistant starches. These curb inflammation and promote regularity — two elements of digestive health related to the colon.

Probiotics can be increased by taking probiotic supplements and eating probiotic-rich foods such as yogurt, kimchi, pickles, and other fermented foods. Be sure to consult your physician about which probiotic supplement would be best for your gut health.

herbal teas

There are some herbal teas like psyllium, aloe vera, marshmallow root, slippery elm, ginger, garlic, and cayenne pepper are some of the many herbs that cleanse the gut.

Herbal teas can be laxative or antimicrobial. Tea is rich in catechins, antioxidant compounds that reduce inflammation. Purchase high-quality tea and learn how to correctly brew it for maximum taste and health benefits. Make sure to talk to your doctor and ask for proper instructions before using any of the said herbs.



REFILL

Gut detox also means replacing your old grocery list with a new list of foods that are rich in L-glutamine, amino acids, minerals, and fibers which are essential to gut healing. (New grocery list) <https://drgeorgej.com/leaky-gut-diet/>

For animal products, we recommend that you choose organic, grass-fed, wild and pasture-raised animal products whenever possible. Organic, free-range animal products will contain fewer hormones and antibiotics than farmed animals. Farmed animals have been shown to contain higher levels of hormones and antibiotics, which act as toxins that may contribute to damaging the gut lining.

By gradually reducing the number of inflammatory foods in your diet, managing stress, and eating gut supportive nutrients each and every day, your gut health will quickly improve so you can live a life feeling your absolute best.

Healthy Gut, Healthy Wellbeing

We've created a 5-day gut-loving meal plan for you!
These routines and meal plans will help reset your gut for good.

DAY 1

A new day: Let your body wake up naturally. Start your day being grateful.
Rehydrate: Drink a big glass of lukewarm filtered, bottled, or spring water.
De-stress: Do a Smile-Breathe-Love meditation to calm your mind and affirm yourself.

BREAKFAST

BLUEBERRY, BANANA

VEGGIE MIX SMOOTHIE

Ingredients:

- 2 cups fresh chopped kale
- 1 medium carrot, peeled and chopped
- 1 small beet, peeled and chopped
- 1 cup water
- 3 to 4 ice cubes
- 2 tbsp fresh lemon juice
- 1 tbsp fresh grated ginger



STEPS

1. Combine all of the ingredients in a blender
2. Pulse several times then blend on high speed for 30 to 60 seconds.
3. Pour into a large glass and enjoy immediately.

MORNING SNACK:

½ cup berries and
1-ounce walnuts or
pecans

KEY VISION NUTRIENTS (PER SERVING):

- Lutein
- Zeaxanthin
- Vitamin B6
- Vitamin B12

PREP TIME:

30 seconds

SERVES: 1

NUTRITION DATA:

160 calories | 0.7g fat | 6.9g
protein | 34.4g carbs | 6.3g
fiber | 11.8g sugar | 192mg
sodium

PAN-SEARED LEMON TURMERIC CHICKEN SALAD

SERVES: 4

INGREDIENTS:

For the salad:

- 1 medium sweet potato
- potato
- 1 lb. chicken breast
- 1 tsp. sea salt
- 1 tsp. turmeric
- zest of 1 lemon, plus a drizzle of lemon juice
- 1 tbsp. olive oil
- 1 cup strawberries
- 6 cups fresh spinach

For the dressing:

- 1/4 cup olive oil
- juice of 1 lemon
- 1/4 tsp. sea salt
- 1/8 tsp. freshly cracked black pepper



STEPS

1. Use an already roasted sweet potato, or roast one medium sweet potato at 350°F (177°C) for one hour, remove from the skin, and cut into rounds.
2. While the sweet potato is baking, set a large skillet on medium heat. Season the chicken on both sides with 1 tsp. sea salt, turmeric, lemon zest, and lemon juice. Once the skillet is hot, add 1 tbsp. olive oil and add the chicken to the pan.
3. Flip the chicken after about 10 minutes, then cook for another 10 minutes. When finished, slice into strips.
4. Slice the strawberries.
5. Add the spinach to a large salad bowl. Place the sweet potato, chicken, and strawberries on top.
6. Now mix the dressing. In a small bowl, add 1/4 cup olive oil, lemon juice, 1/4 tsp. sea salt, and black pepper. Mix well and drizzle over the salad before serving.

Reference:

Federico, Alexa NTP. "7 Delicious, Anti-Inflammatory Recipes for a Happy Gut". Healthline, Healthline Media, 1 July 2019, <https://www.healthline.com/health/gut-health-meals#10>

AFTERNOON SNACK

1 SERVING OF FRESH FRUIT AND 2 TBSP OF ALMOND BUTTER OR PEANUT BUTTER

CINNAMON LEMON ACV DRINK

Mix together the following:

- 2 cups of filtered, bottled, or spring water
- 1 tbsp raw honey
- 2 tbsp lemon juice
- 3 tbsp raw organic ACV
- ½ tsp cinnamon

- Optional:
Add ginger or a sprinkle of cayenne pepper



THROUGHOUT THE DAY

Go for a 30-min run, workout, or yoga.

Whenever you feel anxious, stressed, or angry, do a 4-7-8 Breathing Technique.

Rooted in yoga, this breathing technique is intended to slow your heart rate and calm your mind.

DINNER

CROCKPOT BEAR CHILI

Ingredients:

- 1 pound ground black bear (other meat can be used too)
- 4 cans Rotel diced tomatoes with jalapeños and cilantro
- 1 can low sodium tomato juice
- 1 cup asparagus cut in small pieces
- 1/2 cup chopped red onion
- 1/2 cup salsa
- 1 can garbanzo beans
- 1 can black beans
- 1 can kidney beans
- 5 cloves fresh garlic
- Turmeric, black pepper, and ginger to taste



STEPS

1. Cook for 6-8 hours in low heat.

DAY 2

A new day: Let your body wake up naturally. Start your day being grateful.

Rehydrate: Drink a big glass of lukewarm filtered, bottled, or spring water.

De-stress: Do a Smile-Breathe-Love meditation to calm your mind and affirm yourself.

BREAKFAST

VEGGIE OMELET

Use high-fiber vegetables such as broccoli, cauliflower, cabbage, and mushrooms.



THE TOXIN TERMINATOR SMOOTHIE

Ingredients:

- 3 small apples, chopped
- 1 small stick of celery
- 1 cup chopped cucumber
- 1 cup chopped spinach
- 1 cup chopped kale

STEPS

1. Combine all of the ingredients in a blender
2. Pulse several times then blend on high speed for 30 to 60 seconds.
3. Pour into a large glass and enjoy immediately.

MORNING SNACK:

3 cups air-popped popcorn tossed with butter

KEY VISION NUTRIENTS (PER SERVING):

- Lutein
- Zeaxanthin
- Vitamin A
- Vitamin C
- Vitamin B12

PREP TIME:

50 seconds

SERVES: 2

NUTRITION DATA:

203calories | 0.7g fat | 2.7g protein | 52.4g carbs | 9.3g fiber | 35.8g sugars | 37mg sodium

LUNCH

GREEN KALE SALAD WITH QUINOA AND CHICKEN

PREP TIME: 10 MINS | READY IN: 10 MINS

Ingredients:

- 4 cups chopped kale
- 1½ cups shredded cooked chicken



- 1 cup cooked quinoa
- ¼ cup sliced jarred roasted red peppers
- ¼ cup Greek salad dressing
- Crumbled fetacheese (optional)

STEPS

1. Place kale, chicken, quinoa and roasted peppers in a large bowl.
2. Add dressing and toss to coat. Top with feta, if desired.

Reference: Howard, Joy <http://www.eatingwell.com/recipe/262450/greek-kale-salad-with-quinoa-chicken/>

AFTERNOON SNACK

8-10 BLACK BEAN CHIPS WITH 1/4 CUP OF GUACAMOLE

DINNER

ELK STUFFED CHILI

Ingredients:

- 1 pound elk (other meat can be used too)
- 36 ounces low sodium tomato juice
- 6 yellow, red, and orange peppers
- ½ red onion chopped
- 2 cups of carrots, chopped
- 8 cloves fresh garlic
- 1 cup of cherry tomatoes, chopped
- Turmeric, ginger, and pepper to taste

STEPS

1. Bake at 350 degrees for 50 minutes or crockpot on low for 6-8 hours.

THROUGHOUT THE DAY

Go for a 30-min run, workout, or yoga.

Whenever you feel anxious, stressed, or angry, do a 4-7-8 Breathing Technique.

Rooted in yoga, this breathing technique is intended to slow your heart rate and calm your mind.



DAY 3

A new day: Let your body wake up naturally. Start your day being grateful.

Rehydrate: Drink a big glass of lukewarm filtered, bottled, or spring water.

De-stress: Do a Smile-Breathe-Love meditation to calm your mind and affirm yourself.

BREAKFAST

KALE POWER SMOOTHIE

Ingredients:

- 1 small frozen banana
- ½ cup frozen blackberries
- 2 cups fresh chopped kale
- 1½ cups unsweetened almond milk
- 1 tablespoon raw honey
- ¼ teaspoon ground cinnamon
- 1 tablespoon coconut oil



STEPS

1. Combine all of the ingredients in a blender
2. Pulse several times then blend on high speed for 30 to 60 seconds.
3. Pour into a large glass and enjoy immediately.

MORNING SNACK:

1/2 Avocado with a large glass of water

KEY VISION NUTRIENTS (PER SERVING):

- Lutein
- Zeaxanthin
- Omega-3
- Vitamin B12
- Vitamin B6
- Vitamin C
- Zinc

PREP TIME:

50 seconds

SERVES: 2

NUTRITION DATA:

215 calories | 9.8g fat | 32.4g carbs | 3.8g protein | 5.1g fiber | 16.6g sugars | 165mg sodium

LUNCH

ROASTED VEGGIE & HUMMUS PITA POCKETS

PREP TIME: 5 MINS | SERVING: 1

Ingredients:

- 1 6½- inch whole-wheat pita bread
- 4 tablespoons hummus
- ½ cup mixed salad greens



- ½ cup Sheet-Pan Roasted Root Vegetables, roughly chopped
- 1 tablespoon crumbled feta cheese

STEPS

1. Cut pita bread in half. Spread 2 tablespoons hummus inside each half of the pita pocket. Stuff each pita pocket with greens, roasted vegetables and feta.
2. To make ahead: Assemble recipe, cover and store in the refrigerator for up to 1 day. If storing for more than 1 day, refrigerate mixed greens separately and add them right before serving.

Reference:

Seaver, Victoria, M.S., R.D. <http://www.eatingwell.com/recipe/261292/roasted-veggie-hummus-pita-pockets/>

DINNER

GRASS FED BEEF AND VEGGIE BURGER



Ingredients:

- 1.5 pounds of grass-fed ground beef
- 2 medium carrots, peeled
- 2 medium zucchinis
- 3-4 cloves garlic
- ¼ cup chopped fresh parsley
- 2 tablespoons grated parmesan (optional)
- ¼ teaspoon salt
- Black pepper
- 2 tablespoons
- coconut oil

STEPS

1. Grate carrots and zucchini into a mixing bowl.
2. Mince garlic and finely chop parsley.
3. Melt half of the coconut oil into a hot pan and add garlic, carrots, zucchini, salt, and pepper. Sauté for about 2 minutes, add parsley, and continue to cook for several more minutes until vegetables have softened.

AFTERNOON SNACK:

1 ounce natural chips
with ¼ cup tomato salsa

THROUGHOUT THE DAY

Go for a 30-min
run, workout, or yoga.

Whenever you feel
anxious, stressed, or angry, do
a 4-7-8 Breathing Technique.

Rooted in yoga, this breathing
technique is intended to slow
your heart rate and calm your
mind.

4. Combine cooked vegetables with ground beef and add grated parmesan (if using). Mix to combine and form into patties.
5. Add the remaining oil back to the pan, and cook over medium high heat for 3-4 minutes each side (or grill over medium high heat for 3-4 minutes on each side)
6. Serve on grilled sweet potato rounds* or hamburger buns and top with lettuce, tomato, avocado, sprouts, etc.

DAY 4

A new day: Let your body wake up naturally. Start your day being grateful.

Rehydrate: Drink a big glass of lukewarm filtered, bottled, or spring water.

De-stress: Do a Smile-Breathe-Love meditation to calm your mind and affirm yourself.

BREAKFAST

GREENS WITH A KICK SMOOTHIE

Ingredients:

- 1½ cups frozen blueberries
- ½ cup chopped avocado
- 1 cup fresh chopped kale
- 1 cup coconut water
- 2 teaspoons raw honey
- 1 teaspoon cinnamon



STEPS

1. Combine all of the ingredients in a blender
2. Pulse several times then blend on high speed for 30 to 60 seconds.
3. Pour into a large glass and enjoy immediately.

MORNING SNACK:

Carrots, cucumbers, and peppers cut up with ¼ cup hummus

KEY VISION NUTRIENTS (PER SERVING):

- Lutein
- Zeaxanthin
- Omega-3
- Vitamin B12
- Vitamin B6
- Vitamin C

PREP TIME:

50 seconds

SERVES: 2

NUTRITION DATA:

200 calories | 7.8g fat | 33.5g carbs | 3.5g protein | 7.5g fiber | 19.9g sugars | 144mg sodium

LUNCH

KIMCHI SHRIMP CUP OF NOODLES

PREP TIME: 15MINS | READY IN: 15MINS | SERVING: 3

INGREDIENTS:

- 3 teaspoons reduced-sodium chicken bouillon paste, divided
- 3 teaspoons gochujang, divided
- 1½ cups chopped cabbage, divided
- 1½ cups sliced mushrooms, divided
- ¾ cup chopped kimchi, divided
- 9 ounces cooked shrimp, divided
- 1½ cups cooked rice noodles, divided
- 1 sliced radish, divided
- 2 teaspoons chopped cilantro, divided
- 3 slices lime, divided
- 3 cups very hot water, divided



STEPS

1. Place 1 teaspoon bouillon paste and 1 teaspoon gochujang in each of three 1½-pint canning jars.
2. Layer ½ cup cabbage, ½ cup mushrooms, ¼ cup kimchi, 3 ounces shrimp and ½ cup noodles in each jar. Top each with some radish slices, 1 teaspoon cilantro and 1 lime slice. Cover and refrigerate for up to 3 days. To prepare one jar of noodles: Add 1 cup very hot water to a jar. Cover and shake to combine. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes total. Let stand 5 minutes. Stir before eating.
3. To make ahead: Prepare through Step 1. Refrigerate covered jars for up to 3 days.
4. Equipment: Three 1½-pint wide-mouth canning jars

Reference:

O'brien, Devon. <http://www.eatingwell.com/recipe/256339/kimchi-shrimp-cup-of-noodles/>

AFTERNOON SNACK:

Beef Jerky and an apple

BROCCOLI STALK, KIMCHI & ZUCCHINI TANGLE WITH HONEY TAMARI ALMONDS



Ingredients:

For the Tangle Noodles)

- 1 zucchini (6-8 oz), spiral sliced
- 1 bunch broccoli stalks (2-3 stalks, 8 oz), peeled and spiral sliced (reserve florets for another use)
- ½ cup cabbage kimchi, finely chopped
- 1 tbsp avocado oil
- 1 Tbsp apple cider vinegar
- 2 tsp tamari
- ½ tsp raw honey

FOR THE ALMONDS

- Scant 1/2 cup raw
- whole almonds
- 1 tsp honey
- 1 tsp tamari
- ¼ tsp chili flakes, plus more to serve

STEPS

For the Tangle (Noodles)

1. Preheat oven to 350°F. Line a large-rimmed baking sheet with parchment paper. Add all almond ingredients to baking sheet and toss to combine. Bake for 6–9 minutes, until browned and caramelized. Cool completely. Roughly chop almonds and set aside.
2. In a large bowl, toss spiralized broccoli stalks and zucchini with kimchi. In a small bowl, combine oil, vinegar, tamari, and honey; add to vegetables and toss to combine.

For the Almonds

1. To serve, divide tangle (noodles) between bowls and garnish with chopped almonds. Serve immediately.

THROUGHOUT THE DAY

Go for a 30-min run, workout, or yoga.

Whenever you feel anxious, stressed, or angry, do a 4-7-8 Breathing Technique.

Rooted in yoga, this breathing technique is intended to slow your heart rate and calm your mind.

Reference:

Day, Allison. Kimchi Zucchini & Broccoli Noodles with Honey Tamari Almonds. Allison Day Yummy Beet, Allison Day Yummy Beet, 14 January 2016, <https://yummybeet.com/broccoli-stalk-kimchi-zucchini-noodles-with-honey-tamari-almonds/>

DAY 5

A new day: Let your body wake up naturally. Start your day being grateful.

Rehydrate: Drink a big glass of lukewarm filtered, bottled, or spring water.

De-stress: Do a Smile-Breathe-Love meditation to calm your mind and affirm yourself.

BREAKFAST

SOFT HERB SCRAMBLED EGG WITH ASPARAGUS

READY IN: 15MINS | SERVING: 2

Ingredients:

- 4 eggs
- 100g asparagus spear
- a knob of butter
- small handful of chopped tarragon or chervil
- slices of ciabatta, warmed, to serve
- parmesan, freshly-shaved



MORNING SNACK:

Any mix of nuts (½ ounce) and dried fruit (½ ounce)

STEPS

1. Steam asparagus spears for 4-5 mins until tender.
2. Meanwhile, melt butter in a small pan and scramble the eggs. Once the eggs are set softly, stir through the taragon or chervil and season to taste.
3. Pile the eggs on to the asparagus and hot, buttered slices of ciabatta. Top with a few shavings of parmesan and serve.

LUNCH

BEAN & DILL PILAF WITH GARLICKY YOGURT

Ingredients:

- 2 onions, halved and thinly sliced
- 25g butter
- 175g basmati rice
- 20g pack dill, stalks and fronds chopped but kept separate



- 500ml vegetable stock
- 300g frozen mixed vegetable, broad beans, peas and green beans
- 100g Greek yogurt
- 1 tbsp milk
- ½ garlic clove, crushed

STEPS

Fry the onions in the butter until golden. Add the rice and dill stalks; stir round the pan. Pour in the saffron stock, bring to the boil, then cover and simmer for 5 mins. Add the beans and half the dill. Cook 5 mins more until the liquid has been absorbed into the rice. Meanwhile, stir the yogurt, milk and garlic together with seasoning. Spoon yogurt on top of the rice, then sprinkle with remaining dill.

AFTERNOON SNACK

CLEAN BREEZE SMOOTHIE

Ingredients:

- 2 ripe and peeled kiwis
- ½ cup coconut milk
- 6 ice cubes
- 1 small cucumber, chopped
- 1 cup kombucha, ginger-flavored
- 1 cup chopped kale
- ½ cup cranberries
- Cilantro to taste



STEPS

1. Combine the ingredients in a blender and blend for 30 to 60 seconds, or until smooth.
2. Pour into glasses and serve immediately, or store in the refrigerator for up to 3 days

KEY VISION NUTRIENTS (PER SERVING):

- Lutein
- Zeaxanthin
- Vitamin B12
- Vitamin B6
- Vitamin C
- Zinc

PREP TIME:

50 seconds

SERVES: 2

NUTRITION DATA:

253 calories | 14.9g fat | 29.4g carbs | 4.2g protein | 5.9g fiber | 13.4g sugars | 34mg sodium

DINNER



TEX-MEX BLACK BEAN AND QUINOA BOWL

PREP TIME: 30 MINS

Ingredients:

- 1½ cups water
- 1 cup quinoa
- 1 teaspoon ground cumin
- 2 tablespoons extra-virgin olive oil plus
- 2 teaspoons, divided
- 2 tablespoons rice vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4½ cups very thinly sliced cabbage (about ¼ medium head)
- ½ cup finely chopped red onion
- 1 medium poblano pepper, chopped
- 1 15-ounce can black beans, rinsed
- 2 teaspoons chili powder
- 1 cup shredded sharp Cheddar cheese
- ½ cup salsa

STEPS

1. Bring water and quinoa to a boil in a medium saucepan. Reduce heat, cover and simmer until the water is absorbed, about 15 minutes. Fluff with a fork and stir in cumin. Partially cover and set aside.
2. Meanwhile, whisk 2 tablespoons oil, vinegar, salt and pepper in a large bowl. Add cabbage and onion; toss to coat.
3. Heat the remaining 2 teaspoons oil in a medium skillet over medium heat. Add poblano and cook, stirring, until softened, 2 to 3 minutes. Stir in beans and chili powder; cook, stirring, until heated through, about 2 minutes more. Remove from heat.
4. To serve, layer in each bowl: ¾ cup quinoa, ½ cup bean mixture and ¼ cup cheese. Top each portion with ¾ cup cabbage salad and 2 tablespoons salsa.

Reference:

EatingWell Test Kitchen, <http://www.eatingwell.com/recipe/251162/tex-mex-black-bean-quinoa-bowl/>

RESOURCES / REFERENCES

(1)
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