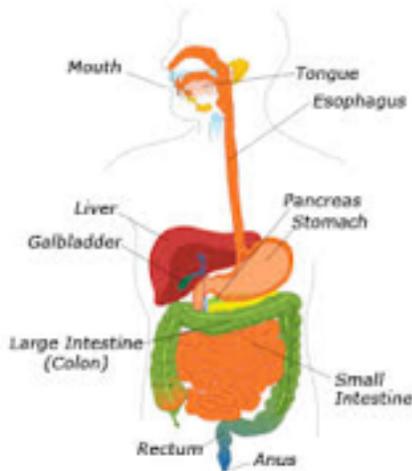


## Happy Healthy Gut Primer



Your Digestive Tract is home to:

- More than 20 feet of small intestine
- Over 5 feet of colon
- 3 - 5 pounds of bacteria
- 100 Trillion organisms
- 10 times more bacteria than human cells in our body
- 70 - 90% of your Immune System

The foundation of health starts in your gut. You want to develop a harmonious symbiotic environment for the trillions of organisms that exist in your gut micro biome. Think of your gut as a garden. Start with these 3 basic gardening steps to build that balance:

1. **Weed:** Reduce or eliminate those ingredients that can negatively affect your gut. Processed foods, refined sugar, refined flours, artificial sweeteners, damaged or rancid fats, conventional meats, NSAIDS, drugs, antibiotic overuse, antimicrobial cleaning products, environmental toxins (BPA, glyphosate, chlorine & flouride) GMO's.
2. **Amend the Soil** to ensure the right balance of micro-organisms flourishes. Eat prebiotic foods. These are carbohydrates that cannot be digested by the human body. They are food for probiotics. They'll stimulate the growth & maintenance of beneficial gut microorganisms. Here's some to include regularly: dandelion greens, jerusalem artichoke, chicory root, onions, garlic, leeks, cabbage asparagus. apples, beans & legumes, root vegetables. bran.
3. **Maintain your gut garden.** Eat a plant-based whole foods diet. Think S.O.U.L food (seasonal, organic, unadulterated and local). Include a wide variety of fermented foods in your daily diet. These fermented foods are filled with healthy probiotics that promote a harmonious micro biome. Yogurt, kefir, kombucha, fermented vegetables (ie sauerkraut, kimchi, curtido, pickles), miso and tempeh are some examples.

### Digestive Tonic by Joyful Eats

*Try this easy homemade Digestive Tonic to strengthen digestion and ease inflammation. Make a batch and store in a glass jar in your refrigerator for a few days.*

2" piece of ginger, sliced

1/2 lemon

1/4 cup raw apple cider vinegar (Braggs is a good brand)

1 Tablespoon raw honey, or to taste

pinch of Cayenne, optional

1 teaspoon turmeric, optional

Gently simmer ginger slices in 1 cup water for 10 min. Allow to cool. Combine all ingredients with 4 cups water. Stir. Store in refrigerator. Sip on at least 2 - 4 ounces each day, or be the glass for a refreshing beverage.

## Healthy Digestion Habits

- Digestion starts in the mind. Be fully present when you eat. Sit at the table, and remove distractions like television, cellphone, reading materials. Create an enjoyable and relaxed environment for eating.
- Chew your food slowly and thoroughly. Liquify it in your mouth before swallowing. This mechanical digestion reduces the strain on the chemical digestion process.
- Minimize fluid intake at meals (about 30 minutes prior to about 30 minutes after dinner) to about 4 - 8 oz. This prevents hydrochloric acid from being diluted. To assist in this first step, drink 1 T. raw apple cider vinegar at the start of each meal.
- Eat a variety of raw fruits and vegetables each day to maximize digestive enzymes.
- Eat a variety of probiotic foods each day. Just a tablespoon or two of cultured vegetables are a great addition to each meal. Try cultured sauerkraut, kimchi, curtido, beets or carrots. Look for cultured vegetables that have been lacto-fermented, no vinegar, sugar or pasteurization. These are found in the refrigerator section of health food stores or co-ops. Try making your own. It's easy and inexpensive, though be sure you know what you are doing. Check out the internet for many tutorials.
- Vegetables, both raw and cooked, fresh fruits, whole grains and legumes eaten daily will ensure you are getting fiber. Another option is 1 T. psyllium husk powder mixed with water or added to a smoothie. Drink immediately after making, as it thickens quickly. Fiber is another key ingredient in healthy digestion.
- If you suspect that HCL, digestive enzymes or probiotics are deficient, add supplement or food sources of these crucial components to your diet to improve digestion. Stress, illness, and even age can impact all of these.

### Aronia Berry Immune Booster Tonic by Joyful Eats

*This starts with an Oxymel, a sweet and sour herbal syrup, and then it's mixed with kombucha to give your gut some extra TLC.*

4 cups aronia berries  
2 cups raw apple cider vinegar  
1 cup raw local honey  
2 inch piece of fresh ginger, sliced thin  
peel from 1 orange  
kombucha, optional

Simmer the berries, ginger and orange peel in vinegar until the berries pop and are very soft, at least 30 minutes. Remove from heat and allow to cool. Strain through a cheesecloth or nut milk bag into a bowl, squeezing the berries to remove as much juice as possible. Add the honey to juice and stir to blend. Store this in the refrigerator, and drink a few ounces each day. This will store in the refrigerator for about 1 month.

Try mixing this with kefir and using it as a pancake topping.

For an effervescent probiotic drink, mix equal parts kombucha and aronia oxymel. A serving is about 4 ounces.