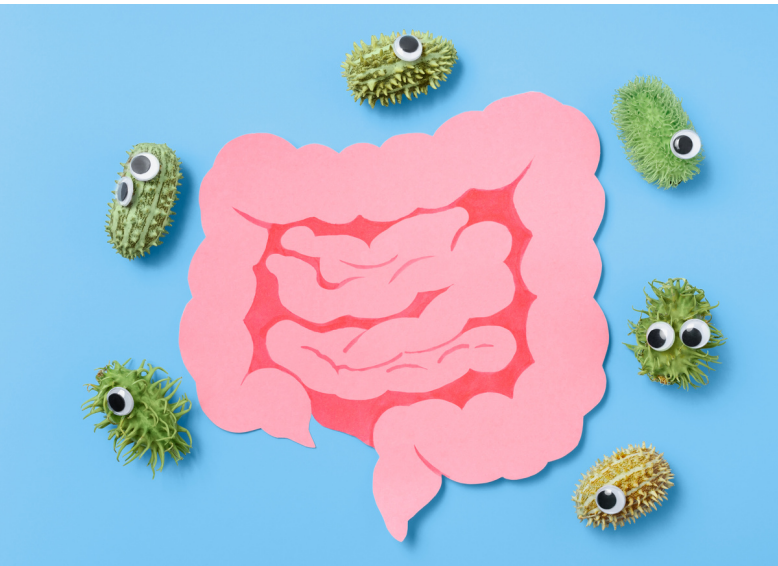


The  
Naturopathic  
Co.



# YOUR GUT GUIDE

SIMPLE AND EFFECTIVE WAYS TO  
IMPROVE GUT HEALTH TODAY



Your body is full of bacteria which is called the microbiome. The microbiome begins to develop within the womb and then starts to diversify, and we now know that strain diversity in the bacteria in our gut is considered one of the pillars for good health.

We all have approximately 2 kilos of bacteria in our gut, and hundreds of different strains!

Trillions of bacteria throughout the body, and particularly on the skin and in the intestines, all work together to help regulate our body so that it functions optimally; our immune system, heart, weight, moods, and even how we sleep. Good gut flora can diminish by taking antibiotics, eating too much processed foods and sugar, stress, and alcohol. This may lead to a proliferation of bad bacteria or an imbalance in the flora, and lead to digestive symptoms and other health concerns.



Gut health is **EVERYTHING** when it comes to health and wellbeing.

Great digestion + assimilation of nutrients + glowing skin, hair, nails + healthy immune response + lowers inflammation + better sleep + supports a healthy weight + boosts energy + supports a balanced mood + clears brain fog + more!

## 1. GUT HEALTH PROTECTS OUR DIGESTIVE SYSTEM

Healthy intestines means healthy toilet habits. The gut microbiota helps to push food along the intestines assisting with regular bowel movements.

Certain strains of bacteria are linked to constipation and others to diarrhea. If a patient is suffering from ongoing digestive issues, then it's important for us to identify the types of bacteria that live within the gut.

## 2. GUT HEALTH PROTECTS OUR IMMUNE SYSTEM

There is a lot of interaction between the body's immune system and bacteria in the gut, with approximately 80% of our immune function occurring from within the gut itself! A healthy mix of gut bacteria equals a healthy immune response!

## 3. GUT HEALTH HELPS PROTECT US AGAINST AUTOIMMUNE DISEASE

Autoimmunity is activated when the immune system becomes dysregulated. It becomes confused and starts attacking your own tissues.

This is heightened by a leaky gut, because molecules which would not normally enter the blood stream in a healthy gut, cross through the leaky gut and this triggers the immune response.

Gut health is of significant importance to those with an autoimmune condition, or family history of autoimmunity, in conditions such as Crohn's disease, Colitis, Rheumatoid Arthritis, Psoriasis, Hashimoto's, and Lupus.



**For our gut to be strong, we need the perfect balance of micro-organisms.**

**In order to achieve that, we must feed it specific nutrient-rich foods to foster the growth of good bacteria.**

#### 4. GUT HEALTH PROTECTS OUR BRAIN AND OUR MOOD

Anxiety and depression have been linked to higher numbers of pathogenic bacteria in the gut. If we eat poorly, over time our gut bacteria changes significantly.

Studies have shown that regulating our gut microbiota can have a hugely beneficial impact on our mood. Microbial metabolites can interact with our brain, but also, many neuroactive compounds are actually produced in the human gut – but we must have the correct bacteria in order for that to happen!

The impact of our gut health on our brain makes sense, as our gut and brain are ‘talking’ to each other all the time. This is why when we are stressed, we often get digestive symptoms.

#### 5. GUT HEALTH PROTECTS OUR SKIN

Have you noticed that if you eat poorly, it’s reflected in your skin? This happens because our liver can’t cope with detoxing the junk we are eating, but also because our gut bacteria changes when we eat things like processed foods, high starch foods, and sugar.

Poor gut health can impact symptoms of eczema, dermatitis, psoriasis, and acne.



#### 6. GUT HEALTH CAN AFFECT NUTRIENT ABSORPTION

A healthy gut lining will absorb more nutrients. Studies show that the bacteria in the gut microbiota play a fundamental role in how well nutrients are absorbed and produced in the intestines. So if your gut is damaged, inflamed, or “leaky”, then you won’t be assimilating nutrients as well as you should, which can lead to deficiencies over time.

A glass jar filled with a vibrant green smoothie, topped with a white and pink striped straw. A slice of fig with a pinkish-red interior and green skin sits on a wooden surface next to the jar. The background is a soft, light blue gradient.

“

If you have a healthy gut, you'll have an improved immune response, you'll have good digestive health, be able to assimilate nutrients more efficiently, which leads to more energy, you'll have clear skin, and research has even shown you'll have better mental health.



## The gut influences so many aspects of health:

- ✓ Digestion, IBS, Colitis, Crohn's, bloating, reflux
- ✓ Immunity (80% of our immune system is found in the gut)
- ✓ Fatigue/ energy
- ✓ Hormones and neurotransmitters
- ✓ Sleep
- ✓ Mental health, mood, depression, anxiety, brain fog (gut brain connection)
- ✓ Skin; acne, psoriasis, eczema
- ✓ All autoimmune conditions
- ✓ Recurrent infections
- ✓ Weight/metabolism
- ✓ Endometriosis
- ✓ Autism
- ✓ ADHD
- ✓ And more...

# DIGESTIVE COMPLAINTS

## BLOATING AND DISCOMFORT

Why are we all bloated?  
Usually a combination of reasons.

Firstly, our digestive system can't handle what we throw at it. Over-eating and under-digesting. Eating when we're not hungry, eating too much, making poor food choices (starch-heavy).

Under-digesting due to stress (our body can't adequately support digestion when under stress; we don't produce the enzymes needed to break food down properly when stressed, we don't chew properly, we're rushed and our digestion is weakened).

This food which is not broken down properly is sitting around in our intestines fermenting! Hence the bloat.

Secondly, the mix of bacteria in our gut is less than ideal. We have too much unhealthy bacteria, parasites, and yeast, and not enough beneficial bacteria. This nasty mix of gut bacteria can start to cause trouble with digestion, bloating, and many other symptoms too.



## REFLUX

Although reflux can occur due to too much or too little stomach acid, it's often because of a digestive system that is overwhelmed and cannot process food sufficiently. Gut bacteria influences this, as well as our ability to digest and eliminate efficiently and on time.

## FLUCTUATING STOOLS

We should all have a normal, formed stool every day, and if we don't, then we have room to improve our digestive health. Many patients I see fluctuate between normal stools, constipation, and diarrhea. The inconsistencies in stool is reflecting poor digestive health, and a digestive system that is working inefficiently.

## “LEAKY GUT”

When there is damage to the gut wall (caused by pathogens, medications, chemicals, food sensitivities, alcohol, or untreated IBS) tiny microscopic holes form along the gut lining. This causes the gut wall to be compromised and a permeable gut lining is known as “leaky gut”.

Leaky gut is implicated in many conditions including autism spectrum disorders (ASD), attention deficit hyperactivity disorder (ADHD), stress, anxiety, depression, insomnia,

Parkinson's disease, Alzheimer's disease, thyroid dysfunction, rheumatoid arthritis, type 1 diabetes, fibromyalgia, psoriasis, rosacea, migraines, allergies, asthma, cardiovascular disease, visceral adiposity, non-alcoholic fatty liver disease, acne, eczema, fatigue and brain fog – and more!

Healing a damaged barrier involves removing irritants (including the identification of pathogens and supporting microbial health), healing the gut wall with targeted nutrients and herbs, and thereby reducing inflammation.



**Did you know?**  
***Akkermansia muciniphila***  
**is a symbiotic bacterium**  
**of the mucus layer that**  
**strengthens your gut's mucous**  
**lining. This helps to make a strong**  
**functioning gut and protects it**  
**from damage. *Akkermansia***  
***muciniphila* loves to eat**  
**pomegranate, green tea, rhubarb,**  
**grape juice, and cranberry.**



## How can we encourage a healthy gut?

### YOU ARE WHAT YOU EAT

Eating poorly can prevent you from getting the nutrients you need to stay healthy, but it can also change the microbiome within your gut. This will have a negative flow-on effect to your digestion and assimilation of nutrients.



### PROMOTE STRAIN DIVERSITY

Greater gut diversity supports overall health and wellbeing. A wide and diverse range of gut microbes that coexist harmoniously produces thousands of health-supportive metabolites, such as short-chain fatty acids.

Different strains of bacteria feed off different types of food, so therefore it's crucial to ensure diversity in your diet.

Encourage the growth of healthy bacteria in the gut through a wide variety of food sources, fresh vegetables loaded with phytonutrients and antioxidants.

Include a variety of coloured fruit and vegetables: leafy greens, broccoli, cauliflower, cabbage, beetroots, carrots, tomatoes, onions, leeks, peas, legumes, seaweed, blackberries, strawberries, blueberries, oranges, plums, apricots, acai, pomegranate, citrus, and more!

Include herbs and spices, nuts and seeds, and quality protein sources.

A Mediterranean diet works really well to improve gut health. However, if you have digestive issues, you may need a more specific gut healing diet. [Contact us](#) to find out how to heal your digestive symptoms



## EAT PREBIOTIC FOODS

(\*if you have gut issues already, some of these foods may worsen symptoms, so treat the underlying gut issue first). Asparagus, onions, garlic, leeks, chicory, artichoke, dandelion, slightly green bananas, oats, apples, cacao, flaxseeds, seaweed, cooled potatoes and rice to help encourage the increase of healthy bacteria in the gut.



## EAT FERMENTED FOODS

How do we get more good bacteria in our gut? We can take clinically tested probiotics, but another way to encourage healthy bacteria is through the consumption of lactobacilli in lacto-fermented foods.

Consuming fermented foods at each meal also helps you to better digest the other foods you eat with them, allowing you to absorb more nutrients from your meal whilst populating your gut with beneficial bacteria.

Below are a list of fermented foods you may want to consider adding to your diet.

### **Kefir**

Coconut kefir is a fermented, slightly tangy dairy-free kefir, with a thin yoghurt-like consistency. It contains probiotics plus natural enzymes, vitamins, minerals, protein, and calcium.

### **Dark chocolate**

Research shows that when you consume dark chocolate good microbes eat it and ferment it, producing an anti-inflammatory affect.

### **Sauerkraut**

Raw fermented cabbage is rich in vitamins, minerals, digestive enzymes, and probiotics.

### **Kimchi**

Similar to sauerkraut but originating from Korea, Kimchi is made from fermented cabbage is believed to lower blood pressure, improve immunity, boost metabolism, and protect against cancer.

### **Pickles**

Lacto-fermented pickles can be made from carrots, radishes, cucumbers, and many more vegetables. Put in a sterile jar with salt and herbs and wait for them to ferment.

### **Apple Cider Vinegar**

Raw apple cider vinegar encourages better digestion, it's high in minerals, and supports the growth of friendly gut bacteria. (You need to have the cloudy 'mother' floating in the bottle).

### **Kombucha**

A fizzy, probiotic tea, which is brewed from bacteria called a scoby (symbiotic colony of bacteria and yeast). Kombucha has been drunk in China for thousands of years, and is rich in B vitamins, digestive enzymes, and probiotics.

### **Natto**

Is a Japanese staple made from fermented soybeans.

### **Miso**

Made from fermented soybeans or grains and is rich in nourishing minerals such as potassium. It's best raw and unpasteurised for full health benefits.



## EAT HEALING FOODS

Healing foods such as bone broth, collagen, gut healing powders, and slippery elm bark, are all very good at protecting the gut barrier, encouraging a strong and healthy gut, and protecting us from autoimmunity.



## How do we treat gut issues?

### 4 STEPS TO OPTIMISING YOUR GUT

There are many factors that can lead to a disturbance in gut function. The four R's protocol (Remove, Replace, Re-inoculate, Repair) works to address the underlying causes of imbalance and aids in alleviating symptoms.

Working with your naturopath, you can determine the best approach for treating your symptoms, and ensure you cover the below four steps.

The Four R's:

#### **Remove**

The first step is to remove the factors that negatively impact the gastrointestinal (GI) tract and may be contributing to your symptoms. These triggers may be varied, because there's often not just one trigger, but can be a few. Triggers may not only be pathogens in the gut such as bacteria or yeast/candida, but may also be food sensitivities, medications, sugar/refined carbs, fried/fatty foods, stress, toxic elements and foods that your body finds difficult to digest. We need to find out what triggers your symptoms.



## **Replace**

In this step, you and your naturopath can replace all those factors that may be missing or lacking such as insufficient stomach acid, insufficient digestive enzymes, insufficient beneficial bacteria, or nutrient deficiencies.

## **Re-inoculate**

Your naturopath will help you to re-inoculate your gut with good bacteria by using targeted prebiotics and probiotics in order to regain a healthy balance. Prebiotics help to feed and promote the growth of beneficial bacteria. Introducing beneficial bacteria plays an important role as they produce anti-inflammatory compounds, essential nutrients. It's even better when we find out precisely which types of beneficial bacteria you're low in so that we can choose a strain-specific probiotic.

## **Repair**

The fourth and final step in the process is to repair the lining of your gut. Your naturopath may suggest the use of nutraceutical agents to repair the gut lining. Your diet will also play a big role in this step. There are a number of supplements that can be used to help repair the intestinal tract lining including L-Glutamine, slippery elm, zinc, collagen, mastic gum/gum arabia/acacia, licorice, aloe vera, omega 3s.



Studies show that cultivating diverse and beneficial gut flora is the key to strong immunity, robust digestion, detoxification, balanced moods, balanced hormones, weight loss, and longevity. It is this internal complex ecosystem, our microbiome, which keeps us in good health.



## Address undesirable organisms

Gut health can quickly become compromised when unwanted and unwelcome microorganisms take up residence. You can have all kinds of digestive symptoms (bloating, reflux, stool fluctuations, pain). Once we know what's inside your gut, we can treat it properly.



## Functional Testing

The first step is finding out what's inside your gut. Once we know the mix of bacteria (good and bad) then we can modify it. We do this through stool testing. It takes out the guess work and allows us to change the gut flora to a more optimal mix.

We remove nasty pathogenic bacteria, parasites, and yeast that contribute to lower numbers of healthy bacteria in the gut. And we simultaneously boost healthier strains of bacteria that you are low in.

This type of treatment is completely tailored to your gut and leads to fantastic health outcomes.

**Case study:** For patient Brooke, we ran a stool test. She had a parasite and an array of nasty bacteria alongside it! They had been contributing to her stool fluctuations. Once we identified what was in her gut, we could see which treatment she needed to clear it out.

**Case study:** Patient Zoe removed her triggers, cleaned up her diet, and incorporated some healing foods and supplements. Her leaky gut healed over time and her sore joints and eczema disappeared.



**Case study:** Patient Chloe ran a stool test and found out she had a whole lot of nasty bacteria in her gut which was contributing to acne skin flares as well as digestive symptoms (bloating and stool fluctuations). Once the bacteria was removed and replaced with healthy bacteria, her skin cleared up and her digestive system started working properly again.

**Case study:** Patient Ben wanted to run a functional test to check the type of bacteria in his gut. The test showed really low numbers of 2 very important strains of beneficial bacteria. We chose a probiotic that included those healthy strains, and his numbers boosted within 2 months. Ben included a range of prebiotic foods and resistant starch to his diet in order to feed healthy bacteria.



Stool tests can determine your levels of bacteria, as well as important biochemical markers including digestive absorption and metabolic markers. Testing provides an excellent assessment of digestive function and is not only a good idea for those suffering from suboptimal gut function, but for all of us who are keen to optimise health.

[Talk to your naturopath to find out more.](#)

*Yvette at The Naturopathic Co.*



# Optimise your gut > < Optimise your health

If you're ready to start feeling great again, look no further than the gut! Find out what's really on the inside, and modify your gut flora to be a healthier mix.

If you have digestive symptoms, don't ignore them and hope they'll go away.

Make a time to talk to your naturopath, who can devise a tailored treatment plan to assist with your symptoms and help you be well again.

**BOOK YOUR APPOINTMENT**

We consult Australia-wide via zoom and google meet.



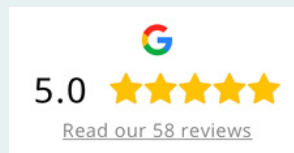
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