



# OPTIMIZE GUT HEALTH

## **ONCE AN ALMOST TABOO TOPIC**

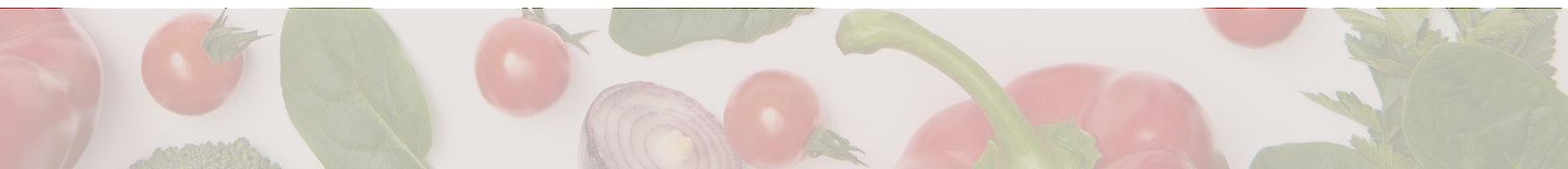
gut health is now recognized as a key factor of a healthy lifestyle. It affects EVERYTHING, including digestion, immunity, mental health, skin, and your overall wellbeing! Gut health describes the function and balance of bacteria that live within the GI (Gastrointestinal) tract. The key to good gut health is the makeup of the microbiome, or the diversity of the trillions of bacteria that live within the GI tract. There are “good” and “bad” bacteria in the gut, and the key is to have the good bacteria outnumber the bad to prevent them from multiplying. So how do we get there?

## **FOR OPTIMAL GUT HEALTH, PROBIOTICS AND PREBIOTICS ARE ESSENTIAL**

To put it simply, probiotics are the good bacteria we want, and prebiotics are foods that feed the good bacteria. Foods that contain probiotics include yogurt, kefir and other fermented foods including sauerkraut and kimchi. Prebiotics come from mostly fiber found in plant sources like legumes, beans, asparagus, oats, berries, onions and garlic. We want to consume both pre and probiotics, ideally from foods, to help keep the gut happy and healthy.

### *healthy gut cheat sheet*

- ☐ Eat a healthy, well-balanced diet that consists of a variety of fruits and vegetables.
- ☐ Engage in regular exercise
- ☐ Eat refined sugar in moderation.
- ☐ Try to limit your stress, which can affect gut health. Take a deep breath and get some rest!
- ☐ Drink plenty of water.







## Need some recipe inspo? Try this easy, prebiotic-filled Roasted Asparagus

### INGREDIENTS

1 bunch asparagus, trimmed  
2-3 Tbsp Olive Oil  
2 Tbsp Parmesan Cheese or Nutritional Yeast  
(optional but delicious)  
Salt and pepper

### DIRECTIONS

1. Preheat oven to 425°
2. Place asparagus in a mixing bowl and toss in olive oil, salt, pepper and parmesan cheese
3. Arrange on baking sheet in a single layer and bake for approx. 12-15 minutes until tender
4. Remove from oven and enjoy!