

My Top 10 Tips for Good Gut Health

Cheat Sheet

1. Bone Broth

Traditional, slow cooked bone broths (or stocks) contain many minerals in a form that the body can easily absorb. The gelatine in the broth protects and heals the lining of the digestive tract, and is very high in amino acids like glycine, which are anti-inflammatory and calming. Start slowly – short cooked broths in small amounts. Sip a cup of broth with a meal, or have it as a snack between meals, or just use it to beautifully flavour soups, stews, casseroles and sauces. Takes 10 mins to prepare, then just simmers slowly until done.

See recipes and tips for making broths, and how to use them here: [Bone Broths & Liquid Stocks](#)

2. Probiotics and Fermented Foods

When the good bacteria in your gut are reduced (due to diet, environmental toxins, stress, antibiotics, medications, etc), the bad bacteria get out of control, causing leaky gut and many other health issues. Taking a good quality probiotic supplement will help to increase the good bacteria in the gut, and adding fermented foods will give even better results. Fermented foods contain different types ([and a much higher percentage](#)) of good bacteria than commercially produced probiotics. Start with 1 tsp of sauerkraut juice per day, and slowly build up to 3 tsp a day. Then start adding in the sauerkraut, a little with each meal. Once you're coping well with sauerkraut, you can begin to add in other fermented foods.

Fermented foods are traditionally sour, although there are many ways to make them easier to consume if you're not used to the sour taste. Fermented drinks like kefir and kombucha are very popular, as well as cultured cream, fruits, sauces and vegetables.

Here's a great course to teach you all you need to know about making your own fermented foods: [Digestive Hope online program](#)

3. Good Fats

Good fats are an important part of a healthy diet – they supply long lasting energy, help you to absorb the vitamins in your veggies, help your brain and gut to work properly, and keep you satiated so you don't have the urge to snack between meals. Don't be scared to include healthy fats in your diet. These should be the traditional fats that have been used by mankind for thousands of years - organic, cold-pressed oils like olive, macadamia, avocado, coconut, and almond oils; grass fed animal fats, butter and ghee; and foods like egg yolks, avocados, nuts, coconut milk, full fat fermented dairy products (like yoghurt and cultured cream) and coconut.

For help working out which fats are best for cooking with, read this article: [Which Oils, When?](#)

4. Reduce Starches

Starches feed the bad bacteria in the gut, and create an environment that parasites thrive in. This is why starches should be greatly reduced when trying to heal the gut. Swap out starchy foods with more nutrient dense, fibrous foods, such as veggies, nuts, and seeds. Here's some ideas for swaps:

- cauliflower 'rice' instead of rice
- cauliflower mash instead of mashed potato
- veggie 'noodles' (zucchini/carrot/cabbage in thin strips) instead of pasta
- nut and seed breads instead of white wheat bread
- almond or pepita meal pastry instead of wheat pastry
- roasted pumpkin 'chips' instead of oven baked potato chips

Try my [Cauliflower-Leek Mash](#), & [Grain Free Breads](#)

5. Cut Down on Sweet Stuff

Pathogenic bacteria LOVE sugar! Get rid of refined sweeteners, and try to limit even the 'healthy' sweet stuff to about 15% of your calorie intake. Pair sugars with fats and protein to slow down their release into the blood stream. Aim for 2 serves of fruit a day (including in smoothies), now and then a baked sweet (eg. made with almond meal/coconut flour, honey, eggs, plenty of good fats/coconut cream), minimal sweetener in tea/coffee, and drink water instead of juice. Honey is pre-digested and easy on the gut, so it's a good alternative to white sugar, but keep it to a minimum.

Check out [this newsletter](#) for some healthy, sugar free snack ideas!

6. Have Dinner for Breakfast

It may feel odd at first, but a nutrient dense, full-meal breakfast will give you much more energy and nourishment to begin your day than cereal and toast, and it's much easier on your gut. Eggs on nut/seed bread with avocado, some nitrate free bacon, and some fermented veggies is a great place to start! Or a stew, or eggs poached in broth with shredded veggies, or even leftovers from last night's dinner.

If you can't bear the thought of dinner for breakfast, a nourishing smoothie is great as a first step – try my High Energy Smoothie, or add some of these ingredients to your usual smoothie: raw egg yolk, coconut oil, coconut cream, avocado, baby spinach leaves.

[Try my High Energy Smoothie](#)

7. Slow Down on the Dairy

Change over to the forms of dairy that are easier to digest, like 24 hour yoghurt, ghee, cultured butter, cultured sour cream, and good quality cheeses. Then when you can, go dairy free for at least two weeks. You may find this makes you feel so good you want to stay off dairy! But if you can't bear to be without it, slowly add in yoghurt, then ghee, cultured butter, etc. Treat dairy as a condiment, not a main food group. Don't forget that milk has sugars too (lactose), and you're trying to reduce the sugars!

[Lots of ideas for Dairy Substitutes](#)

8. Add Some Good Quality Gelatine

Gelatine can improve gut integrity and digestive strength by enhancing gastric acid secretion and restoring a healthy mucosal lining in the stomach. It's a big part of traditional diets, but we've gotten away from it in our modern culture. Add good quality, grass fed gelatine to soups, broths, jellies, custards, and use to thicken gravies and sauces instead of starches.

[Two grass fed, organic gelatines you can buy online – GoBio Gelatine and Vital Proteins](#)

9. Buy a Good Water Filter

When working to heal the gut, it's very important to reduce the toxic load and remove the main sources of toxicity. Water can contain many toxins, including heavy metals, fluoride, chlorine, toxic bacteria and parasites. It's very important to drink and cook with water that has been filtered, and the cheapest way to do this in the long run is to buy a good quality water filter that removes these toxins.

Help to work out what kind of water filter you need: [Best Home Water Filter System](#)

10. Bulk Buy and Bulk Prep

Save money by buying in bulk! Little packets of nuts and seeds from the supermarket will end up costing you way too much, and if you try to buy organic meat in small amounts, you'll pay so much per kilo it will be very hard for large families to afford. Ask your local organic butcher for bulk prices, get into bulk buying co-ops or ask your health food store for bulk prices, shop around, get some friends together to split the orders with you, and you'll save heaps.

Prepare meals in bulk too, as much as possible, so that you're not spending all day in the kitchen. When you cook anything that's freezable, try and cook a double batch, and put some in the freezer for another day. When chopping veggies for dinner, chop extra for the next day – it doesn't take much longer to chop 6 carrots instead of 3, and you only have to clean up once. If you can, get a friend over to cook with you once a week – do a big cook up together, then each takes half and freezes it for the week ahead. Or hire a young person to chop veggies for you a couple of times a week, to save you time with meal prep.

See my tips for [Buying in Bulk](#)