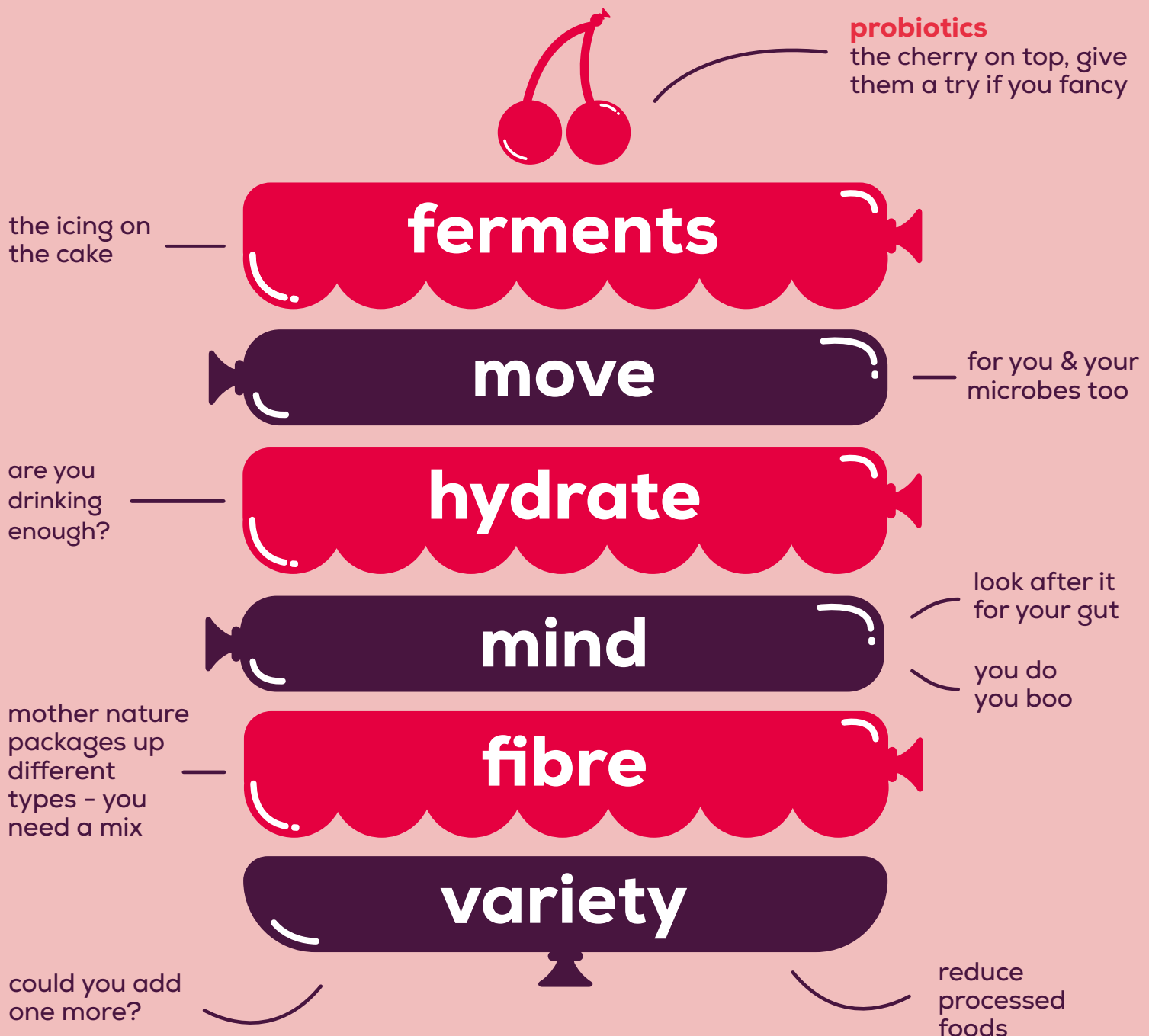


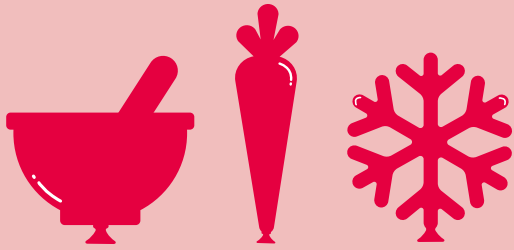
# really "gut" tips to look after your gut health

When it comes to our gut health (and our overall health and wellbeing for that matter), too often we focus on the "magic pill" or a new snazzy product on the shelf, when what a lot of us need is to remind ourselves of the simple stuff. It's science backed, mostly accessible and won't break our little piggy banks! So where to begin??

Introducing "a really gut cake". You'll quickly learn that at the Gut Stuff we ain't about restriction so LOVE a cake (we have a delicious Banoffee Pie in our cookbook) but it's also a great way to show how we like to build up the foundations of gut health. Read on as we take you through the science and tips for each layer.



## variety



Get in loads of colours and different foods to stimulate those trillions of good gut microbes and get a nice diverse community in there. Current research shows that we need closer to 30 different types of plant-based foods a week, this includes vegetables, fruits, wholegrains, pulses, legumes, nuts and seeds.

## fibre



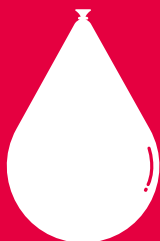
9/10 of us aren't getting our recommended 30g a day but fibre really is the unsung hero of nutrition. Your gut microbes need a variety of different types of fibre to thrive but luckily nature has packaged lots into plant-based foods.

## mind



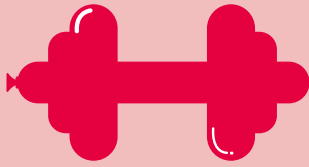
The gut and the brain are intrinsically linked, what goes on in your gut has an affect on your brain and vice versa. Science now shows that learning how to manage stress, or even reduce it where you can, and put in place some proper sleep hygiene will go a long way in supporting your mental health and in turn, your gut.

## hydrate



We don't always think about the importance of remaining hydrated for our gut but it's MEGA important. Dehydration is a common reason (not always, but often) behind constipation. To work out what you need, take your body weight in kg and multiply by 0.033 to give the litres to aim for.

## move



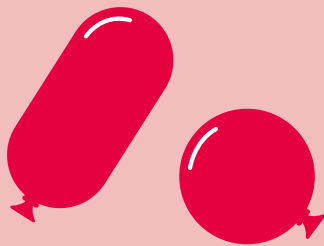
Exercise has been shown to increase your microbial diversity and is key in maintaining a healthy gut. What we don't know is what type of exercise is best. Do what you enjoy. Think goldilocks – not too hard, not too little and with just enough rest. Variety is key!

## ferments



Even though ferments have been around for centuries, the research is quite thin on the ground mostly due to their instability and funding. What we do know is that they are likely to help support the diversity of your gut microbes and diversity of your microbes = better health (so we think). A few you may recognise include olives, miso, tempeh, kefir, kombucha, sauerkraut, kimchi and sourdough bread. Which one will you give a go?

## probiotics



We get asked about probiotics A LOT and when it comes to our gut health cake, they aren't an essential but give them a go if you fancy.

The very vague definition of a probiotic is: "a probiotic is a live microorganism that when eaten/drunk in adequate amounts confer a health benefit on the host (you!)".

Probiotics are found in food or supplement form, but not all are created equal – different strains have different effects, and some might have no effect at all, it all depends on the individual and if there is a particular issue at hand.

Foods containing probiotics (live bacteria) include live yogurt, kimchi, sauerkraut, kefir, miso and kombucha. When it comes to supplements, focus on the different STRAINS of bacteria in a product and research a bit about what that particular strain is good for.

Just make sure you steer clear of anything promising to "cure" or "treat" – probiotics are not medicines... not yet at least!



**There's still so much more to uncover and digest, there's new things coming out daily, so come on the journey with us and keep in touch!**

[www.thegutstuff.com](http://www.thegutstuff.com)

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