

THE 4 A'S TO GREATER GUT HEALTH

Did you know that over 70% of your body's ability to fight off harmful bacteria, lies within how diverse your gut bacteria is? Having a strong diverse colony of gut bacteria on your skin and inside your gut, can dictate how well your body absorbs nutrients from the food you eat. These microbes even determine which genes you may pass onto your children. As a Health & Wellness coach, I created this check list to help you begin improving your health with these four great tips.

ARTIFICIAL SUGARS: Choose calories over chemicals. In other words, replace the consumption of foods that need to be made sweet by artificial means with moderate amount of foods that are naturally sweet. Whole Fruit, honey, and even dark chocolate, are all worthy choices to satisfy your natural sweet tooth. Artificial sugars can also cause bloating because, they are not absorbed in the small intestines. They end up passing into the colon where bad bacteria go into a feeding frenzy. Result? Gas, bloating, and even inflammation.

ALCOHOL: Alcohol believe it or not can actually destroy large amounts of gut bacteria. This can lead to gas, bloating and even cause damage to the lining of the intestines. If you can't live without your whisky in the evening or glass of wine, try to limit your consumption and drink water to help flush the alcohol from your system which can help your body avoid excess bloating.

ACID BLOCKERS: Over the counter stomach medications like antacids and PPI's (Protein pump inhibitors) can change the Ph balance of your stomach from acid to alkaline. This turns the stomach into a door that harmful bacteria may enter and set up shop inside you which creates a lot of smelly methane and hydrogen gas. Rather than choosing of the counter stomach medications, implement a bed time for your belly. This will allow a lower production of acid in the stomach in the evening when you go to bed. Thus, lessening the chance of the burning bad tasting acid in your throat keeping you up all night.

ANTIBACTERIAL SOAP: These soaps have a lot of chemicals that are harmful to our natural bacterial ecosystems. Using them on a regular basis can destroy huge colonies of bacteria that are designed to keep us healthy. Replace antibacterial soaps and shampoos with natural cleaning ingredients such as, citrus, tea tree oil, lavender, black soap, and shea-butter.



Nile Bratcher