



TARA THORNE WELLNESS

# HOW TO EAT FOR GUT HEALTH





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### THE HORMONE BALANCE SOLUTION

#### HOW TO EAT FOR GUT HEALTH

Your digestive tract is home to about a trillion bacteria, which are tremendously important to your health in so many ways - including your hormonal health. We give these bacteria a place to live and in turn they perform many important jobs for us. Some of these jobs include:

- Digestion of food
- Synthesis of some vitamins
- Immune support
- Nutrient absorption
- Blood sugar balance and metabolic health

... and more.

It's important to be mindful about how to eat to support gut health forevermore. Here are some tips to keep in mind, always...

A daily smoothie is a great idea as you can jam-pack these with lots of nutrient-dense foods such as cruciferous veggies, berries, collagen etc. Add a raw egg yolk to your smoothies along with collagen or a protein powder, (remember, protein is vitally important to support blood sugar and hormonal harmony).

Gluten, alcohol, sugar, processed food and lack of diversity of fruits and vegetables will contribute to inflammation and dysbiosis. Ensure you're consuming multiple different fruits and vegetables, (mainly vegetables). You want to consume a diverse diet to feed the various different strains of bacteria in your gut. Choose a new fruit and vegetable every week to try from the grocery store. Diversity is KEY for a healthy microbiome.

Gluten will also destroy gut health. It's important to be 100% gluten-free to allow the gut to heal.

Fermented foods and bone broth as well as collagen are powerfully supportive of gut health. Consume on the regular.



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## PREBIOTICS

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Probiotics are bacteria that we have to constantly eat and replenish. They don't stick around - they are transient. Prebiotics are the *food* of the probiotics - they help the probiotics flourish and grow. You want to focus on these prebiotic-rich foods in order to have a healthy gut.

Prebiotic-rich foods include:

- Asparagus
- Banana
- Dandelion greens
- Eggplant
- Endive
- Garlic
- Honey
- Jerusalem artichokes (sunchokes)
- Jicama
- Kefir
- Leeks
- Legumes
- Onions
- Peas
- Radicchio
- Yogurt (if you don't react to dairy and preferably A2 or goat / sheep)



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## KEYSTONE STRAINS

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When you get your GI Map back you'll see two keystone strains of bacteria on your results called *Akkermansia* and *Faecalibacterium*. These are vitally important keystone strains of bacteria.

Akkermansia:

- Helps with weight management
- Aids metabolic health
- Aids insulin sensitivity
- Good levels are associated with higher gut diversity scores and lower potential pathogens (this is a good thing)
- Low levels are associated with increased gut permeability (not good)
- Too high levels are associated with neurodegenerative diseases (Parkinson's, MS, and Alzheimer's).
- Low levels are also associated with IBD and inflammation

Faecalibacterium:

- Linked to better moods
- Is an important indicator of overall gut health / diversity
- Is a major butyrate producer in the gut, and butyrate feeds the cells of our colon and is anti-inflammatory.
- Low levels are associated with inflammatory and AI conditions such as IBD, diabetes, CVD, colon cancer.
- Promotes a healthy intestinal barrier and lower inflammation.

If your levels of these keystone strains of bacteria are low or <dl (under the detectable level) on your GI Map then you want to be very serious about eating foods that can revive these keystone strains. Following are the foods you want to focus on to feed these bacteria....



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Focus on these foods to boost Akkermansia and Faecalibacterium:

Akkermansia likes to consume:

- Cranberries
- Red grape seeds and skins
- Red apple skins
- Lingonberries
- Dragonfruit
- Pomegranate
- Omega 3's
- Short-term fasting can also help increase levels of Akkermansia.

Faecalibacterium likes to consume:

- Resistant starch such as cooked and cooled potatoes, green bananas, cooked and cooled rice, beans and legumes
- Pectin (stewed apples contain pectin)
- Polyphenols: such as red grapes, pomegranates, blue/purple/red berries.