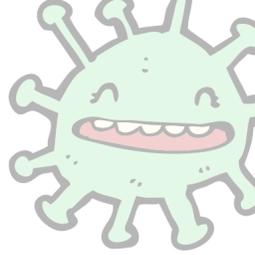


# 3 Daily GUT microbiome health steps for weight loss & overall health



In the most recent research studies of supplementing with a probiotic food or supplement every day -they saw a **body weight reduction of  $\geq 5\%$  - in 12 weeks!**

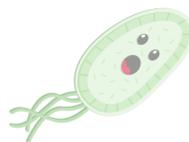
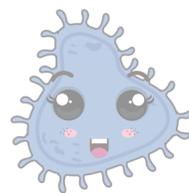
- A happy microbiome repairs the mucosal barrier in the intestines leading to reduced inflammation, increased insulin sensitivity in the hypothalamus for improved satiety. Leptin, GLP-1 & pancreatic polypeptide levels increase which also reduce food intake by improving satiety

The opposite is true for obese participants who lost weight but did not foster their gut health

- Their gut microbiome was still "obesogenic" which means that they did not have proper levels of good bacteria to break down tryptophan which we need in order to deactivate white fat (adipose) cells, maintain insulin sensitivity
- Unfortunately, if the white fat cells are not deactivated then the cell's memory can bring the weight back on

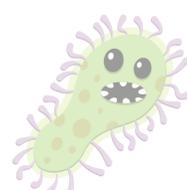
## 1. Increase the diversity of your fiber sources (aka PREBIOTICS) & aim for 40g or more/day

- Fiber sources include **veggies** like leafy greens, broccoli, asparagus, carrots, onions, artichokes, peppers, celery, cucumbers, pickles, mushrooms, sweet potatoes, & garlic
- **Whole grains** like oats, wheat, brown or wild rice, barley, & corn
- **Legumes** like chickpeas, all beans, lentils, peas & peanuts
- **Nuts and seeds** like quinoa, chia, flax, almonds, walnuts, & pecans
- All kinds of **fruit**, like berries, apples, bananas, citrus, avocado & can be fresh, frozen, or canned in its own juice



## 2. Reduce high levels of saturated & Omega-6 fats

- High fat meat like bacon, sausage- try loin cuts, poultry, seafood, tofu, beans & nuts for protein
- Avoid fried foods like chicken strips & French fries
- Limit packaged sweets, chips, ect & opt for natural sweetness from fruits
- High fat dairy like whole milk & hard cheeses, try provolone, swiss, mozzarella instead
- Cook with olive or avocado oils instead of canola or vegetable oils



## 3. Put GOOD bacteria in your gut at least 1x/day (aka PROBIOTICS)

- Food sources of probiotics:
  - low sugar yogurt like Oikos, Ratio, Two Good, Skyr, Dannon light & fit, Activia greek, Great value light greek or non-dairy yogurt
  - Kefir or traditional buttermilk
  - Non-pasteurized cottage cheese like Good Culture
  - Refrigerated & non-pasteurized sauerkraut & pickles
  - Kimchi
  - Kombucha or Good Belly shots & juices
  - Miso, Tempeh
- Supplement/capsule sources of probiotics:
  - Brands/products that respond well in the research include Thorne, Mary Ruth's, Metagenics, Bio-K, BioGaia, BioKult, FloraVantage Control
  - If getting brands not from this list, look for one that is refrigerated & has at least  $10^6$  billion CFUs & contains these cultures:
    - L. gasseri, or L. acidophilus, or L.casei, or L. rhamnosus, or L. plantarum, or L. curvatus with any Bifidobacterium
  - Or go to [www.USProbioticGuide.com](http://www.USProbioticGuide.com)