



ELITE
Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

01/24: Happy Gut

**Happy Gut
=
Healthy Body**

A healthy body requires a healthy gut. And by the gut, I don't mean a big fat belly. I am referring to microbiota, the bacterial content of your stomach and colon. Millions of microorganisms, both good and bad, live in your gut. Unfortunately, there is a constant struggle for domination.



When good bacteria are winning, you'll experience more robust health. Conversely, when good bacteria are depleted and bad bacteria thrive, your health will suffer.

The state of the gut microbiota affects digestion, absorption, assimilation, and elimination of food. However, gut health involves far more than digestive issues. For example, serotonin, (a feel-good mood neurotransmitter), mental cognition, blood pressure, and various diseases are all linked to gut health.



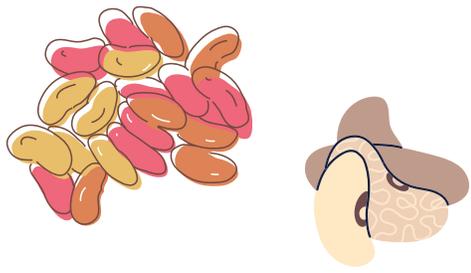
Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

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Taking care of your gut may be the single most important thing you can do to maintain and improve your health. Here are 5 things to do to feed the “good guys” in your gut:

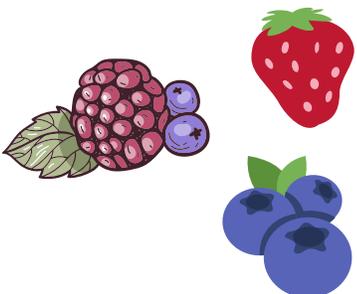
Add Beans and Legumes to Your Diet

Beans and legumes are great additions because they act as prebiotics. Prebiotics are fiber carbohydrates that serve as fertilizer, allowing probiotics to prosper. Prebiotics are also found in onions, garlic, leeks, soybeans, honey, bananas, and Jerusalem artichokes.



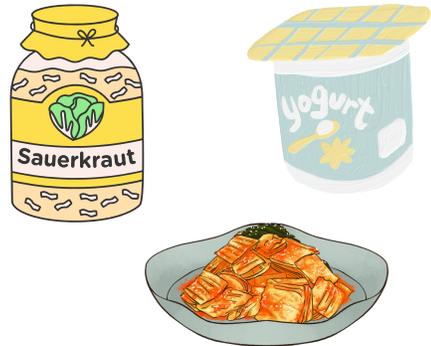
Stock up on Berries

Berries are an excellent good of fiber. They are also loaded with antioxidants and vitamin C. These help feed healthy bacteria and reduce inflammation in the GI tract. For a great start to your day, mix some berries with yogurt or kefir.



Incorporate Fermented Foods

Incorporating fermented foods into your diet can significantly improve gut health. Examples include yogurt, kefir, kimchi, and sauerkraut. Due to the fermentation it undergoes, sauerkraut offers nutrition and health benefits far beyond those of fresh cabbage.



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Diversify your food

Gut health is negatively impacted by eating too much of the same food. It's critical to diversify your meals. Research shows that the wider the range of plants and healthy food we eat, the more diverse our gut bacteria will be. Fermented foods are great. They contribute a diverse array of microorganisms to the existing gut microbiota.

Take a high-quality probiotic supplement

The easiest way to ensure you're getting probiotics daily is to take a high-quality supplement. There are many brands on the market, and some are far superior to others. We recommend SCD Essential Probiotics. It comes in a one-month supply as a liquid. The benefits are great, but not the taste. Take a tablespoon and chase it with something more palatable. Add it to a smoothie or shake and you shouldn't notice the taste.



Side Notes:

Kefir

Haven't heard of kefir? It is a creamy, tangy liquid that tastes similar to yogurt. However, compared to yogurt, kefir has a wider, more abundant variety of probiotics and vitamins.

Sauerkraut

Sauerkraut contains far more lactobacillus than yogurt, making it a superior source of this probiotic. Caution: most canned sauerkraut has been pasteurized, which kills off the good bacteria. Purchase fresh sauerkraut (made without vinegar) to reap the full health benefits.