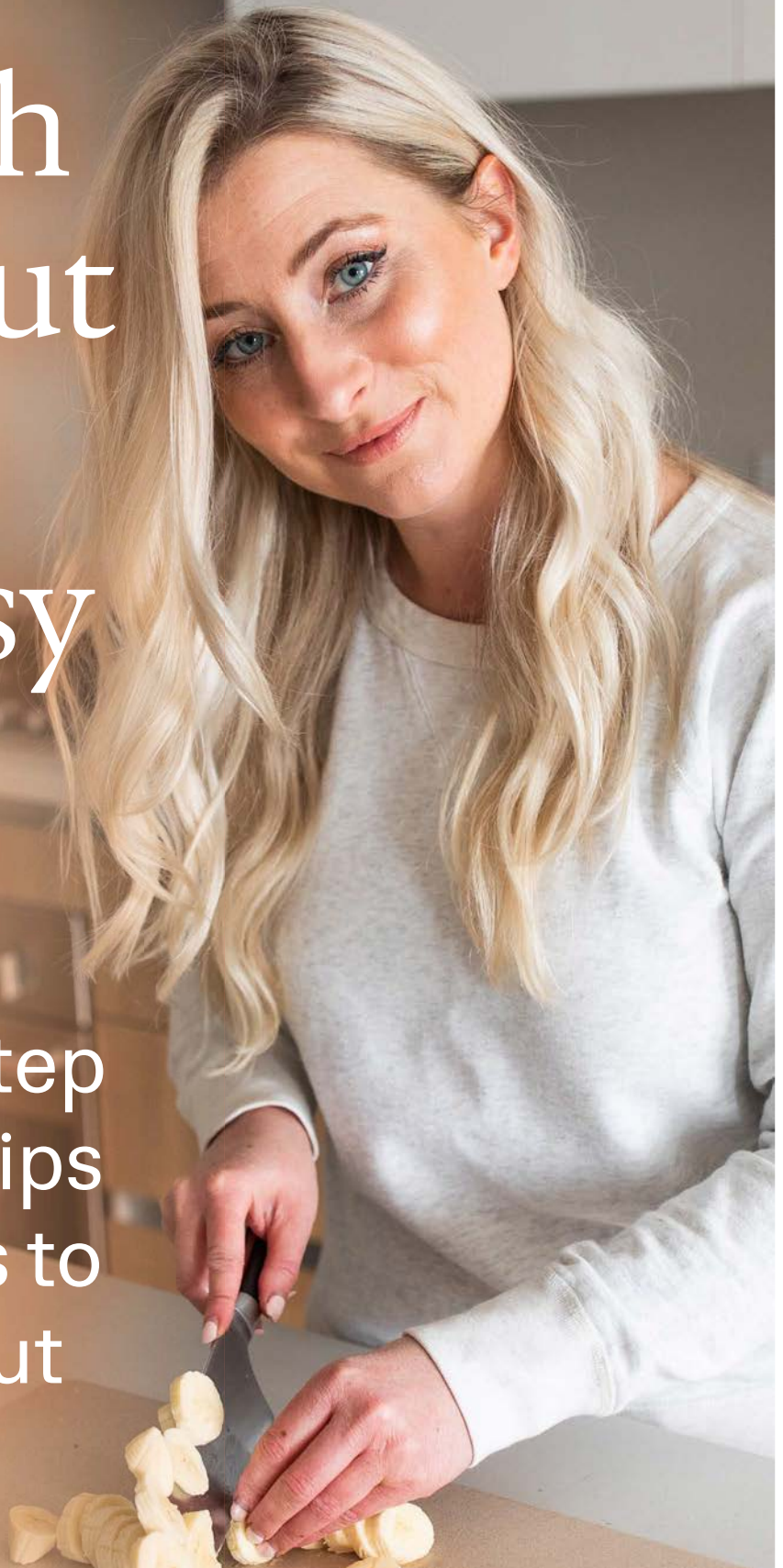


THE goodness GUIDE

Nourish Your Gut Health in 5 Easy Steps!

A step-by-step
guide with tips
and recipes to
keep your gut
healthy!

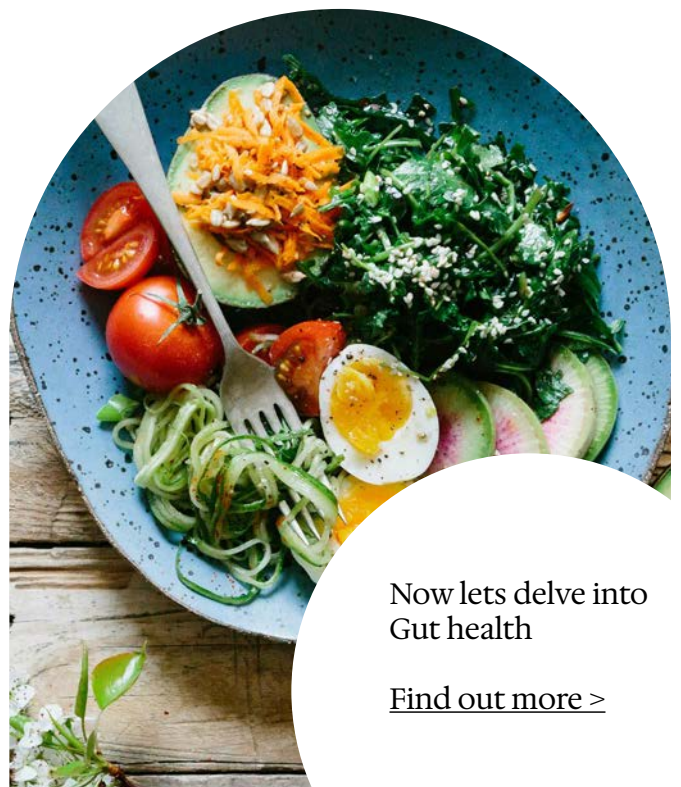




I'm Abi, an ANP registered Functional Nutritionist and gut-health geek! I'm thrilled you're joining me on this journey to BETTER gut health.

My GUT health journey started when I was diagnosed with Chronic Fatigue Syndrome (CFS) over 12 years ago. Through functional testing I found the route of my fatigue came from gut issues. I had Chronic Gastritis, SIBO, IBS, and one inflammatory marker away from being diagnosed with Inflammatory Bowel Disease (IBD). Let's just say I have been on a long healing journey with my gut! I've tried every diet, food, and supplement to help the process. Now I want to share what I've learnt with you!

In a world where health is a top priority, gut health is gaining recognition as a vital component of our overall well-being. The saying "you are what you eat" couldn't be truer when it comes to your gut. This ebook, "Nourish Your Gut Health in 5 Simple Steps!" is your roadmap to understanding, improving, and maintaining your gut health.



Now lets delve into Gut health

[Find out more >](#)



STEP 01

Fibre

Dietary fibre is often referred to as the unsung hero of gut health. It's a nutrient that doesn't get as much attention as it deserves, despite its remarkable impact on our overall wellbeing.

Dietary fibre is the indigestible part of plant-based foods. It comes in two forms: soluble and insoluble, and both types play a significant role in promoting a healthy gut. It improves digestion, balances the gut microbiome, reduces the risk of gut disorders, weight management, controls blood sugar levels, and reduces inflammation.

Quick
and
Easy

High-Fibre Recipe: Quinoa & Black Bean Salad

Ingredients

- 1 cup quinoa
- 2 cups water or vegetable broth
- 1 tin (15 oz) black beans, drained and rinsed
- 1 cup peas (fresh or frozen)
- 1 red bell pepper, diced
- 6 spring onions, finely chopped
- 1/4 cup fresh coriander, chopped
- Juice of 2 limes
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin
- Salt and pepper to taste

Method

1. Rinse the quinoa thoroughly in a fine-mesh strainer.
2. In a medium saucepan, combine quinoa and water or vegetable broth. Bring to a boil, reduce heat, cover, and simmer for about 15 minutes, or until quinoa is cooked and the liquid is absorbed. Remove from heat and let it cool.
3. In a large bowl, combine cooked quinoa, black beans, peas, red bell pepper, spring onions, and coriander.
4. In a small bowl, whisk together the lime juice, olive oil, cumin, salt, and pepper.
5. Pour the dressing over the quinoa mixture and toss to combine. Adjust seasonings to taste.
6. Chill the salad in the refrigerator for at least 30 minutes to allow the flavours to meld.

STEP 02

Prebiotics

When it comes to gut health, most people have heard of probiotics – those friendly bacteria that play a crucial role in maintaining a balanced and healthy gut microbiome. But there's another essential player in the gut health game that often goes unnoticed: prebiotics.

Prebiotics are a type of dietary fibre that your body cannot digest, but serve as nourishment for the beneficial bacteria in your gut. In essence, they act as fertiliser for the "good" bacteria, helping them thrive and maintain a harmonious gut environment.

- **Chicory root:** Often used as a coffee substitute.
- **Dandelion greens:** A great addition to salads or smoothies.
- **Garlic and onions:** These kitchen staples add flavour and prebiotics to your dishes.
- **Leeks and asparagus:** Delicious and nutritious choices for promoting gut health.
- **Jerusalem artichokes:** These vegetables can be roasted, mashed, or used in various recipes.
- **Bananas:** Slightly underripe bananas are a good source of prebiotics.



*Builds a
Better Gut*

Ready to learn more?

At The Goodness Guide, we're dedicated to helping you unlock the full potential of your health. Our team of expert nutritionists is here to support you in every aspect of your wellness journey. We believe that with the right guidance, everyone can achieve a balanced and vibrant life.

Our personalised 1:1 programmes are designed with your unique needs in mind. During our sessions, we'll dive deep into understanding your current health status, allowing us to create a tailored plan that aligns with your goals. This could include thoughtful dietary modifications, a customised supplement regimen, and lifestyle changes that promote long-term well-being. Additionally, we offer comprehensive functional testing to provide deeper insights, ensuring your path to optimal health is as clear and effective as possible.

STEP 03

Probiotics

Probiotics and fermented foods have gained significant attention in recent years, and for good reason. These two powerhouses work together to create a harmonious and thriving gut environment.

Probiotics are live microorganisms, often referred to as “good” or “friendly” bacteria, that provide numerous advantages for your gut health

*Sweet but
Healthy*



High-Fibre, Probiotic-Rich Recipe: Greek Yogurt Parfait

Ingredients

- 1 cup Greek yogurt (full-fat or low-fat, as per preference)
- 2 tablespoons of kefir milk
- 1/2 cup fresh berries (e.g., blueberries, strawberries, raspberries)
- Add a tablespoons honey or maple syrup if needed (optional)
- 1/4 cup granola
- 1 tablespoon chia seeds
- 1/4 teaspoon vanilla extract (optional)

Method

1. In a bowl, combine the Greek yogurt and, if desired, sweeten it with honey or maple syrup.
2. In a glass or a bowl, layer the Greek yogurt, fresh berries, granola, and chia seeds.
3. Drizzle with honey or maple syrup, if using, and add a touch of vanilla extract for extra flavour.
4. Repeat the layers until you've used all of the ingredients.
5. Enjoy this delightful Greek yogurt parfait as a delicious and nutritious way to introduce probiotics into your diet.

STEP 04

Digestion

The Role of Stomach Acid and Bitter Herbs in Digestion and Gut Health

Stomach acid, or hydrochloric acid (HCl), is a powerful digestive fluid that initiates the breakdown of food in the stomach.

Maintaining the right pH levels in the stomach is crucial for the optimal activation of digestive enzymes and the efficient breakdown of food.

Bitter herbs trigger the production of stomach acid, which is especially beneficial for individuals with low stomach acid levels or weak digestion.

Here are some ways to improve your digestion::

01. Bitter Greens

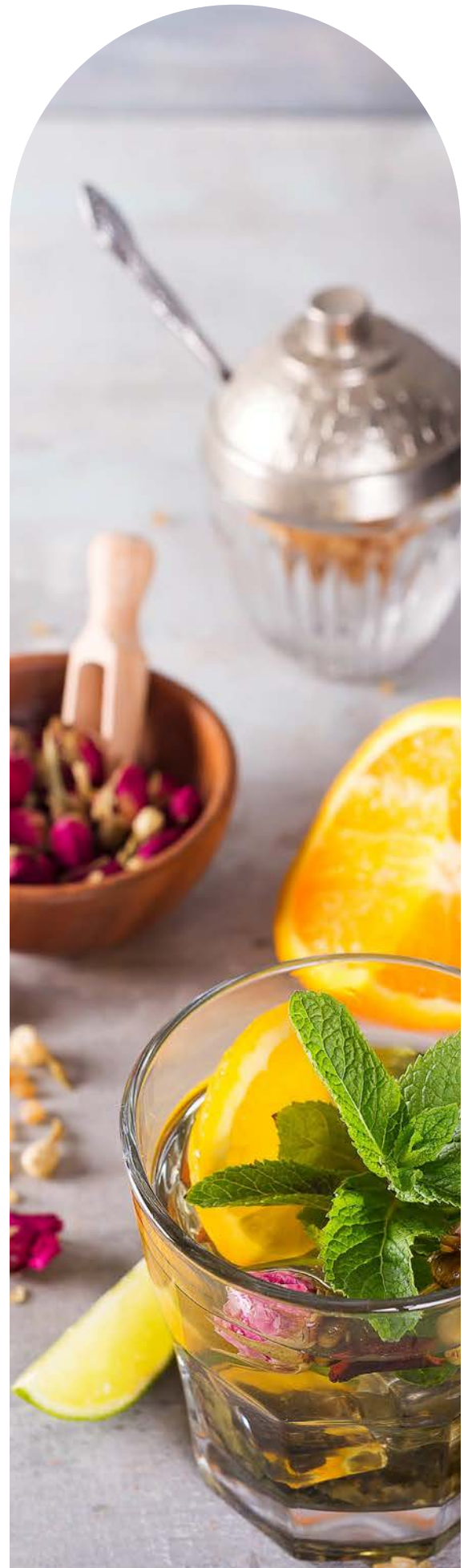
Include bitter greens like rocket, dandelion greens, and chicory in your salads or smoothies.

02. Herbal Teas

Enjoy herbal teas containing bitter herbs such as dandelion, artichoke, and ginger before or after meals to aid digestion.

03. Supplements

When you work with us, we can create a bespoke supplement plan suited to your needs.



STEP 05

Mindful Eating



The hustle and bustle of our daily lives often lead us to consume our meals in a hurry, whilst multitasking, and staring at screens. In this fast-paced world, the concept of mindful eating has gained significant attention, and for good reason. Mindful eating isn't just about savouring every bite – it can also have a profound impact on your gut health.

This intricate relationship involves a two-way communication system between your brain and your gut. It's what allows you to feel "butterflies in your stomach" when you're nervous or to experience digestive discomfort when you're stressed.

1. **Slow Down:** Eat at a relaxed pace, savouring each bite. Put down your fork between bites and engage all your senses to truly appreciate your meal.
2. **Eliminate Distractions:** Turn off the TV, put away your phone, and sit at a table to eat. Avoid eating in front of screens or while working.
3. **Listen to Your Body:** Eat when you're hungry and stop when you're satisfied. Tune into your body's hunger and fullness cues.
4. **Chew Thoroughly:** Chew your food at least 20-30 times before swallowing to aid digestion and nutrient absorption.



Ready to learn more?

Our goal is to empower you with the knowledge and tools needed to achieve your health and wellness goals.

Our areas of speciality include:

- **Gut Health:** Understanding and improving your gut microbiome for better digestion and overall well-being.
- **Mental Health:** Supporting your mental and emotional health through nutrition and lifestyle changes.
- **Weight Management:** Helping you achieve and maintain a healthy weight in a sustainable, nourishing way.
- **Energy:** Boosting your energy levels naturally to help you thrive throughout the day.
- **Women's Health:** Addressing the unique health needs of women at every life stage.
- **Men's Health:** Focusing on the specific health concerns and goals of men.



THE **goodness** GUIDE

At The Goodness Guide, my team of expert nutritionists and I are truly passionate about supporting you on your wellness journey. Our mission is to guide and educate you on the fundamentals of nutrition, empowering you to make confident, informed decisions about your health and well-being.

We're here to walk with you every step of the way, offering personalised 1:1 programmes that cater to your unique needs. Together, we'll take a close look at where you are right now and craft a bespoke plan that's tailored to your health goals. This could include dietary adjustments, a supplement routine, and lifestyle recommendations designed just for you. We also offer functional testing to help you navigate your path to optimal health.

I can't wait to see you on the discovery call!

Click **HERE** for your
FREE 15 MINUTE
DISCOVERY CALL >

Connect with me:



www.thegoodnessguide.com



[@thegoodnessguide](https://www.instagram.com/thegoodnessguide)