



THE TOP 10 FOODS FOR A THRIVING GUT

THE TOP 10 FOODS FOR A THRIVING GUT

by

PUREHEALTH®
RESEARCH

This book is not intended as a substitute for medical advice of physicians. The reader should consult a physician in matters relating to his/her health. The information provided in this book is designed to provide useful informed advice on the subjects that are being discussed. This book is not meant to be used to diagnose or treat any medical condition. For diagnosis or treatment of any kind, consult your own physician. Moreover, the techniques and exercises listed in this book are meant to be carried out in a safe environment and on the readers own personal responsibility. The publisher and author are not responsible for any specific health issues or injuries that might occur from inappropriate practice.

Copyright 2022 by PureHealth Research

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, contact the publisher, at the address below.

WWW.PUREHEALTHRESEARCH.COM

Table of Contents

Introduction	4
Chapter 1 – The Importance of a Healthy Gut	5
Chapter 2 – Foods to Improve a Healthy Gut	6
The Importance of Pre- and Probiotics	7
Sauerkraut	8
Kimchi	9
Asparagus	10
Pineapple	10
Onion	11
Garlic	12
Ginger	13
Bone Broth	13
Dandelion Greens	14
Apple Cider Vinegar	14
Conclusion	15
Resources	16

Introduction

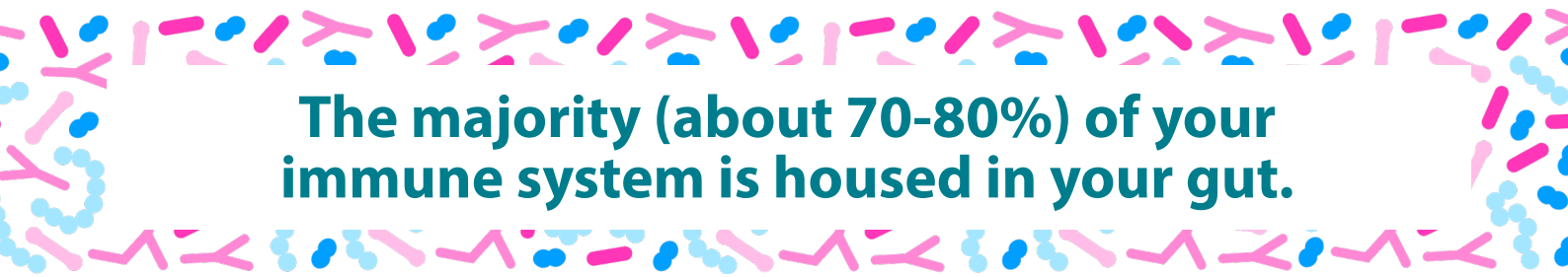
It's time you stop thinking of your gut as the extra skin that hangs out over the top of your jeans. Your internal gut is important, affecting all your other bodily systems. The gut microbiome is composed of trillions of bacteria and microorganisms—more cells than you have human cells! Thus, you're actually more “bacteria” than you are “human.” This collection of bacteria, microbes, and fungi weigh about as much as your brain—it's essentially an organ in itself.

So, how can you keep this crucial organ thriving? And why do you want to? You'll learn all that and more in the pages of this e-book.



Chapter 1 – The Importance of a Healthy Gut

Before you make any lifestyle changes, it helps to know why you're making them. When you know the theory behind a concept, it's easier to stick with it. Then, you know the foundation of the good you're doing for your body.



The majority (about 70-80%) of your immune system is housed in your gut.

Your microbiome (all the bacteria, microbes, and fungi that live in your digestive tract) tells your body how and when to metabolize foods, produce hormones, kill off or encourage the growth of other bacteria and viruses, and many other important jobs. When your gut microbiome is diverse and balanced (with mostly healthy strains of bacteria working to keep unhealthy ones at bay), your body functions well and you feel great. **However, when your gut microbiome doesn't have enough strains, unhealthy bacteria can take over and make you quite sick.**

Some of the unfortunate side effects of an unhealthy gut microbiome include^{1,2}:

- Bloating and gas**
- Diarrhea or constipation**
- Irritable bowel syndrome**
- Eczema**
- Asthma**
- Rhinitis**
- Allergies**
- Diabetes**
- Weight gain**
- Depression**

On the other hand, when your gut is healthy, it helps you digest and absorb nutrients efficiently. It also means strong and appropriate immune responses, which keep you from getting sick and also prevent your immune system from going into overdrive. **Haywire immune responses can cause allergies, harm joints, muscles, and blood vessels, and lead to disease.**

Chapter 2 – Foods to Improve a Healthy Gut

Several of the foods you already consume might support a healthy gut. **You can up your intake of these foods and know that you're putting good into your body with every mouthful.**

If you haven't tried many (or any) of these yet, then you're in for a real treat.



The Importance of Pre- and Probiotics

Again, knowing the foundational information helps to solidify the **knowledge** so you can live your whole life understanding the importance of gut-healthy foods and their effect on your overall health.

Many of these foods are on the list for supporting a healthy gut because **they're high in probiotics.**³ Probiotics are strains of bacteria that work to improve gut function. These include Lactobacilli (common in yogurt) and Bifidobacteria (the first strain that your body produces when you're born).



Prebiotics, on the other hand, act as food and energy for the probiotics themselves. Please note that prebiotics should be eaten in conjunction with probiotics to be able to effectively do their job.⁴



What about supplements? Supplements are a quick and easy way to give your gut a hefty supply of what it needs to thrive. Every individual is different and needs to experiment a little to discover which probiotic strains work best for them. Supplementing with multiple strains may work better than supplementing with single-strain probiotics because everyone responds to particular strains differently.



So, if you choose to add a supplement to your routine, check to make sure it has the strains that help with anything in particular that you might be struggling with. For example, certain people have a harder time digesting gluten, dairy, or animal products. If so, choose a supplement that is specifically made for helping digest those types of proteins.

Sauerkraut

If you like sauerkraut on your morning eggs or toast, you're in luck! We'll encourage you, though, to eat it on more than just your summertime franks. Sauerkraut is great on its own, on potatoes, in soups, in smoothies, or on top of other roasted veggies.

What is sauerkraut exactly? It's white cabbage that's been fermented in vinegar. **The fermentation process is what activates all the amazing bacteria that help your gut.** Cabbage itself is also high in fiber, which encourages things to run smoothly through your digestive system⁵ (no pun intended.) However, it produces a temporary increase in gas and bloating as the probiotics kill the harmful bacteria and fungi. Note that sauerkraut can often have a high salt content, so look for a low-sodium variety.

Sauerkraut is the most beneficial when it's fresh or in a glass jar. Canned foods contain harmful BPA which leaches into the gut and causes further problems.





Kimchi

Closely related to sauerkraut, kimchi is a Korean staple—fermented vegetables. This gives veggies a tart, umami flavor, helps preserve them for long periods, and enhances the activation of probiotic cultures.⁶ Just like cabbage, it's also an excellent source of antioxidants and fiber.

Kimchi can be made with any vegetable, so find the type you like best and add it as a heaping side dish on your dinner plate.

Asparagus

Yes, it might make your urine smell a little weird. But that doesn't matter when your gut is going to feel so great. **Asparagus is one of the important prebiotic-rich foods.** It contains the soluble fiber inulin, which your body doesn't digest for nutrition, but which feeds Bifidobacteria and Lactobacilli.⁷ **Thus, adding asparagus to your diet ensures that the other gut-healthy foods have the energy to do their work well.**

Asparagus is also full of vitamins K and B9 (folate), plus A, C, and several antioxidant compounds that help fight inflammation. Many unhealthy gut issues are the result of chronic systemic inflammation, so this is another way to keep your body feeling its best.



Like many vegetables, asparagus is most beneficial when eaten raw. This might sound strange, but it's quite delicious when eaten as a crudité (raw, small appetizers) or with dips, such as hummus. Lightly steaming, sautéing, quick-blanching with a little water increases the antioxidant content significantly. However, keep the heat low because high heat reduces the vitamin C content. **Again, any way you eat asparagus is better than not eating it at all.**

Pineapple

You know that pineapple is good for you from the start because of its bright color, indicative of its being full of nutrition. One of these essential compounds is bromelain. Bromelain is a digestive aid, assisting in the metabolization of proteins into peptides. When food gets broken down appropriately, the digestive system feels and functions the way it should. Certain research also implies that bromelain works to counter inflammation by reducing the production of cytokines, which damage the gut lining.⁸



Pineapple is, of course, better fresh than canned. Buying a whole pineapple might seem intimidating, but you can get a pineapple coring tool to make it easier to manage. Several great online videos teach you to easily cut up this powerful tropical fruit.



Onions are a powerful, versatile vegetable. Of course, biting into a raw onion isn't most people's idea of a delicious snack. There are so many ways to enjoy onions, though, including raw and cooked.

Eat green onions (the long, skinny ones with tall green tops) as crudité's or in eggs.

Cut up raw yellow or purple onions very small and add them to salads, sandwiches, burgers, or soups.

Sautee onions with garlic whenever you cook meat or prep a soup or stew. It adds flavor but doesn't taste "oniony."

Add onions to any dressing or sauce as a flavor base without having to bite into a large piece of uncooked onion.

Onions are a prebiotic-rich food, and they also contain the antioxidant compound quercetin. Antioxidants like this one help to eliminate free radicals that cause inflammation. (Free radicals are types of toxins present in food and the environment.) Onions are nutritious sources of Vitamin C and chromium, which improves insulin resistance and balances blood sugar.⁹



Garlic

We mentioned that garlic combines well when sauteed with onion, and it gives an extra gut-health boost, too! Garlic is technically a root vegetable, so you can give yourself a nutritional pat on the back whenever you add it to your meals. It's also a prebiotic rich in the soluble fiber inulin, which helps feed all the other good bacteria you're adding to your diet.

Garlic also has several other important vitamins, minerals, and compounds¹⁰ such as:

Allicin
Manganese
Selenium
Vitamin B6
Vitamin C



Garlic releases more of certain compounds when it's prepared in particular ways. To get the most out of garlic, try to eat it raw and whole, or crushed or chopped it and let it sit before cooking. Crushing, chopping, or smashing your garlic before cooking and letting it sit for about 45 minutes releases the allinase enzyme that helps form allicin, which then breaks down into a variety of healthful organosulfur compounds. Cooking destroys this process and the goodness. (This applies to broccoli, too.)

Swallow a small clove of crushed garlic each morning with a shot of apple cider vinegar diluted in warm water.

Soak slices of garlic in pickle brine and chew a few at a time whenever you have a pickle!

Add diced raw garlic to dips, hummus, guacamole, sauces, and dressings.

Sautee with onion whenever you're cooking meat or veggies or as the base for soups and stews.

Add a clove or two to a green smoothie for an extra kick!



Ginger

Ginger is another root that's full of healthy properties and compounds to help calm the digestive system. People consume ginger when they want to relieve nausea, relax the stomach muscles, lessen bloating, and help heal other digestive ailments.¹¹

Ginger provides several nutrient compounds, such as:

Copper
Magnesium
Manganese
Potassium
Vitamin C



Bone Broth

Bone broth is a powerhouse “food” that you can use in so many ways. One of the reasons bone broth is so nutritious is that when bones are cooked, the collagen breaks down into a gelatin containing amino acids, such as proline, glutamine, and arginine that help heal the gut lining.

This combination improves your immune health and encourages healthy inflammatory responses because sealing the gut lining prevents undigested foods and toxins from entering the bloodstream through the intestines, which causes inflammation and digestive problems.¹²

Bone broth is wonderful in so many ways. You can buy it boxed with high-quality ingredients or make your own.



Drink a warm cup in the morning and evening, similar to tea.

Sip throughout the day instead of coffee, soda, or energy drinks.

Cook a big batch whenever you make a whole chicken. Then, use it as a soup base, to cook rice or beans, or to boil pasta.



Apple Cider Vinegar

Apple cider vinegar is a crucial addition to your diet for a healthy gut.

It helps you digest food by encouraging the production of stomach acid and other digestive juices. ACV is also full of antimicrobial and antiviral properties, which means that it kills off unhealthy strains of bacteria.¹³

Some people choose to start their morning with a shot of ACV diluted in warm water (maybe to wash down a garlic clove!), but it's quite strong. You could also add it to smoothies, yogurt, oatmeal, tea, dressings, and sauces, or use it as a base to roast veggies.

Dandelion Greens

Dandelion greens are full of detoxifying compounds as well as fiber, antioxidants, and prebiotics. They also have calcium, iron, and Vitamins A and K.¹⁴ Even though they're small, they count as a leafy green just like kale, spinach, and collard greens!

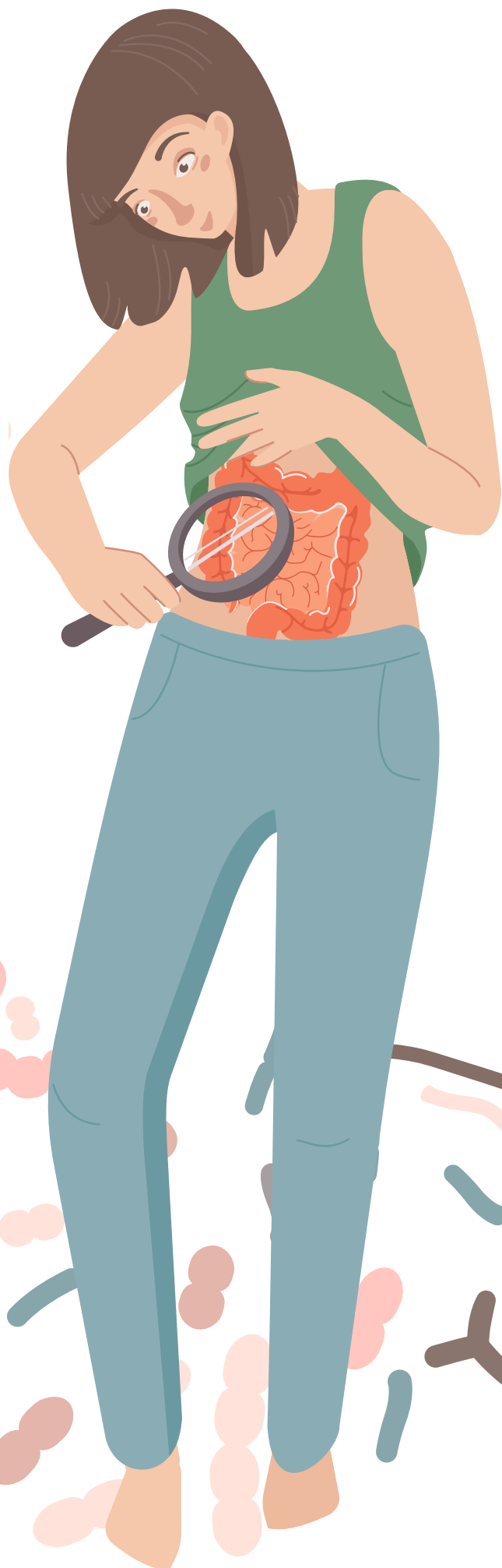
You can add dandelion greens to potatoes, sauteed veggies, smoothies, and soups to give your gut health a push in the right direction. They help eliminate your body of toxins, reduce inflammation, and improve your overall health through your gut microbiome.

Conclusion

Taking care of your gut health is one of the most important things you can do to improve your overall health.

There are so many easy, healthy foods to add to your diet to diversify your gut microbiome, decrease inflammation, and improve the production of all the vitamins, minerals, and enzymes that help your body function at its prime.

If you've yet to add any of these to your diet, start with one and try it in a few different ways. Then, add in a second and third. Soon, you'll have a diet full of gut-healthy foods! Add in a prebiotic and probiotic supplement that's specified to your particular health and lifestyle, too, for an extra step in the right direction.



Resources

References

1. <https://www.healthline.com/health/10-gut-foods>
2. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-foods-to-improve-your-digestion>
3. <https://www.healthline.com/nutrition/gut-microbiome-and-health>

Citations

1. 5 Foods to Improve Your Digestion. Johns Hopkins Medicine. Accessed Oct 21, 2022.
2. Robertson, Ruairi, Ph.D. Why the Gut Microbiome Is Crucial to Your Health. Healthline. Jun 17, 2017.
3. Robertson, Ruairi, Ph.D. Why the Gut Microbiome Is Crucial to Your Health. Healthline. Jun 17, 2017.
4. Robertson, Ruairi, Ph.D. Why the Gut Microbiome Is Crucial to Your Health. Healthline. Jun 17, 2017.
5. Rhone, Nathalie, MS, RDN, CDN. 10 Foods This Nutritionist Eats That Support a Healthy Gut. Healthline. Aug 20, 2020.
6. Rhone, Nathalie, MS, RDN, CDN. 10 Foods This Nutritionist Eats That Support a Healthy Gut. Healthline. Aug 20, 2020.
7. Rhone, Nathalie, MS, RDN, CDN. 10 Foods This Nutritionist Eats That Support a Healthy Gut. Healthline. Aug 20, 2020.
8. Rhone, Nathalie, MS, RDN, CDN. 10 Foods This Nutritionist Eats That Support a Healthy Gut. Healthline. Aug 20, 2020.
9. Rhone, Nathalie, MS, RDN, CDN. 10 Foods This Nutritionist Eats That Support a Healthy Gut. Healthline. Aug 20, 2020.
10. Rhone, Nathalie, MS, RDN, CDN. 10 Foods This Nutritionist Eats That Support a Healthy Gut. Healthline. Aug 20, 2020.
11. Rhone, Nathalie, MS, RDN, CDN. 10 Foods This Nutritionist Eats That Support a Healthy Gut. Healthline. Aug 20, 2020.

12. Rhone, Nathalie, MS, RDN, CDN. 10 Foods This Nutritionist Eats That Support a Healthy Gut. Healthline. Aug 20, 2020.
13. Rhone, Nathalie, MS, RDN, CDN. 10 Foods This Nutritionist Eats That Support a Healthy Gut. Healthline. Aug 20, 2020.
14. Rhone, Nathalie, MS, RDN, CDN. 10 Foods This Nutritionist Eats That Support a Healthy Gut. Healthline. Aug 20, 2020.

ACTIVATING NATURE'S CODE OF HEALTH

We at **PureHealth Research** are a growing group of skilled experts, innovative, and talented people with one goal – to help people **reclaim the control of their own health**. Each has seen friends and loved ones struck by illness or disease, which makes our vision personal.



Our mission is to **improve your overall health with superior quality therapeutic nutraceuticals** scientifically proven effective by research.

OUR PROCESS

INTEGRITY – FLAWLESS EXECUTION – RESPONSIBILITY

PureHealth Research develops scientifically proven products that **help you achieve the pure, healthy lifestyle you deserve**. We only use natural ingredients you trust and put them through a 5-Stage Research and Testing Process, so they become “PureHealth Approved & Certified!” Here’s how it works:



We believe in our products, we use our products, and every step of our manufacturing and development process was created to ensure we deliver only the highest quality formulas for your body day in and day out. **After all, that's what you deserve, and we're here to help give it to you with every product we produce.**

Learn more about PureHealth Research products

VISIT PUREHEALTH SHOP
RESEARCH

THE TOP 10 FOODS FOR A THRIVING GUT

by

PUREHEALTH®
RESEARCH