

Vibrant Health

Change Your Habits, Change Your Life!

HABIT 7

GUT HEALTH REGIME



22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit

Devised by
**Stephen Kirkbride
& David Orrey**

www.VibrantHealth.me.uk

Quick Guide

Habit 7 is entitled ~ **Gut Health Regime**.

This will supercharge your health and immune system 😊!

This is at the core of health, wellbeing, and vitality. The saying '**Healthy Gut, Healthy You**' says it all (there is a book recommendation included, with this title). Eating the right foods is all you need to so.

It's all about building healthy bacteria in your gut!

Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 7 ~ Gut Health Regime

"All disease begins in the gut!" - Hippocrates



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - **You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 - **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 - **You're feeling good as you laugh your way daily to multiple health benefits 😊.**

Gut Health Regime

Regarded as the father of modern medicine, Hippocrates suggested more than 2000 years ago that all disease begins in the gut.

Technically he was incorrect in suggesting this, however, scientific evidence shows that many chronic metabolic diseases do.

Nevertheless, what is undeniable, your gut bacteria and the integrity of your gut lining strongly affect your health.

My experience from unhealthy to healthy gut

In the past I had a few bad habits in terms of health, I regularly drank plenty of alcohol and ate a lot of what I deem as 'dead' foods such as crisps and biscuits (as opposed to live foods such as fruit and vegetables, which are living and pulsing with enzymes before purchase/consumption).

As previously mentioned, my not so healthy diet and general lifestyle around 2013 and the preceding years, was accompanied by high blood pressure, gout, and acid reflux.

These ailments brought me a lot of discomfort, so I started searching for ways to ease them. On the 29th Dec 2013 you could say I had a massive knee jerk reaction as I gave up alcohol on the spot.



My family were amazed that I gave it up between Christmas and new year when I was known for liking a drink. When I say 'knee-jerk' reaction, I poured £200 worth of booze straight down the sink, I was that focused and serious about changing my ways.

Over the following weeks I started to feel better, and my sleep improved considerably.

However, my diet was still the same and the acid reflux was a continuing problem, so I started to research about the effects of food on the body.

I was on a mission and became a bit of a GUT DETECTIVE and discovered some very good information that made a profound difference on my health 😊.

Information that is essential to good health for everybody!

Healthy Gut, Healthy You.

I discovered facts about the environment of our guts which is called the GUT MICROBIOTA, here are some facts about the body's microbiota.

The human microbiota is made up of trillions of cells, these are microorganisms including bacteria, viruses, and fungi. Much of this microbiota resides in the gut.

The number of microorganisms living inside the gastrointestinal tract equate to around 4lbs of mass. These microorganisms are very important for your immunity, general health and the effects on your brain and behaviour. Some scientists are even calling our gut 'our second brain'.

Most important of all, it's the food that passes through your gut that determines the health of your microbiota, which subsequently has a big effect on your overall health.

Boosting my microbiota

After discovering that what you eat has a profound effect on many key elements of your health and how your body functions, I started to change my diet.

It was time to cut back on what I call dead (processed) foods and increase the amount of live (grown in nature) food into my diet. And even more importantly, to eat foods that are specifically good for my gut health.

Kefir and fermented foods

It was later in 2014 when I discovered Kefir and fermented foods and in a relatively short time my medical conditions became a thing of the past. I haven't taken any medication since.

You've probably heard the phrase 'healthy bacteria' or 'healthy bugs' through marketing campaigns, usually for live yoghurts. Healthy bacteria/bugs are simply referring to bacteria that is beneficial for your gut microbiota to help it function effectively.



Here's a list of recommended foods teaming with healthy bugs to boost your microbiota;

- ✓ Kefir
- ✓ Live yoghurt
- ✓ Kimchi
- ✓ Kombucha
- ✓ Sauerkraut
- ✓ Radish
- ✓ Pickled foods (cucumber, garlic, beetroot)
- ✓ Natto Miso

I very highly recommend you get several or all of these foods into your diet.

You'll find them all on the shelves of any decent sized supermarket. The kefir and live yoghurt are generally in the milk/yoghurt aisle. Radishes in the salad aisle and the rest are generally in the pickled food aisle.

More about Kefir

I put this one at the top of the list based on the number of healthy bugs it contains which is over 50!

It is the ultimate super food in my opinion. You can buy it off the shelf in the supermarket or buy some kefir grains and make your own.

I've been making my own since 2014 and have it every day, usually in a smoothie. I give it to my dog too.

Did you know...the core of an apple is also teaming with healthy bugs. You can just eat it or blend into a smoothie.

Book Recommendation

['Healthy Gut, Healthy You'](#) Michael Ruscio

Final word

The title of the book recommendation says it all, 'Healthy Gut, Healthy You 😊!'

Recommended habit action steps

- ✓ Eat more live foods.
- ✓ Reduce the amount of processed food and alcohol.
- ✓ Incorporate gut friendly foods (from the recommended list) into your diet.

Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

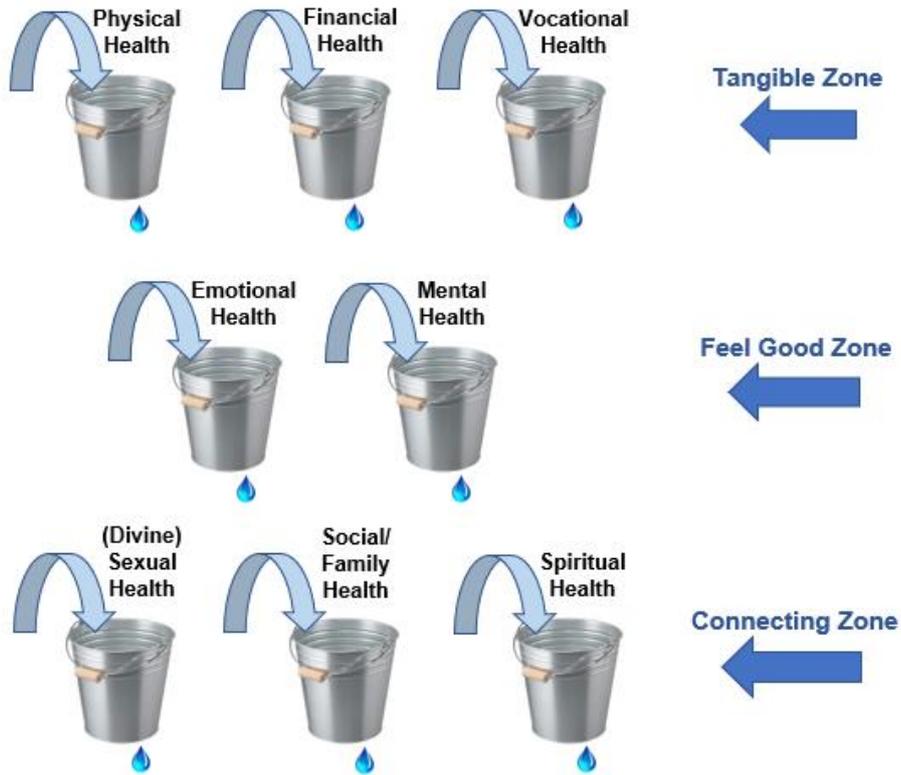
11. You will likely forget all this...but you can remember it whenever you want 😊.



Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA

