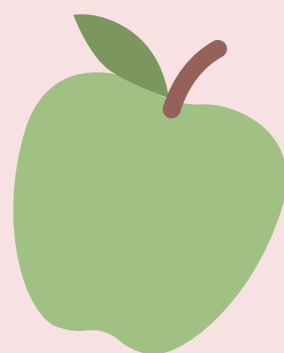


5 HEALTH TIPS YOUR GUT WILL LOVE YOU FOR

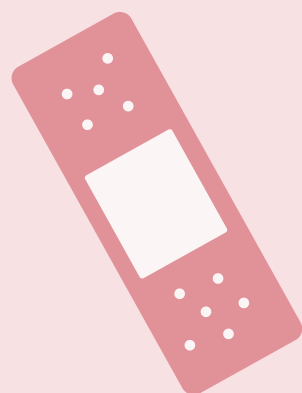
Dr. Mallory Harris, ND



EAT FIBER

Fuel & Protect Your Gut

Not only does fiber provide the gut with the energy it needs to function, but it protects the mucosal barrier from pathogens. **Eat a variety of colourful fruits and vegetables everyday.**



BREATHE

Stress Inhibits Digestion

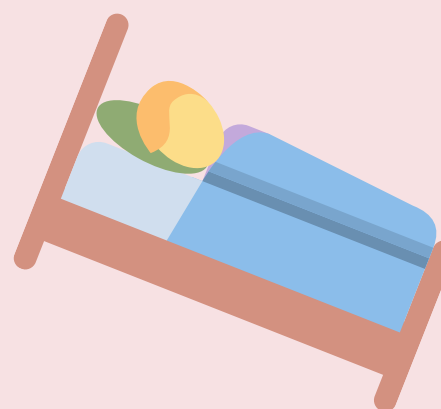
Sympathetic activation (fight or flight) stops digestion. **Deep breathing before you eat** can help activate your vagus nerve causing parasympathetic activation, allowing you to rest & digest.



BALANCE YOUR FLORA

Bacteria Regulate Everything

Good bacteria are responsible for digestion, immunity, mood & weight management. **Probiotics** found in fermented foods help restore good bacteria impaired by food poisoning, stomach flu & antibiotics.



SLEEP

Quantity & Quality

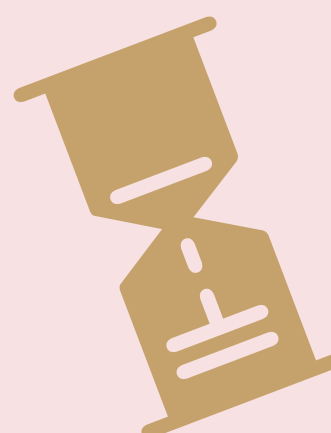
Sleep regulates your appetite hormones. Receiving 6 hrs or less and or shortened time in deep restorative sleep (REM) can cause increased hunger and decrease satiety causing overeating and indigestion.



SLOW DOWN

Overeating Leads to Indigestion

It takes time for your brain to register that you are full. Eating quickly can cause you to over eat, leading to indigestion. **Take your time, eat slowly & enjoy your meal!**



GUT WELLNESS

Food Guide

Foods to Help Promote Healthy Digestion by Dr. Mallory Harris, ND



1

Help stimulate your digestion with foods that act as digestive *bitters*:

- Arugula
- Radishes
- Kale
- Cacao
- Dandelion Greens
- Radicchio

Help strengthen the function of your digestion with *probiotic* rich foods:

- Kimchi
- Sauerkraut
- Kombucha
- Pickles
- Kefir & Yogurt
- Apple Cider Vinegar

2



3

Help provide the fuel your gut needs & keep things moving with *Fiber*:

- Flax Seeds
- Psyllium Husk
- Beans
- Artichokes
- Peas
- Lentils

Help decrease inflammation with *anti-inflammatory* foods:

- Ginger
- Turmeric
- Walnuts & Almonds
- Raw Olive Oil
- Fatty Fish
- Hemp

4



5

Lean towards foods that naturally contain *digestive enzymes*.

- **Pineapples & Papayas**- contain protease enzymes which breakdown protein.
- **Bananas & Mangos**-contain amylase enzymes which breakdown carbohydrates.
- **Avocado**-contain lipase enzymes which breakdown fats.

DR. MALLORY HARRIS, ND

DIGESTIVE FRIENDLY RECIPES

FOR A HEALTHY GUT & HAPPY MIND



Breakfast Kick Start

Digestive Smoothie

- 2 tbsp ground flax
- 1 tsp turmeric
- 1/4 cup kefir or yogurt
- 1/4 cup kale
- 2 tbsp hemp protein powder or hearts
- 1 cup almond milk, unsweetened
- 1/2 cup mixed frozen berries
- Optional: 1 tbsp cacao powder



Bitter Appetizer

Kale Arugula Caesar

- 1 cup shredded kale
- 1 cup baby arugula
- 2 sliced radishes
- 1-3 tbsp dressing

Dressing:

- 1/2 tsp anchovy past
- 1 tbsp lemon juice
- 1/2 tsp dijon mustard
- 1/2 cup mayo
- 1/4 cup parmesan cheese
- 1 tbsp apple cider vinegar
- Salt & pepper to taste
- Optional: 1/2 tsp horse radish



Supportive Main

Bowl

- Avocado
- Fish
- Brown or wild blend rice
- Kimchi
- Roasted Brussel's Sprouts
- Spiralized Sweet Potato

Dressing:

Combine 2 tbsp minced fresh ginger, 3/4 cup olive oil, 1/2 cup tamari, 1/3 cup rice vinegar, 1/4 cup water, 2 tsp lemon juice, 2 tbsp honey, 1 tsp sesame seeds. Heat over the stove for 2 minutes and then let cool before serving.



Digestive Dessert

Pineapple & Banana Bake

- Pineapple
- Banana
- Cinnamon
- Maple Syrup

Cut banana in half vertically with the skin on and place on a baking sheet with parchment paper along with round slices of pineapple. Sprinkle with cinnamon and drizzle with maple syrup. Bake at 350 C for 20 minutes.