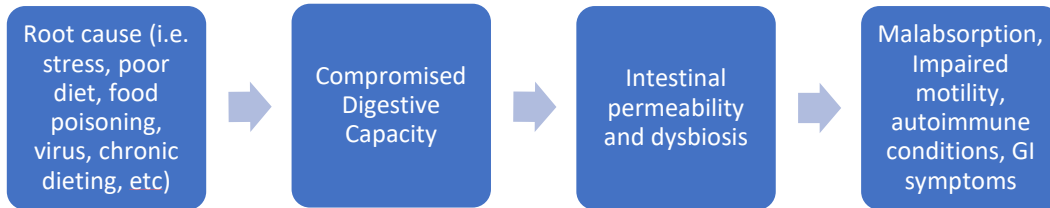


You Are What You Absorb: Holistic Ways to Improve Gut Health
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Overview:

The brain and gastrointestinal tract are connected within the enteric nervous system via the Vagus nerve. Food passes through the esophagus and then to the stomach, and with the help of bile acids and pancreatic enzymes, the food bolus passes to the small intestine to be absorbed. The small intestine is responsible for upwards of 90% of nutrient absorption and is lined by cells called enterocytes. Enterocytes have a membrane that can become permeable when aggravated by chronic stress, long-term dieting, certain medications, antibiotics, food poisoning, digestive issues, poor sleep quality, lack of exercise, and/or eating an inflammatory diet. Once this membrane becomes permeable, or “leaky,” it allows bacteria to travel through which can also disrupt nutrient absorption. “Leaky gut” can also promote dysbiosis within the gut microbiome and promote overgrowth of detrimental gut bacteria. Disease can manifest by:



Mastering the Basics:

1. Drink at least 64-96 oz fluid daily with a focus on minerals.
2. Eat a minimum of three balanced meals daily.
3. Consume at least 20 grams of protein at every meal.
4. Include vegetables in your diet every day with a focus on diversity.
5. Incorporate daily movement.
6. Sleep at least 7 hours per night.

7. Apples
8. Oats
9. Barley
10. Onion

Sources Of Prebiotics:

1. Flaxseeds
2. Unripe Bananas
3. Dandelion Greens
4. Artichokes
5. Garlic
6. Legumes

Sources Of Probiotics:

1. Kimchi
2. Kefir
3. Kombucha
4. Tempeh
5. Miso
6. Yogurt
7. Sauerkraut
8. Supplements:

My Top Three Areas to Improve On:

1. _____
2. _____
3. _____

Honey Chipotle Lentil Salad

Chipotle Dressing Ingredients:

- 6 Tbsp Extra Virgin Olive Oil
- 6 T Red Wine Vinegar
- 1/4 cup honey
- 2 T Chipotle Peppers in Adobo
- 1/2 tsp salt, pepper, oregano
- Juice of 2 limes



Salad Ingredients:

- 4.5 cups cooked and cooled lentils
- 1 cup cucumbers, chopped
- 2/3 cup red onion, chopped
- 2/3 cup grape tomatoes
- 1 green bell pepper, chopped
- Italian parsley, to taste

Method:

1. Cook lentils according to package. Allow time to cool completely.
2. Chop all veggies and combine in a large bowl with the lentils.
3. Mix all dressing ingredients in a high speed blender and pour over lentil and veggie mixture.
4. Top with fresh herbs. Enjoy!