



RESTORE YOUR MITOCHONDRIA WITH

Gut Health

Kickstart



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Welcome!

The first step in restoring your mitochondria and boosting energy is getting your gut health in order! Below you will find all the foundational steps to rebalancing your gut health, which results in continuous energy, an immune-strong body, and elimination of irritating digestive symptoms.

- Your gut microbiome is home to TRILLIONS of bacteria.
- It's huge! The surface area of the intestines, if laid out flat, would cover two tennis courts. The small intestine alone is about 20 feet long, and the large intestine about 5 feet long.
- It's inter-connected! The gut is now considered the body's second brain because of all the functions we've uncovered; like producing hormones, vitamins, neurotransmitters, and sending signals back and forth through the vagus nerve.

This gut restoring guide focuses on food, digestion, and supplements which are the main factors that influence your gut health.

Gut Health Kickstart explores:

- Factors that impact the gut
- Strategies to improve gut flora
- Techniques to support gut repair

I invite you to experiment and document your journey using the guide as your workbook. Begin to develop your own personal gut plan. In each section, you will learn about something that affects your gut, and then choose to include or exclude that item in your daily routine. We will also do a "gut check" at the end of each section.

Getting Started

Gut Health Kickstart is designed to introduce you to gut healing basics. This guide keeps it simple so you can start to experience results right away. The following supplements are introduced to you throughout the guide and available for you to purchase at a discounted price directly from Designs For Health.

Prebiotic Fiber

[PaleoFiber RS](#) by Designs for Health

Probiotic Supplements

[ProbioMed 50](#) by Designs For Health

[ProbioSpore](#) by Designs For Health

[ProbioPhage DF](#) by Designs For Health

Digestive Enzymes

[PaleoZymes](#) by Designs For Health

Functional Food Support

[Protein Powders](#) by Designs For Health

[Nutrition Bars](#) by Designs For Health

Instructions

- Go to the store:
<https://laura.ehealthpro.com>
- Click 'Signup' and create your own personal account for the lowest pricing available online (yes, lower than Amazon)
- Use coupon code **EGR10** for an **additional 10% off**
- Enjoy free shipping to most US states, and lowest prices online
- Have peace of mind you are getting authentic product directly from Designs For Health



SECTION 1: Probiotics

The term probiotic means pro-life. Probiotics are the 'good' or helpful bacteria that reside in our gut and help maintain our health. Along with promoting digestive health, probiotics enhance the functioning of the immune system.

You can get probiotics from food and you can consume probiotics in the form of supplements.

Maintain a Balanced Gut

If you have ever used antibiotics, have had food poisoning, or major stress in your life, then your bacterial balance has suffered. Healthy bacteria flora is killed off when we use antibiotics or have a gut infection. It's also harmed by stress due to the high cortisol levels that result in breakdown of the intestinal wall.

Consider repopulating your gut with healthy bacteria from food or supplements. Most people notice a shift in better digestion and normal bowel movements with addition of probiotics. In fact, there are many benefits from probiotics outlined below.

Soothe skin problems, allergies and asthma

Taking a probiotic helps skin problems like hives, rashes, eczema, psoriasis or acne can be rooted in an imbalance in the gut flora and poor digestion. Seasonal allergies and food allergies/sensitivities can also stem from a gut imbalance, or something called "leaky gut". If this is the case for you, improving gut flora may ease your symptoms. Asthma sufferers have also a decrease in symptoms when gut flora is supported and balanced.

Enhance Nutrient Absorption

Probitoics, or 'good bacteria' help with the breakdown of food and absorption of nutrients into your bloodstream. If your gut lacks enough healthy bacteria, it can result in malabsorption of some vital nutrients.





Probiotic Gut Check

Action Steps:

Check out the list of recommended probiotics on the next page. You can't go wrong with any of these. I personally rotate between these 3.

Choose one and start it as soon as you can.

If you are already on a high-quality probiotic, continue! There are many reputable brands out there including MegaSporeBiotic, Meta-genics, Klaire Labs, Integrative Therapeutics, Pure Encapsulations, Thorne, Body Ecology....to name a few.

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Brain Disorders

An imbalance in intestinal bacteria can give rise to mood disorders. You may experience anxiety, depression, irritability, memory loss and difficulty handling stress. Probiotics help to bring back the good bacteria which enhance the working function of neurotransmitters, which function to improve your mood! Surprisingly, probiotics have a therapeutic effect in supporting people with Autism as well. The addition of healthy bacteria in the gut has been shown to decrease sensory-motor abnormalities and improve mental focus.

Strengthen the Immune System

A weak immune system makes you prone to diseases. If you get sick easily, you might have an imbalanced gut microbiome. Experts think that 60-70% of our immune systems lives in our gut. Try taking some probiotics and see if it helps with prevention.

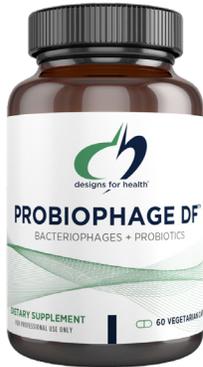
Supports Weight Loss

Some research studies suggest that a balanced microbiome helps to speed up your metabolic rate and assist you in losing body weight. Also, the unbalanced gut triggers cravings for processed, sugary, and 'comfort' foods. If you want to see long lasting results of your efforts for weight loss, try consuming probiotics.

Probiotic Gut Check

For lowest cost and free shipping, [click here, laura.ehealthpro.com](http://laura.ehealthpro.com)

Use coupon code **GHK10** for **10% off**.



PROBIOPHAGE DF

This is a specialized bacteriophage formulation combining four types of phages along with seven strains of probiotics. This formulation is featured in a delayed-release capsule to increase intact delivery to the small intestine by protecting these organisms from stomach acid. Dairy free, gluten free, soy free.



PROBIOSPORE

Spore-based probiotics behave differently than traditional probiotics, in that they are delivered as dormant spores. The endospores encapsulate the beneficial bacteria strains making them extremely stable and highly resistant to stomach acid's low pH, resulting in delivery of usable probiotics to the small intestine where they then revert to active, growing bacteria. Gluten free, dairy free, soy free.



PROBIOMED 50

A shelf-stable combination of 50 billion live probiotic strains, from 10 specific probiotic species, known for their ability to directly support intestinal health. Dairy free, gluten free, soy free.

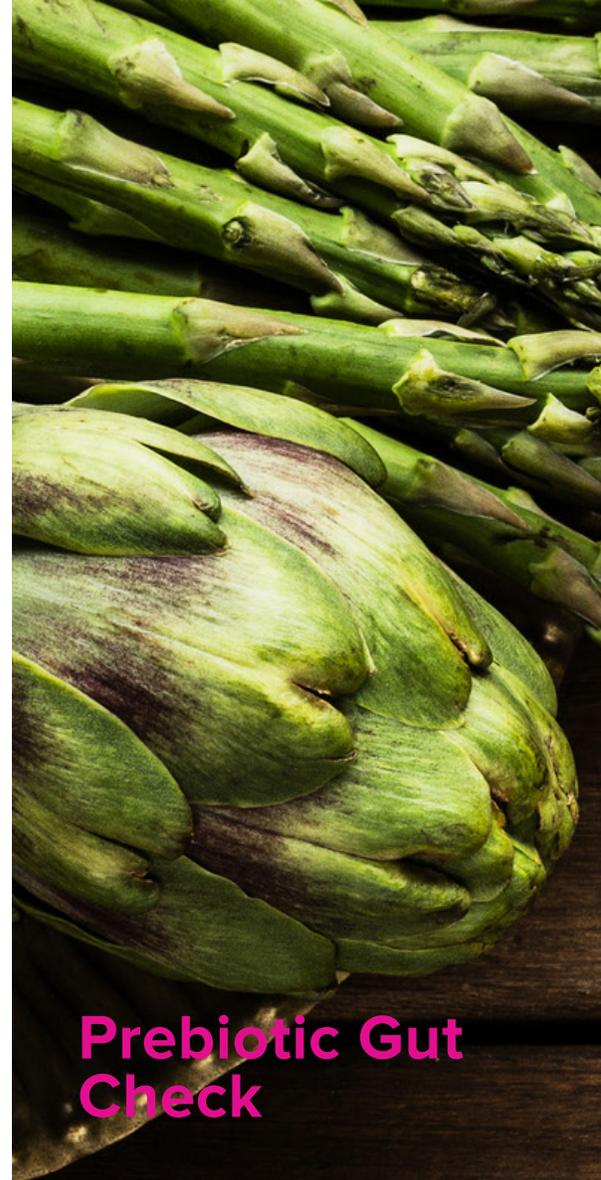
SECTION 2: Prebiotics

In addition to taking a probiotic supplement and eating probiotic-rich foods (discussed in the cultured food section below), you also need a garden for healthy bacteria to grow. You can accomplish this by eating prebiotic foods.

Prebiotics are non-digestible fibers that pass through the upper part of the gastrointestinal tract undigested. Once they get into the large intestine, your good bacteria ferment the starch and turn it into short chain fatty acids which are fuel for your good microbes and for the cells of your intestinal wall called enterocytes. Think of resistant starch as providing the right environment and food for the good bacteria to colonize in the large bowel. When probiotics and prebiotics are combined, you have the perfect combination for a healthy gut.

Prebiotics are naturally found in these foods:

- Chicory Root
- Jerusalem Artichoke
- Dandelion Greens
- Garlic
- Leeks
- Onion
- Banana (The greener the better)
- Asparagus
- Jicama



Prebiotic Gut Check

Action Steps:

Add foods from the list to the left to multiple meals per week.

Consider adding a prebiotic fiber supplement to your daily routine. It's easy to add to smoothies, non-dairy yogurt, or mix in water and drink. My favorite prebiotic supplement is PaleoFiber RS by Designs For Health. Start with a half dose and build up.

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Prebiotic Gut Check

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PALEOFIBER® RS

contains two forms of resistant starch (RS) type II: organic green banana flour and organic potato starch powder. RS is a type of starch that is resistant to digestion, as enzymes in the gastrointestinal (GI) tract are inactive against it. Once RS reaches the large intestine, it is fermented into short-chain fatty acids, which are used as fuel for both beneficial microbes and enterocytes of the GI tract. PaleoFiber® RS benefits GI health through its ability to support microbial balance and proper intestinal permeability and integrity. Additionally, this formula may help support optimal blood sugar and insulin metabolism, normal appetite, and cardiovascular health.



SECTION 3:

Cultured Food

CULTURED foods are the same thing as FERMENTED foods. These foods are enriched with healthy bacteria that function to provide many health benefits. Cultured / fermented foods are basically edible probiotics. Adding them in your daily diet not only helps boost good gut bugs, but they're fun to make and taste great!



In addition to the benefits of probiotic supplements that you learned about above, cultured foods have a few added benefits:

Supply High Nutritional Content

Cultured foods provide a high content of essential nutrients including B vitamins, vitamin A, vitamin C, magnesium, and zinc. Additionally, cultured foods lower phytate levels that hinder mineral absorption. Similarly, in dairy products, the culturing process lowers the lactose content which is very helpful for those who have lactose intolerance.

Nourishes and Protects Your Gut

Adding cultured food to your diet helps to provide your gut with a large quantity of healthy and helpful bacteria. It boosts digestive health and strengthens immunity. Additionally, these foods may be helpful in lowering the risk of gastric cancer and improving brain function. Cultured foods not only maintain the microbial balance but also nourish the healthy bacteria living in your gut. In short, eating fermented food provides your body with all the benefits of probiotics.

Promotes Health

Certain fermented foods like kimchi are thought to reduce the chances of diabetes and cardiovascular diseases. Similarly, fermented cabbage may help to lower cholesterol and blood sugar levels. And get this, eating fermented food also may help clear up irritable skin conditions like eczema.

Saves Money

Pickled foods are generally very affordable, plus culturing your own veggies at home is easy and fun! DIY ferments are simple: all you need is fresh, seasonal vegetables, purified water, sea salt, herbs and canning jars. You can find endless simple ferment recipes online. My favorite is homemade dill pickles!

Probiotic-rich foods

- Yogurt (sugar free)
- Kefir
- Tempeh
- Sauerkraut
- Kimchi
- Kombucha
- Raw Pickles
- Buttermilk
- Natto
- Miso

Cultured Foods

Bubbies: Sauerkraut

Madge's: Madge's Raw Kimchi

Cultured Drinks

Kombucha: GT's or Captain Kombucha

Kefir: Grains to make water or milk kefir or Kevita brand water kefir

Cultured Shots

Farmhouse Cultures: Ginger Beet

Cultured Food Gut Check

Action Steps:

Purchase a fermented food like sauerkraut, kimchi, kefir, miso, or a drink like kombucha, and add it to your routine this week.

Bonus: play with your probiotic drink today! Make a mocktail by mixing one-part kombucha to one-part sparkling water, then throw in a handful of berries or sliced cucumbers. Kombucha can be a great way to transition off high calorie, high sugar sodas and juices while giving the added benefit of a probiotic boost!



SECTION 4:

Digestive Enzymes

What are digestive enzymes?

First, let's talk about what enzymes are. Think of them as the second phase of 'chewing' your food so your body can access the nutrients. Enzymes are proteins that break down fat, protein, and carbs into even smaller pieces, so your body can absorb them. They also are little biological catalysts that boost up the efficiency of the body by speeding up the rate of internal chemical reactions. Enzymes help to build muscles, detox your body and improve digestion.

Digestive enzymes are produced inside your body.

There are three main types:

- Proteases break down proteins
- Carbohydrases break down starches
- Lipases break down fats

Why do you need them?

Your body cannot digest complex food particles without enzymes. Your food needs to be broken down into simpler substances that can then be absorbed by your body. For this process, enzymes are required. They break down the complex molecules into simpler ones and aid in digestion and proper absorption of nutrients into the bloodstream.

Your digestive enzymes are mainly produced in your pancreas and small intestine. If you have serious health problems like pancreatic cancer, cystic fibrosis, or any other problem that disturbs the functioning of the pancreas, there will be an adverse effect on enzyme production. Also, as we age, our enzyme production just goes down. Consequently, your body may not be able to fully digest your food properly. You can choose to add enzyme rich foods in your diet plan, and you can also take enzyme supplements that are readily available in markets and online stores.



List of enzyme-rich foods

In order to support restoring gut health, I recommend adding enzyme-rich food products in your daily diet. Several vegetables and fruits offer a supply of enzymes. Some of these are mentioned below.

- Papaya
- Pineapple
- Kiwi
- Mango
- Honey
- Banana
- Sauerkraut
- Avocado
- Miso
- Kefir
- Kimchi
- Ginger

Deficiency of digestive enzymes can lead to severe health consequences, including nutrient deficiency. To help avoid this problem, add foods rich in digestive enzymes and alternate your foods often. All the foods mentioned above are excellent for providing enzymes. Increase their intake, and you will be less likely to be short of digestive enzymes. These foods are also helpful in improving gut health.

Potential symptoms of digestive enzyme deficiency include:

- Bloating
- Flatulence
- Abdominal pain or discomfort
- Irritable bowel type symptoms
- Diarrhea
- Constipation
- Gut microbiome imbalance
- Undigested food in stools
- Stools that float (steatorrhea)
- Feeling full after only a few mouthfuls
- Food allergies and intolerances

Wider health problems potentially caused by chronic digestive enzyme deficiency include:

- Obesity
- Allergies
- Poor immune function
- Depression
- Anxiety
- Premenstrual syndrome
- Fatigue
- Autoimmune conditions like thyroiditis, psoriasis, rheumatoid arthritis, celiac disease
- Ulcerative colitis and Crohn's disease





Enzyme Gut Check

Action Steps:

Try one of the foods from the list on the previous page that you normally don't eat.

Consider adding a digestive enzyme at each meal. My go-to is Paleozyme by Designs For Health. Start by taking one with each meal.

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PALEOZYME™

This is a Paleo-friendly, allergen-free enzyme formulation designed to support healthy digestion. It is specifically formulated to aid in the digestion of protein, carbohydrates, and fat. Ox bile is included to help support the emulsification of fats. The enteric coating protects the enzymes from being denatured by stomach acid, preserving their activity for the duodenum, where pancreatic enzymes are normally released and are intended to function.

SECTION 5: Hidden Sugar

Sugar feeds the bad bacteria in your gut and causes inflammation. Also, when your gut is unbalanced, it triggers cravings for comfort foods, and you may end up eating sugary foods which ultimately results in weight gain.

Excessive consumption of sugar is linked to many health issues, and it can cause severe damage to your organs. Plus, the addiction can be difficult to quit. Therefore, I encourage you to be committed to this and keep a close check on what you eat. A great place to start, is to identify the hidden sugars added to food by big food manufacturers.

Here are the 10 common foods that contain significant amounts of sugar that you may be consuming mindlessly. The hidden sugar in these foods can be problematic because almost all your body's organs feel the negative impact of excessive sugar by losing their ability to function efficiently. Consequently, your body becomes more prone to serious health issues including diabetes, cancer, and cardiovascular diseases. Sugar negatively impacts gut health and contributes to obesity. It is critical that you cut down on the sugary foods because the more you take in, the more you crave!



Look at the list below and try to eliminate as many of these foods as possible for the next month.



Cereals

I recommend skipping the cereal aisle completely. Boxed cereal is a major source of hidden sugar. The average boxed cereal has 19 grams of sugar per serving. That's almost 5 teaspoons of sugar!

Bread

Most packaged breads, including the whole wheat types, contain hidden sugar. Serve your morning scramble on a bed of spinach and enjoy your tuna salad on baby greens instead.

Sweetened Beverages

Most beverages, including juices, energy drinks, sports drinks, soft drinks, coffee drinks and tea contain high amounts of sugar. Even the drinks that claim to be 'low calorie' also have hidden sugar that can affect your cravings. Consider a Carmel Frappuccino which has 44 grams of sugar. That's 11 teaspoons of sugar in just one coffee drink! If you like coffee drinks try making a coffee with almond or coconut milk, stevia, and cinnamon. Yum!

Sweetened Dairy Products

Your favorite flavored yogurt, flavored kefir, flavored milk, and kid's snacks are all sweetened, usually with sugar. Believe it or not, just one low-fat yogurt parfait has upwards of 27 grams of sugar. That's nearly 7 teaspoons of sugar per serving! And we're tricked into believing this is a 'health food'. To reduce sugar, purchase unsweetened, unflavored dairy products yogurt and serve plain yogurt with fresh berries.

Sauces and Dressings

Most condiments, dressings, marinades, and bottled sauces are full of sugar. Look at your BBQ sauce, salad dressing, jarred pasta sauce, and marinades. Also, be especially mindful when eating out, some fast-food dressings have over 280 calories!

Pancakes and Breakfast Breads

Pancakes and frozen waffles are high in sugar, especially when served with commercial syrups. Just avoid them.

Sugar Gut Check

Action Steps:

Look at packaged products in your kitchen cabinets, pantry, and fridge. If they contain sugar, high fructose corn syrup, or any of the many hidden names for sugar, consider setting them aside for the next five days.

Check online for a more comprehensive list of sources of sugar. Instead of completely avoiding anything sweet, think of ways you can enjoy the sweet taste by using alternatives: monk fruit, stevia, honey, maple syrup.

Increase intake of healthy fats to lower sugar cravings: avocados, grass fed butter, olive oil, olives, coconut oil, nuts.

Protein Bars

If you think your favorite go-to protein bars and meal replacements are healthy, you are likely mistaken. Most protein bars are quite high in sugar. Instead, try one of the [functional food bars](#) from Designs For Health. Or rather than relying on bars, make a protein shake with a [high-quality protein powder](#). There are many excellent sugar-free options to choose from. My favorite is made from bone broth: [Pure Paleo from Designs For Health](#).

Dried Fruits

Fruit snacks and most of the dried fruits on the market possess a considerable amount of added sugar. Ditch the dried fruit and enjoy a bowl of fresh raspberries with only 5 grams of sugar per cup.

Granola Bars and Snack Packs

Granola bars and other similar snacks also contain hidden sugar, especially if they include raisins or other dried fruit pieces. Not only are most granola bars high in sugar, but they are also low in nutritional value.

Restaurant Food

The number one objective of a restaurant is to earn your return business. To do this, they have to 'hook' you on their food! That's why restaurants often accompany their dishes with rich sauces that are full of addictive sugar: think of miso glaze, red wine sauce and 'secret burger sauce'. Mouthwatering sweet desserts at restaurants are also often enhanced by a layer of sugary sauce: fudge drizzle or strawberry coulis! Save eating out for special occasions instead of your weekly take-out rescue plan.

SECTION 6:

Avoiding Gluten

Gluten is a protein that is present in spelt, rye, barley, and wheat. It is made up of two components named glutenin and gliadin. People with autoimmune celiac disease have a genetic condition that prevents them from properly processing gluten, and they must avoid gluten for life. Many people who do not have celiac disease still have intolerance to gluten and develop a range of issues from digestive distress to skin and mood problems.

Let's look at a few reasons why you may want to avoid gluten at least temporarily while you are restoring your gut microbiome health.

Immune System

If you are sensitive to gluten and you consume it, your immune system may think it's being attacked. If this is the case, your body will perceive gluten as a foreign invader, and then your immune system will launch an attack against it. Celiac disease is an example of an autoimmune condition and its essentially extreme gluten sensitivity. If you have this medical condition, consuming gluten will trigger your immune system to attack intestinal walls in addition to gluten. Here's the thing, you want the immune system to be on the lookout for real problems, like viruses, bacteria, parasites, and rogue cells. Triggering your immune system with food and chemical sensitivities sets up a cycle of imbalance that eventually causes health problems rather than preventing them!

Digestion

More and more people are discovering that they have a non-celiac sensitivity to gluten, where eating gluten-containing foods can cause several uncomfortable symptoms including stomach pain, bloating, diarrhea, fatigue, skin issues, moodiness, brain fog, and pain in joints and bones. Even a slight sensitivity to gluten can mean intestinal inflammation and "dysbiosis" or an imbalance in the gut flora (healthy microorganisms).





Brain

In addition to its potential devastating effects on the gut, gluten also affects the brain. Gluten consumption can lead to neurological illness. It can cause idiopathic neuropathy and cerebellar ataxia. Gluten intake can possibly also damage the cerebellum and affect motor control.

Skin

Gluten is linked with a skin disease called dermatitis herpetiformis. This disease is characterized by rashes, redness, blisters and itching on the skin. Many people have also reported a link between their eczema or psoriasis with gluten ingestion. When they stop eating gluten, the skin conditions go away!

In summary, gluten is linked to inflammation and autoimmune disorders, and it can be harmful to your gut microbiome. In addition to causing intestinal permeability and leaky gut, excessive use can have adverse effects on brain functioning as well. To see how gluten impacts you, consider trying a gluten-free diet for a month.

Gluten Gut Check

Action Steps:

Look at packaged products in your kitchen cabinets, pantry, and fridge. If they contain gluten, consider setting them aside for the next month.

Check the Celiac Disease Foundation for a more comprehensive list of sources of gluten.

Think about ways you can shift your diet to include more whole foods in place of breads, baked goodies, and pasta. For example, you can use portobello mushroom caps in place of bread for sandwiches, and large romaine or collard leaves in place of tortilla wraps.

Avoid gluten free bread and pastas because they've got a whole set of problems of their own. They're still made of processed grains that spike blood sugar and cortisol levels in your body. It's better to stay off all breads and pasta while you heal your gut.

Focus on whole unprocessed foods like vegetables, beans, meat, fish and fruit.

SECTION 7: Eating Tips

An approach that will really help you is eating foods in their most natural form and avoiding processed foods. In this final section of Gut Health Kickstart, you are going to learn a few things that can help you shift into gut friendly, clean eating.

In addition, we will explore dairy free dietary options. Dairy can be very hard to digest and plus it's full of hormones and acid-forming. On the journey to a healthier gut, it's worth eliminating dairy for a while. I resisted it for so long, but when I eliminated dairy, I finally lost 10 pounds in 6 weeks! Turns out, it was causing major inflammation in my body. It's easy to stay off dairy once you experience how good your body can feel without it! Give it a try.

Good nutrition is key to health. For optimal digestion, you may need to avoid certain triggers. Your health condition, food preferences and traditional values will guide you. Read on to learn about general dietary choices and how to know what to choose for great gut health!



A Healthy-Gut Probiotic/Prebiotic Diet

As you have learned in the first section of this guide, probiotics are key for maintaining gut health, and they offer multiple health benefits. There are many healthy and tasty foods and beverages that contain a high probiotic content. Including these in your diet can help you repair your gut health.

You can support the population of bacteria in your gut microbiome by also including prebiotic foods as described in section 2 of this guide. Remember, prebiotics are a type of fiber that feed the probiotics (good bacteria) already inside the large intestine. The more prebiotics, that probiotics have available to eat, the more efficiently these live bacteria work and the healthier your gut will be! It's simple: feed the probiotics with prebiotics. You're probably already ingesting prebiotics and may not even know it.

Benefits of Probiotic/Prebiotic Rich Diet

Eating these foods will provide you with all the perks that beneficial bacteria offer to your body. These include:

- Improves heart health
- Lowers depression
- Enhances digestive health
- Beautifies your skin
- Supports the immune system
- Lowers inflammation
- Supports better nutrient absorption

Now, let's look at dietary sources of probiotics and prebiotics again:

Probiotic-rich foods

- Yogurt (non-dairy and sugar free)
- Kefir (non-dairy)
- Tempeh
- Sauerkraut
- Kimchi
- Kombucha
- Raw Pickles
- Buttermilk
- Natto
- Miso

Prebiotic-rich foods

- Chicory Root
- Jerusalem Artichoke
- Dandelion Greens
- Garlic
- Leeks
- Onion
- Banana (the greener the better)
- Asparagus
- Jicama

Bone Broth

Bone Broth is rich in collagen, minerals, and gelatin—components that are key for rebuilding the gut and gut lining. Broth can be sipped throughout the day or added to soups and stews.

Bone broth could even be considered a supplement because it is so medicinal when it comes to gut restoration and repair. The amino acids in the bone broth support the healing of your intestinal lining. The gelatin in the bone broth also supports your joints and skin health and reduce cellulite.

Bone broth is loaded with calcium, phosphorous and magnesium, and is great for those who have suffered from mineral deficiencies or often feel weak. This is also the ideal food if you are training for competitions and want to add a boost of liquid fuel to your diet.

You can also add sea vegetables such as dulse or nori flakes to your bone broth, as this is another way to add the vital minerals that are lacking in our water sources.

It's easy to make bone broth at home, but if you don't have the time, this is my favorite store-bought broth. Tastes just like Grandma made it: <https://bonafideprovisions.com>



Gut Health Meal Tips

Mealtime plays a major role in the health of your gut. Therefore, it's important to understand some basic mealtime principles.

- 1 When working to restore your gut health, your goal should be to make the food on your plate easy for your body to digest. Remember, your stomach does not have teeth; therefore, you must chew until your food is liquid before swallowing it. Most of us don't chew our food long enough. This one simple shift in your eating habits could make a huge difference. When you chew your food thoroughly, you're boosting nutrient absorption and reducing your digestive system's workload.
- 2 When planning your meals, aim to keep them at or under five ingredients. The simpler your meal is, the easier it is for your body to digest. Most people who suffer from digestive distress have less stomach acid, and stomach acid is necessary for properly breaking down foods. So, if your meals are complex, you're not chewing properly, and you have low stomach acid, your digestive system is going to have to go into overdrive just to break down and assimilate your foods.
- 3 A great meal should include a protein and a fat with your choice of vegetables such as greens, cabbage, asparagus, broccoli, or cauliflower, and a side of fermented veggies like kimchi or kraut. If you must have a starchy carb, have a complex carbohydrate like brown rice or quinoa.
- 4 If you're seeing undigested food in your stools, reduce roughage foods or puree them into soups. Try soft veggies instead, such as butternut squash and carrots. Undigested food in your stools means your food is not digesting properly and you might need some more digestive support, like enzymes or ox-bile.
- 5 When eating, don't over-eat until your body is 100% full. Aim to stay at 80% full, with 20% room left for optimal digestion.
- 6 In addition, fresh is always best from your own kitchen. If you are eating out, make informed choices. Ask your server questions—is the meal made with gluten? Was it steamed, sautéed, baked, etc? Stick to the basics and stay away from sauces with unknown ingredients.
- 7 Try to balance your meals between hot and cold foods, and pay close attention to how you feel after eating both, such sautéed vegetables versus a salad. Cold foods require your body to work harder to digest them. Therefore, if you have weak digestion, you'll benefit from eating the majority of your food cooked: soups, stews and braises instead of raw veggies and salads.
- 8 The amount of raw versus cooked foods you eat depends on your state of gut distress. Therefore, it's so important to get comfortable with keeping a food diary. For example, you may find that raw salads work great for you. Or you may find that you can't digest salads well, but you digest cool juices and cucumbers just fine. You must experiment with your diet to find out what works best for you. It's best to keep track in a food diary.
- 9 If you're bloated, add ginger tea or Lemon Water Elixir in between meals to naturally enhance your digestive enzymes. Also consider adding digestive enzymes as discussed above.



The Dairy-Free Diet

What is a dairy-free diet?

Simply put, a dairy-free diet excludes milk, milk protein, and all related products. The following are the most prominent and common food items that you should avoid in this diet.

Dairy Containing Foods

- Ice Cream
- Sour Cream
- Cheese
- Milk Chocolate
- Whey Protein
- Half & Half
- Heavy Cream
- Buttermilk
- Yogurt

What are the benefits of a dairy-free diet?

- Reduces mucous and improves respiratory health
- Reduces bloating
- Promotes digestive health
- Clears up skin
- May Lower risk of cancer
- Reduces oxidative stress
- Jumpstarts weight loss



Where will you get your protein and calcium?

Protein

Many people rely on milk for protein and the fact is, it's a protein-rich drink. No need to worry about adequate protein when milk is off the menu though. Even a vegan diet rich in vegetables, fruits, leafy greens, nuts and beans can be protein powered. Add in eggs, meat and fish and you'll have no problem. The recommended intake of protein for men is about 56 grams a day while women need about 46 grams daily.

Calcium

Calcium is a vital mineral for your teeth and bones. The recommended daily intake for adults is about 1000 mg while the children and old people need even more of it on a daily basis. Its deficiency can cause several health issues. When you ditch dairy, opt for calcium-rich foods like broccoli, kale, and calcium-fortified foods or supplements.

Dairy Substitutes:

Milks and Yogurt

Select unsweetened milks or yogurts made from: coconut milk, hemp milk, rice milk, cashew milk, oat milk or almond milk. For adding a creamy texture to smoothies, you can add avocado or nut butter in place of yogurt.

Cheese

You can enjoy dairy-free cheese on crackers, in sandwiches, on pizza and even in mac and cheese! Hummus or avocado are great substitutions for umami taste and mouthfeel. Most people can also tolerate goat cheese. I like the hard goat cheeses that mimic cow cheddar.

Ice Cream

Browse the freezer case in your supermarket and you are sure to find non-dairy ice creams made from coconut, almond, and oat milk. There are plenty of sweet flavors to choose from, so just like dairy options, be mindful of the sugar content! You can make delicious non-dairy ice cream at home by pureeing frozen bananas with a splash of vanilla extract or a teaspoon of cocoa powder.





Healthy Food Gut Check

Action Steps:

Write down a description of how you usually eat. Include details about how many servings of fruits, veggies, grains, dairy, protein, and fats you normally eat. Even a ballpark sketch will do.

Write down how you've felt this week as you incorporated probiotic and prebiotic rich foods.

Write down 3 opportunities that you see to make probiotics a part of your daily routine. Bonus points for any ideas that help you reduce processed foods, sugar, caffeine, dairy and gluten!

Gluten Free Diet

As discussed in detail earlier, gluten can cause many health issues. If you have decided to try a gluten-free diet, the following are healthy options that you can include in your meal plans.

- Vegetables, fruits and leafy greens
- Unprocessed nuts, seeds, and beans
- Unprocessed beef, fish, lamb, and poultry

In addition, you can enjoy non-gluten grains and seeds like these:

- Teff
- Rice
- Quinoa
- Millet
- Flax
- Corn
- Buckwheat
- Sorghum
- Chia
- Yucca
- Arrowroot

Gluten-Containing Grains to avoid

- Barley
- Rye
- Wheat
- Spelt

Processed foods to avoid

Many foods contain wheat gluten or other grains. Look carefully at labels on these and other products:

- Candies
- Cereals
- Cakes
- Beer
- Bread
- Pasta
- Hot Dogs
- Salad Dressings
- Soups
- Prepared Sauces and Powdered Mixes
- Packaged Crumbled or Shredded Cheese (like parmesan and blue cheese)



SECTION 8:

Gut Health *Recipes*





Greens Smoothie

- 1 ½ cups dairy free milk
- 1 scoop [protein powder](#)
- 1 teaspoon flax seeds
- ½ avocado
- 1 cup spinach or leafy green lettuce
- ½ cup blueberries
- dash of cinnamon powder

Kefir Smoothie

- 1 cup dairy-free kefir
- 1 scoop [protein powder](#)
- 1 pear, chopped
- ½ cup blueberries
- 1 teaspoon flax seeds
- dash of cinnamon powder
- stevia to sweeten



Vegetable Broth

MAKES 4 CUPS

Ingredients

¼ cup coconut oil
2 large onions, peeled and cut into chunks
4 cloves garlic, peeled and smashed
3 large carrots, cut into chunks
3 stalks celery, cut into chunks
water to cover
8 sprigs fresh thyme
4 sprigs fresh rosemary
1 bay leaf
1 handful whole fresh parsley
10 whole peppercorns

Directions

Add coconut oil to a large stockpot and heat over medium-high heat. Add onions, garlic, carrots, and celery and sauté for 5 or 6 minutes.

Add enough water to cover the vegetables, followed by thyme, rosemary, bay leaf, parsley and peppercorns. Heat mixture over medium-high heat until it just about boils, and then reduce heat to medium-low. Give it a quick stir and simmer, uncovered, for about an hour. (The exact amount of time doesn't matter – the longer it simmers, the better the flavor will be).

Place a stainless-steel colander over a large pot in the sink. Carefully pour contents of the stockpot into the colander to separate out the solids from the liquid. Discard solids and allow liquid to cool completely before transferring to freezer safe-storage containers. Freeze until ready to use.



Chicken Bone Broth Soup

MAKES 8 CUPS

Ingredients

- 3-5 pounds of soup bones*
- Water (enough to cover the bones)
- 1 tablespoon raw apple cider vinegar
- ***Note:** ask at your local butcher shop. Soup bones are usually very cheap, if not free!

Directions

In the stock pot, cover your soup bones with enough water to cover. Add apple cider vinegar. Bring to a boil, and then reduce to a simmer for 12+ hours.

After about 12 hours, strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid, or put in ice cube trays for quick use. The broth can be stored in your refrigerator for a few days, or for four to six months in the freezer.

Kitchen Tip: Making chicken soup? Add a quart of your stock to a pot with your favorite vegetables. You can add tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale, if desired. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, rosemary, etc.





Ginger Carrot Soup

S E R V E S : 4

Ingredients

2 tablespoons coconut oil
1 small sweet onion, diced
3-4 cloves garlic, minced
1½ pounds carrots, chopped
1 medium red bell pepper, diced
Sea salt and black pepper, to taste
3 cups vegetable broth
1-inch piece fresh ginger, grated
2 teaspoons fresh thyme leaves
1/3 cup coconut milk, room temperature

Directions

Heat coconut oil in a large, high-sided skillet over medium heat. Add onion, garlic, carrots, and bell pepper. Season with salt and black pepper, to taste, and cook, stirring frequently, until vegetables become soft and translucent, approximately 5 minutes.

Add vegetable broth, grated ginger, and thyme leaves and stir to combine. Cover and cook until the carrots are fork tender, approximately 10-15 minutes. Stir once or twice while cooking.

Remove from heat and puree mixture with an immersion blender until smooth. (A regular blender or food processor can also be used for this step). Taste and adjust seasonings, as desired.

Return to medium heat and add half and coconut milk. Stir until barely combined and cook until heated through, approximately 1-2 minutes. Remove from heat and serve immediately.

Homemade Cultured Vegetables

Tools for Making Cultured Foods:

- 1 large mixing bowl
- 1 mason jar with lid
- 1 wooden spoon
- 1 cabbage leaf
- 1/4 cup starter culture

Ingredients:

- 1 large cabbage leaf (set to the side)
- 1 large head of cabbage, shredded
- 1 bunch kale, chopped
- 1 small peeled, organic lemon
- 2 carrots, shredded
- 1 clove garlic
- 1/4 cup starter culture



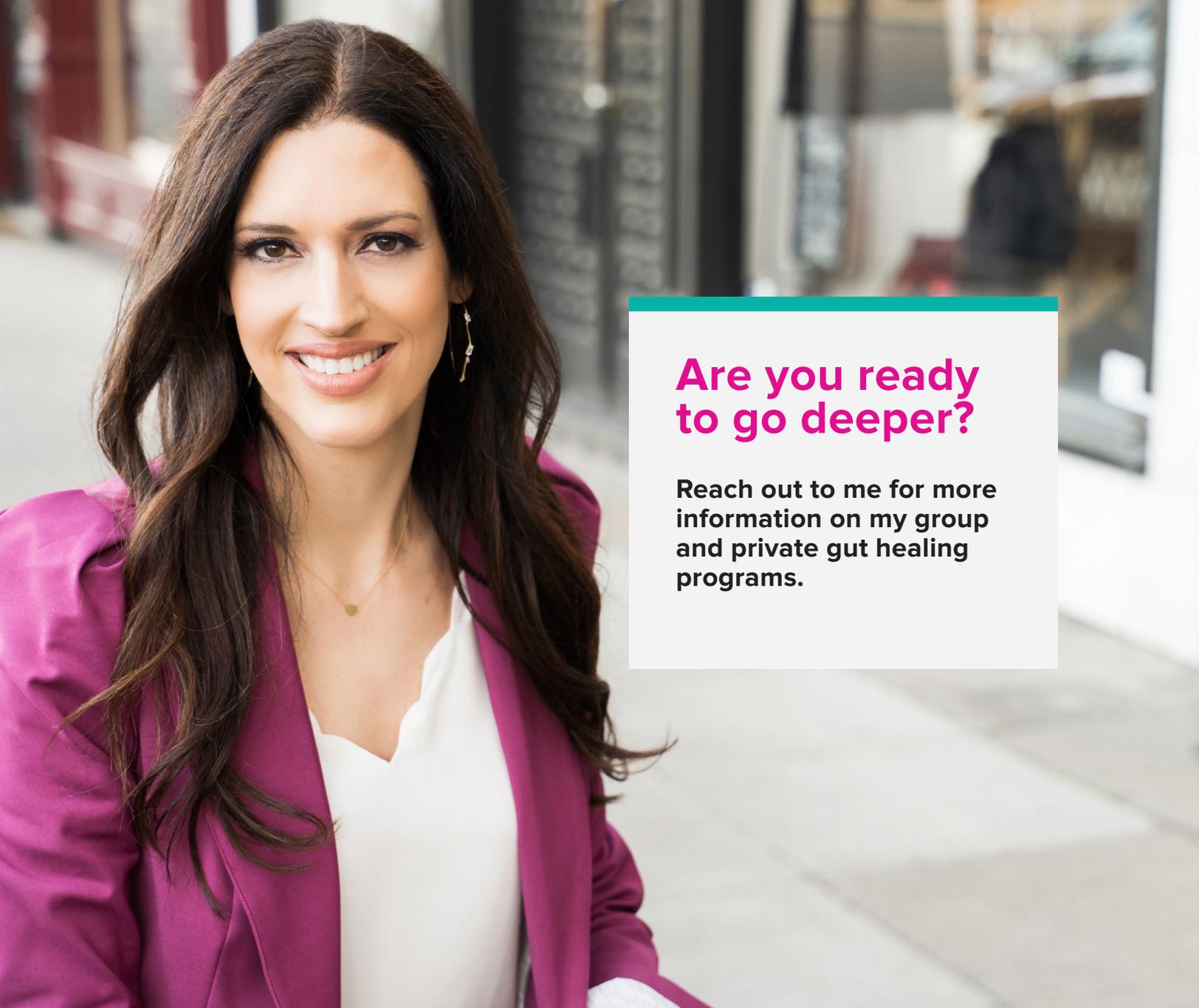
Directions:

Toss chopped vegetables and starter culture together in a large mixing bowl. Remember to set your large cabbage leaf to the side. Combine the mixture by hand, making sure the vegetables are thoroughly combined. Layer this mixture of vegetables into a mason jar, and pound it down with a wooden spoon so the vegetables are tightly compacted.

Continue to layer, and pound until your vegetables are thoroughly packed within the jar and the level of brine exceeds the level of the solids. Layer the top of your vegetables with a cabbage leaf and pack the leaf down with your fist.

Allow your vegetables to ferment at room temperature for 5 days before tasting them or longer until desired sour taste. Then place it in your refrigerator. Cultured Vegetables will keep for one year, as long as you properly store them.

You can purchase the
starter culture at
bodyecology.com or
culturesforhealth.com/learn



Are you ready to go deeper?

**Reach out to me for more
information on my group
and private gut healing
programs.**

For additional information or support, contact:

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These statements have not been evaluated by the Food and Drug Administration. This guide is not intended to diagnose, treat, cure, or prevent any disease. It is recommended you discuss a new supplement routine with your doctor or pediatrician before using.