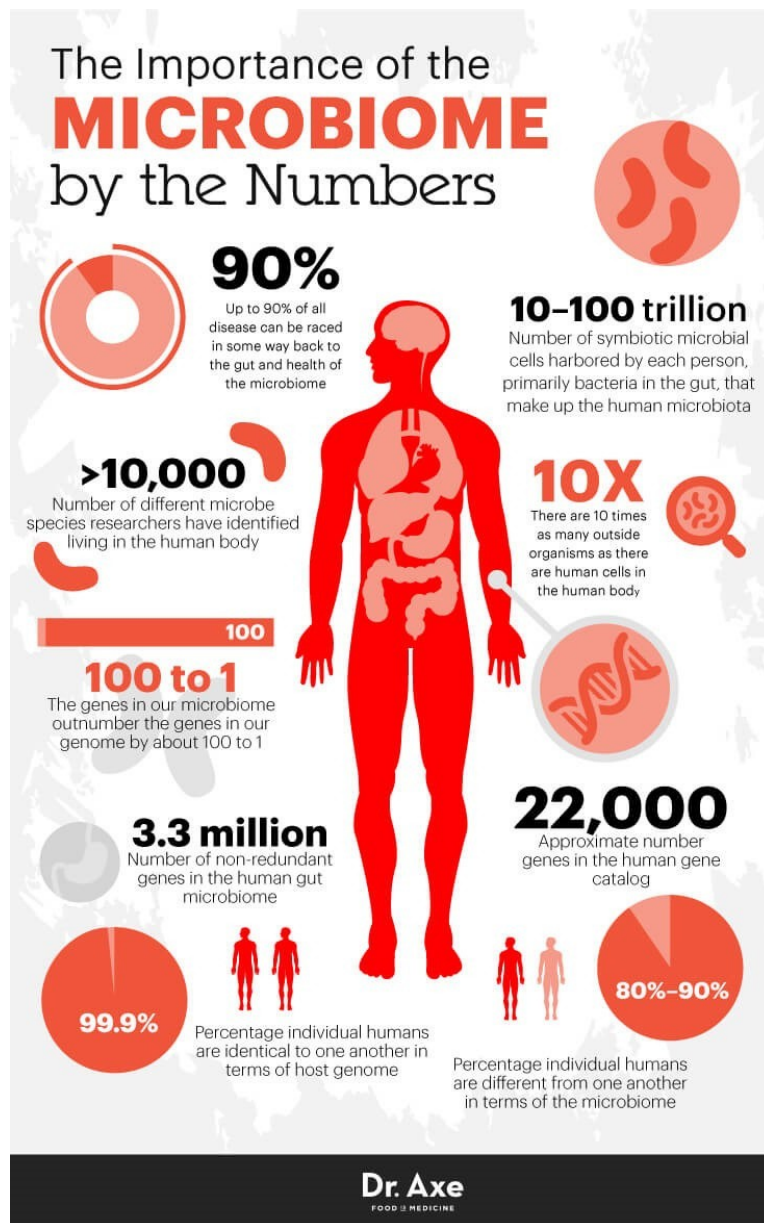




# 10 Ways to repair your beautiful gut



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## WHAT ARE GUT BACTERIA?

Your body is loaded with trillions of bacteria. Paired with other tiny organisms like viruses and fungi, they make what's known as microbiota, or the microbiome. The mix of bacteria in your body is unique to you. It's determined partly by your mother's microbiota and partly by your diet and lifestyle.

Between 300 and 500 different kinds containing nearly 22 million bacterial genes in your gut. They line your entire digestive system, but most live in your intestines and colon. They help process food and affect everything from your metabolism to your mood to your immune system. They may be tied to your risk of diabetes, obesity, depression and colon cancer.

The microbiome research forced us to acknowledge that not only are we a system of multiple organs and tissues that work together, but living in us and on us, is this incredibly complex ecosystem of microbes that play a tremendously important role in health and disease, by interacting with each other and interacting with us as a host.

We know that the microbiome contributes in so many different ways that we can no longer ignore the fact that when we talk about disease, diagnosis and treatment, we have to consider the impact and implications of the microbiome as well. Gut works for you and not against you.







## WHY SHOULD WE PAY ATTENTION TO OUR GUT HEALTH?

All food is ultimately broken down in the gut to a simple form that can enter the bloodstream and be delivered as nutrients throughout our bodies. This is only possible with a healthy digestive system. A healthy gut contains healthy bacteria and immune cells that ward off infectious agents like bacteria, viruses and fungi. A healthy gut also communicates with the brain through nerves and hormones, which helps maintain general health and well-being.

The food you eat defines who you are is a common saying which we have been listening to for decades, and without even decoding its meaning, we pass by it and continue living our lives and eating what we desire.

For example, people suffering from intestinal diseases continue to live by their daily routine and do nothing for the illnesses they are suffering from. Same goes for a very peculiar disease related to the gut, called the leaky gut.

## WHAT IS LEAKY GUT?

Along the linear interactions of the digestive tract, there lies a very thin lining of cells which together as a cluster controls the passing of various substances from the gut into the blood. When the lining deteriorates, many problems arise from this condition e.g., toxins, large food/protein particles, microbes, and other metabolites enter the bloodstream and cause various diseases along with the inflammation of the gut itself. According to research, the cause of food allergies, low energy, joint pain, thyroid disease, autoimmune conditions and slow metabolism could be leaky gut symptoms' progression.

One of the biggest warning signs that you may have a leaky gut, can be that you are experiencing multiple food sensitivities. This allergic response can lead to various symptoms:

- Bloating
- Food sensitivities
- fatigue
- joint pain
- digestive problems
- weight gain
- headaches

It is recommended you take a leaky gut test if symptoms persist even after changing your diet.







## CAUSES

The causes are numerous ranging from the common towards a few specifics. The diet which we take in contains high amounts of sugars or fats which are the leading cause of gut leakage. Other possible causes include excessive alcohol consumption, stress, bacterial imbalance, antibiotics, food allergies, and gastrointestinal infections.

## TREATMENT OPTIONS

As for a leaky gut and likewise problems, there is a vast line of treatment options available but the most suitable and appreciated one is through the diet. Changing your diet can have an impact on the overall health of your gut and gastrointestinal system. The need is to change your daily trends and include some healthy food items for your betterment.

Remaining on this point, the following foods support healing your gut because they are easy to digest and can repair the lining of the intestines.

### GOING GLUTEN FREE

Gluten intolerance is a common issue among various people, and a large community is actively threatened by the impacts it can have on their health. It is unnecessary that you have to be gluten intolerant to let go of the gluten, a damaged gut also can't withstand the aggravated effects of the gluten. Consider cutting gluten from your diet for 21 days, and you shall witness the positive effects and ease in the pain as if healing has begun.



## FERMENTED FOODS

Fermented foods such as sauerkraut, tempeh, kefir, and other fermented yogurt or kimchi can help reduce the gut leaking and repair it in the long run. These foods not only contain the right set of nutrients in them but also the good source of the bacteria which will countermeasure the effects of bad or ill bacteria which have already breached our bloodstream. Fermented products when used for longer periods improve the number of good bacteria present in the gut along with increasing the immune system and providing support to the gut.

## PREBIOTIC FOOD DIET

Although probiotic bacteria are a good source of the essential nutrients and enzymes needed to keep the internal gastrointestinal tract at an optimum, still there is a blank which needs to be filled.

We take the probiotic but overlook including the foods in our diet which will ensure the longevity of these good bacteria in our gut. These food items can comprise of:

- Potatoes/Yam
- Onions
- Barley/Oats
- Citrus
- fruits/Apples
- Asparagus





## BITTER TASTING FOODS

Having a bitter or somewhat a slight acidic diet is essential for keeping the levels of gastric acid in our stomach at proper numbers. These foods may contain citrus fruits such as lemon, apples and likewise, if you want to choose a more available function for this diet, you can have lemon juice or apple cider vinegar in the water.

These Foods will level up the amount of gastric acid required for proper digestion of the foodstuff inside the stomach and block the leaking of partially undigested foods from the gut, thus stopping the leaking of the gut.

## OMEGA-3

Having an adequate amount of Omega-3 in your diet can also help you to alleviate the most severe catastrophes such as inflammation of the gut altogether. Omega-3 contains HDL (High- density lipoproteins) which are essential to produce various enzymes for proper breakdown of fat inside the body. The foods which can be looked upon includes:

- Flaxseed
- Chia Seed
- Hemp seed
- Walnuts/Almonds
- Fish Oil and essential fatty substances

## FRUIT

Consuming 1-2 servings of fruit daily is good on a leaky gut diet. Best Consumed in the morning.



## BONE BROTH

Another factor which significantly helps in the complete healing and repair of the gut is something nourishing and hot at the same time. This calls for the bone broth which serves both purposes quite effectively. Having the bone broth two times a day is considered to be more effective because it contains an abundant number of vitamins and minerals also including collagen and glucosamine. Both of which are connective tissues and are used in the lining of the gut and digestive tract.

These can have a proper heal & seal mechanism for the gut in effect and get the job done more smoothly.

## HERBAL TEA

Nothing gets past the antioxidants which act as the ultimate factor for lowering down the amount of FFA (free fatty acids) along with the other harmful substances from the bloodstream. For this purpose, you can have 2 cups of the herbal tea daily. You can choose the traditional lemon flavor of the tea or chamomile, honey and likewise flavors according to your preferences.

The tea shall put an end to constipation once and for all and give you some healing factors for the gut.





## FOODS RICH IN FIBER

The study shows a positive relationship between the gut health and intake of foods which are supposedly high in fiber as well. These food items rich in the fiber not only increase the gut mobility and the number of good bacteria present in it but also help us to avoid constipation altogether. Fiber being the indigestible part has to be eliminated, and due to its sticky nature, it takes along with itself the bad bacteria along with other gut material causing the leaking. The foods may contain:

- Whole grain cereals (avoid gluten)
- Lentils/Legumes
- Whole vegetables
- Beans

## GREEN LEAFY VEGETABLES

There is a lot of talk in the food community for the green and leafy vegetables and the health wonders they can bring for us. Green vegetables and leafy vegetables contain high amounts of oxalates, fibers and such which produces roughage and keep constipation out of context.

Also, they may provide good bacteria for improving the overall health of the gut. You can have the following foods to consider:

- Lettuce
- Cruciferous vegetables
- Spinach
- Broccoli



## ALOE VERA

This essential food is vital for the inflammation which comes with a leaking gut and to counteract the overall status of the intestine as well. You can have ½ cup of the Aloe Vera extract or juice on a daily basis. It provides the body with antimicrobial and anti-inflammatory effects and helps to keep the gut healthy and working at its optimum.

These food items can genuinely help you in scoring the long-term treatment which you seek for your gut problems, have the same types of food as they are or you can share a mixture of them and keep your gut stable and healthy at all times.

## REPAIR WITH CERTAIN SUPPLEMENTS

To protect your gut from further damage certain supplements are most beneficial.

- Probiotics Digestive
- Enzymes
- Licorice Root
- Marshmallow root

People overwhelmed by fatigue may have imbalances in their gut bacteria, as new study suggests. The study found that people with fatigue had higher levels of certain gut bacteria and lower levels of others compared to healthy people who didn't feel exhausted.

Maintaining a good gut health is the key to more energy. Tap into your own reservoir or vitality through healing nutrition, healthy and loving emotions a balance between mindful work and joyful play and an appreciation for the magic of life.



Feeling tired, fatigued, lack of motivation?  
There is a way out. Rather, a way up.

A way to restore your energy and to live life to  
its fullest.

It's time to embrace your Gut health and at  
last, restore your energy for life!

Go to [bernadettebisseling.com](https://bernadettebisseling.com) learn more!

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