

# Happy Gut, Happy Life



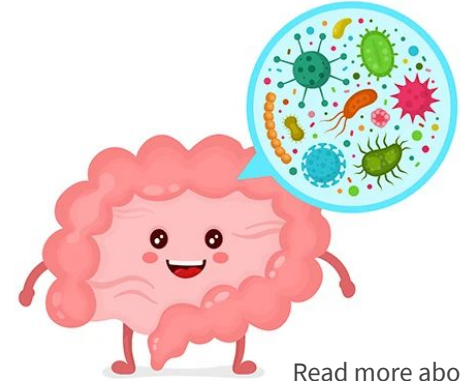
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# The mighty gut biome

Inside your gut lives a complex colony of organisms that can affect virtually every aspect of health including:

- Digestion
- Immune System & Inflammation
- Metabolism
- Mental Health

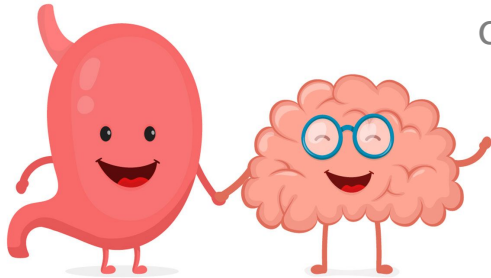


[Read more about the science](#)

## The gut-brain axis

Two-way messaging between gut & Central Nervous System (CNS) shapes cognition, emotional behavior & pain response

- Brain networks in charge of feeding also process **feeling, reward & cognition.**
- Gut microbes activate the Vagus Nerve & affect **mood**
- Gut houses most of our immune cells & trigger or suppress **inflammation.**
- Good gut bacteria make short-chain fatty acids or brain food - **stay mentally sharp.**



# Happy Guts have Diversity & Balance

Hundreds of species of gut bacteria reside in your gut, some friendly, some not.

Too many harmful bacteria (dysbiosis) & too few good ones are linked to insulin resistance, weight gain, inflammation, obesity, Inflammatory bowel disease & colorectal cancer, depressed mood, and brain fog.

**Therefore it's important to keep your gut bacteria as friendly and abundant as possible.**

## Gut Harmers

- Lack of food diversity
- Antibiotics
- Alcohol
- Fried foods
- Simple sugars
- Animal products
- Lack of exercise
- Lack of sleep
- Smoking
- Stress



## Gut Helpers

- Whole, unprocessed foods
- Probiotics
- Prebiotics
- Making time for sleep
- Reducing stress
- Moving your body
- Quitting smoking
- Moderating alcohol

# Probiotics

Living microorganisms, usually bacteria, that provide powerful benefits for the body & brain.

You can get them via supplements and certain fermented foods. (food is best)



## Super Food Probiotic Sources

- Kimchi
- Sauerkraut
- Yogurt
- Kefir
- Tempeh
- Miso
- Kombucha
- Pickles (note: pickles in vinegar don't have live probiotics)
- Natto (fermented soy product)
- Buttermilk
- Some cheese (gouda, mozzarella, cheddar & cottage cheese)

# Prebiotics

Carbohydrates (mostly fiber) that feed our beneficial gut bacteria. (think food for your probiotics).

Eating both probiotics & prebiotics helps ensure you have a healthy, thriving balance of good bacteria in your gut.

## Super Food Prebiotic Choices:

- Chia seeds
- Legumes, beans, peas
- Oats,
- Bananas
- Berries
- Garlic
- Onions
- Cruciferous veggies - cabbage, kale, broccoli, cauliflower
- Potatoes
- Honey
- Shiitake mushrooms
- Asparagus



# Chia Seeds - Your Superfood Friend

## Benefits of Chia Seeds

- Keep you full (fiber)
- Energy & Endurance
- Support digestion (prebiotic)
- Plant-based protein
- Low calorie, high nutrient
- Omega 3s - skin, hair, nails
- Versatile & great for cooking
  - Smoothies
  - Puddings
  - Oatmeals
  - Yogurt
  - Salad
  - Snack bars/balls
  - Vegan egg substitute



# Happy Gut Takeaways

Focus on these and you'll be in good shape, (literally).



- **Start with a “reset”** to restore a balance of flora, kick cravings, and set your gut up for happy success
- Eat the rainbow - eat a variety of whole, unprocessed foods, mostly from plants.
- Get lots of fiber, it's your food BFF
- Include some probiotics every day, especially if traveling or recovering from illness.
- Stay hydrated
- Move and shake your groove thang
- Get your ZZZ's
- Curb stress (yay yoga)



# Aspire Zen Health Coaching

## Life's too short to be stressed

I coach busy people who are overwhelmed, exhausted, and overweight and help them tap into boundless energy, drop those extra lbs, and find their zen.

As your coach I'm here to guide, inspire, cheer you on, and proactively hold you accountable. Over 12 weeks of 1:1 sessions, we'll harness the power of the M's of Wellness (Mindset, Movement, Meals, Me Time & Motivation) to realize your health goals in a program tailored just for you. Together we can get you on the right track and keep you there.

Schedule a [free discovery session](#) to learn more.

## About Amy Sullivan

Amy is a holistic health coach, yoga instructor, certified diet and nutrition specialist, and a food blogger. During 15 years in marketing, she observed and experienced many of the unique stresses that women go through balancing their work and personal life. She combined that knowledge with her life loves of food, yoga, and wellness, plus learnings from her personal weight loss journey as a 40s+ woman, to build her health coaching program. Now she's found her true life's calling, helping busy people who are striving to have it all, to achieve success in the one area of their lives that is often neglected, their personal health.

