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Top Foods to Get Your Gut Health on Track

By Dr. Mercola | November 6th, 2017

Mounting evidence reveals there's more to nutrition than previously thought — a large component of it actually revolves around nourishing the health-promoting bacteria in your body, thereby keeping harmful microbes in check. One of the reasons a healthy diet is able to influence your health is by the fact that it helps create an optimal environment for beneficial bacteria in your gut, while decreasing pathogenic or disease-causing bacteria, fungi and yeast. Among the top contenders in this category are:

1. Raw, grass fed kefir. This cultured milk product, which is easy to make at home with raw grass fed milk, is loaded with probiotics. It also contains fiber, which is another important source of nourishment for the healthy bacteria in your gut.

2. Fermented vegetables. One of the best and least expensive ways to optimize your gut microbiome is to eliminate sugars and processed sugars and eat traditionally fermented foods. Kefir is one; fermented vegetables are another. Here you have plenty of choices, as you can easily ferment just about any vegetable you like.

3. Organic bone broth. Bone broth is quite possibly one of the oldest meals on record, going back to the Stone Age. It may also be one of the most healing. Not only is it very easily digested, it also contains profound immune-optimizing components that are foundational building blocks for the treatment of leaky gut and autoimmune diseases.

This includes but is not limited to bioavailable minerals, collagen, silicon, components of bone and bone marrow, glucosamine and chondroitin sulfate and the conditionally essential amino acids proline, glycine and glutamine. However, if you choose this food you must be absolutely certain it is organic, as nonorganic bone broth may be worse than junk food. Bone broth is best made at home from scratch, using organic grass fed bones.

4. Organic psyllium. Psyllium is a healthy dietary fiber that helps nourish healthy bacteria in your gut, reduces intestinal inflammation, and may provide some relief from irritable bowel syndrome. The recommended daily amount of fiber is between 20 and 30 grams, but I believe about 50 grams per 1,000 calories consumed is ideal.