

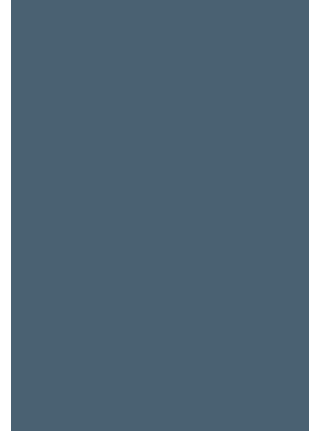
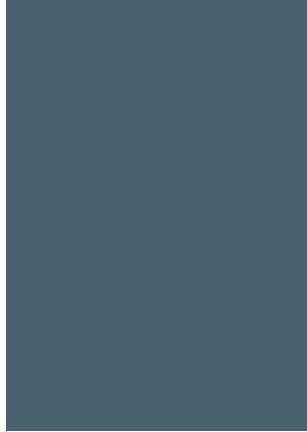
GOOD GUT GUIDE

version 2

Investing in your health
is never an expense

gut
wealth

**Always trust your gut -
it's usually figured out
what's going on and
your brain is yet
to catch up!**



WHAT'S INSIDE



01
YOUR GUT,
YOUR HEALTH

06
YOUR
DIGESTION

09
YOUR GUT
MICROBIOME



11
GUT HEALTH
QUIZ 

12
HEALING



16
GUT
WEAKENERS

17
5 THINGS YOU
CAN GO
TODAY

19
TOOLS
FOR YOU



YOUR GUT, YOUR HEALTH

At one time, our digestive system was thought to be pretty simple: put the food in, absorb what your body needs then the rest goes out in waste.

Science now shows that your gut health is integral to your overall health and wellbeing - from your weight to fighting infection to your mental wealth.

Getting to know your gut and how it functions, as well as what's 'normal' for you is important to help you keep your overall health in check.

This e-book is a simple guide to help you understand what's going on in your digestive system and how you can help heal yourself of gut symptoms.

1 IN 4 PEOPLE

Most people don't like to talk about it, but having a gut or gastro-intestinal issue or problem with your digestion is very common - but it doesn't have to be that way.

There's lots going on in your gut, and it often gives your signals when it needs attention.

The NHS website states "Around 4 in 10 people have at least 1 digestive symptom at any 1 time." That's a lot of people!



I've done years of research (for myself) and tried everything to transform how I feel and the centre of that is making great gut choices



WHY GUT HEALTH?

My relationship and understanding of my digestive issues has been developing my whole lifetime. I got my IBS diagnosis over 10 years ago.

I thought a turning point was when travelling in Asia and being hospitalised from gastro-intestinal issues (not fun!) But instead, I just carried on as 'normal' once I got back.

I lived a busy life working, managing multiple projects and probably not realising how stressed I was. But my body was giving me all the signals that it needed some attention and I needed to make some changes.

Because I was so vocal about how ill I was feeling at times - I'm not one to be shy - I was finding that friends were always asking me what they should try - because they know I've tried it all!

I created Gutsy Health Limited because I saw a need and then couldn't find a solution so decided to make them. This led me to develop tools and products to help you improve your digestive health and how you feel overall.

Gemma Stuart
BA Hons, MSc
Founder of
Gutsy Health LTD

www.gutwealth.co.uk



UNDERSTANDING DIGESTION

Your digestive system plays a huge role in keeping our immune system and your physical health in check.

There's growing evidence that your gut can impact your mental health too.

If you get to understand how digestion works and what your gut does, you can also learn how to help it along the way.

The more you know about how your digestive system works, the better you'll be at identifying what's going on. If your gut doesn't quite feel right, you can make small changes to help see big improvements.





Digestion is everything from chewing to pooing

HOW DOES DIGESTION WORK?

Digestion is the process where food is broken down into smaller parts so that the body can use them to build and nourish cells and give us energy.

Digestion starts before you even put the food in your mouth. The cerebral (or cephalic) phase of digestion, whether triggered by the sight, smell, or thought of food, starts the digestive process.

You know all those things you do before a meal? From smelling the delicious aromas as you cook your food to imagining how it's going to feel and taste in your mouth really kicks off the whole digestion process.

If you're lucky enough to have someone cooking for you and even them telling you what's for dinner can kick this off as your brain tells your digestive tract "food is coming!"

How often do you think about the choices you make every day that relate to your digestion?

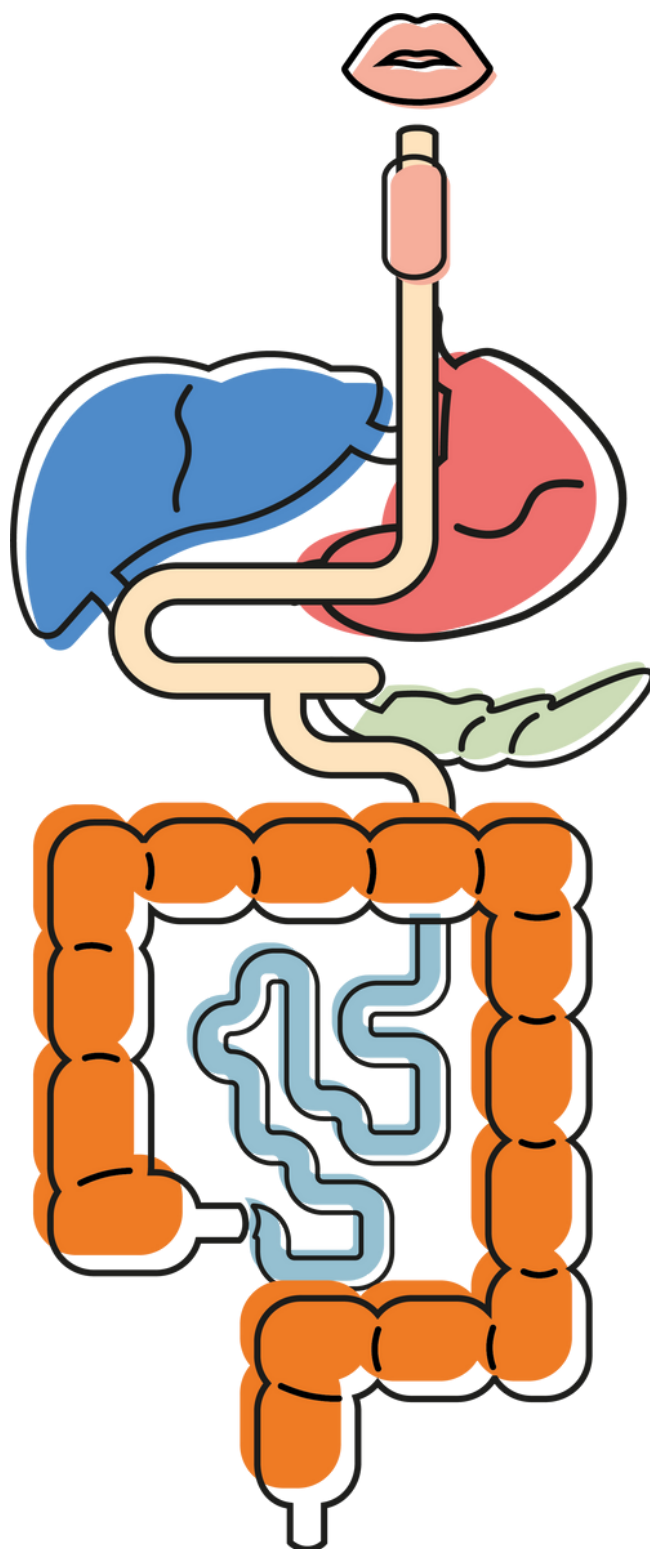
OUR DIGESTIVE SYSTEM

While you might not be feeling tip top, you maybe haven't been thinking about what your digestive system does for you everyday - because, well, who has the time?

So here's a recap...

Your digestive system or gastrointestinal tract (GI) is responsible for digesting your food to send all the nutrients around you body. It starts at your mouth and ends at your bum - so it's everything from chewing to pooing!

Your food journeys through a series of hollow organs joined in a long, twisting tube with some help from your liver, pancreas and gallbladder.



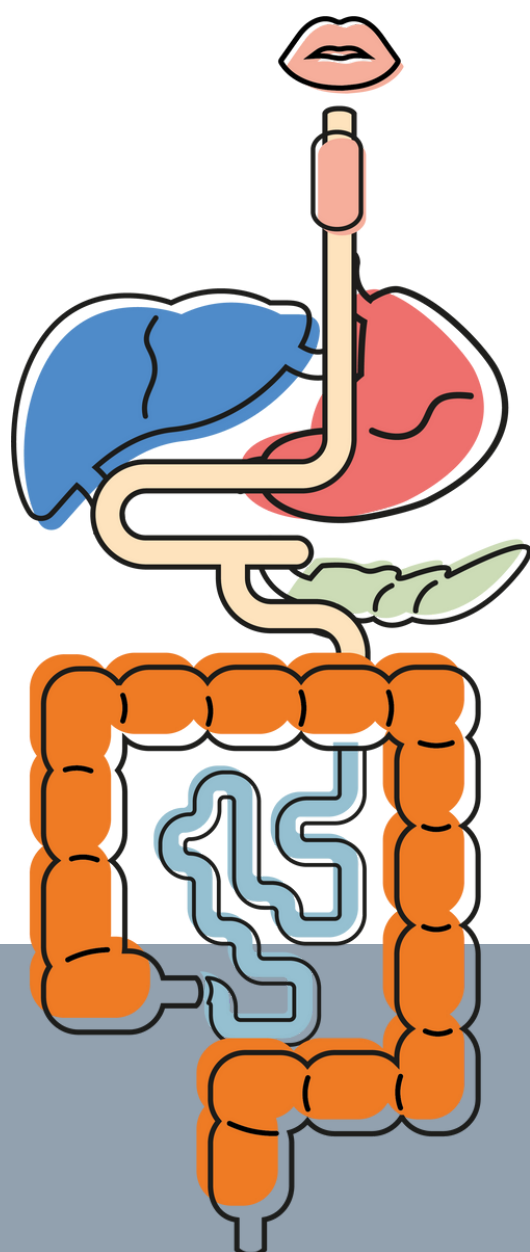
THE START: WHAT HAPPENS WHEN I EAT FOOD?

We believe chewing is the most important part of digestion. Because at this stage of the process, you have control about what you put in and how long you chew to set your gut up for success and allow your gut to work most effectively.



Mouth

The saliva and chewing kicks the process off and is vital to good gut health



Putting food in your mouth and giving it a good chew is a fundamental part of digestion - it's the only bit of digestion we have direct control over.

Also, believe it or not, two crucial things happen here: mechanical and chemical action for chewing. Both are important for breaking down food into smaller pieces so it can be broken down even further by enzymes in your body or system.

2 Crucial actions

The mechanical bit is where the chewing grinds and breaks the food into smaller pieces, making it easier for the gut to do its job.

The chemical bit is where your saliva glands get to work and lubricate your food to make it easier to swallow.

»»» check out our chewing challenge 

THE MIDDLE: WHAT HAPPENS AFTER I SWALLOW MY FOOD?

Trust us, there's a lot going on)

Your oesophagus then carries the chewed up food from your mouth to your stomach.



Oesophagus

Muscle contractions push the food from your mouth to your stomach

The stomach is a sac with many functions. It stores the food you've eaten but also starts doing some of the processing. It gets a bit of chemical assistance from water to break down the molecules of nutrients in your meals into useable forms for absorption to send to cells all over your body to help energise and restore!

Stomach acid also helps keep unwanted microbes out before it moves onto different areas inside us - this includes things like aiding digestion but also ridding ourselves of bad guys such as pathogens which can cause disease if they're not removed quickly enough.

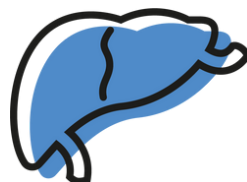


Stomach

Churns the food, mixes it with strong acid and turns it into gloopy soup

The liver has a lot going on in it, including the production of bile and cholesterol.

The bile produced by your liver travels through ducts into the gallbladder where it can store temporarily before being released as required.



Liver

Makes bile, which helps neutralise the stomach acid and digest some vitamins

Your pancreas has two jobs; to make enzymes that break down sugars, fats, and starches and making hormones which send messages that travel through your blood to help regulate your blood sugar levels and appetite, stimulate stomach acids, and tell your stomach when to empty.



Pancreas

Makes enzymes that break down the food



There's a lot going on inside your digestive system - are you making choices to help it function at it's best?

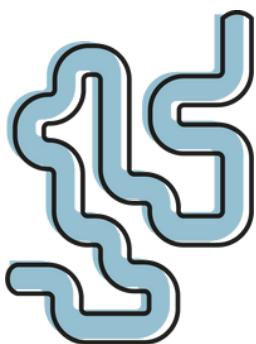
TOWARDS THE END: WHAT DO YOUR INTESTINES DO?

The intestines are also known as the gut

Your intestines are informally known as your gut, but as you can see, there's a lot that happens before the partially digested food gets here.

The food moves into the small intestine where most of the absorption of nutrients from food takes place as it travels through. Once it's there, it's mixed with the bile and digestive enzymes from the pancreas, gallbladder and liver.

The internal walls of the small intestine are covered in plant-like tissue called villi. Each of these villi is covered in even smaller plant-like structures called microvilli.

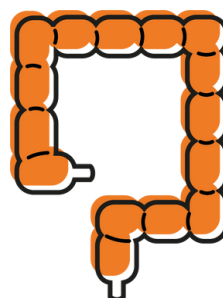


Small Intestine

Muscle contractions push the food through the plant-like tissue called villi digest and absorb the nutrients from the food

The contents of the intestine are mixed and pushed forward through the villi and microvilli forest to allow further absorption of nutrients and it can take 2-5 hours if everything is working the way it should.

The undigested food then gets moved by muscle contractions to your large intestine.



Large Intestine (Colon)

Home to an army of bacteria that turn undigested food in vitamins and short chain fat acids.

Absorbs water and electrolyte then forms poo from the waste you don't need

The large intestine is home to an army of bacteria that can turn undigested food into vitamins and short chain fatty acids.

The large intestine absorbs water and electrolytes and using bacteria it ferments some of the material that has not been digested.

It then forms your poo from any waste you don't need.

In our bodies, everything is connected.

So, having a healthy gut microbiome is connected to stronger immune system, better digestion and better mental health.

Let's dig a bit deeper into the army of bacteria in our guts called the gut microbiome.

INTRODUCING YOUR GUT MICROBIOME

We're familiar with the struggle to do what's best for us. But this tug of war for our wellbeing is also secretly going on in our gut too.

Our gut is home to trillions of microbes which form the gut microbiome - an ecosystem made up mostly of bacteria.

This ecosystem is in constant 2 way communication with our brain, it weighs just as much as our brain.

An easy way to think about a healthy gut microbiome (we think) is to imagine your gut is a city and within that there are communities of different microorganisms.

These are mostly bacteria and yeasts - that live in the lining of our gastrointestinal tract.

Our gut microbiome develops and changes throughout our life depending our levels of stress, what we eat, how much we exercise and infections that we're exposed to.

The "good" bacteria do more than just help with digestion.

They help keep our "bad" bacteria in check. The multiply so often that the unhealthy kind don't have space to grow.

Over
70% of the
immune system
is located in the
gut

YOUR GUT MICROBIOME

We get our first microbiota during the birth and breastfeeding phases of our early development - and our genetics have a role (so babies tend to share gut microbiome similarities from their closest family. And hey, we didn't test this, we're trusting the scientists here).

Into early childhood, our microbiome develops through the foods we eat and lifestyle factors.

And, it usually stabilises in adulthood. But, importantly, we can alter it through our diet and supplements, but life factors such as stress, travel, antibiotic use, and some prescription medications can all disrupt the balance.

Our bodies are home to a wide variety of microbes that keep us healthy. We have communities of microbes just about everywhere in our bodies, with the most influential to our overall health in our guts.


In a healthy microbiome, most of these microbes are good for us or neutral. They're our wee gut troopers!

They're always working for us by digesting foods to make the nutrients we need to... live life!

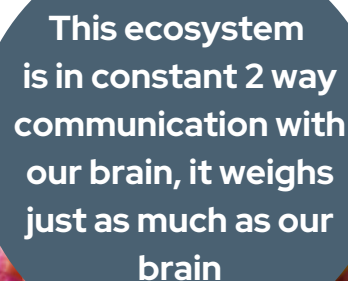
So thinking about the gut microbiome as a city, the beneficial microbes compete for space, keeping undesirable ones in check.

And when they're not in balance, we can experience all sorts of un-fun gut stuff including stomach cramping, abdominal pain, bloating, gas, upset stomach, diarrhoea or constipation.

We can help manage the environment we create in our guts by eating certain foods, taking supplements, exercise and de-stressing.



Look after your gut microbiome and it will look after you



This ecosystem is in constant 2 way communication with our brain, it weighs just as much as our brain

**Bloated after eating? Tired of
feeling like sh!t?**

It's time to get real.

**Diagnosis or no, are you really
doing all the right stuff for
your gut?**

**Listen to your body, it's
smarter than you**

**For a quick
check-in
click to take
our gut
health quiz**



Having gut symptoms can be very tiring and frustrating, but there are lots of things you can do to make it easier.

HEALING CAN TAKE TIME



The first thing is to talk to your GP or other healthcare professional who can help you come up with a plan for how best to manage your symptoms.

You can also empower yourself to take control of elements of your digestive health by listening to the signs your body is giving you. You know your own body best, and know when things aren't quite right.

You can take control by understanding how your gut works, and what works for you. We believe daily consistent choices will have the longest and best effect and small changes lead to greater levels of consistency.

There are lots of different ways to manage your symptoms.

Don't feel like you need to make all the changes at once - try out a few and stick with them for about two weeks before adding in new ones.

This gives your body time to get used to each change so it's easier to tell what's working.

Are you ignoring a host of symptoms related to poor gut health?

Check out our gut health BINGO on the next page

THE GUT GAME BINGO

Are you reading the signs that your gut is unhealthy and needs attention?

How many of these are you ticking off the list on a daily, weekly or monthly basis?

Your health isn't a game, are you paying attention?

feel sick

bloating

going to the toilet too often

abdominal discomfort

feel dehydrated

tired all the time

upset stomach

headaches

skin irritation

gas

inflammation

acid reflux / heart burn

trouble sleeping

can't go to the toilet

going to the toilet too often

wind

irritable

hungry but can't eat

extreme food cravings

unplanned weight changes

WHEN TO SEE A DOCTOR FOR DIGESTION AND GUT ISSUES



We know its sometimes hard to get an appointment to see your doctor. All health issues should be discussed with your GP and/or other qualified medical professional.

You should see your GP if you've had upset stomach digestive symptoms for longer than 2 weeks.

For example: acid reflux, excess gas, heartburn, stomach cramps, abdominal pain, inflammation or abdominal bloating, and diarrhoea or constipation.

You should also see someone if any of these as the may be a warning sign of a serious digestive illness:

- sudden, persistent change in the pattern of how your bowels work
- bleeding from the bottom
- worsening abdominal pain, heartburn or indigestion
- unexpected or unplanned weight loss
- difficulty in swallowing

Are you reading the signs that your gut is unhealthy and needs attention?

Prepare your list of symptoms to make sure you can explain to staff so they can help you be seen promptly

ASK QUESTIONS, TAKE NOTES



It can be hard to keep engaging until you get a diagnosis as your GP may do a series of tests to rule out different conditions.

Prepare for your appointment by making a list of symptoms and information about how you're feeling.

Also take a note of any questions you have so that you don't forget when you're there if you're likely to feel overwhelmed.

Ask about the benefits, possible side effects, and disadvantages of any recommended treatment, procedure or medication.

If you're unclear about something, ask them to explain it again.

Your health matters.



GUT WEAKENERS

The daily choices you make can maintain, improve or weaken your digestive health.

It might seem a little scary and daunting when considering making changes to your lifestyle and diet to improve your gut health.

There are 4 gut weakeners that have a big impact on overall digestive health.

We'll give you hints and tips throughout this guide.



01

Stress

High stress levels help bad gut bacteria thrive the body is not able to absorb the nutrients and the vitamins from food



03

Processed Food

Yes, processed foods have been designed for maximum cravings, but they're usually high in artificial ingredients which cause inflammation



02

Alcohol

Alcohol can inhibit the production of digestive enzymes and juices, making it more difficult for your body to breakdown, digest, and absorb nutrients from your food



04

Toxicity

Exposure to toxic chemicals can alter the microbiome by killing microbes, changing microbe growth rates and changing the nutrients in the gut





5 WAYS TO IMPROVE YOUR GUT HEALTH YOU CAN MAKE TODAY

The foundations of your digestive health are simple – consistently getting the basics right is key to good gut health!

If your gut feels like it needs an "out of order" sign, some routine wellbeing checks can have a big impact in healing yourself.

Luckily, there are plenty of easy ways to make small changes which can have a big impact. And the tips we're giving aren't just for a good gut, they also help in other ways so you can feel better and live healthier today!

1 **WATER** - staying properly hydrated may be one of easiest things you can do for a healthy gut

2 **FIBRE** - diets high in fibre reduce inflammation and increase good gut bacteria

3 **CHEWING** - every bite should be chewed until it's liquidy

 **check out our chewing challenge** 

IF YOUR GUT IS IN A RUT, THERE'S NO PERFECT SOLUTION BUT ARE YOU MAKING GOOD GUT CHOICES EVERYDAY?

4 **WALKING** - yes movement after a meal gets the blood flowing to you digestive systems and helps to contract the muscles

We've all probably been there where our gut doesn't feel quite right. We start to go into problem solving mode. We try to figure out what's wrong and how to solve it.

Let's cut to the chase - our modern lifestyles are the cause of much of our gut health issues.

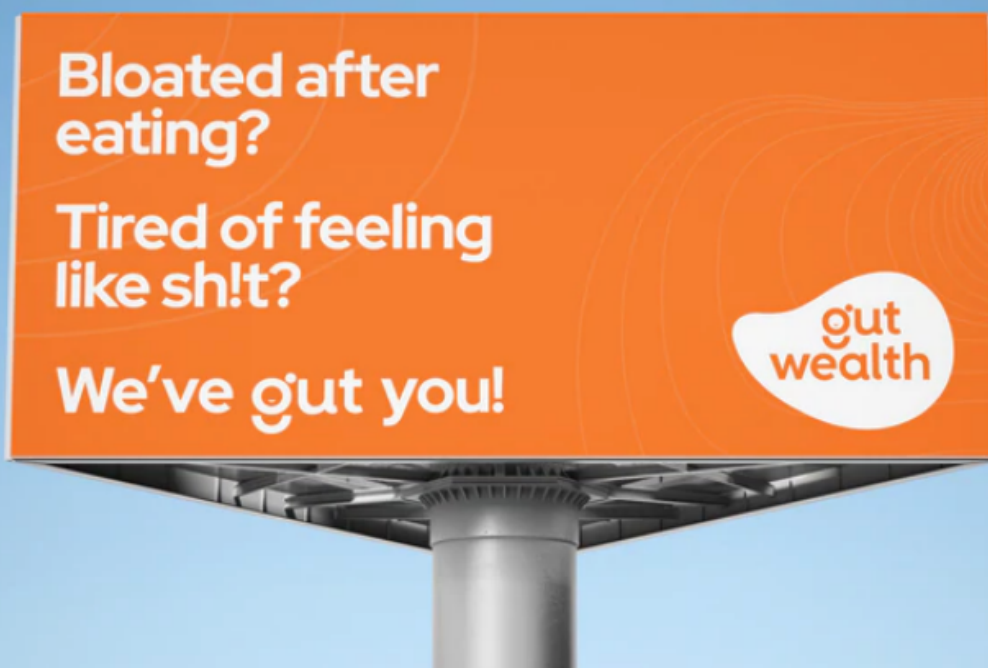
5 **SLEEP** - Resting your body allows it to focus on digestion and moving all the nutrients you need round your body. Restful time is also healing time.

Many of us are dealing with high stress levels and less restful sleep - just two causes of poor gut health. And then once we're not feeling great, we might choose even more convenience.

Are you reaching for the processed and high-sugar foods to give us quick fixes. It's piling bad habit on top of bad habit.

Small changes in our daily habits can impact our gut for good and bad reasons!

**Are you doing these consistently everyday?
Once you build or rebuild these good gut habits every day,
you'll realise better gut health has been at your fingertips.**



MORE FREE RESOURCES

You can choose to get gut educated to help manage some or all of the symptoms you're experiencing.

Wouldn't it be great to be free from worrying about you gut? There's lots going on in your digestion. Once you build or rebuild your good gut habits every day, you'll realise better health was at your fingertips this whole time.

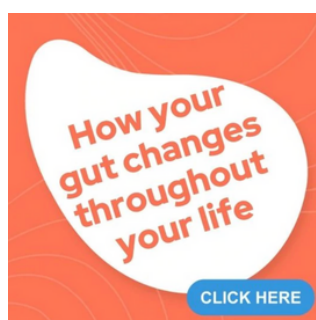
CLICK EACH BOX FOR MORE INFORMATION



The best foods to add more of to fuel your gut microbiome and improve your gut health



Getting to know your gut and terminology you might hear as you get gut educated.



Understand the changes your gut goes through as you age, as you adapt your lifestyle and how you live your life.



A look at how your gut and brain are connected.

CONNECT WITH US

For helpful reminders and realistic tips to help you manage your gut health and digestive wellbeing, connect with us.



@gutwealth.co ↗



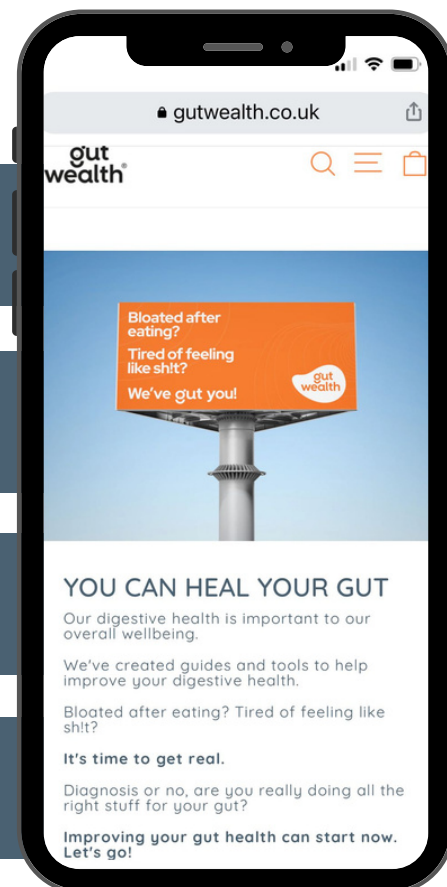
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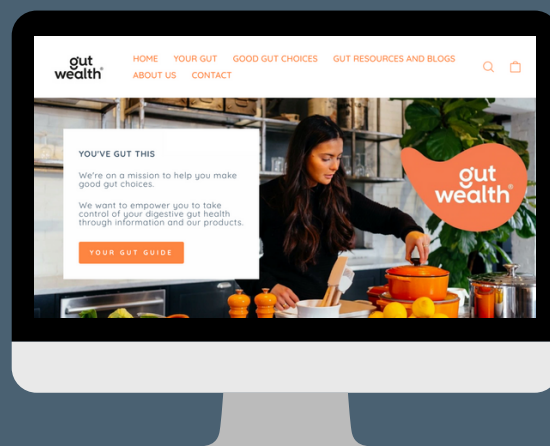
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Contact us



hello@gutwealth.co.uk



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**We're on a mission to help you
trust your gut.**

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