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ED'S GUIDE TO GUT HEALTHY DECISIONS



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Disclaimer

This e-book has been written from my own personal journey and research. I highly recommend taking into account your personal circumstances, such as age, pregnancy, diabetes, allergies, food intolerances, high blood pressure, high cholesterol, or any other pre-existing medical conditions, as well as your overall health status, before making any modifications to your diet or exercise routine. Seeking guidance from healthcare professionals, as appropriate, is strongly encouraged.

Before embarking on any new dietary or lifestyle changes, it is always advisable to consult with your doctor or a medical professional. If you anticipate challenges with implementing these suggestions, have an existing medical condition or allergies, are pregnant, or require specialized advice from a medical expert, we suggest seeking the advice of a relevant health professional to address your concerns or situation.

Ed's Gut Health Journey

Two years ago, my body suffered severe inflammation. I had gut issues, pain, discomfort, and my appearance changed overnight. I gained 9kg in 3 weeks.

Doctors were unable to give me answers after multiple tests and ultrasounds. Finally, after a cortisol test from my fertility doctor due to losing my period for 9 months. I was advised that I was suffering server stress and my body was unable to come out of fight mode. I was aware that I was going through some big life changing events, but I didn't realise that subconsciously I was suffering.

The enteric nervous system that regulates our gut is often called the body's "second brain." And although it can't solve equations, this extensive network uses the same chemicals and cells as the brain to help us digest and to alert the brain when something is amiss.

When I started gaining weight, I thought I needed to work out more and push myself, my whole life has revolved around high intensity workouts, but as a result, this was causing more stress and damage.

I had to move away from my high intensity to low intensity exercises, practicing mindfulness every morning, and removing all foods that caused inflammation in the body. It was about grounding myself and learning how to re connect with my body and re balance my mind so it would speak to my gut.

Inflammatory foods I cut out for a full year.

Red meat

Gluten

Dairy

Refined sugar

Processed foods, especially those that come in packaging.

Since then I have introduced these some of these foods back into my diet but at very low quantities and not everyday either. I don't believe in a 'diet' at all, I believe in a lifestyle. I choose to eat FOOD, and what I mean by food is, wholefoods.

I was open with sharing my journey and as a result it opened a two way conversation with my community. A lot of the same questions have continued to filter through, and as a result it made sense to relate an e-book hoping it could help someone else.

Gut Health 101

What is gut health?

Gut health refers to the well-being and optimal functioning of the digestive system, which includes the stomach, small intestine, large intestine (colon), and associated organs such as the liver, pancreas, and gallbladder.

A healthy gut is able to digest food effectively, absorb nutrients, eliminate waste efficiently, and maintain a balanced microbiome, which is the collection of microorganisms that live in the gut. The microbiome plays a crucial role in gut health, as it helps to break down food, produce essential vitamins and minerals, and support immune function.

Poor gut health can result in a variety of digestive disorders, such as irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), and gastroesophageal reflux disease (GERD), as well as other health issues such as weakened immunity, inflammation, and mental health problems. Taking care of your gut health involves maintaining a balanced diet, staying hydrated, getting regular exercise, managing stress, and avoiding unhealthy habits such as smoking and excessive alcohol consumption.





How can gut health effect your skin?

There is growing evidence to suggest that gut health can have a significant impact on the health and appearance of the skin. The gut and the skin are closely connected, with the skin often being referred to as the "third gut" due to its similar composition and role in eliminating toxins from the body.

When the gut microbiome is out of balance, it can lead to inflammation and immune dysfunction, which can trigger or exacerbate skin conditions such as acne, eczema, psoriasis, rosacea, and dermatitis. In addition, poor gut health can lead to nutrient deficiencies, such as vitamin D and omega-3 fatty acids, which are essential for healthy skin.

On the other hand, maintaining a healthy gut microbiome through a balanced diet, probiotics, and prebiotics can improve skin health by reducing inflammation, enhancing the skin barrier function, and promoting the production of collagen, which is essential for skin elasticity and firmness.

Overall, taking care of your gut health can have a positive impact on the health and appearance of your skin, and may help to alleviate or prevent certain skin conditions.

Signs you could have an unhealthy gut

From the research I have done when I was experiencing Gut Issues, there are several signs and symptoms that may indicate an unhealthy gut:

Inflammation: A personal strong indication when I knew something was wrong. My whole body was inflamed and swollen to the point my joints in my knees hurt. The lining of the gut contains a large number of immune cells that protect the body against harmful substances and pathogens. However, when the gut lining becomes damaged, it can trigger an immune response, leading to inflammation.

Digestive issues: Digestive issues such as bloating, gas, constipation, diarrhea, or abdominal pain can be a sign of an unhealthy gut. These symptoms may indicate that the gut is not functioning properly and may be a result of an imbalance in the gut microbiome or inflammation.

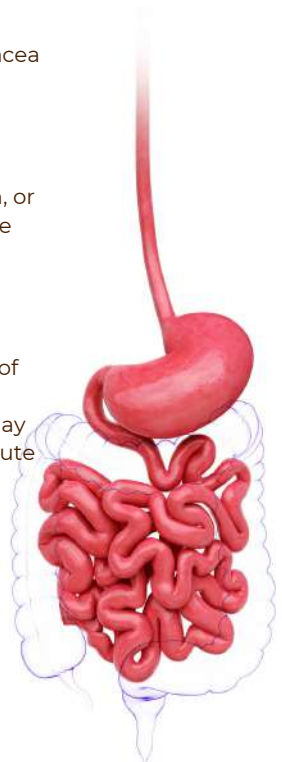
Food intolerances: Food intolerances or sensitivities, such as lactose intolerance or gluten intolerance, may indicate an unhealthy gut. When the gut is compromised, it may have difficulty digesting certain foods, leading to symptoms such as bloating, gas, or diarrhea.

Skin problems: Skin problems such as acne, eczema, or rosacea may be a sign of an unhealthy gut. The gut and the skin are closely linked, and an imbalance in the gut microbiome can lead to inflammation, which can contribute to skin issues.

Mood disorders: Mood disorders such as anxiety, depression, or brain fog may be a sign of an unhealthy gut. The gut and the brain are connected through the gut-brain axis, and an imbalance in the gut microbiome can lead to inflammation and other changes that can affect mental health.

Fatigue: Chronic fatigue or low energy levels may be a sign of an unhealthy gut. The gut plays a crucial role in nutrient absorption and energy production, and an unhealthy gut may lead to nutrient deficiencies or other issues that can contribute to fatigue.

I am no doctor and I am not here to say that the above is definite link to your gut, but if you are experiencing any of these symptoms, it may be a good idea to speak with your healthcare provider to determine if an unhealthy gut may be contributing to your symptoms.






DRY BRUSH - added benefit

DRY BRUSH - added benefit

Some proponents of dry brushing suggest that the practice helps stimulate the lymphatic system, which is responsible for removing waste and toxins from the body.

By improving lymphatic function, it is possible that dry brushing may indirectly benefit gut health by promoting overall detoxification and reducing inflammation in the body.



Dry brushing is a self-care technique that involves using a dry brush with stiff bristles, typically starting at the feet and working upward toward the heart. Here are some of the potential benefits of dry brushing:

Exfoliation: Dry brushing helps to slough off dead skin cells, which can improve the texture and appearance of the skin. This can also help to unclog pores and reduce the occurrence of ingrown hairs.

Lymphatic stimulation: The lymphatic system helps to remove waste and toxins from the body, and dry brushing may help to stimulate lymphatic flow and support this natural detoxification process.

Circulation: Dry brushing can also improve blood flow to the skin, which can promote cell turnover and help to deliver oxygen and nutrients to the tissues.

Relaxation: The sensation of dry brushing can be invigorating and soothing at the same time, making it a relaxing self-care practice that may help to reduce stress and tension.

Potential reduction in cellulite: Some people believe that dry brushing can help to reduce the appearance of cellulite by improving circulation and breaking down fat deposits under the skin. However, more research is needed to confirm this.

Overall, dry brushing is a simple and affordable self-care practice that may offer a variety of benefits for the skin and body. It is important to use a gentle, circular motion when dry brushing, and to avoid sensitive areas or any broken or irritated skin.

5 tips to Repair your Gut Health that worked for me.

Maintaining a healthy gut is essential for overall health and well-being. Here are tips to help heal your gut:

- 1.** Eat a balanced and varied diet: A diet that is rich in fiber, whole grains, fruits, and vegetables can promote the growth of beneficial gut bacteria. Eating fermented foods such as kefir, yogurt, and kimchi can also introduce healthy bacteria into your gut.

When I went through my gut healing journey I removed the following foods and here are my reasons why based off my personal research.

Red Meat - Red meat can cause inflammation in the body due to several factors:

1. High levels of saturated fat: Red meat, especially fatty cuts, is high in saturated fat. Saturated fat can trigger the production of inflammatory chemicals called cytokines.
2. Advanced Glycation End Products (AGEs): Cooking red meat at high temperatures, such as grilling or frying, can produce harmful compounds called Advanced Glycation End Products (AGEs). These compounds can contribute to inflammation and oxidative stress in the body.
3. Gut microbiome disruption: Red meat consumption can also alter the composition of the gut microbiome, leading to increased inflammation in the body.



Gluten - Previously I haven't been as sensitive to Gluten but as my gut worsened so did my intolerance to gluten. I suffered severe bloating and pains. I was tested for celiac but returned a negative test. I then researched to understand that, gluten is a protein found in grains like wheat, barley, and rye. For some people, consuming gluten can cause gut issues due to a condition called celiac disease or non-celiac gluten sensitivity. Non-celiac gluten sensitivity, is a condition in which consuming gluten triggers gut symptoms similar to those in celiac disease in which the body's immune system reacts to gluten as if it were a foreign invader and attacks the lining of the small intestine, but without the immune system reaction or intestinal damage.

The exact mechanisms of non-celiac gluten sensitivity are not well understood, but it may be due to the presence of other proteins or components in gluten-containing foods. In both celiac disease and non-celiac gluten sensitivity, the best way to manage gut issues is to avoid consuming gluten. This means avoiding foods like wheat, barley, and rye, as well as processed foods that may contain hidden sources of gluten. You would be surprised how much products, especially sauces contain gluten.

Dairy - Dairy products can affect your skin and gut health in several ways:

1. **Skin health:** Dairy products are a common trigger for acne and other skin conditions. The proteins casein and whey found in cow's milk and dairy products are believed to increase the levels of insulin-like growth factor-1 (IGF-1) hormone in the body. This hormone has been linked with elevated production of sebum, the oily substance that our skin produces, and this increased sebum production is associated with the development of acne. Additionally, dairy products may also increase inflammation in the body, which can exacerbate skin conditions.
2. **Gut health:** Many people have difficulty digesting lactose, which is the sugar found in dairy products. This can lead to gut issues such as bloating, gas, diarrhea, and abdominal discomfort. Additionally, some people may have an immune reaction to the proteins in dairy products, which can contribute to gut inflammation and other gut issues.

Processed foods - Processed foods can be bad for your gut health for several reasons:

- **Lack of fiber:** Many processed foods are low in fiber, which is essential for maintaining a healthy gut. Fiber helps to feed the good bacteria in our gut, promoting a healthy gut microbiome and aiding in digestion. A lack of fiber in the diet can lead to constipation, bloating, and other gut issues.
- **Added sugars:** Processed foods are often high in added sugars, which can contribute to inflammation in the body and disrupt the balance of bacteria in our gut. This can lead to gut issues such as diarrhea, constipation, and abdominal discomfort.
- **Preservatives and additives:** Processed foods often contain preservatives and additives that can disrupt the balance of bacteria in our gut and contribute to gut inflammation.
- **Imbalance of nutrients:** Processed foods are often high in unhealthy fats, sodium, and calories, and low in essential nutrients like vitamins, minerals, and antioxidants. This can lead to an imbalance of nutrients in the body and contribute to inflammation and other health issues.

Overall, a diet high in processed foods can lead to an unhealthy gut microbiome and contribute to gut issues, inflammation, and other health problems. It's important to focus on whole, nutrient-dense foods and limit your intake of processed foods to support a healthy gut and overall health.

2.

Manage stress: Chronic stress can disrupt the balance of gut bacteria and contribute to inflammation in the gut. Here is how;

Stress can have a significant impact on gut health, and the connection between the two is often referred to as the gut-brain axis. This is because the gut and brain are connected through a complex network of nerves, hormones, and immune cells, and they communicate with each other in various ways.

When we experience stress, the body releases a hormone called cortisol, which can affect the digestive system in several ways. Cortisol can decrease blood flow to the digestive organs, slow down digestion, and reduce the production of stomach acid and digestive enzymes. This can lead to gut issues such as bloating, constipation, and abdominal discomfort.


Additionally, stress can also disrupt the balance of bacteria in our gut, which can lead to gut inflammation and other gut issues. This is because stress can alter the production of certain hormones and neurotransmitters that are involved in regulating the gut microbiome.

On the other hand, gut issues such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD) can also contribute to stress and anxiety. This is because gut issues can cause discomfort, pain, and embarrassment, which can lead to psychological distress and negatively impact our mental health.

Therefore, managing stress is important for maintaining a healthy gut. Practices such as meditation, deep breathing exercises, yoga, and other stress-reducing activities can help to reduce cortisol levels and promote a healthy gut.

On a personal note, stress was my lead contributor to why I started facing gut issues. After many tests, my cortisol test came back the highest at a very concerning level.





3. Stay hydrated - Staying hydrated is essential for maintaining good overall health, including digestive health. Here are some reasons why staying hydrated is good for your gut:

1. Promotes bowel regularity: Drinking plenty of water helps keep the digestive system moving smoothly, preventing constipation and promoting regular bowel movements.
2. Helps prevent digestive problems: Dehydration can lead to a range of digestive problems, such as bloating, stomach cramps, and indigestion. Staying hydrated can help prevent these issues and keep your digestive system healthy.
3. Supports nutrient absorption: Water is necessary for the body to absorb and transport nutrients from food throughout the digestive system. Without enough water, your body may not be able to properly absorb the nutrients it needs to function properly.
4. Aids in digestion: Water helps break down food and move it through the digestive system, allowing for efficient digestion and absorption of nutrients.

Get enough sleep: Lack of sleep can contribute to gut problems and inflammation. Getting enough restful sleep each night can help keep your gut healthy.

Take probiotics and prebiotics: Probiotics are live bacteria and yeasts that are good for your gut. You can find them in foods like yogurt or in supplement form. Prebiotics are types of fiber that feed the good bacteria in your gut. Foods like garlic, onions, and bananas are good sources of prebiotics.

4. **Get enough sleep:** Getting enough quality sleep can have a positive impact on gut health and help repair any damage that may have occurred. Here are some ways in which sleep can help repair your gut health:

- 1.Reduces stress: Lack of sleep or poor quality sleep can lead to an increase in stress hormones, such as cortisol, which can cause inflammation in the gut. By getting enough quality sleep, the body can reduce stress levels and promote a healthy gut environment.
- 2.Improves gut microbiome: Sleep can have a positive impact on the gut microbiome, the collection of microorganisms that live in the gut. Studies have shown that people who get enough sleep have a more diverse and balanced gut microbiome than those who don't.
- 3.Promotes gut lining repair: During sleep, the body repairs and regenerates tissues, including the lining of the gut. Getting enough sleep can help promote the repair of any damage to the gut lining, reducing the risk of leaky gut syndrome.
- 4.Enhances digestion: The body's digestive system works best when it is in a relaxed state, which is why it is important to get enough quality sleep. By promoting relaxation and reducing stress, sleep can help enhance digestion and nutrient absorption.
- 5.Regulates appetite: Lack of sleep or poor quality sleep can disrupt the hormones that regulate appetite, leading to overeating and weight gain. By getting enough quality sleep, the body can regulate these hormones and promote healthy eating habits.

To promote a healthy gut, it is recommended to aim for at least 7-8 hours of sleep per night, avoid consuming caffeine or alcohol before bedtime, and establish a consistent sleep schedule. Personally I have chosen to stick to a one coffee a day rule and no caffeine after 10am. I also stop eating 3 hours before bed, stop consuming liquid 2 hours before bed and no screen time an hour before bed. This is simply to relax my body and avoid the need to break my sleep.

5. **Take probiotics and prebiotics:** Prebiotics and probiotics are both beneficial for the gut, but they work in different ways.

Prebiotics are non-digestible fibers that are found in certain foods, such as fruits, vegetables, and whole grains. They serve as food for the beneficial bacteria in the gut, helping them to grow and flourish. Prebiotics can also increase the production of short-chain fatty acids, which have anti-inflammatory properties and can improve the health of the intestinal lining.

Probiotics are live bacteria and yeasts that are beneficial to the gut when consumed in adequate amounts. They can be found in fermented foods, such as yogurt, kefir, and sauerkraut, as well as in dietary supplements. Probiotics can help to balance the composition of the gut microbiota, which can become imbalanced due to factors such as diet, medication use, and illness. They can also support the immune system and improve digestion.

The benefits of prebiotics and probiotics for the gut include:

1. **Improved digestion:** Prebiotics and probiotics can help to improve digestion by promoting the growth of beneficial bacteria in the gut. This can lead to better absorption of nutrients and a reduction in digestive symptoms such as bloating, gas, and constipation.
2. **Boosted immune system:** Probiotics have been shown to support the immune system by reducing inflammation and improving the function of immune cells in the gut. This can help to protect against infections and reduce the severity of allergies and autoimmune disorders.
3. **Reduced inflammation:** Prebiotics and probiotics can help to reduce inflammation in the gut by increasing the production of short-chain fatty acids and improving the balance of gut bacteria.
4. **Improved mental health:** There is emerging evidence that the gut microbiota can influence mental health, and that prebiotics and probiotics may have a role to play in this. Some studies have shown that probiotics can improve mood and reduce symptoms of anxiety and depression.



During my time of suffering, it gave me a personal purpose to create a solution not only for me but to the ed&i community. I knew if I was suffering from stress, so many others were too. I wanted to create a gut supplement that helped conquer these issues. A supplement that would focus on stabilising my gut internally and repairing the trauma it had gone through.

GUT WITHIN, a supplement designed and formulated to help restore your gut health, support the unwanted gut bloat, and bring balance back into your gut within.

It's crucial to comprehend that a supplement is not a remedy and cannot replace a well-rounded diet. I learned that wellness is comprehensive, and "diet" should be a way of life rather than a temporary measure. Be compassionate to yourself, allow room for mistakes, and recognise the importance of balance over perfection.



GUT WITHIN
Dictionary of ingredients in



ednri

Chaga Mushroom

Chaga is a mushroom that grows on the bark of trees. It is referred to as the 'black gold' or 'diamond of the forest'.



Why Chaga Mushroom is good for the GUT

Chaga mushroom is believed to be good for gut health due to its high concentration of beneficial compounds, including polysaccharides, beta-glucans, antioxidants, and other nutrients. These compounds are thought to work together to support a healthy gut microbiome and improve digestive function.

One of the main ways chaga mushroom can benefit gut health is by acting as a prebiotic, which means it promotes the growth and activity of beneficial gut bacteria. Studies have shown that chaga mushroom extract can increase the abundance of beneficial bacteria such as Lactobacillus and Bifidobacterium, while reducing the growth of harmful bacteria such as Clostridium.

Chaga mushroom also contains anti-inflammatory compounds, such as triterpenes and betulinic acid, which can help to reduce inflammation in the gut and alleviate symptoms of digestive disorders such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).

Additionally, chaga mushroom is rich in antioxidants, such as superoxide dismutase (SOD) and melanin, which can help to protect the gut lining from oxidative damage and support overall gut health.

Additional benefits

Chaga mushroom is considered a superfood. Here are additional reasons why chaga mushroom is so good for you:

Rich in antioxidants: Chaga mushroom is one of the richest sources of antioxidants in the world, containing more antioxidants than blueberries, acai berries, and other superfoods. Antioxidants help to protect the body against oxidative stress and damage from free radicals, which can contribute to aging, chronic diseases, and inflammation.

Supports immune function: Chaga mushroom has been shown to stimulate the immune system and improve immune function. This is due to its high concentration of beta-glucans, which can activate immune cells and enhance their ability to fight off infections and diseases.

Anti-inflammatory: Chaga mushroom contains compounds that have potent anti-inflammatory properties, such as betulinic acid, ergosterol, and lanosterol. These compounds can help to reduce inflammation in the body and alleviate symptoms of inflammatory conditions such as arthritis, allergies, and asthma.

Probiotic Blend 200billion cfu/g

Probiotics are used to enhance digestion and return the flora to its normal state. Probiotics have been used to treat dermatitis, vaginal yeast infections, lactose intolerance, urinary tract infections, and gastrointestinal issues (such as diarrhea and irritable bowel). Probiotics have been proven to improve panic anxiety and increase mood regulation.

To Know:

Probiotic strain in Gut Within provides 10 different strains, having many different strains helps diversify the microbiome which is beneficial for a healthy gut
Inflammation causing bacteria significantly reduced over 12 week course

Also helps with mental health through the Gut Brain connection

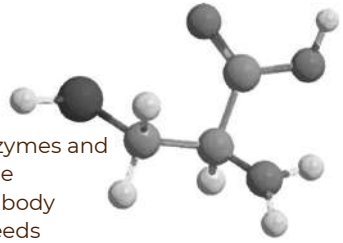
Probiotic Strain breakdown: Lactobacillus casei (LC89): 61 billion cells (CFU/g); Bifidobacterium lactis (BLa80): 45 billion cells (CFU/g); Lactobacillus plantarum (LP90): 40 billion cells (CFU/g); Bifidobacterium longum (BL21): 20 billion cells (CFU/g); Lactococcus lactis (LLa61): 10.5 billion cells (CFU/g); Lactobacillus acidophilus (LA85): 5.5 billion cells (CFU/g); Lactobacillus rhamnosus (LRa08): 5.5 billion cells (CFU/g); Lactobacillus reuteri (LR08): 5.5 billion cells (CFU/g); Lactobacillus fermentum (LF61): 5.5 billion cells (CFU/g); Bifidobacterium bifidum (BBi32): 1.5 billion cells (CFU/g);

Probiotic blends are patented by national high-tech enterprise specializing in the R & D, production and application of probiotic strains, intestinal flora and human health, fermented food strains



Zinc Methionine

Zinc plays an important role in producing digestive enzymes and can help prevent a few gastrointestinal issues. Hormone production within your body is enhanced by zinc. Your body requires enough zinc to make hormones, and it also needs enough zinc to keep the hormones in the right balance. Zinc is proven to support healthy hair, benefit skin, boost brain health, improve digestion and naturally balance hormones.




Cayenne Powder

Cayenne Powder is known to reduce inflammation in the gut, helping to improve digestion by increasing digestive fluids and enzymes. Cayenne activates the stomach nerves that release messages to protect you from harm. The pepper may contribute to an increase in digestive fluid production. It can send digestive enzymes to the stomach and give the stomach additional defense against infections. Cayenne Pepper has been used as a medicine for cramping and stomach aches and gas for over 9000 years.



Inulin

Inulin is a prebiotic that stays in the bowel and helps certain beneficial bacteria to grow and may improve digestive health, relieve constipation and help improve bowel movements. To keep the stomach healthy and safeguard the body from disease, the proper balance of bacteria is necessary. This equilibrium can be supported by inulin. Research has indicated that inulin can promote the development of helpful microorganisms.



What you can expect when you heal your gut...

Better Moods

Better Digestion

Clearer Skin

Reduced inflammation and pain

Less food sensitivities

Stronger immune system

Better Energy

Hormone balance

Less anxiety and depression

Improved cognitive function

A photograph of two glass jars filled with a light brown smoothie, placed on a wooden cutting board. Several slices of banana are arranged on the board in front of the jars. The background is a light, neutral color.

ED'S GUIDE
TO
GUT HEALTHY RECIPES

INGREDIENTS

- Half large banana or full small banana
- scoop of ice
- 30grams, heaped table spoon of FIT WITHIN organic hemp protein
- 100ml coconut milk
- 100ml water
- Super greens powder mix (I use a brand called Beauty Chief super greens powder).

DIRECTIONS

I personally start with popping the ice in the blender, but to be real, all this is being mixed together so pop it all in a blender and mix it.

My personal preference is to use a 250ml glass for each serving of my smoothies, and I like to keep my recipes simple. I've discovered that it's easy to overindulge when making smoothies if you add too many ingredients or too much of any one ingredient to the blender. Since you can't visually assess the proportions like you can with food on a plate, it's important to be mindful of how much you're adding to avoid overeating.



INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1-inch piece of ginger, grated
- 2 cups chopped kale
- 2 cups chopped spinach
- 1 cup chopped carrots
- 1 cup chopped celery
- 4 cups low-sodium vegetable broth
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- Salt and pepper to taste
- Juice of 1 lemon

Please remove or add veggies where you feel fit.

DIRECTIONS

1. Heat the olive oil in a large pot over medium heat. Add the onion, garlic, and ginger, and sauté for 3-4 minutes until fragrant.
2. Add the kale, spinach, carrots, and celery to the pot and stir to combine. Cook for 5-7 minutes until the vegetables are slightly softened.
3. Pour in the vegetable broth and add the chickpeas, turmeric, and cumin. Season with salt and pepper to taste.
4. Bring the soup to a simmer and cook for 15-20 minutes until the vegetables are tender.
5. Stir in the lemon juice and serve hot.

This soup is packed with fiber, antioxidants, and anti-inflammatory ingredients that are great for your gut health. Enjoy!



INGREDIENTS

- 2 medium pumpkins or 1 large pumpkin. I prefer a butternut squash, split, seeded, peeled
- 1 medium yellow onion
- chopped 1 clove garlic,
- 1/2 tsp sea salt
- 1 tsp lemon juice
- 5 cups homemade chicken or veggie stock
- 1/4 cup natural yogurt, or coconut cream.

DIRECTIONS

- In a large stockpot, combine pumpkins, yellow onion, garlic, sea salt, lemon juice, and stock. Set over medium-high heat, and bring to a boil.
- Cover, reduce heat to medium-low, and simmer for about 20 minutes or until squash is softened.
- Working in small batches, purée soup in a blender.
- Serve with a dollop of yogurt or cream.



ED'S CHICK DISH

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste
- 1/2 cup low-sodium chicken broth
- Juice of 1 lemon
- 2 cups chopped kale
- 2 cups chopped spinach
- 1/2 cup chopped carrots
- 1/2 cup chopped celery

If you prefer other veggies sautéed, by all means change it up.

DIRECTIONS

- Preheat the oven to 180°C.
- In a small bowl, whisk together the olive oil, garlic, ginger, turmeric, cumin, cayenne pepper, salt, and pepper.
- Rub the chicken breasts with the spice mixture, making sure they are coated evenly.
- Place the chicken breasts in a baking dish, and pour the chicken broth and lemon juice over the top.
- Bake the chicken for 25-30 minutes, until cooked through.
- While the chicken is cooking, sauté the kale, spinach, carrots, and celery in a pan over medium heat until tender.
- Serve the chicken with the sautéed vegetables on the side.



INGREDIENTS

- 4 salmon fillets (or any fish of your choice).
- 2 tablespoons olive oil
- 1 red onion, chopped
- 3 cloves garlic, minced
- 1 cup chopped kale
- 1 cup chopped spinach
- 1 cup chopped carrots
- 1 cup chopped zucchini
- 1/2 cup chopped fresh parsley
- 1/2 cup low-sodium chicken or vegetable broth
- 1 lemon, sliced
- Salt and pepper to taste

If there is a vegetable to herb that you don't like or doesn't sit right with your gut, like garlic for me, feel free to remove or replace. I've just added garlic to these dishes as I know it gives better flavor. I love garlic, I just can't do a lot of it.

DIRECTIONS

- Preheat the oven to 180°C.
- Heat the olive oil in a large oven-safe skillet over medium heat. Add the chopped onion and garlic, and sauté until soft and fragrant, about 5 minutes.
- Add the chopped kale, spinach, carrots, and zucchini to the skillet, and stir to combine. Cook for 5-7 minutes until the vegetables are slightly softened.
- Season the salmon fillets with salt and pepper, and place them on top of the vegetables in the skillet.
- Pour the chicken or vegetable broth over the salmon and vegetables in the skillet.
- Top the salmon with the chopped fresh parsley and lemon slices.
- Place the skillet in the preheated oven, and bake for 15-20 minutes until the salmon is cooked through and the vegetables are tender.
- Remove the skillet from the oven, and let it cool for a few minutes before serving.



INGREDIENTS

- 4 cups mixed greens
- 1 cup chopped cucumber
- 1 cup chopped tomatoes
- 1 cup chopped carrots
- 1 cup chopped bell peppers
- 1/2 cup chopped red onion
- 1/2 cup sliced almonds
- 1/4 cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1/2 teaspoon Dijon mustard
- Salt and pepper to taste

If you want to go extra fresh which I sometimes do, is to use the juice of a full lemon as dressing. It works wonders and surprisingly enough.

DIRECTIONS

- In a large bowl, combine the mixed greens, chopped cucumber, carrots, bell peppers, and red onion.
- In a separate bowl, whisk together the extra-virgin olive oil, apple cider vinegar, honey, Dijon mustard, salt, and pepper.
- Drizzle the dressing over the salad, and toss to combine.
- Sprinkle the sliced almonds over the top of the salad.

This gut-healthy salad is packed with fiber, vitamins, and antioxidants that are great for your digestive health. Plus, it's easy to make and delicious to eat!



ED'S GLUTEN FREE, DAIRY FREE PANCAKES

INGREDIENTS

- 2 ripe bananas
- 2 large eggs
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon baking powder
- Pinch of salt

Coconut oil or cooking spray, for greasing the pan Instructions:

DIRECTIONS

- In a medium bowl, mash the bananas with a fork until they are mostly smooth.
- Add the eggs, ground cinnamon, baking powder, and salt to the bowl. Whisk the ingredients together until fully combined.
- Heat a non-stick pan or griddle over medium heat. Grease the surface with a small amount of coconut oil or cooking spray.
- Pour 1/4 cup of the pancake batter onto the skillet for each pancake. Cook for 2-3 minutes on each side until golden brown.

Serve the pancakes warm with your favorite toppings, such as fresh fruit, nut butter, or honey.

These banana pancakes are gluten-free, flourless, and naturally sweetened by the bananas, making them a healthy and delicious breakfast option. Enjoy!

