

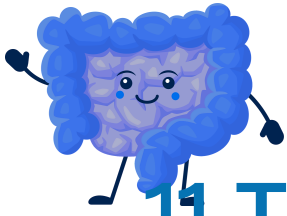


11 TIPS TO HEAL YOUR GUT



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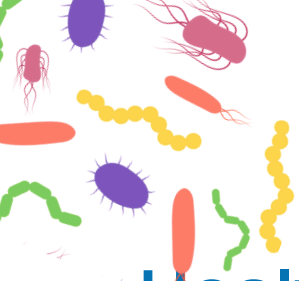




11 Tips for Healing Your Gut

1. Eat a healthy diet – Prioritize whole, nutrient-dense foods, including mushrooms, which support gut microbiota.
2. Adjust your fiber intake – Most people need 25–35 grams per day, but some may benefit from less. Mushrooms provide fiber and prebiotics to aid digestion.
3. Relax! – Stress negatively impacts gut health. Practice meditation, deep breathing, or gentle exercise to reduce stress levels.
4. Sleep – Aim for at least seven hours per night to allow your gut microbiome to function optimally.
5. Reduce sugar intake – Excess sugar feeds harmful bacteria. Mushrooms contain natural compounds that help balance gut flora.
6. Eat fermented foods – Include yogurt, sauerkraut, miso, kefir, tempeh, pickles, and kimchi to boost probiotics.
7. Try a plant-based diet – Many people find digestive relief by focusing on plant-based foods, including mushrooms, which nourish gut fungi.
8. Consume bone broth – Bone broth provides collagen and amino acids that support gut lining integrity.
9. Stay hydrated – Drinking plenty of water supports digestion and overall gut health.
10. Exercise regularly – Physical activity helps improve digestion and promotes a healthy gut microbiome.
11. Eat mushrooms – Mushrooms act as prebiotics, feeding beneficial bacteria and fungi in the gut, helping maintain a balanced microbiome.

The gut and brain are deeply connected through the gut-brain axis, meaning that a healthy gut supports mental well-being, reduces stress, and enhances cognitive function.



Healthy Micro-organisms In Your Gut

Bacteria (e.g., Lactobacillus, Bifidobacterium)

Aid digestion, produce vitamins, regulate immunity

Fermented foods (yogurt, kimchi, sauerkraut), fiber-rich foods

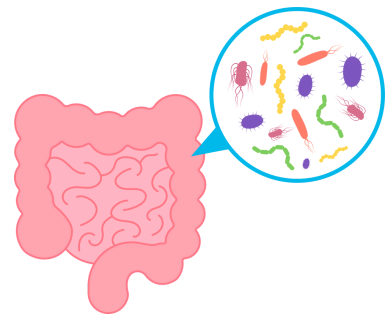
~39 trillion (most abundant)

Viruses (e.g., Bacteriophages)

Regulate bacterial populations, prevent harmful overgrowth

Balanced diet, prebiotic-rich foods

~10 trillion



Fungi (e.g., Candida, Saccharomyces)

Support digestion, interact with immune system

Mushrooms, fermented foods, polyphenol-rich foods

~1 trillion

Archaea (e.g., Methanobrevibacter)

Help break down complex carbohydrates, regulate gut gas production

Fiber-rich foods, whole grains, legumes

~1 trillion

Akkermansia muciniphila, Faecalibacterium prausnitzii, Streptococcus thermophilus, Lactococcus lactis, and Enterococcus faecium, also play key roles in digestion, immunity, and overall gut

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