

5 GUT HEALTH

Smoothies



You've heard all the quotes and sayings how all disease starts in the gut. And it's not completely wrong. Your gut is where your health lies, so if it's not taken care of, there are chances of destruction: infections, viruses, disease and illness. Toxins take a big piece of the blame.

We currently live in a society that just about everything we do come along with a list of toxins. Starting with the food we eat, to the water we drink, and even the air we breathe. The highest amounts of toxins are derived from glyphosate- commonly found in the pesticide Roundup, which you may know is all over most crops grown in the world. Those crops are making their way to your dinner table and are contributing to many gut issues, including leaky gut.

TIP: try to stick with organic whole foods as much as possible.

WHAT IS LEAKY GUT?

Our bodies are pretty incredible - but toxins are getting the best of us. There is an intestinal lining which covers nearly 4,000 sf of surface. Did you even think there was that much space inside your belly? Unfortunately, with the amount of toxins that go into our systems, this lining gets large cracks and holes that allow partially digested foods, toxins and bugs from within the gut to leak and penetrate tissues beneath it causing inflammation and changes in the gut flora (good bacteria). This leads to problems within the digestive tract and more.

Let's just say it's time to avoid these toxins as best we can and furthermore clean out the ones that are getting in without choice.

FOR A HEALTHY GUT:

- Take your daily probiotics – I love Suja Probiotic Immunity Shots! They're packed with ginger and turmeric which are GREAT for a healthy gut and anti-inflammatory.
- Eat fermented foods like kombucha, kefir, kimchi, sauerkraut, miso, tempeh and other fermented veggies. Check out the Gut Health Module in your bonus Body Reset Program for a video on my fav choices!
- Eat prebiotic foods such as asparagus, bananas, garlic, and onions.
- Avoid sugar and sweeteners
- Reduce stress – I know, crazy right? Stress is not only bad for your soul, it's bad for your belly too! Take time to close your eyes and breath/meditate throughout the day, even if it's just for 2 minutes - it will do wonders!
- Avoid taking antibiotics unnecessarily – they kill all your good bugs and it takes time to rebuild that healthy bacteria. TIP: Focus on boosting your immunity so you get sick less often (which means you avoid antibiotics).
- Exercise regularly
- Get enough sleep

HERE ARE MY FAVORITE GUT LOVING SMOOTHIE RECIPES:

GUT LOVE 101

Serves 1

- 1 ½ cups dairy free milk or water
- 1 apple
- 1 cup mixed greens
- 1 cup berries, fresh or frozen
- ½ avocado
- ½ cup cilantro
- 1/2 teaspoon ground turmeric

Blend all ingredients in a high speed blender.

GUTSY LIVING 101

Serves 1

- 1 cup dairy-free milk or water
- ¼ cup aloe vera juice
- 1 cup spinach
- 1 pear
- 1 tablespoon fresh ginger, chopped
- 1 tablespoon raw honey or stevia (optional)
- Dash of cayenne pepper

Blend all ingredients in a high speed blender.

BERRY GUT LOVE

Serves 1

- 1 cup coconut milk kefir
- ½ cup frozen or fresh mango
- 1 cup spinach
- 1 tablespoon fresh ginger, chopped
- Stevia to taste (optional)

Blend all ingredients in a high speed blender.

IMMUNE SMOOTHIE

Serves 1

- 1 ½ cups coconut milk
- 1 green apple
- 1 date, soaked without pit
- 1 cup kale, chopped
- 1 tablespoon coconut oil
- 1 tablespoon fresh ginger, chopped

Blend all ingredients in a high speed blender.

IMMUNE BOOST SMOOTHIE

Serves 1

1 ½ cups dairy dairy-free milk or water

1 cup kale

1 cup spinach

½ cup frozen blueberries

½ frozen strawberries

1 tablespoon bee pollen

1 tsp honey

Blend all ingredients in a high speed blender.