THE GUT ACADEMY

"The Ultimate Gut Check Guide For Staying forever Young"

Lynnie Stein

Ready to upgrade your life?

Let's spice things up with some simple goals that pack a punch!
Tame Type 2 diabetes with a few tweaks
Wave goodbye to extra pounds for good Say "so long" to bloating and "hello" to feeling fab
Build a healthier relationship with food and love your tummy
Power up your digestion and never look back
Flush out toxins and feel purrrfect
Let's get that gut bacteria grooving and move cravings to the curb
Shield yourself from germs and boost that immune system
Detoxify like a champ and keep your body running smoothly
Wave goodbye to heart troubles and inflammation like a boss
Rev up your energy levels and feel like a superhero
Say farewell to skin problems and fertility issues and hello to radiant health
Pick one or more of these goals and get ready to rock the path to better health today!

So, how do we know if our gut is in tip-top shape?

Here's a clue: Traditional folks who ate fermented foods had virtually NO toxins in their guts. But we modern humans have been unkind to our digestive tracts, with antibiotics, birth control pills, refined foods, and chemical cleaners toppling our guts' balance.

But don't fret, let's learn from the Ancients and get our gut back on track. Fermented foods are the key, but not all fermented foods are created equal. Sourdough bread, for instance, gets baked, killing off its live cultures.

So, let's stick to fermented foods with active cultures to help our gut thrive. Einstein was onto something when he said, "The only source of knowledge is experience." **So let's give our gut the boost it deserves!**

Hold on to your stomachs, folks!

Did you know that our gut is our Emotion Centre and second brain?
That's right, digestion holds the key to our moods!

So, what's the secret to a happy gut?
Fermented foods! Add these bad boys to your diet and you'll be feeling like a million bucks in no time! But wait, there's more! **Our gut bacteria, all trillions of them, might just be running the show without us knowing it.**
Can you imagine?

Oh, and have you heard of leaky gut? Let's dive into that mystery next.

Let's chat about dysbiosis, aka the notorious "leaky gut syndrome." Basically, this sneaky issue occurs when the intestinal wall and its flora take a hit. That means less of the good bacteria and a weakened intestinal wall, leading to a leaky gut. Yikes! **Our tummies were never meant to absorb food until it's broken down into all the right nutrients. So, let's raise a glass to our guts and love them up!**

Let's talk about the link between gut health and some important health conditions! The wise ancient Greeks already knew that fermentation was some sort of magic, calling it alchemy. And hey, they were totally right!

Lacto-fermentation, the process of preserving veggies and fruits, has got more than one trick up its sleeve. It's a natural preservative, thanks to the lactic acid that's produced when sugars and starches are converted. This acid stops bacteria from turning foods into a hot mess. Recent studies have shown that foods packed with lactic acid bacteria are a big help for a range of health conditions such as constipation, colitis, and even gum disease! But wait, there's more! **Probiotics, found in fermented foods, have been linked to reducing the risk of chronic illnesses, obesity, Parkinson's, and diabetes.**
So, let's raise a forkful of fermented goodness for gut health!

According to the legendary Hippocrates, the father of medicine, "All disease begins in the gut." This means that if you want to be in tip-top health, you need to give your gut some love!

Surprisingly, the trillions of microscopic buddies that live inside our tummies are the real bosses of our well-being. They protect us from harmful microbes and parasites, and keep our digestive and immune systems in top-notch shape.

These friendly bacteria help our intestines keep out harmful toxins and allergens and prevent them from entering the bloodstream. **So, it's no surprise that a healthy gut has three important jobs: digesting food, absorbing nutrients, and keeping toxins out of our bodies.**

But here's the gut-wrenching truth: millions of people suffer unknowingly with gut health problems, which can cause a host of symptoms like eczema, mood disorders, autoimmune conditions, and even attention deficit disorder!

All these problems arise when the digestive system is down and out, and can't absorb the nutrients we need to keep our bodies running smoothly.

So, let's give our gut some TLC and help it digest food properly, absorb nutrients, and keep our bodies toxin-free. A happy gut equals a healthy body!

WHAT'S IN POO? What's in your poop?

Clinical Laboratory Stool DNA Testing which can reveal your very own microbial profile, telling what and how many favourable organisms you have, and any pathogenic organisms that may be present such as yeast, parasites, and bacteria.

Many thinks only the large intestine has probiotics in it. This certainly is not the case. Both the large and small intestine contains multiple strains.

It is estimated there are 500 to 600 good bacteria in the intestines.

Remember? The intestines are a superhero of our immune system, with around 80% of our body's defence force residing there!

The small intestine has mainly the acidophilus cultures and the large intestine has mainly the bifidus strains.

*Prebiotics vs Probiotics: What's the Deal?

Think of prebiotics as the energy drink for probiotics - they fuel our gut buddies to keep them going strong!

Get ready to dive into the world of gut health! Your gut is home to both good and bad bacteria, which can impact your overall health and well-being.

To keep your gut in tip-top shape, it's important to maintain a balance between these two types of bacteria.

Probiotics are the good guys, and prebiotics are their fuel.
So, how can you keep your gut happy?

Treat it to some delicious and nutritious probiotic foods, like fermented goodies such as sauerkraut, kimchi, and kombucha. These foods promote the growth of good bacteria, keeping your gut healthy and happy.

Don't forget to add some prebiotic foods to the mix too, like * veggies (especially artichokes, garlic, and asparagus), fruit (especially green bananas - flour), legumes, nuts, and seeds. And if you're feeling adventurous, try some spirulina, chlorella, wheatgrass, or barley grass. Your gut will thank you for the love and care. **Struggling with a cranky gut?** Don't worry, friend, we've got you covered! But, before you dive into the deep end of the "get-healthy" pool, take a breather and approach it one step at a time. Overwhelming yourself with too much info can make matters worse, so take it easy, tiger! Your body needs time to adjust to each change, and rushing it will only add more unnecessary symptoms. Trust in your marvellous body and let it work its magic at its own pace. **While diet is a major player in gut health, there are other factors that contribute to our overall wellness.** Make sure to catch some Zzz's, have some fun, connect with loved ones, soak up some vitamin D, and keep your mental health in check.

Don't forget to exercise and breathe deeply too!

Got tummy troubles? Wondering what's behind those pesky gut issues? Fear not! We've got a whole list of things that could be contributing to this gut-wrenching problem. But wait, there's a solution!

Get ready to learn some awesome tips to keep your gut happy and healthy. We're talking benefits like extra energy, better digestion, a happier immune system, and more.
So, what's the key? It's all about the bacteria, baby! Welcoming in good-for-you bacteria can help you ditch the bad stuff and get back on track. Probiotic flora is the hero here, setting up shop in your large intestine to help the elimination process and produce vitamins like B1, B2, B12, and Vitamin K. But that's not all! Fermenting your own food can be a game-changer. No more sad, wilted salsa that only lasts a few days.

Say hello to homemade salsa and sauerkraut that lasts for months without losing nutrients.

Bring on the bacteria and let's get that gut in tip-top shape!

Try squeezing in a couple of fermented foods into your daily meal plan or at least a few times each week. It could be as simple as a sprinkle of sauerkraut brine or going all out with a coconut milk kefir. And why bother? Well, besides the fact that they taste amazing and may even become your new foodie obsession, there are a plethora of reasons to ferment your grub.

For instance, lactic acid, the same stuff that replaces the hydrochloric acid in your stomach, becomes essential as we age. Studies from as far back as the 1930s found that hydrochloric acid dwindles as we get older, and by our 50s, we may only have half of it.
As for folks over 60? They have 1000 times fewer microbes in their gut, making daily fermented food consumption all the more necessary.

But here's the best part: humans and lactic acid bacteria go way back.

Lactic acid bacteria are the first bacteria that all human beings are exposed to during childbirth, and they are totally essential to our ability to digest food, assimilate nutrients, and protect us from pathogenic bacteria.

The process of lactic acid fermentation is part art and part science.

The same beneficial organisms we find in good soil are on the surface of the vegetables we harvest, and they feast on the carbs in the veggies, producing organic acids and enzymes and beneficial bacteria.

These acids, part lactic and part acetic, create the brine that preserves the veggies from spoilage. Beyond that, fermenting is unbelievably easy: let the bubbles begin! Eating fermented foods and drinking fermented drinks like Kefir and Kombucha will introduce beneficial bacteria into your digestive system and help your gut bacteria stay in balance.

Probiotics have also been shown to help slow or reverse some diseases, improve bowel health, aid digestion, and improve immunity! **Fermenting is the perfect way to pre-digest plant foods and get the benefits without the anti-nutrients.**

So why go through the trouble of fermenting?

Because it pre-digests plant foods, enhances nutrition, detoxifies, replenishes live cultures, and helps the body absorb vital minerals that are tough to break down in their raw state.

Plus, it's pretty darn delicious!

HOW DO I EAT FERMENTED FOOD? …Just start slow!

Your body needs time to adjust, especially if you have yeast imbalances.

Too much fermented food can irritate Candida and other yeast imbalances, so the key is moderation.

Try to eat something fermented every day, even if it's just a small amount with each meal. Sip on a small cup of miso before eating, toss some fermented veggies in your salad, top breakfast eggs with kimchi, or enjoy a glass of kefir.

Your gut will thank you! A great start is medicine in a jar (sauerkraut brine).

Understanding the Dynamics of Probiotics in the Gut

Have you ever wondered if organisms introduced through ingestion can grow in your gut and cause damage?

While probiotics are designed to do exactly that, it is highly unlikely that they can over-run and cause damage.

The digestive process, which starts in the mouth, involves a series of enzymes and acids that break down organic matter.

The acids and enzymes in the stomach do more to digest and break down the parts already altered in the mouth. Then the enzymes from the liver, gall bladder, pancreas and upper small intestine all take their turn.

By the time all these have contributed to the digestion process, all organic matter has been attacked. Although there are some organisms that survive the digestive process, they are usually designed for the gut environment, tough, or otherwise protected.

The friendly ones are present in sauerkraut and kefir, while the nasty ones are usually associated with food poisoning and parasites. However, as these organisms travel through the gut, their numbers decrease, and the gut's natural defence system takes over. For the bacteria in the gut to become 'out-of-control,' the gut would have to be compromised. If the acids and enzymes were not effective in breaking down organic matter, nutrient absorption through the gut wall would be severely affected. This can result in vomiting, undigested food passed in stools, poor growth, or blood sugar issues.

Let's kick things off with a bang this week and add another healthy habit next week!
Here are some ideas to get you going:

Get your meal game on point with a weekly or fortnightly food plan and prep session.

Make sure your plate is packed with veggies and a sauerkraut tonic - with every meal, baby!

Ditch one fake food and replace it with something wholesome.

Try introducing milk kefir, sauerkraut brine or kvass to your diet, one at a time.

Get to know broth, seaweed, Aloe Vera, healthy fats and turmeric - they're your new BFFs.

Keep your kitchen clean and tidy as you cook.
Remember to feed yourself first.
Take a seat, relax and enjoy your meal without any distractions.
Savour every bite by eating slowly.
Stay hydrated, folks!
Keep stress levels in check, and aim for quality sleep.

Get moving and shake that bod with some exercise or even some singing and humming (yes, it's a thing!)

Did you know that sitting all day is worse than smoking?

Consider making a standing desk for your work or daily computer use.

List your routines, add a new one that works for you, and stick to it!

And last but not least, join a community of health enthusiasts who share your goals!

Keeping in tip-top shape is the key to unlocking all other doors.

Get ready to tantalize your taste buds and boost your immune system with a magical, flavourful broth and a gut-loving sauerkraut tonic!

Jazz up your meals with savoury broth! Swap out plain old water for a flavourful broth to poach your veggies, whip up a piping hot bowl of miso soup, or create a yummy sauce.

Nourish your gut with a steaming cup of bone broth, add a dash of Sauerkraut brine, and voila! You'll be buzzing with good beasties.
But, warning! Don't heat up the brine, or you'll be saying goodbye to the good bacteria.

For those who prefer plant-based options, grab a large pot, toss in your favourite veggies, and let it all simmer to perfection. After an hour of tantalizing aroma, strain the liquid gold, chill it, and store it in the fridge or freezer for a great day.

Introducing the 5 R's - your key to profound transformation!

Remove + Replace + Repair + Restore + Reduce

Foundation for all good health

1. Digestion & detoxification
2. Rhythm & sleep
3. Movement & breath
4. Mindset & spirit

DIEt, detoxification!

Ditch the DIEt's.

Detoxing your way out takes time and patience.

Listen up, champ! Your body can't go from zero to detox hero without some prep work. So, go easy on yourself and start small by adding new food slowly. Your body will thank you with a big high-five!

DIEt is not what we desire.

A way of life with food, specifically designed to alter the gut microbiome.

One of the most fascinating findings is the microbiome influences body weight.

Get ready to live like royalty with the Good Poo Way of Living!

The Gut Academy system is simply switching to high fibre.

Since fibre is not just good for bulking up poop.

It is also primary source for 'good' guts bacteria.

The prebiotics for probiotics. The fuel for the good guys!

The system goes low-carb, keeping the bad bacteria that bring weight gain and sweet snack attacks at bay!

This means supplying proteins and fats because our bodies require to eat less frequently when we consume them.

Also consider that when we eat, the bacteria are fed first.

By starving out carb-loving bacteria, over time bacteria thriving on low carb food would flourish, and we no longer will be controlled by inexplicable chocolate cravings.

Let's flip our thinking caps! Next time you say no to that chocolate cake, remember it's not a punishment for you, it's starving your bad gut buddies!

Bacteria influence neurotransmitter synthesis.

Low GABA levels can help produce GABA, so a low concentration of bacteria means lower levels of GABA and increase in sugar cravings!

Digestion!

Let's bid farewell to clutter in the trunk!

We will begin by gently giving the gut a good seasonal clean, alleviate gastrointestinal anguish and remove junk from the trunk.
Prevent & reverse chronic illness, including type 2 diabetes, obesity, and heart disease.

Maintain healthy balance gut flora!

A happy tummy is like a superhero team, with the good bacteria running the show and outnumbering the bad guys 85 to 15!

However, today's diet can be overloaded in sugar, carbohydrates, preservatives, and additives.

It makes the perfect breeding ground for promoting an overgrowth of bad bacteria, that will kill off healthy gut flora very quickly.

Suffering from skin problems, low energy, digestive problems, stubborn weight gain or low immunity; chances are you have an imbalance in gut flora.

THE MISSION: Bring your gut lining back to life!

So, substances that do not belong in the blood stream are prevented from being absorbed and causing sensitivity.

Ready to rock and roll? Here's how!

Cut the sugar! We all know it's like avoiding a grubby toilet seat! No need for me to nag you about it.

In time with adding probiotic rich food, your body will not crave the sweetness or carbs!

We have worked with many clients, who have found that cravings for low quality foods diminished as the population of gut bacteria shifted.

Keep your belly bugs happy and balanced!

Fermented foods are part of achieving and maintaining good health.

We also feel that by themselves, they will not make much of a difference - you really must remove the causes of the problems (chemicals and refined foods) and replace with a variety of truly healthy foods.

However, many people report after adding fermented foods they no longer crave the bad foods and fermentation does allow the body to consume vitamins not found elsewhere.

Bottom line, if you want to clean up your gut (repair and restore) repopulating it with beneficial bacteria is a requirement.

How do we do it!!

By starving out carb-loving bacteria, over time bacteria that thrive on low carb food will flourish, and no longer be controlled by inexplicable cravings!

Increase dietary fibre, anti-inflammatory turmeric, aloe Vera + healthy fats such as extra virgin olive oil, flaxseed oil, cold pressed extra virgin coconut oil and avocadoes, and increasing antioxidant and probiotic rich fermented foods will help eliminate bad bacteria.

Fermented food reduces free radicals! Reboot your body into alkaline bliss!

An acidic body is a host for illness and stubborn weight gain.

Probiotic and fibre rich foods and an abundance of fresh vegetables including leafy greens will sweep out bad bacteria from your system and have an alkalizing effect on the magical universe within, promoting a healthy gut flora balance.

Why not try: Including sauerkraut brine / kefir at breakfast, kimchi / sauerkraut perpetual salad with meals.

Probiotic rich food may help reduce weight and belly fat… Strains of the Lactobacillus family reduce body fat by 3-4 % in just over 6 weeks.

They aid elimination, too!

By helping stay “regular” and fend off icky situations like diarrhoea and straining or constipation.

Find your inner harmony with healthy digestion!

Toxins will begin leaving the body when digestive tracts improve.

It is toxins travelling through the circulatory system on their way to be eliminated that can cause feelings of discomfort.

The introduction of too many probiotics (fermented food) at once can cause flu-like symptoms as your body is detoxifying. And leave the room explosion time!

So, go slow and build up!!!

Rest & Repair the tummy! Twice per week

It is not difficult to plant the gut in repair mode pronto.

Giving the digestive system a rest a couple of times, a week will help to fast-track gut lining rebuilding.

The system does not require any “fad fast” with no food at all to promote great gut healing.

On the two days, consume a delicious array of nourishing soups. They will sustain you and provide beneficial vitamins and minerals.

Keep well hydrated everyday with clean water.

Try detoxifying Parsley and Cinnamon tea on rest days.

It is important not to fast in extreme way whereby you fall into the trap of not eating at all and then having free reign the following day to gorge out on too much food.

It will become a counterproductive mind trip and set up for failure with a capital F.

Our system is not into calorie counting.

However, to give a clear idea – on the 2 tummy rest days around 600 for men and 500 for women.

Fuel your body and heal your gut all in one go with a yummy bowl of miso soup and eggs for breakfast, followed up by a couple of scrumptious vegetable & broth soup servings at lunch and dinner. **Get ready to feel the power of all those essential nutrients coursing through your body!**

A shot of kefir at breakfast and before bed. Take a thermos of broth soup if you get hungry during the day. A shot of beet kvass or sauerkraut brine is good if you get hunger pains!!

A scoop of kimchi on top of your soup.

Several studies have found that kimchi may be a potent food in lowering cholesterol and controlling blood glucose.

A published study involving 100 volunteers followed a low or high kimchi diet for 7 days in a controlled housing dormitory found dose effects of kimchi on fasting blood glucose, total glucose, total cholesterol, and LDL-cholesterol.

Time to mend and lock it up!

Listen up, because healing your gut involves a double whammy: getting your good bacteria groove on and patching up the intestinal walls to prevent leaky gut.

Healing and sealing the gut barrier can be done by stocking up on mineral rich broths, you can consume as a soup or soothing drink or use in any recipe that calls for stock.

Aim for two cups per week. Use as a base to cook breakfast eggs and toss in a load of greens.

Serve with sauerkraut salad and sprouted seed bread.

Protein or veggie broths .

The goal is to add two or three small servings of "live" fermented foods per day.

To get our dose of *pre-biotic foods, try eating more artichokes, garlic, beans, oats, legumes, onions, green banana flour and asparagus.

By cutting down on carbs, you're playing keep-away from those pesky bacteria who want nothing more than to make you crave snacks and pack on the kilos!

So, what are ways to incorporate probiotics?

Taking a spoonful of milk kefir and working up to 30 ml of kefir in the morning, at meals, and before bed is a great way to start.

The brine is a powerful gut loving way to start ...To avoid any reactions, introduce Sauerkraut brine gradually, starting from 1 teaspoon a day for 2-5 days, then 3-4 teaspoons a day for 2-5 days and so on until you can add a few tablespoons of the rich probiotic tonic into meals.

• Swap fruit juice and fizzy soft drinks for kraut and kefir smoothies.

Forego too much fruit in breakfast smoothies ... will set your gut to crave sweetness throughout the day!

• Raw vegetable noodles are always tasty with a few fermented additions.

Use fermented brines as a replacement for salt ... use on and in everything ... a dash of fermented smashed garlic or the brine as the last addition before serving and fermented ginger and turmeric (can be made into a paste).

• Many delicious salads can be made with fermented + fresh and lightly steamed vegetables.

• Dollop fermented veggies on top of miso soup or any type of eggs for breakfast.

Spread fermented pesto on seed toast and top with scrambled eggs.

Dollop on top of a slow-cooked casserole just before serving.

Thin and drizzle for a salad dressing.

• Fill the fridge with a selection of goodies like probiotic and protein rich jelly and kefir and chia yum-pots in small jars, pickled eggs for garnish and plenty of veggie combinations.

• Dips + savoury snacks (remember a snack should be a small meal).

• A touch of 'sauer' added to sweetness in sauerkraut bliss balls, kraut brownies and slices are a good stand by to fill a lunch box space or for an occasional treat.

Recap… home-made fermented foods contain beneficial bacteria (called probiotics).

Having sufficient quantity and diversity of such bacteria in our digestive tract is essential for strong immunity, digestive function, metabolism / weight control.

Quit the DIEt drama!

What in the world prompted that?

I CHOOSE….

1. _____
2. _____
3. _____
4. _____
5. _____

Your body is a temple, and like all good temples, it needs a solid foundation to stand tall and proud.

When you're on a calorie-crunching diet, your body turns into a survivalist, conserving energy by dropping your temperature, slowing your pulse, and putting the brakes on your thyroid function. It's like a chilly, slow-mo movie inside!

ALL things causing eventual weight gain.

If you neglect your foundation and try to lose weight, your temple will come crumbling down (i.e., you will gain more weight).

How does the temple function?
Hint: It is a team player!!!

Not individually, but as a team.

Starting from the smallest cell to the largest working organ.

They rely on chemical reactions fuelled by the body's nutrients to work.

So, if bellies are not properly absorbing nutrients from the delicious food we are eating, how can the rest of our body systems do what they do and do it well!!

Metabolism Controlled by Equally Important Parts

Gut Health Advice from the Goddess: Begin with a Single Food and Gradually Increase Intake For optimal gut health, start with a single food and gradually add one more item each week.

Give yourself a 2-3 month timeframe to transition into your new eating plan, allowing enough time to heal and improve your overall health.

Begin with foods easiest to work into your routine.

There is no 'perfect' food. All good food has a place of importance.

Let the sustenance of life be the cure.

Allow this guide to lead you down the path to perfect temple health!

Liver – The main detoxification organ.

The liver is responsible for ¾ of thyroid hormone production.

We want that liver to be living its best life!

This mighty filter will sift out toxins from the environment and bid adieu to those pesky stress hormones!

Help assimilate nutrients and minerals.

Aiding in digestion and blood sugar control.

Process macronutrients (good fats, good carbs, and proteins) efficiently.

Controls over 70% of thyroid function, helping keep an elevated temple temperature and metabolism.

When the liver goes from thriving mode to survival mode, metabolic problems soon follow.

Hip hip hooray for extra curves! But, what happens when the scale starts tipping towards the lower hemisphere?

Tummy swelling

Skin issues, moodiness, depression

Low energy, unstable blood sugar, sleep disturbances

Inability to reduce weight or maintain an elevated metabolic rate.

For a metabolism that's like a well-oiled machine and a fat-burning engine that's always in overdrive, make a lifelong vow to nourish and support it.

Ready to take on the ultimate challenge?

Make a promise to your body to steer clear of the most inflammatory, processed, and stimulating foods out there.

By waving goodbye to these pesky culprits, you'll be taking a heroic step towards total health domination!

Your health, fat loss, and metabolism results can soar high like the sky!

Easy peasy! Just take baby steps and switch up those habits!

Hey, listen up! You're never alone in this. We've got your back and we're here to cheer you on!

How Adrenal Glands Affect Metabolism

The adrenal glands play a major part in maintaining a healthy metabolism.

Dose: ½ cup of beetroot kvass, morning, and night, is an excellent blood tonic, promotes regularity, aids digestion, alkalizes the blood, cleanses the LIVER.

Adrenals – stress glands.

The adrenal glands regulate steroid hormones (for fat loss) and stress hormones helping balance metabolism.

Milk kefir is great as part of eating for Adrenal Health! A fermented milk product. The bacteria break down lactose into galactose and glucose, so our temple does not have to do it!

Smart these mighty invisible organisms.

They basically do the work for us – by pre-digesting our food for us!

Grab a handful of overnight milk kefir-soaked almonds for an afternoon snack.

Two avocados per week. A sprinkle of chia seeds. A pear for afternoon snack.

Use fresh herbs and use them often. From parsley to rosemary to thyme.

Dish up the parsley and mint Mediterranean salad known as tabbouleh with quinoa, sauerkraut and diced tomato and a dash of olive oil.

Gut dose; 1 to 2 cups per day.

Fresh bunch of greens massaged with olive oil … red sauerkraut and kefir-soaked almonds / tiger nuts for nut -free and kvass-soaked coconut add pomegranate / watermelon / pumpkin seeds.

Top with something fatty, like an extra drizzle of olive oil or smash though an avocado.

Quinoa is a seed! Although you will find it amongst the grains.

Packed with fibre and protein, along with anti-inflammatory antioxidants quercetin and kaempferol.

Dose: ½ cup cooked four to five times per week.

Sauerkraut perpetual salad is a great start. Especially teamed with breakfast eggs. Enjoy 1 cup per day.

Want to pack a punch of healthy probiotics in your diet?
Say hello to kimchi, the spicy Korean delight that's loaded with good bacteria!

¼ cup two to three times per week.

Makes a great topping from a sprouted bread sandwich to miso soup.

Jazz up your meal with wild salmon, anchovies, sardines, Atlantic herring, or Atlantic mackerel!

3 ounces / about 85.0 grams. two to three times per week.

Get ready to spice up your health game with the ultimate dynamic duo: Ginger and Turmeric!
These two powerhouses pack a punch when it comes to fighting pain and inflammation . Not only do they team up to give your immune system a boost, but they also have antimicrobial and antioxidant properties that will make you feel like a superhero!
Plus, when they're fermented together, they become even more potent.
Say hello to a healthier, happier you!

A small amount each day can aid digestion by stimulating the digestive juices in your stomach.

Want to give your morning water a zesty wake-up call? Give lemon citrus peel a chance to rock your taste buds!

Your thyroid is the boss of your metabolism, controlling body temp, fat-burning prowess, and all kinds of metabolic magic!

Your thyroid makes and releases Thyroid Hormone.

It is the accelerator for metabolism.

The more of it your temple has the faster your metabolic rate and the more fat you burn!

Think of your body as your fancy sports car. Sure, you can fill it up with cheap fuel, but for the best performance and to reduce wear and tear, it's all about premium fuel, baby!

Enhance Your Diet with Sea Vegetables like Kelp and Dulce.

Including Activated Brazil Nuts.

They are rich in selenium, activating thyroid hormone. Grated as a parmesan replacement on top of salads or quinoa or fermented pasta.

The Power of Organic Oils: Cod Liver, Hemp, Olive and Coconut

Eggs that are truly free to roam and organic, the way nature intended.

Pasture fed organic beef broth – 2 small cups per week.

Sesame seed paste: Make sure they are broken open otherwise they will pass straight through you.

Activated pumpkin seeds … mixed through salads and sauerkraut bliss balls.

Who says spinach is boring?

Here's how to spinach-up your cooking game! Jazz up your breakfast by wilting spinach in a steamy broth while poaching eggs for a protein-packed morning feast! For a veggie-filled meal, add spinach to your soup and quinoa recipes.

Activated cashews – add to red sauerkraut salad or use in raw rainbow pie and treats.

Add seaweed to sauerkraut and kimchi or any cruciferous veggie when fermenting.

Let's talk about the obvious culprits: sugar, tap water, refined vegetable oils, and those sneaky processed foods.

Even those labelled "organic" or "healthy" can cause inflammation in your precious body, leading to a drop in thyroid hormone production and activation.

So, let's give those inflammation-causing treats the boot!

Muscles are the superheroes of your body!

They're the only temple tissue that can kickstart your metabolism, melt away fat, and regulate blood glucose like a boss.

With muscles on your side, you can conquer anything!

The hormones adrenal glands secrete and regulate can either help balance hormones in favour of a high metabolism or can have the opposite effect.

Habits, food choices, movement, and lifestyle determine how adrenal glands behave.
Swap out the obligation of "have to do" with the opportunity of "get to do"!
Give yourself a pat on the back, you amazing human!

Checklist

Here's a list of simple yet powerful questions to ask yourself every day:

Did I make meaningful connections today?
Did I engage in physical activity that nourished and rejuvenated my body?
Did I consume nutritious food and clean water to fuel my body and mind?
Did I practice deep breathing exercises to rejuvenate my lungs?
Did I speak compassionately and positively to myself?

Don't be fooled by the simplicity of these questions.

They are designed to tap into your life force and recharge your batteries.
By making self-care a priority, you can not only cope with life's challenges but also enjoy and flourish in your life.
And who doesn't want that, right? Of course, forming new habits can be challenging.
That's why it's important to stay connected with like-minded individuals who can support and inspire you along the way.

At its core, healing is a means of overcoming fear and finding peace.

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Join me on our mission to conquer our guts and unlock the secrets of a powerful, harmonious life! Say goodbye to feeling sluggish and hello to feeling like a cosmic superstar!

The Gut Academy System, also known as the Good Poo Lifestyle, is a path towards a healthy, happy, and svelte body.

By embracing a low-carbohydrate approach, it deters the growth of bacteria that are linked to weight gain and insatiable cravings.

So, join us on this magical journey towards a freer and more fulfilling life.

Get ready to be a fermentation master with just 10 simple, snappy, and step-by-step recipes...

Come on in & join the party! For just 10 bucks, you get to be part of the cool crowd!

If you’re a newbie fermenting fanatic, or a seasoned pro looking to spice up your skills, you’ve come to the right spot!
The Gut Academy Life courses to change the course of your life! Lifetime Access! $97 best value! 0r 3 payments of $40

If you’re a newbie fermenting fanatic, or a seasoned pro looking to spice up your skills, you’ve come to the right spot!

Get ready to ignite your taste buds and heal your gut with The Gut Academy Create Club!

The Gut Academy Create Club
We will learn, work and implement the **Gut Academy Gut Healing Program every month**
The Gut Academy Monthly Club
Meet Lynnie Stein, the undisputed queen of turning food into flavour explosions!

Lynnie comes from a long line of culinary geniuses, and her grandma Matilda Augusta Stein was the queen of sauerkraut!

With Lynnie's guidance, we'll explore everything from pickles to wild ferments, and every bite will be packed with love and tradition.

One bite of Lynnie's creations, and you can taste the family love that's been passed down through the generations.

Every month, we'll dive into the art of gut health, tackling the Gut Academy Gut Healing Program with gusto.

Join us on the last weekend of each month, starting in March 2024, for a blast of flavour and fun with Lynnie Stein, our very own food wizard.

Get ready to amp up your skills and conquer the world with a brand new project every month! Plus, we'll have a Q&A session and loads of cheering to help you succeed.

Ready to join the party? Sign up for just $9 (AUD) per month, and you can cancel anytime. Let's get cooking!