

GUT HEALTH SECRETS!



**Do you know how to look after your gut
and how to get your gut to look after you?**

**The Rewire UR Gut Program can help
you get your gut health on track.**

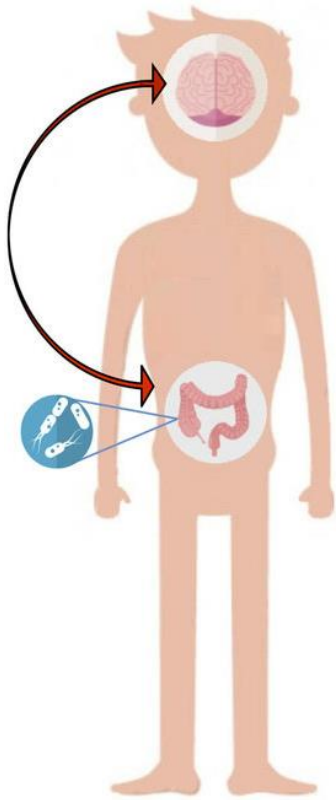
**Here is a preview of what the Rewire UR
Gut Program can offer you.**



HealthMap

Gut Health Professionals

The **REWIRE UR GUT** program is for those who want to reestablish the communication between their gut, their brain and the rest of their body. Communication between your gut and your body (particularly your brain) can become disrupted or damaged because



of illness, unhealthy eating, too much yoyo dieting, overuse of antibiotics, medications, lack of exercise or movement in your life and being overweight among other things!!!! The **REWIRE UR GUT** program helps you regain your well-being, health and physical functionality by rewiring your gut.

Are you:

- Overweight or obese?
- Someone who has tried everything to lose weight and nothing works?
- Prediabetic and heading towards type 2 diabetes?
- Have high blood pressure and no great cholesterol?
- A professional 'yoyo' dieter who tries every new food trend?
- Love 'junk' food? or
- Just don't feel healthy ????????

If you answer yes to any or all of these then the **REWIRE UR GUT** program is definitely for you.



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If you have been giving your body, and consequentially your gut, a hard time with various fad diets and foods that probably aren't so good then it's likely that your body and your gut bugs are confused and that's why you don't feel 'right'. Your gut is a sensitive environment and needs to be looked after, so now is the time to learn how to do that. If you look after your gut bugs they'll look after you. I have designed the REWIRE UR GUT program to **rewire your gut and reopen the lines of communication** between your brain, your body and your gut.

What are the main reasons I have lost control of my gut health?

Changes in food

With an ever-growing population, there is an increase in convenience foods that are ultra-processed, easy to buy and serve up for dinner, but they're not always the healthiest foods. These foods decrease the variety and function of your gut bugs and are thought to increase the incidence of chronic disease and illness. So how do you choose healthier alternatives? Do you know the difference between organic, processed or ultra-processed foods?



Depending on your age, you may remember your parents or grandparents growing their own vegetables, this was what I now call organic food, as they didn't use any pesticides and the food came straight from the garden. **Organic food** in supermarkets is expensive. The joy of growing your own food is second to none and it is fun so it's the best option if you can do it. If

you find it difficult to grow your own food, just choose fruit and vegetables that are in season and grown locally if possible.



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PROCESSED FOODS

Processed foods are basically anything in a box or packet. This is a funny one because you can also class cheese, milk and eggs as processed foods, but these are staples to us now. Rice, bread and pasta are examples of processed foods but due to a growing population, we think we can't do without them. What you really need to look out for is the **white stuff!** White bread, rice, pasta etc. have refined carbohydrates in them and that's often what puts on weight and can disrupt your gut communication. Stop for a moment here and think about how often you eat these foods. 3-5 times/week? Not at all? I want you to start thinking about everything you eat from now on. Where did it come from, what's it made from, what are the ingredients and what is it doing to my gut community?

The reason I want you to do this is that these products usually have excess sugar and processed grain rather than whole grains. Processed foods have been around for a very long time and if you choose the right ones it's ok but if you have these plus a lot of ultra-processed foods (below) then you will need to make changes slowly to replace them with fresh whole foods. This is the first step to rewiring your gut.

ULTRA-PROCESSED FOODS

Ultra-processed foods are foods that no longer look like what they were made from.



Have a look in your pantry cupboard. Do you have packets of chips, biscuits, chocolates, soft drink, noodles, ready to go meals and other foods that no longer look like what they were made from? Do you have protein powders, protein bars and other products you bought because they say they will give you numerous health benefits? They're the foods I

want you to try and avoid and slowly remove from your current way of eating.



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Ultra-processed foods are often full of additives, preservatives, sugar, fat and salt and research has suggested that they may be linked to the current chronic health problems including obesity and type 2 diabetes. There are ways to identify ultra-processed foods. Just look at the ingredients on the product. **If you never do this then now's the time to start!** There will be ingredients that are rarely used in a normal kitchen, and many of us will not have heard of, so why would you eat them? You will be shocked at what you are eating once you start reading labels.

Here are a few to get you started: high-fructose corn syrup, hydrogenated or interesterified oils, and hydrolysed proteins, flavours, flavour enhancers, colours, emulsifiers, emulsifying salts, sweeteners, thickeners, and anti-foaming, bulking, carbonating, foaming, gelling and glazing agents. Do you recognise any of these?

It's amazing to see the difference in somebody's gut community, weight, functionality and overall health once they stop eating these types of foods. This is why I want you to watch what you are eating and think about what food is doing to your body, your health and consequently how it affects the way your gut bugs communicate. Eating this type of food can also encourage the growth of bacteria that are detrimental to your health which I'll talk about soon.

Don't worry about falling off the wagon because **there's no wagon to fall off** with the **REWIRE YOUR GUT** Program. The best way to start is to list down the barriers you have right now around making your health a priority. Do it now.



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How does fibre affect your gut bugs?

Fibre can help bulk up your No. 2's, keep you regular, and help with constipation as it

absorbs water and is thought to reduce the risk of colon disease. You must talk about your No. 2's as they are a fantastic way to gauge how you are going. Get your partner or a friend involved, if not just talk to the dog about them. Fibre can also improve the viscosity of your No. 2's which can help reduce the absorption of cholesterol and other nutrients that are detrimental to your health. Viscous fibre thickens the contents in your intestinal tract and slows down the travelling time of nutrients in your gut which helps



you feel fuller for longer.

The best way to get you and your gut back on track is a **combination of different types of fibres** and **small changes to the way you eat** and the way you think about food. This is what the [Rewire UR Gut Program](#) teaches you to do. These combinations of fibres could turn your health around and give you the healthiest gut you have ever had.

Here's just one of the great recipes in this program to enjoy!



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Tofu Mince

How long to prep?: 20 mins **Serves:** 4

You will need: Paper towels, A large bowl and a Baking tray lined with baking paper.

Ingredients:

- 400g packet of firm tofu

Spice mix

- 2 Tablespoons of Extra Virgin Olive Oil
- 3 Tablespoons of Soy Sauce (Kikkoman brand has a gluten-free option) or you can use Kecap Manis which is a sweet soy sauce.
- 1-2 teaspoons of chili powder (depends on how hot you like it!)
- ½ teaspoon of garlic powder (or you can use real garlic)
- 1 tablespoon of Kfibre (a great prebiotic)
- 1 teaspoon of cumin (you can use less if you want but remember tofu is pretty bland so it needs flavour)
- 2 Tablespoons of nut butter (Almond is great but you can also use peanut or other)

Hint: Now turn your oven on to 180°C and go to the next step.

Please don't cook your tofu in a frypan it may get tough. Just bake it in the oven so it is not too chewy.



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Method:

- Combine all of the above ingredients in a big bowl and mix well.
- Get your oven on (if you aren't cooking this with your veggies) at 180°C.
- Open the tofu and press it between some paper towels to absorb some of the moisture. You don't want too much liquid or it could get a bit mushy!
- Now, time to get your hands dirty. Crumble the tofu into the bowl with the spice mix and rub it all together so the tofu all looks like it's covered.
- Spread the tofu out on the baking tray (I use baking paper) and cook for ~20 mins (depends on your oven). The flavours will be amazing!
- Check every so often and give it a mix around. Then it's ready to eat.

Hint: Please don't cook your tofu in a frypan it may get tough. Just bake it in the oven so it is not too chewy.

If you want to know more about the Rewire UR Gut Program then click [here](#).