

EAT Well

THE FEEL-GOOD GUIDE



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WHAT IS IN OUR GUT?

HEY FRIENDS!

YOUR LIFESTYLE AND WELLNESS COACH HERE. I WANT TO GIVE YOU GUYS THE RUNDOWN ON YOUR GUT AND HOW TO TAKE BETTER CARE OF YOURSELF. FOR YEARS I RESEARCHED HEALTHY EATING AND FOUND THAT POPULATING THE GUT WITH LOADS OF FRIENDLY BACTERIA IS JUST AS IMPORTANT AS RIDDING OUR BODIES OF PARASITIC PESTS OR LOSING WEIGHT. I RECENTLY LEARNED THAT THE RIGHT DIET CAN ALSO AFFECT YOUR MENTAL HEALTH IN INVALUABLE WAYS!

IT'S OUR GUT BUGS THAT BOOST OUR IMMUNITY, SUPPORTS PROPER MESSAGING TO THE BRAIN, AND BREAK DOWN OUR FOOD TO CREATE ENERGY RESOURCES. HAVING A STRONG UNDERSTANDING OF WHICH FOODS YOUR MICROBIOME ENJOYS MOST IS KEY TO FEELING GOOD. YOU MAY ASK, HOW DO I KNOW WHICH FOODS MY BODY ENJOYS THE MOST?

SAY IT WITH ME: AKERMANSIA MUCINIPHIA, THIS WONDERFUL MICROBE LIVES IN OUR BODIES AND CREATES CHEMICALS THAT DO AMAZING THINGS FOR OUR OVERALL HEALTH. THESE NATURAL CHEMICALS PRODUCE FEELINGS OF HAPPINESS, SUPPORT HIGH IMMUNITY, LOWERS THE RISK OF HEART DISEASE, BRAIN DYSFUNCTION, DIABETES, AND OBESITY.



A close-up photograph of a hand holding a fork over a plate of spaghetti. The spaghetti is topped with a green pesto sauce, dark roasted vegetables, and fresh herbs. A lemon wedge is on the side of the plate. The background is a rustic wooden table.

The Gut Brain Connection

Did you know your gut is called your second brain? Your gut operates quite similarly to your brain as it sends numerous messages throughout your cells by way of hormonal chemicals. Neurons are cells found in the brain that tell your body how to behave. The stomach contains millions of these neurons.

The vagus nerve is the pathway the gut and brain use to send signals back and forth. Along with the cells and nerves connecting the gut and brain, there are also neurotransmitters which are the chemicals that carry the messaging to your cells that control feelings and emotions.

What we eat largely impacts the type of chemicals released in our body, gamma-aminobutyric, and short-chain fatty acid being two of them. These chemicals are produced in abundance when microbes digest fiber-rich foods. This phenomenon is why when we eat poorly we feel increased fatigue, fear, anxiety, and in many cases depression. Supporting your gut microbes will help produce more neurotransmitters like gamma-aminobutyric acid and short-chain fatty acids.

It's important to know which fiber-rich foods support our population of friendly bacteria not just to maintain a healthy weight but to support a more balanced mental state. *Akkermansia muciniphila* is one very important gut bug that acts as a powerhouse controlling weight gain, chemical balance, and so much more! This gut bug feasts on microbiota-accessible carbs found in certain foods.

A collage of food items including shrimp, green noodles, and asparagus on a wooden cutting board.

Friendly Foods:

Broccoli

Greek Yogurt

Cauliflower

Onions

Garlic

Leeks

Artichokes

Yams

Agave

Bananas

Brussel Sprouts

Okra

Chicory Root

Feel Good

PRACTICAL TIPS

Below are some helpful tips I learned over the years to help you develop a different relationship with food.

1. Visit your local farmers' market. The farmers market is a fun interactive way to grow familiar with local nutritional resources.
2. Shop local health food stores. Adjusting where I shopped for my groceries exposed me to retailers and customers that value healthy, high-quality products.
3. Increase your water intake. Often times dehydration will mask itself as hunger. Starting your day with 2 glasses of water right as you wake will not only jump start detox but it oxygenates your blood for better mental clarity.
4. Introduce micro fasts and eating in a 12-hour window. Eating in smaller windows gives your body time to do other important functions like restoration, healing, and detoxification.





Some of my favs!

BRUSSEL SPROUTS WITH ROASTED TRUFFLED RED POTATOES, CHICKEN
SAUSAGE, AND PARM CHEESE GARNISH



Coconut Curried Okra



Banana Pancakes



Recipes



Brussels dish: Dice and add your favorite seasoning to your red potatoes, let bake on 350 for 15 mins. Brown your meat of choice in a skillet, remove, and set aside. Add brussel sprouts to that same skillet with 1/4 cup of chicken broth. Cover pan with a lid and let steam for 5 mins.

Remove potatoes from oven, drizzle black mushroom truffle oil on top potatoes add smoked meat of choice and brussels to the pan. Replace pan to oven on low broil for 3-4 mins.



Coconut curried okra: Add 1 cup of chicken broth and 1 can of coconut milk to low heat for 5 mins. Dice fresh okra, sweet peppers, leeks, and add to simmering broth. Let simmer for 10 mins. Lay curried okra over rice and add your favorite protein.



Banana Pancakes; Mash 1 ripe banana in a bowl with 2 eggs. Add half teaspoon of vanilla extract, and a pinch of brown sugar. If consistency is runny add 1/4 cup of rolled oats. Add oil to skillet on medium to high heat. Add desired amount of mixtures to non stick pan. Monitor pancake closely as it does burn easily! Flip once golden brown.

References

Chatterjee, Rangan, and Susan Bell. How to Make Disease Disappear. HarperOne, an Imprint of HarperCollins Publishers, 2019.

Robertson, Ruairi. “The Gut–Brain Connection: How It Works and The Role of Nutrition.” Healthline, Healthline Media, 20 Aug. 2020, www.healthline.com/nutrition/gut-brain-connection#TOC_TITLE_HDR_2.

