

the More the Merrier!

Challenge yourself every day by increasing the number of plant points in every meal. Following are other valuable facts that play a role in enhancing your gut health:

Eliminate inflammatory foods such as wheat, dairy, soy, refined sugar, corn, and non-organic meats.



Reduce the consumption of inflammatory toxins such as alcohol, unnecessary antibiotics and medication such as ibuprofen and aspirin.

Introduce foods that help fight inflammation such as curcumin and bone broth.



Consume fermented foods such as kimchi, sauerkraut, kefir, yogurt, miso and kombucha. You can also use probiotic supplements.

Increase the consumption of prebiotic fiber to help the beneficial bacteria multiply in your gut. Prebiotic-rich foods include asparagus, bananas, garlic, onions, artichoke, whole oats, apples and whole grains.



Add resistant starch to your diet to feed “good” gut bacteria and aid digestion, weight loss and disease prevention. Good sources of resistant starches include chickpeas, lentils, potatoes and rice that have been cooked and - cooled, white beans and unripe bananas.

Get good quality sleep. Lack of sleep could cause the stress hormone to rise and thus negatively affecting the gut.



Manage your stress with breathing, meditation and other mindfulness practices.

