



Gut Health Tips

More than just a container to be filled, the way our gut functions is intricate and complex. It's a fragile system of interrelating parts that needs constant love and care. Care with food, care with your lifestyle, and attention to how it's actually functioning. You can't just eat clean and hope for the best.

Gut health tips:

- Eat a low-irritant based diet (meat and veg). Gluten and dairy are big culprits for an angry enteric system.
- Sit down to eat and actually chew your food. Take time and pleasure to do this. Eating when moving around can result in poor absorption of food.
- Eat 2hrs+ before going to sleep. Sleep is for rejuvenation not digestion.
- Develop and maintain 8-10hrs of unbroken sleep. Broken sleep ups your cortisol/ stress hormone response and eats away at your gut wall.
- Get up and go to bed at the same time every day. Routine is not the enemy. Routine creates hormonal balance.
- Drink 30ml of water per kg of bwt/day
- Rotate and cycle your foods. Eating the same foods constantly is hard on digestive enzymes. Rotation creates better absorption of a spectrum of nutrients.
- Eat your bigger meals when you have a period of downtime (eg. early afternoon vs manically busy mid-morning). Give yourself an efficient digestion window allowing optimal absorption.
- Eat with others, eat slowly, appreciate and savour your food. Be grateful for the opportunities to do so- treat eating as a privilege not a right.
- Don't eat (fast) for 3-5 days 1-2 times per year to allow your gut to truly heal and relax. Every part of your body needs a rest sometimes!
- Fructose is absorbed in the liver, not the gut. It can cause irritation to the gut wall and enzymes. Don't overdo the fruit!
- Avoid frequent high lactate training states if your gut is not optimally functioning. Lactate eats at the villi and mucosal barrier of the gut, causing damage. Limited doses of it are great, but understand the impacts of spending too much training time there. If you're an athlete who spends a lot of time in lactate-based training, make sure you take the time for an off-season and spend sometime re-healing the gut wall after comp seasons.