

BODY BY *Bree*



GIUT HEALTHH GUIDE



JOIN THE JOURNEY

Hey there!

Welcome to your journey towards better health! Did you know that your gut

- is the center of your immune system?
- houses your serotonin response?
- is linked to your brain, skin and hormone levels?

Your gut could be the root cause of your chronic bloating, skin issues, brain fog, inability to lose weight, headaches, eczema, constipation and so much more.

If you follow me on Instagram you know that I talk a lot about gut health and what a difference it makes when your microbiome is unbalanced. After surgeries I've had to take a round of antibiotics and they made my stomach bloat so much I looked like I was 7 months pregnant! I was so uncomfortable because of this bacterial imbalance. Dysbiosis inflames and swells your large intestine and it's one of the most common causes of bloating. Antibiotics kill all the bacteria in your gut - good and bad. As a result your gut biome becomes imbalanced which leads to inflammation.

Whether you are on antibiotics or your gut microbiome is off because you were pregnant or you are stressed or your diet is high in refined sugars and carbs, this guide is designed to be a reference and starting point for you as you get to know your gut and what you can do to support a healthy, balanced gut microbiome.

XOXO, Bree

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MY STORY

HERE'S MY WHY. WHAT'S YOURS?



My goal as your trainer is to help you feel empowered and confident in your ability to change and create habits that support wellness for your whole body. After I had Mila, my youngest, my gut health was a mess. I couldn't eat anything without feeling bloated and tired. I thought I would never be able to eat bread or wheat or dairy or even broccoli again because it made me so uncomfortable and sick. I worked for 6 months (and it can sometimes take longer) repairing my gut health and trying to balance out the good bacteria. Thankfully, eventually my food sensitivities went away completely. I could eat cottage cheese and my stomach stayed flat. I ate bread and never felt bloated or tired. That's when I knew I had recovered my healthy gut microbiome! I also had more energy, more clarity and I started to notice my weight was starting to go down.

I felt so much better. I had so much more energy, I could think clearly, I didn't feel bloated, I slept better, and my skin looked better!

I promise - if you dedicate time to learning how to fix your gut you will be so much happier and healthier!

02

GUT IMBALANCE

SEVEN SIGNS YOUR GUT MICROBIOME IS OUT OF BALANCE

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- **UPSET STOMACH** Stomach issues like bloating, gas, constipation, diarrhea, and heartburn can all be signs of an unhealthy gut. A balanced gut will have less difficulty processing food and going to the bathroom.
 - **HIGH-SUGAR DIET** If you are eating lots of processed foods and added sugars it will feed the bad bacteria in your gut. This imbalance can cause increased sugar cravings, which can damage your gut even more. Eating a lot of refined sugars (especially high-fructose corn syrup) has been linked to increased inflammation in the body. Inflammation can cause a myriad of issues, including autoimmune disorders.
 - **UNINTENTIONAL WEIGHT CHANGES** Gaining or losing weight without making changes to your diet or exercise habits could be a sign of an unhealthy gut. An imbalance in your gut can impair your body's ability to absorb nutrients, regulate blood sugar, and store fat. Unexplained weight loss can be caused by small intestinal bacterial overgrowth, while weight gain may be caused by insulin resistance (which is the need to overeat because you have a decreased ability to absorb nutrients). This happened to me! I wasn't overeating but I had awful cravings and, after getting tested, realized I was deficient in many vitamins *despite* eating really healthily. My body wasn't absorbing the nutrients in my foods *even though I was eating all the right things!* Taking my BodyByBree Digestive Enzymes at each meal helped my body absorb the nutrients and increase my energy levels. (See Chapter 4 for more information on digestive enzymes.)



- **SLEEP DISTURBANCE OR CONSTANT FATIGUE** An unhealthy gut can contribute to sleep issues like insomnia or poor sleep, and that can lead to chronic fatigue. The majority of the body's serotonin (a hormone that affects mood and sleep) is produced in the gut! So gut damage can impair your ability to sleep well. Some sleep disturbances have also been linked to risk for fibromyalgia.
- **SKIN IRRITATION** Skin conditions like eczema can be related to a damaged gut. The skin is the first place we see external manifestations of internal imbalances! Inflammation in the gut caused by a poor diet or food allergies may cause increased "leaking" of certain proteins out into the body, which can then irritate the skin and lead to conditions such as eczema. My daughter Mila has eczema and I have to be so *careful* of what she eats because she is actually allergic to milk protein. When she eats it her intestines become inflamed and it manifests throughout her body.
- **AUTOIMMUNE CONDITIONS** Medical researchers are continually finding new evidence supporting the impact of the gut on the immune system. It is thought that an unhealthy gut may increase systemic inflammation and alter the proper functioning of the immune system. This can lead to autoimmune diseases which cause the body to attack itself instead of harmful invaders.
- **FOOD INTOLERANCES** Food intolerances are the result of your body's difficulty digesting certain foods. (Note: this is different than a food allergy, which is caused by an immune system reaction to certain foods.) Food intolerances may be caused by poor quality of bacteria in the gut. This can lead to difficulty digesting the trigger foods and cause symptoms like bloating, gas, diarrhea, abdominal pain, and nausea. There is additional evidence that food allergies may be also be related to gut health.

CHAPTER

GUT REPAIR

HOW TO REPAIR AND RESTORE BALANCE IN YOUR GUT BIOME

Now that you know the signs to help you recognize when your gut health is *out of balance*, let's look at 7 ways you can support a healthy gut.

- **TAKE A PREBIOTIC OR PROBIOTIC** Adding a prebiotic or probiotic supplement to your diet is a great way to improve your gut health. Prebiotics provide "food" meant to promote the growth of beneficial bacteria in the gut, while probiotics are live good bacteria.* Not all probiotic supplements are high quality or will actually provide



benefits. My BodyByBree Probiotic Supplement is the highest quality because I researched and developed it with a team of scientists to make sure it is absorbed properly during digestion. You can find more information about my BodyByBree Probiotic Supplement on page 11.

- **LOWER YOUR STRESS LEVELS** Easier said than done, right? Chronic high levels of stress are hard on your whole body, including your gut. Some ways to help lower stress include meditation, walking, getting a massage, spending time with friends or family, diffusing essential oils, decreasing caffeine intake, yoga, or exercising. I make sure to include meditations in all my training programs because it is so important! You can also find more information on meditating and beginner meditations on my *Better Me with BodyByBree* podcast.
- **EAT SLOWLY** Chewing your food thoroughly and eating your meals more slowly can help promote full digestion and absorption of nutrients. This may help you reduce digestive discomfort and maintain a healthy gut.

*If you have SIBO, you should not take a probiotic.

- **STAY HYDRATED** Drinking plenty of water has been shown to have a beneficial effect on the mucosal lining of the intestines, as well as the balance of good bacteria in the gut. Staying hydrated is a simple way to promote a healthy gut. Aim for half your body weight in ounces every day!
- **GET ENOUGH SLEEP** Not getting enough quality or quantity of sleep can have a serious impact on your gut health, which then begins the cycle of more sleep issues! Try to prioritize getting at least 7-8 hours of uninterrupted sleep per night. That means...put your phone away. No more scrolling all night before bed. We all do it. You know who you are. Make sure you aren't consuming caffeine later in your day. Try to be consistent in your wake and sleep times. Try a supplement to help support sleep. Make sure your bedroom is a resting haven - create an environment of peace. Take a hot bath or shower before bed to relax. Prioritize your ZZZs!
- **CHECK FOR FOOD INTOLERANCES** If you have symptoms such as cramping, bloating, abdominal pain, diarrhea, rashes, nausea, fatigue, and/or acid reflux, you may be suffering from a food intolerance. You can try eliminating trigger foods to see if your symptoms improve. If you are able to identify a food or foods that are contributing to your symptoms, you may see a positive change in your digestive health by changing your eating habits. This helped me immensely! When I was going through my gut healing journey, I did Whole30, which cuts out all processed foods and sugars, grains, dairy, soy and all the foods that can cause inflammation, just for 30 days, so you can give your body a break from the inflammation and feed the good bacteria. After that I felt like an entirely new person! When I reintroduced foods that were triggering my stomach aches and bloating, I didn't react because my gut health had improved *because it was able to heal*. Sometimes it takes longer than 30 days to fully heal but as you add foods back into your diet, you'll be able to see foods that are specific triggers for you and adjust accordingly.
- **CHANGE YOUR DIET** Reducing the amount of processed, high-sugar, and high-fat foods that you eat can contribute to better gut health overall. Eating plenty of plant-based foods and lean protein can drastically impact your gut for the better! A diet high in fiber has been shown to contribute tremendously to a healthy gut microbiome. See Chapter 5 for Gut Friendly Recipes.



PREBIOTICS

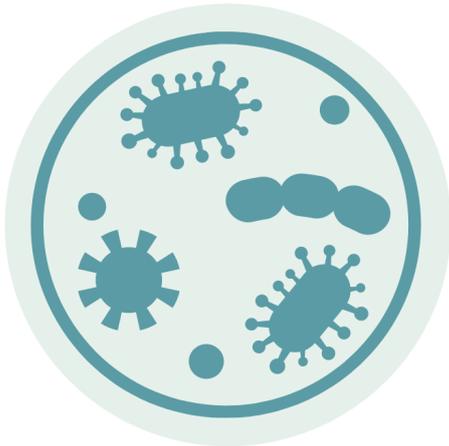
are types of dietary fiber that feed the friendly bacteria (PRObiotics) in your gut.



These help the gut bacteria produce nutrients for your colon cells and leads to a healthier digestive system.

PROBIOTICS

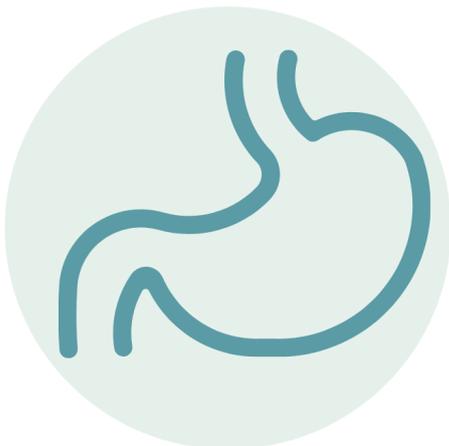
are good, friendly, live bacteria that are healthy for your digestive system.



Studies have shown that formulations with multiple strains of probiotics are more helpful than single strain probiotics.

DIGESTIVE ENZYMES

help you break down and absorb nutrients from your food.



Our bodies naturally produce fewer enzymes as we age. The process of cooking destroys the enzymes contained in food.

CHAPTER

04

PREBIOTICS PROBIOTICS DIGESTIVE ENZYMES

What are they and how do they support a healthy gut?

Prebiotics, probiotics, enzymes, oh my! Each of these plays a critical but unique roll in a healthy microbiome.

PREBIOTICS such as peppers, garlic, spinach, oats, apples, asparagus, bananas, and onions are great sources of dietary fiber that feed the friendly bacteria in your gut.

PROBIOTICS are the friendly bacteria that support your digestive system! There are 3 foundational strains that enable the best growth of other strains.

DIGESTIVE ENZYMES help break down the nutrients in your food so you are able to absorb them more easily. My BodyByBree Digestive Enzymes are life-savers when dealing with food sensitivities!

WHAT MAKES BODYBYBREE SUPPLEMENTS STAND OUT?



Most supplements on the market are filled with, well, fillers! In all of my supplements I have worked with scientists to ensure that my what you put in your body is clean and actually going to help you!

I use organic and natural ingredients to make sure that each supplement is designed to support gut health in addition to its primary purpose. I focus on the supplements I know will help your body perform at its best.

I stand behind my supplements as a way to help you heal and maintain your gut. So much of your health and wellness begins in your gut - don't neglect it!

BODY BY *Bree*
PROBIOTIC



Delivery

Nano-encapsulated to ensure safe delivery and absorption in your gut.

If it can't survive room temperature, it can't survive your digestive tract.

Diversify

**Uses the three foundational strains of probiotics
to quickly facilitate growth of all probiotic strains.**

Herbally Optimized

**The perfect blend of herbs
to create an environment that nurtures probiotic growth.**

Supports

Gut Biome • Immune System • Brain Health

NOT ALL PROBIOTICS ARE CREATED EQUAL.

BODY BY *Bree*
**DIGESTIVE
ENZYME**



Relief

from gas, bloating, and stomach ulcers.

Alleviation

of mild food allergies.

Decreased indigestion and heartburn

caused by too much acid in the stomach.

Increased energy

from being able to fully absorb nutrients from your food.

LET ME BREAK IT DOWN FOR YOU.

GUT FRIENDLY RECIPES

AVOID DAIRY, GLUTEN, PROCESSED CARBS & SUGAR

Making changes to our diet can feel overwhelming at the start. I'm including some recipes to get you going - to show you that you can eat food that tastes delicious and helps your gut heal. Fresh fruits and veggies are always good but beyond that, try adjusting some of your favorite recipes with some of the gut-friendly substitutions below.

INSTEAD OF THIS	TRY THAT
Milk	Nut Milk (almond, coconut)
Butter	Seed Oils (coconut, olive, avocado)
Wheat Pasta	Rice Pasta
Bread	GF Bread, Rice Cakes
Chips	Fruits/Veggies
Sugar/Artificial Sweeteners	Natural Sweeteners Honey, Molasses, Maple Syrup
Cereal	GF Oatmeal

APPLE QUINOA BREAKFAST

1 SERVING = 23C / 12F / 24P

MAKES 2 SERVINGS

INGREDIENTS

- 1/3 cup quinoa
- 1/3 cup rolled oats
- 1 1/2 cups almond milk
- 2 Tbsp chopped pecans
- 1/2 Tbsp cinnamon
- 1 scoop BodyByBree Organic Vanilla Protein

DIRECTIONS

- Combine quinoa, rolled oats, and almond milk in a sauce pan.
- Bring to a boil for 3-5 minutes, then lower heat and let simmer (covered) for about 10 minutes.
- Remove from heat and stir in pecans, cinnamon, and BBB Protein, mix well.
- Serve warm and enjoy!

BBB CHICKEN SALAD

1 SERVING = 180G = 4C / 7F / 31P

MAKES A LOT

INGREDIENTS

- 3 lbs boneless chicken breasts, cooked and chopped
- 1/2 cup sliced almonds, toasted
- 1 cup plain Greek yogurt
- 1 Tbsp Dijon mustard
- 1 cup red grapes, quartered
- 2 stalks celery, diced
- 3 green onions, sliced
- 2 Tbsp chopped parsley
- 1 Tbsp chopped tarragon
- 1 lemon, juiced
- salt and pepper to taste

DIRECTIONS

- Mix all ingredients.
- Make sure to weigh out 180g for 1 serving.
- Leftovers refrigerate well and can be eaten throughout the week.

If you are triggered by gluten, eat on a rice cake or on greens in a salad.

You can substitute 1/2 cup of the Greek yogurt for sour cream if you aren't triggered by dairy. This would change your macros to 4C / 14F / 31P.

BBB TILAPIA BOWL

1 SERVING = 23C / 24F / 41P

MAKES 1 SERVING

INGREDIENTS

- 4 baby carrots, sliced or chopped
- 1/2 zucchini, chopped
- 1/2 yellow squash, chopped
- 1 Tbsp avocado (or other mild) oil
- 1 cup raw spinach
- 6 oz tilapia filet
- Seasoned salt

Dressing

- 1 Tbsp fresh lime juice
- 1/2 Tbsp honey
- 1/4 tsp dijon mustard
- 1/8 tsp garlic powder
- pinch of cumin
- 1/8 tsp salt
- 1/8 tsp pepper
- 1 Tbsp olive oil

DIRECTIONS

- Saute chopped carrots, zucchini, & squash in oil. Season with salt and pepper. Cook until lightly browned.
- Add spinach and stir until slightly wilted.
- Season tilapia liberally with seasoned salt. Grill or bake.

- Add all ingredients except oil to the blender (or drink shaker) and mix until combined. Next, add the oil gradually while blending until well mixed. Drizzle over fish and veggies.

Can be served over cooked rice.

BBB ZUPPA TOSCANA

1 SERVING = 32C / 23F / 19P

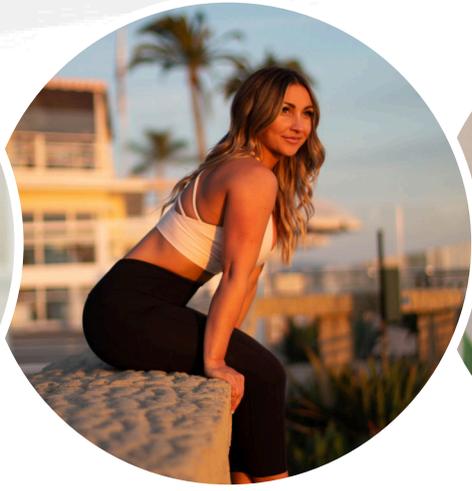
1 CUP = 1 SERVING

INGREDIENTS

- 1 lb Italian sausage (casing removed if necessary)
- 4 oz bacon (about 4 slices), diced
- 1 cup chopped yellow onion
- 3 - 14.5 oz cans low-sodium chicken bone broth
- 1 cup water
- 1 1/2 lbs Russet potatoes, scrubbed, rinsed - sliced into quarters and then 1/4 inch slices
- salt and freshly ground pepper
- 1 cup coconut cream
- 1 cup coconut milk
- 1 1/2 cups packed kale, chopped

DIRECTIONS

- Heat olive oil in a large non-stick saucepan over medium-high heat. Crumble sausage into 1-inch pieces and add to saucepan.
- Cook sausage, stirring occasionally until cooked through. Drain sausage onto a plate or baking dish lined with paper towels and set aside.
- Add diced bacon to saucepan, return to heat and saute 3 minutes, stirring occasionally. Add diced onions and saute mixture until bacon is cooked through and onions are translucent, about 3-5 minutes longer.
- Add chicken broth, water, sliced potatoes, and salt and pepper to taste. Bring soup just to a boil then reduce heat to medium-low and stir in cooked sausage.
- Cover saucepan and simmer, stirring occasionally, until potatoes are nearly tender, about 10-15 minutes.
- Add coconut cream, coconut milk, and kale and stir well. Heat through and serve.



CHAPTER 06

FOR REFERENCE

Cox, BreeAnna. (Host). (2021, February 17). 7 Signs of an Unhealthy Gut and 7 Ways to Fix It (No. 32) [Audio podcast episode]. In *Better Me with BodyByBree*.

Dix, Megan. "What's an Unhealthy Gut? How Gut Health Affects You." *healthline*, <https://www.healthline.com/health/gut-health#foods>. Accessed 3 March 2021.

ADDITIONAL RESOURCES

Anti-inflammatory Meal Plan: 26 recipes to try.
<https://www.medicalnewstoday.com/articles/322897>

Apple Quinoa Breakfast recipe adapted from *jar of lemons*.

Zuppa Toscana recipe adapted from *Cooking Classy*



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