

5 GUT HEALTH

Smoothies



You've heard all the quotes and sayings how all disease starts in the gut. And it's not completely wrong. Your gut is where your health lies, so if it's not taken care of, there are chances of destruction: infections, viruses, disease and illness. Toxins take a big piece of the blame.

We currently live in a society that just about everything we do comes along with a list of toxins. Starting with the food we eat, to the water we drink, and even the air we breathe. The highest amounts of toxins are derived from glyphosate- commonly found in the pesticide Roundup, which you may know is all over most crops grown in the world. Those crops are making their way to your dinner table and are contributing to many gut issues, including leaky gut. These mimic estrogens in our systems leading to a whole host of issues with hormones, membrane and cell function.

TIP: try to stick with organic whole foods as much as possible.

WHAT IS LEAKY GUT?

Our bodies are pretty incredible - but toxins are getting the best of us. There is an intestinal lining which covers nearly 4,000 sf of surface. Did you even think there was that much space inside your belly? Unfortunately, with the amount of toxins that go into our systems, this lining gets large cracks and holes that allow partially digested foods, toxins and bugs from within the gut to leak and penetrate tissues beneath it causing inflammation and changes in the gut flora (good bacteria). This leads to problems within the digestive tract and more.

Let's just say it's time to avoid these toxins as best we can and furthermore clean out the ones that are getting in without choice.

FOR A HEALTHY GUT:

- take your daily probiotics
- eat fermented foods like kombucha, kefir, kimchi, sauerkraut, miso, tempeh and other fermented veggies
- eat prebiotic foods such as asparagus, bananas, garlic, onions and whole grains.
- avoid sugar and sweeteners except for those that are naturally occurring in foods- FRUITS, COCONUT WATER , TUBERS, ROOT VEGETABLES
- reduce stress
- avoid taking antibiotics unnecessarily
- exercise regularly
- get enough sleep
- use toxin-free cleaning products

HERE ARE MY FAVORITE GUT LOVING SMOOTHIE RECIPES:

GUT LOVE 101

Serves 1

- 1 ½ cups dairy free milk or RAW milk - if not intolerant
- 1 apple
- 1 cup mixed greens
- 1 cup berries, fresh or frozen
- ½ avocado
- ½ cup cilantro
- 1/2 teaspoon turmeric
- 2 tbsp of grass fed collagen - unflavored

Blend all ingredients in a high speed blender.

GUTSY LIVING 101

Serves 1

- 1 cup dairy-free milk or RAW milk - if not intolerant
- ¼ cup aloe vera juice
- 1 cup spinach
- 1 pear
- 1 tablespoon ginger root
- 1 tablespoon raw honey or stevia (optional)
- 2 tbsp of grass fed collagen - unflavored
- Dash of cayenne pepper

Blend all ingredients in a high speed blender.

BERRY GUT LOVE

Serves 1

- 1 cup coconut milk kefir
- ½ cup frozen or fresh berries
- 1 cup spinach
- ¼ avocado
- 2 tbsp of grass fed collagen - unflavored
- 1 teaspoon ginger root
- Stevia to taste (optional)

Blend all ingredients in a high speed blender.

IMMUNE SMOOTHIE

Serves 1

- 1 ½ cups coconut milk
- 1 green apple
- 1 date, soaked without pit
- 1 cup kale, chopped
- 1 tablespoon coconut oil
- 1 tablespoon fresh ginger, chopped
- 2 tbsp of grass fed collagen - unflavored

Blend all ingredients in a high speed blender.

IMMUNE BOOST SMOOTHIE

Serves 1

- 1 ½ cups dairy dairy-free milk or water
- 1 cup kale
- 1 cup spinach
- ½ cup blueberries
- 2 tbsp of grass fed collagen - unflavored
- 1 tablespoon bee pollen
- Dash of ginger powder

Blend all ingredients in a high speed blender.