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DEMOCRATISING MEDICAL INTELLIGENCE

WELLNESS HANDBOOK

Your Guide to a Happy Gut

Nourish Your Body with Whole Foods for Better Well-being

Imagine a bustling inner world working tirelessly for you — that's your gut! It plays a vital role in far more than just digestion, influencing your energy, mood, and overall vitality. This guide will help you discover how simple, whole-food choices can nurture this incredible system, paving the way for a healthier, happier you.

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Understanding Your Gut: More Than Just Digestion

Your gut is home to trillions of tiny helpers, collectively known as your gut microbiome. These microbes are crucial for breaking down food, absorbing nutrients, and even communicating with other parts of your body. A balanced microbiome supports everything from efficient digestion to a robust immune system.

- Learn about your inner ecosystem.
- Recognize the link between gut and overall health.
- Embrace foods that support gut balance.

Did You Know?

About 70% of your body's immune cells reside in your gut!

GUT'S IMPACT

70%

Immune Cells in Gut

Trillions

Gut Microbes

100 Million+

Gut Nerve Cells

The Power of Whole Foods for Your Gut

Whole foods are natural, unprocessed ingredients like fruits, vegetables, whole grains, and legumes. They retain all their beneficial nutrients, fibres, and compounds, making them the ideal fuel for a thriving gut. Unlike processed foods, they nourish your microbiome and support digestive harmony.

- Choose foods in their natural state.
- Minimize packaged and highly processed items.
- Prioritize fresh produce and pantry staples.

Simple Rule

If it comes from the earth or an animal, and hasn't been changed much, it's likely a whole food!

MAKE GUT-FRIENDLY SWAPS



Fibre: Your Gut's Best Friend

Fibre is a non-digestible part of plant foods that plays a heroic role in gut health. It adds bulk to your stool, aids regular bowel movements, and acts as food for your beneficial gut bacteria. Incorporating diverse sources of fibre is key to a happy and well-functioning digestive system.

- Include diverse plant foods daily.
- Aim for both soluble and insoluble fibre.
- Gradually increase fibre intake to avoid discomfort.

Daily Goal

Aim for at least 25-30 grams of fibre daily from a variety of sources.

FIBRE-RICH INDIAN FOODS (PER 100G)



Probiotics & Prebiotics: The Dynamic Duo

Probiotics are live beneficial bacteria found in certain foods, while prebiotics are special fibres that feed these good bacteria. Together, they create a supportive environment for a diverse and flourishing gut microbiome. Including both in your diet helps maintain digestive balance and overall well-being.

- Probiotic Sources: Yogurt, kefir, fermented pickles, kanji.

- Prebiotic Sources: Garlic, onion, banana, oats, lentils, whole grains.
- Enjoy these regularly for gut support.

Teamwork!

Think of prebiotics as the food and probiotics as the helpful chefs in your gut kitchen!

GUT SUPERFOODS

Type	Examples	Benefit
Probiotic	Yogurt, Kanji	Introduce good bacteria
Prebiotic	Garlic, Oats	Feed good bacteria
Fibre-Rich	Lentils, Veggies	Support digestion

Hydration & Mindful Eating: Beyond the Plate

Gut health isn't just about what you eat, but also how you eat and drink. Adequate hydration helps food move smoothly through your digestive tract and supports nutrient absorption. Mindful eating, where you pay attention to your food and body's signals, aids digestion and reduces stress, which impacts your gut.

- Drink plenty of water throughout the day.
- Eat slowly and chew your food thoroughly.
- Listen to your body's hunger and fullness cues.
- Create a calm eating environment.

Water Wisdom

Aim for 8-10 glasses of water daily; herbal teas also count!

MINDFUL EATING FLOW

1 Sit down calmly



2 Observe your food



3 Chew slowly and fully



4 Savor flavors and textures



5 Listen to fullness cues

Building a Gut-Friendly Plate Every Day

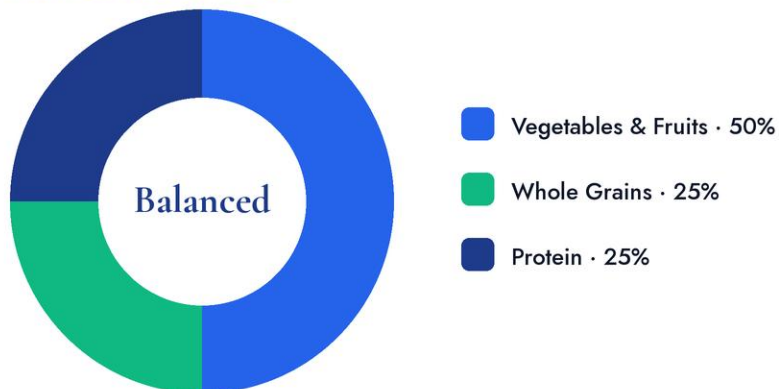
Creating a balanced plate doesn't have to be complicated. Focus on variety, colour, and whole ingredients. Aim to fill half your plate with vegetables and fruits, a quarter with whole grains, and the remaining quarter with lean proteins. This approach ensures a diverse intake of nutrients and fibre for optimal gut support.

- Embrace a rainbow of fruits and vegetables.
- Choose whole grains over refined options.
- Include plant-based proteins and lean meats.
- Experiment with fermented foods regularly.

Eat the Rainbow

Different colours in produce often mean different beneficial compounds for your gut!

YOUR BALANCED PLATE



Key takeaways

- 1 Your gut health impacts your whole body.
- 2 Prioritize whole, unprocessed foods daily.
- 3 Fibre is essential for a happy and regular gut.
- 4 Embrace prebiotics and probiotics in your diet.
- 5 Stay hydrated and practice mindful eating.
- 6 Variety on your plate ensures diverse gut nourishment.

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Empowering your gut with whole foods is a simple yet profound step towards a vibrant life. Start small, be consistent, and observe the wonderful changes within. Here's to a healthier, happier you, from the inside out!

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