



The Power of a Healthy Gut

Your gut is home to trillions of microorganisms—bacteria, fungi, and other microbes—collectively known as your gut flora or microbiome. These tiny residents influence far more than digestion. They help regulate your immune system, produce vitamins (like B12 and K2), balance hormones, and even affect your mood through the gut–brain axis.

A healthy gut microbiome helps to:

- Support efficient digestion and nutrient absorption
- Strengthen immune defenses
- Reduce inflammation throughout the body
- Regulate blood sugar and metabolism
- Positively affect brain function and mood

Probiotics: The “Good” Bacteria

Probiotics are live beneficial bacteria that can improve your gut balance. Think of them as reinforcements for your internal ecosystem.

Great food sources:

Yogurt (with live and active cultures)
Kefir (fermented milk or coconut milk)
Sauerkraut and kimchi (fermented vegetables)
Miso, tempeh, and natto (fermented soy products)
Kombucha (fermented tea)

Prebiotics: The Food for Your Gut Flora

Prebiotics are types of fiber that your gut bacteria feed on. They're like fertilizer for healthy microbes.

Excellent prebiotic foods:

Garlic, onions, leeks, asparagus
Bananas (especially slightly green)
Oats, barley, and flaxseed
Chicory root and Jerusalem artichokes
Apples and berries

Other Factors That Influence Gut Health

Things That Support a Healthy Gut:

- High-fiber diet: 25–35 g/day from fruits, vegetables, and whole grains
- Regular physical activity: boosts microbial diversity
- Adequate sleep: 7–9 hours improves circadian rhythm and gut repair
- Stress management: chronic stress alters microbiome composition
- Outdoor exposure: gardening or hiking introduces beneficial microbes

Things That Harm Gut Flora:

- Overuse of antibiotics or antacids
- Highly processed foods and artificial sweeteners
- Chronic stress and sleep deprivation
- Alcohol and smoking
- Low-fiber diets

Simple Daily Gut Health Routine

1. Start the day with warm water and lemon.
2. Include at least one fermented food daily.
3. Eat 30+ different plant foods per week.
4. Move your body daily.
5. Avoid unnecessary antibiotics and antacids.

References

1. Sonnenburg JL & Bäckhed F. “Diet–microbiota interactions as moderators of human metabolism.” *Nature* (2016).
2. Rinninella E et al. “What is the Healthy Gut Microbiota Composition?” *Nutrients* (2019).
3. Cryan JF et al. “The Microbiota–Gut–Brain Axis.” *Physiological Reviews* (2019).
4. Gibson GR et al. “Prebiotics: concept, definition, and scope.” *Nutrients* (2017).
5. Sanders ME et al. “Probiotics and prebiotics in intestinal health and disease.” *Nature Reviews Gastroenterology & Hepatology* (2019).

Life in Motion Chiropractic

27620 Five Mile Road

Livonia, MI 48154

734-427-6333

frontdesk@lifeinmotionlivonia.com

www.lifeinmotionlivonia.com