

The Blueprint to Gut Health

The most comprehensive gut health video guide you'll find.

Brought to you by live.

**additional
RESOURCES.**

food list.

1. Remove what allows the bad microbes to thrive (for a period of time).

Common allergens/food sensitives (primarily dairy and gluten), FODMAPs, refined foods (especially refined sugar/carbohydrates), sugar, and alcohol.

2. Fend off the bad microbes.

Coconut oil, garlic (moderating according to how you feel, as discussed in the video), pumpkin seeds, flaxseed, oregano, cloves, apple cider vinegar, etc.

3. Introduce more good microbes... Probiotics.

Sauerkraut, kimchi, kombucha, miso, tempeh, kefir, etc.

Do not take any random probiotic supplement, each specific strain has its own function so you have to be strategic and take the right strain for your specific case/issue.

4. Feed the good microbes... Prebiotics.

Green bananas, onions (moderated), leeks (moderated), chicory (chicory coffee is a great replacement for regular coffee if you have digestive issues as it feeds your good gut microbes), asparagus, etc.

FODMAPs: A group of carbohydrates that are commonly poorly digested

Vegetables/legumes are the key group to focus on:

- Low FODMAP examples include carrots, spinach, lettuce, kale, potatoes, squash, courgette, aubergine, bell peppers, green beans, cucumber, tomatoes, sweet potato, etc.
- High FODMAP examples include broccoli, cauliflower, beans, lentils, Brussels sprouts, cabbage, fennel, garlic (hence the moderation), leeks (hence the moderation), onion (hence the moderation), etc.

flare-ups.

Find a small selection of go-to's that really work for you.

Peppermint oil

Fennel and/or mint tea

Ginger

Cayenne pepper and turmeric

Cucumber

Apple cider vinegar

Yogurt

Digestive enzymes

Relax, unwind, move, ride the wave.

supplements.

Regulate bowel movements, fill deficiencies, heal the gut lining.

Magnesium - take before you sleep

L-glutathione - the master antioxidant

Vitamin C, D and B12

For leaky gut: Vitamin A, zinc, fish oil or flax oil, and L-glutamine

For thyroid: Selenium and iodine

Digestive enzymes

Specific supplementation for issues you face such as reflux...

Reflux: Licourice, zinc carnosine, and aloe

Be specific, be calculated, take the correct dosage for you and your needs.

join the gut reset.

1. Head to www.live-plans.com/personalised-program
2. Sign up to our sole plan The Gut Reset
3. Complete the set up form
4. Receive your personalised and tailored plan within 24 hours
5. Join a community that wants to see you thrive!

Access our app where your full plan is delivered, and explore our guides and educational features including the info. pack and video content.

Let us take the thought and the weight off your hands.

contact me.

email.

bensmithlive.uk@gmail.com

**CONGRATULATIONS ON
TAKING THE EXTRA STEP
BY DOWNLOADING THE
RESOURCES.**

YOUR ADDED BONUS...

Time to free up some space in your brain.

Your Notion template:

- 1. Create a Notion account, or sign in with an existing account.**
- 2. Click the link to download all of the templates, or those of your choosing - Google Chrome is Notion's default browser.**
- 3. Duplicate the template(s).**
- 4. Customise to your needs, and enjoy your new found productivity.**

Designed for functionality.



Download all templates.

Goals.

Roadmap.

Habit Tracker.

Calendar.

System.

Task Dashboard.

Content Kandar.

Expenses.

Personal Home.

Simple Notebooks.

Quick Notes.

If you have any questions email:
bensmithlive.uk@gmail.com

**KEEP THAT BETWEEN
YOU AND ME.**

HAVE A GREAT DAY,

BEN

live.