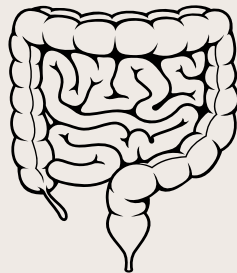


WELLTHY WITH CORTNEY

# Get in Touch with Your Gut



Your guide for tuning into your gut, learning  
about your microbiome and tools you can use  
to rebalance your digestive system

*Cortney*

[www.wellthywithcortney.com](http://www.wellthywithcortney.com)

# Get in Touch

## Meet Your Coach

<p>Cortney DiGiovanni</p>		<p>Social</p> <ul style="list-style-type: none"> <li> @wellthywithcortney</li> <li> @wellthywithcort</li> <li> @wellthywithcortney</li> </ul>
<p>Hello there! Thank you for downloading the Get in Touch with Your Gut ebook! I hope that this brings you some insight into digestive wellness and allows you to tune into your gut for a future balanced gut + happier life</p>		
<p>Contact Us</p> <p>cortney@wellthywithcortney.com <span style="float: right;">wellthywithcortney.com </span></p>		

# Gut Feelings

Your gut is talking to you -- are you listening? Tuning into your gut takes practice and awareness, but I promise it is a simple practice to learn.

Your digestive system is always communicating with you. It is also one of the most vulnerable parts of your body because it is the only thing that comes into direct contact with the world around you. It digests more than just food and it's constantly communicating with your brain through the gut-brain axis.

Your GI tract is home to trillions of gut bacteria that keep you healthy and happy. Literally! You could actually say you are more bug than human if you think about it.

Stress factors can also have a massive impact on your gut health. This is why it is important to also have routines in your life to counteract/ help you deal with the stress in your life.

Other factors that can attribute to poor gut health are exercise and sleep. It is important to aim for 30 min of movement a day (this can be as simple as a walk) and 7-8 hours of sleep a night.

Lets start listening:

Over the next few weeks - month grab a journal/ notebook and begin writing down the below items each day



## 01 Breakfast / Snacks

What I ate?

How did I feel afterwards?  
(Any knots, pain, upset, etc.)

How am I feeling in my relationships, work, and life right now?

## 02 Lunch / Snacks

What I ate?

How did I feel afterwards?  
(Any knots, pain, upset, etc. )

How am I feeling in my relationships, work, and life right now?

## 03 Dinner / Snacks

What I ate?

How did I feel afterwards?  
(Any knots, pain, upset, etc. )

How am I feeling in my relationships, work, and life right now?

# Get to Know Your Gut

03



Did you know?

Your gut is filled with trillions of microbes that are beneficial and necessary to your overall health. Everyone's gut microbe composition is like a fingerprint so no two microbiomes are the same. Your microbes help in an array of aspects. They build resistance to disease, synthesize essential nutrients – like K2 (for bone health), create short-chain fatty acids for digestive health, and serotonin is produced in the gut as well. Serotonin stabilizes mood, and feeling of happiness.

## Food majorly impacts the gut

Your microbes like an array of different foods – mainly high fiber plant foods

## Unhealthy Bacteria

There is such thing as unhealthy gut microbiome and often times this is attributed to excess sugar, artificial sweeteners, and highly processed oils. The "bad" gut bacteria feed on these items. If your diet consists of these, often times you are adding to the imbalance

## Metabolic and Immune Function

Your metabolic rate and immune function is directly related to your food intake. To improve these your diet should be rich in whole grains, an array of fruits and veggies along with pre + probiotic rich foods (covering this later)

## Common (but not normal) Gut Issues

- Conception
- Acid reflux
- Heart Burn
- Stomach pains
- Bloating
- Aches/ Pains
- Rush to go to the bathroom
- Headaches

## Changing your microbes

It can actually only a few days – a few weeks to change the microbial makeup of your GI track. Implementing simple changes can have a massive impact on not only your gut but your overall wellness

## From birth

Did you know that your microbiome begins to develop from birth? This can be seen especially in children born of vaginal birth vs C-sections. Vaginally born babies have been seen to have better immune system responses because of all that good bacteria they were exposed to in the vaginal canal. The more you know!

# Feeding Your Gut



01

02

03

## Probiotics

## Dietary Fiber

## Prebiotics

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### YOUR MICROBES

Probiotics (good bacteria) can actually be found in foods naturally! Probiotics replenish those microbes in your gut because they are the microbes.

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### SUPPORTING YOUR MICROBES

Dietary fiber helps to support not only your digestive health but also your cardiovascular health! These also help feed that gut bacteria to keep them happy and healthy

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### FEEDING YOUR MICROBES

Prebiotics are what your microbes eat! Prebiotics help to keep your gut bacteria healthy and happy.

# Let's Talk Probiotics

Probiotics (also known as fermented foods) can be taken as a supplement or can be ingested through your diet. These are really important for getting rid of those harmful bugs and help fight gastro related infections



### Kefir

Look For: Organic, no or low sugar options, indicates product contains live cultures

Use it: In smoothies or with granola (instead of milk)

### Kimchi

Look For: Labeled as naturally fermented, raw, and organic

Use it: As a condiment, in stir-fries and noodle bowls, or on eggs

### Kombucha

Look For: Raw, unpasteurized options in dark bottles

Use it: As an alternative to alcohol, soda, or other sugar-sweetened drinks

### Miso

Look For: Organic, non-GMO

Use it: In homemade dressings, sauces, and soups

### Sauerkraut

Look For: Organic, unpasteurized, and raw, indicates product contains live cultures

Use it: As a condiment or side dish with eggs or vegetable dishes

### Yogurt

Look For: Organic, no or low sugar options, indicates product contains live active cultures

Use it: In smoothies or with fruit

# All about Dietary Fiber

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Along with digestive and cardiovascular health, dietary fiber also has been linked to glycemic control for diabetes and maintaining a healthy weight. Dietary fiber can be either insoluble or soluble. Both remain undigested until reaching the large intestine, where microbes “digest,” or ferment, the fiber



## Insoluble Fiber

where to get it: Brown rice, nuts, pears, popcorn, strawberries, wheat bran, whole grain cereals, whole-wheat flour, zucchini (and other vegetables with edible skins)

## Soluble Fiber

Where to get it: Apples, barley, beans, citrus fruits, dates, jicama, leeks, oatmeal

## Over 50 years old

Men: 30g

Women: 21g

\*\* per day

## Under 50 years old

Men: 38g

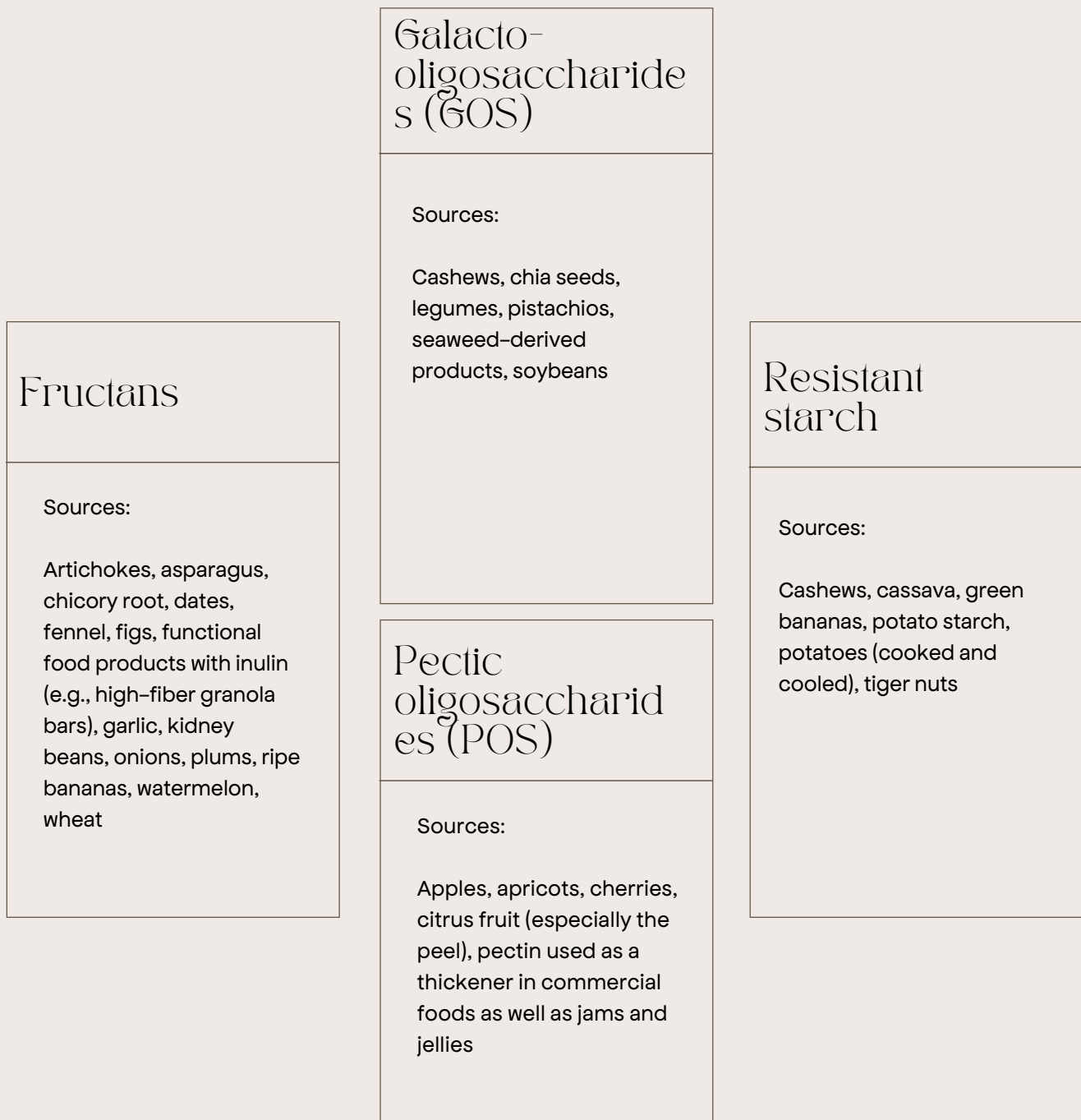
Women: 25g

\*\* per day

\*\* USDA Recommendations

# Feed Prebiotics

Prebiotics remain undigested until they reach the large intestines where they are broken down to feed the good gut bacteria. Prebiotics have been linked to improved immune function, nervous system health, skin health, cardiovascular health, and bone health. All soluble fibers are also prebiotics.





# Work in Progress



## STAGE - 1

### Listen

Start by listening to your body and understanding what foods may be giving you any issues or discomfort. Refer to page 2 for a starting point.

## STAGE - 2

### Be realistic | Progress not Perfection

It is very unrealistic to eat gut friendly all the time. The idea here is to understand what foods make you uncomfortable so you can avoid them, but then understand what foods have a positive impact on your digestive health. Start where you are because even the smallest changes can have a big impact on your health.

## STAGE - 3

### Understand it's bio-individual

Every thing is bio-individual – what works for someone else will not work for you. The goal here is to understand your bodies needs. This includes those healthy food options.

For example: if you find that Kombucha upsets your system then avoid it. It is important to listen to your body and your personal needs

## STAGE - 4

### Change when needed

It is important to always be listening to your body. It is great when something is going well for you, but if you stop listening and are just running on routine you may miss the "why" when something goes off track. When this happens be open to adjustments and changes! Your body is always changing and your needs are always evolving as will your food intake.

## What I Do

Here you will find a few program options all designed to give YOU exactly what you need to build a healthy life and reach all your wellness goals. With in each coaching program we can focus on distinct aspects of what you are looking to accomplish. Our base programs offer assistance in Lifestyle + Nutrition, Gut Health and Hormone Health.

### Programs Sectors

Lifestyle and nutrition is for those who are looking to gain weight, lose weight, or are looking to expand their knowledge and resource base to progress in their health journeys. This is also a great program for those who suffer from any disordered eating.

Gut and Digestive programs are for those who are suffering from any sort of imbalance in their gut, have signs of inflammation, or suffer from any gut related issues. If you are suffering from any sort of digestive distress I am ready to help.

Hormone wellness are for those with any diagnosed hormonal imbalances such as PSCOS or endometriosis. As someone who suffered from endometriosis myself I know how difficult it can be, but I am happy to say that I am here to help! In addition to any hormonal imbalances the hormone program is great for anyone who is looking to release their bodies from hormonal birth control by implementing tools, and lifestyle changes to rebalance their hormones naturally.

### 1:1 Coaching

The one-on-one coaching service is built to offer you the appropriate foundation not only during the coaching service but afterwards. I will give you the tools you need to thrive while living and maintain a healthy, well balanced and realistic lifestyle.

### 90 Min Intensives

In intensives we dive deep into the health and wellness sectors of your life that need the most attention. In a 90 min intensive you will receive the tools and resources you need to hit the ground running towards your goals.

### Group Coaching

Want to get healthy but don't want to do it alone? Group Coaching is right for you! Group coaching is done through the same methods of my regular programs, just in a group of two or more. Not only does this make it more fun for you and your friends but it also helps to lower the cost!



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