

Healthy Meals Made Easy

Healing the Microbiome (Part 2)

Replace and Reinoculate

Part 2 Objective: Replace and Reinoculate:

Replace:

- ◆ Less beneficial fats with healthy fats:
 - Polyunsaturated fats (Omega 3 & 6 fatty acids)
 - Omega 3 fatty acids specifically reduce systemic inflammation
 - Monounsaturated fats
 - Focus on plant fats, with a few exceptions:
 - Extra Virgin Olive Oil (contains polyphenols, which are known to improve health of microbiome)
 - Avocado oil
 - Nuts/seeds
 - Coconut Oil (can be difficult to digest for those with severe digestive issues so try a small amount and see!)
 - Fish, grass fed ghee and eggs (yolks contain omega 3's and B-vitamins)

Reinoculate:

- ◆ Increase short chain fatty acids (SCFA):
 - Pre-biotics: Fiber foods that feed the gut bacteria; think fruits and vegetables.
 - Probiotics: Fermented foods such as miso, yogurt, kimchi, sauerkraut, kvass, kombucha, apple cider vinegar (ACV).
 - Note that fermented foods need to be refrigerated in order for the bacteria to survive.
- ◆ Fun fact: *Lactobacillus* and *Bifidobacterium* are the most well researched and they are linked to healthy digestion and healthy brains.
 - Low levels of *Lactobacillus helveticus* and *Bifidobacterium longum* are found in those with anxiety and depression.
- ◆ **Key Takeaway: Increase plant food and plant diversity!**
 - Final Note: Be mindful that too many plant foods, too soon, can have negative impacts. Start off with cooked veggies and soft foods, then graduate to steamed veggies, followed by raw veggies (especially for those with gut problems).

Healing Ingredients from our Menu:

◆ Belgian Endive Salad

- Olive Oil** – contains polyphenols which have anti-inflammatory and antioxidant properties
- Apple Cider Vinegar (ACV)**- contains beneficial bacteria
- Endive**- contains a flavonoid called Kaempferol, which has anti-inflammatory and antioxidant properties
- Apple**- contains soluble and insoluble fiber, which serve as prebiotics for our microbes
- Pecans**- contain monounsaturated fat as well as polyphenols

◆ Miso Butternut Squash Soup:

- Miso**- this fermented soy product contains live probiotics
- Onion**- acts as a prebiotic to feed our microbes
- Ginger**- acts as a carminative, aiding in digestion and motility; contains gingerol, a bioactive compound which has anti-inflammatory properties
- Cumin**- increases activity of digestive enzymes, thereby improving digestion; contains numerous bioactive compounds that neutralize free radicals
- Squash** -rich in antioxidants such as Vitamins C & E as well as beta-carotene

◆ Paleo Chocolate Chip Tahini Blondies:

- Eggs**- contain Omega 3's and B-vitamins
- Tahini**- contains anti-inflammatory monounsaturated fat as well as a lignan called sesamin that acts as a powerful antioxidant
- Coconut Oil**- contains antimicrobial properties
- Almond Flour**- nut flours can be easier on the gut than gluten-containing grains; contains monounsaturated fat
- Dark Chocolate**- contains polyphenol compounds involved with reducing inflammation