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## Dietary guidelines for GUT Optimisation

### Foods to avoid

- Sugar
- Refined and highly processed foods
- Cow's products
- Too much alcohol and caffeine
- Low fat or fortified foods

### Foods to include

- Fish
- Miso soup
- Gluten free grains – quinoa, rice, millet, amaranth, buckwheat, tapioca, oat
- Dark green leafy greens
- Different milks – nut, rice, soy
- Cooked foods vs raw
- Fermented and pickled foods – sauerkraut, kim chi, keffir
- Bitter foods to stimulate digestive juices and release bile from the liver (rocket, beetroot, watercress, fennel, chamomile, lemon, apple cider vinegar)
- Anti-inflammatory spices like ginger and turmeric

### Extra notes

- Eat before 8 pm to give the digestive system adequate time to rest over night
- Eat your protein first and carbs last
- Do not drink water while eating as this dilutes your digestive enzymes
- Eat simply, and lightly
- Eat warm cooked foods to ensure easy digestion



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Finally, it's important to relax while eating. Stress has been shown to negatively affect a variety of digestive factors, including gut motility, blood flow to our digestive organs, as well as the integrity of the tight junctions (connections) between the cells of the gut lining.

The cephalic phase of gastric secretion occurs even before food enters the stomach, resulting from the sight, smell, thought, or taste of food, and the greater the appetite. Each time you chew your food you are sending a message to the brain that you are eating, and the more this occurs the more your brain responds by producing more enzymes, and acids to help digest your food, but also producing hormones to tell your brain that you are full.

Not chewing properly can mean that you're often hungry after you have eaten. In addition, if your food is not chewed properly this acts as a food source for unfriendly bacteria in your digestive tract, allowing them to grow and crowd out the good bacteria.