KICKSTART GUIDE TO

Heal Your Gut

+ GUT FRIENDLY RECIPES



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Hi there!

Did you know that your digestive system is the cornerstone of your health. It affects your energy, mood, hormones, skin, immune system and SO MUCH MORE! In fact, research has found that your gut controls so many functions that it is often referred to as your "second brain"!

Do you suffer from the following symptoms on a regular basis?

- Constipation
- Diarrhea
- Bloating
- Gas
- Reflux/Gerd
- Skin problems
- Allergies
- PMS
- Fatigue
- Anxiety

It's normal to experience symptoms such as these on an *occasional* basis, however, if you experience these symptoms regularly then it's time to look deeper into what's going on inside your body! These symptoms are signals telling you something is off.

The good news is that you can take action to heal your gut, optimize your microbiome and resolve many of these issues! No matter how long they've been going on, you can start with the strategies inside this guide and you'll begin to notice a difference.

In health,

Jaime Heer

Functional Nutritionist

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10 Strategies

FOR DIGESTIVE RELIEF & GUT HEALING

01

Sit down to eat.
Your body must be in a relaxed state in order to fully digest. So sit down, take a few deep breathes and relax. This will allow your body to switch into "Rest to Digest" mode so that it focus on digestion rather than other task or stressors.

02

Don't drink too much liquid with meals.
Drinking too much liquid (especially alcohol) with meals dilutes your gastric juices, making it harder for your body to break down your meals into absorbable nutrients. Stick to just 1, 12oz glass of room temperature water or tea with meals.

03

Chew slowly.
Not chewing your food properly is a common reason for poor digestion. Chewing mechanically breaks down your food as well as mixes it with digestive enzymes in your saliva. Both are an essential in the process of breaking down you meals. I recommend chewing each bite of food at least 20 times.

04

Add fiber.
Your digestive system needs fiber to function properly. Using whole food forms of fiber is the best way to provide your gut with quality sources of prebiotics to feed your good gut bacteria as well as fiber to support regular bowel movements. Vegetables, nuts, seeds, beans and lentils are great fiber sources to incorporate daily. If you experience more bloating when you eat fiber, your microbiome is likely out of balance & it's time for a gut reset!

05

Remove sugar and refined carbohydrates.
Microbes in your digestive system love to feed on sugar and refined carbohydrates which can lead to symptoms like bloating, gas, diarrhea and/or constipation. If you want to heal your gut, it's essential to upgrade your diet. Cutting out sugar and refined carbohydrates is the first step to strengthening your health. You'll help to reduce bacteria & yeast overgrowth in the gut and other unwanted symptoms.

10 Strategies

FOR DIGESTIVE RELIEF & GUT HEALING

06

Avoid fast and processed foods.
These foods have high levels of processed ingredients that are inflammatory to your digestive tract, toxic to your microbiome, reduce digestive function and cause leaky gut. Avoid them to support your gut health!

07

Try digestive enzymes.
Your gut may be lacking the necessary enzymes to digest your food effectively. CLICK HERE to view & purchase my favorite full spectrum digestive enzyme supplement which you'll want to take ***WITH*** meals to promote good digestion.

08

Try probiotics.
Probiotics can help aid with break down of meals, absorption of nutrients, reduce digestive symptoms & assist in healing your gut. You can find probiotics in a variety of fermented foods such as sauerkraut & kimchi, yogurt & kefir (no sugar added). If youexperience more digestive upset when you take probiotics, you likely have a microbiome imbalance and it's time for a gut reset.

09

Check your medications.
Many medications can inhibit your digestive system's ability to function properly - PPIs, ant-acids, antibiotics, pain relievers, opioids & anti-depressants - to name a few. If you're taking a medication and noticing digestive symptoms, discuss this with your health care provider to see if you can find an alternative or adjust your dosing to promote better digestion.

10

Check for food sensitivities.
You may have an intolerance to certain foods that are impacting your gut health and driving up inflammation. Every body is unique, and sometimes it can be hard to decipher food intolerances because symptoms (headache, brain fog, sleep disturbance, skin breakouts, etc.) can show up *72 hours after* ingesting a food. If you suspect that you have a food sensitivity, discuss with your functional practitioner to consider food sensitivity testing or an elimination diet.

READY FOR THE

Next Step?

JOIN MY ULTIMATE GUT RESET PROGRAM!

This program teaches you exactly how to address the root causes to your gut health concerns by:

1. Optimizing your digestive function & nutrient absorption.
2. Enjoying a diet that's bursting with flavor and nutrients.
3. Rebalancing your gut microbiome.
4. Incorporating daily practices to support long-term gut health.

CLICK HERE TO JOIN NOW!





GUT *friendly* RECIPES

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GREEN DETOX SMOOTHIE

INGREDIENTS:

- 1 cup packed fresh spinach
- 1 small cucumber, chopped
- 1 stalk celery, chopped
- 1/2 ripe avocado
- 1/2 cup pineapple chunks (fresh or frozen)
- 1 tablespoon fresh lemon juice
- 1 tablespoon chia seeds
- 1 cup coconut water or filtered water
- Ice cubes (optional, for a colder smoothie)

INSTRUCTIONS:

1. In a blender, combine the fresh spinach, chopped cucumber, chopped celery, ripe avocado, pineapple chunks, fresh lemon juice, chia seeds, and coconut water (or filtered water).

2. Blend on high speed until all the ingredients are well combined and the smoothie reaches your desired consistency. If you prefer a colder smoothie, you can also add a handful of ice cubes and blend again.

3. Taste the smoothie and adjust the sweetness or tartness by adding more pineapple or lemon juice if desired.

4. Pour the Green Detox Smoothie into glasses and enjoy it as a refreshing and gut-healthy beverage!

Note:

Feel free to customize the smoothie by adding other gut-friendly ingredients such as ginger, turmeric, or a scoop of your favorite gut-healthy powder or supplement. You can also add a handful of fresh mint leaves for a burst of freshness. Adjust the consistency by adding more coconut water or filtered water if needed.



GOLDEN TURMERIC LATTE

INGREDIENTS:

- 1 cup unsweetened almond milk (or any other milk of your choice)
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon vanilla extract
- 1 teaspoon honey or maple syrup (optional, for sweetness)
- A pinch of black pepper (helps with the absorption of curcumin, the active compound in turmeric)
- A sprinkle of ground nutmeg or cinnamon for garnish (optional)

INSTRUCTIONS:

1. In a small saucepan, heat the almond milk over medium heat until it begins to steam. Be careful not to let it boil.

2. While the milk is heating, in a separate bowl, whisk together the ground turmeric, cinnamon, ginger, cardamom, and black pepper until well combined.

3. Once the milk is steaming, reduce the heat to low. Gradually whisk in the spice mixture, making sure there are no clumps.

4. Stir in the vanilla extract and sweeten with honey or maple syrup if desired. Adjust the sweetness according to your taste preferences.

5. Continue to cook the mixture over low heat, stirring occasionally, for about 5 minutes to allow the flavors to meld together. Make sure not to let it boil.

6. Once the latte is heated through and the flavors are well combined, remove it from the heat.

7. Carefully pour the latte into a mug, using a fine-mesh strainer to catch any clumps or residue.

8. Sprinkle a little ground nutmeg or cinnamon on top for garnish, if desired.

9. Serve the Golden Turmeric Latte warm and enjoy its soothing flavors and vibrant golden hue!



HOMEMADE BONE BROTH

INGREDIENTS:

- Bones: You can use bones from various animals, such as chicken, beef, pork, or fish. Ideally, use high-quality, organic, and grass-fed or pasture-raised bones for the best flavor and nutrition.
- Water: Enough to cover the bones and allow for simmering.
- Vinegar: 1-2 tablespoons of apple cider vinegar or any other type of vinegar. The acidity helps extract nutrients from the bones.
- Vegetables (optional): add carrots, celery, onions, and garlic for additional flavor and nutrition.
- Herbs and spices (optional): You can add herbs and spices such as bay leaves, thyme, rosemary, or parsley for added flavor.

INSTRUCTIONS:

1. Place the bones in a large pot and cover them with water. Add the vinegar and let it sit for about 30 minutes. This helps to draw out the nutrients from the bones.
2. If desired, you can roast the bones in the oven for about 30 minutes at 350°F (175°C) before adding them to the pot, which can enhance the flavor of the broth.
3. Bring the pot to a boil, then reduce the heat to low and let it simmer for at least 8-12 hours for chicken bones, or 24-48 hours for beef or pork bones. The longer you simmer, the more flavor and nutrients will be extracted from the bones.
4. During the simmering process, you may need to skim off any foam or impurities that rise to the top.
5. If desired, you can add vegetables, herbs, and spices during the last hour of simmering for added flavor.
6. Once the broth is done simmering, remove it from the heat and let it cool.
7. Strain the broth through a fine-mesh sieve or cheesecloth to remove the solids, and discard the bones and other solids.
8. Let the broth cool completely, then store it in airtight containers in the refrigerator for up to 5 days, or freeze it for longer-term storage.

Note:

The above instructions are a basic guide, and you can adjust the cooking time, ingredients, and seasonings to suit your taste preferences. You can also use a slow cooker or an Instant Pot for making bone broth, which can be more convenient and time-saving.

While making bone broth requires some time and effort, it can be a cost-effective and nutrient-rich addition to your diet. Homemade bone broth allows you to control the quality of ingredients and customize the flavor to your liking.



GUT-HEALING CHICKEN AND VEGETABLE SOUP

INGREDIENTS:

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 carrots, chopped
- 3 celery stalks, chopped
- 3 cloves garlic, minced
- 1-inch piece of fresh ginger, grated
- 4 cups chicken bone broth
- 2 cups cooked chicken, shredded
- 1 cup chopped kale or spinach
- 1 cup chopped zucchini
- 1 teaspoon turmeric powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried thyme
- Salt and pepper, to taste
- Fresh cilantro or parsley for garnish (optional)

INSTRUCTIONS:

1. Heat the olive oil in a large pot or Dutch oven over medium heat. Add the chopped onion, carrots, and celery. Sauté for about 5 minutes until the vegetables start to soften.

2. Add the minced garlic and grated ginger to the pot. Sauté for another minute until fragrant.

3. Pour in the chicken broth and bring the mixture to a boil. Reduce the heat to low and let it simmer for about 10 minutes.

4. Add the cooked shredded chicken, chopped kale or spinach, and chopped zucchini to the pot. Stir in the turmeric powder, ground cumin, dried thyme, salt, and pepper.

5. Cover the pot and simmer for an additional 10-15 minutes until the vegetables are tender.

6. Taste the soup and adjust the seasonings if needed.

7. Ladle the Gut-Healing Chicken and Vegetable Soup into bowls. Garnish with fresh cilantro or parsley if desired.

8. Serve the nourishing and gut-healthy soup warm!

Note:

Feel free to customize the recipe by adding other gut-friendly vegetables such as bell peppers or mushrooms. You can also add a squeeze of lemon juice for extra flavor and a boost of vitamin C. Adjust the seasonings according to your taste preferences.



GREEK QUINOA SALAD

INGREDIENTS:

- 1 cup quinoa
- 2 cups vegetable broth or water
- 1 English cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup Kalamata olives, pitted and halved
- 1/2 cup crumbled sheep's milk feta cheese
- 1/4 cup red onion, finely chopped
- 1/4 avocado
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- Juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried oregano
- Salt and pepper, to taste

Note:

Feel free to add other ingredients to the salad, such as diced bell peppers, artichoke hearts, or roasted red peppers. You can also customize the dressing by adding a clove of minced garlic or a dash of red wine vinegar.

INSTRUCTIONS:

1. Rinse the quinoa under cold water to remove any bitterness. In a medium-sized saucepan, bring the vegetable broth or water to a boil. Add the quinoa, reduce the heat to low, cover, and simmer for about 15 minutes or until the liquid is absorbed and the quinoa is fluffy.

2. Remove the saucepan from the heat and let the quinoa cool to room temperature.

3. In a large bowl, combine the cooled quinoa, diced cucumber, cherry tomatoes, Kalamata olives, crumbled feta cheese, red onion, avocado, parsley, and mint.

4. In a small bowl, whisk together the lemon juice, olive oil, dried oregano, salt, and pepper to make the dressing.

5. Pour the dressing over the quinoa mixture and toss gently to coat all the ingredients evenly.

6. Taste and adjust the seasonings if needed.

7. Let the salad marinate in the refrigerator for at least 30 minutes to allow the flavors to meld together.

8. Before serving, give the salad a good toss and garnish with additional fresh herbs if desired.

9. Serve the Greek Quinoa Salad chilled as a refreshing and gut-healthy dish!



ROASTED ACORN SQUASH BOWLS WITH TURKEY & SPINACH

INGREDIENTS:

- 2 acorn squash
- 1 pound ground turkey
- 2 cups fresh spinach leaves
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- - 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon ground cinnamon
- Salt and pepper, to taste
- Olive oil, for drizzling
- Optional toppings: Fresh parsley or cilantro, chopped

INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.

2. Slice the acorn squash in half lengthwise. Scoop out the seeds and discard them.

3. Place the acorn squash halves, cut side up, on the prepared baking sheet. Drizzle them with olive oil and sprinkle with salt and pepper.

4. Roast the acorn squash in the preheated oven for about 35-40 minutes, or until the flesh is fork-tender and lightly browned around the edges. Remove from the oven and set aside.

5. While the acorn squash is roasting, heat a drizzle of olive oil in a large skillet over medium heat. Add the diced onion and minced garlic, and sauté until the onion becomes translucent and fragrant.

6. Add the ground turkey to the skillet and cook, breaking it up with a spatula, until it is browned and cooked through.

7. Stir in the dried thyme, ground cumin, paprika, ground cinnamon, salt, and pepper. Cook for another minute to allow the flavors to meld together.

8. Add the fresh spinach leaves to the skillet and cook until they are wilted.

9. Once the acorn squash halves are cooked, spoon the turkey and spinach mixture into the hollowed-out centers of the squash.

10. Return the stuffed acorn squash halves to the oven and bake for an additional 10 minutes to allow the flavors to meld together and the stuffing to heat through.

11. Remove from the oven and garnish with fresh parsley or cilantro if desired.

12. Serve these bowls as a wholesome and satisfying meal!

Note:

Feel free to customize the recipe by adding other vegetables or seasonings of your choice. You can also sprinkle some grated parmesean on top during the final minutes of baking if desired. Leftovers can be refrigerated and enjoyed the next day.



LEMON GARLIC CHICKEN WITH ROASTED VEGETABLES

INGREDIENTS:

- 4 chicken thighs or breasts
- 4 tablespoons olive oil, divided
- 4 cloves garlic, minced
- Zest and juice of 2 lemons
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1 yellow or red onion, rough chopped
- 1 large sweet potato, peeled and cubed
- 2 cups Brussels sprouts, trimmed and halved
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- Optional garnish: Fresh parsley, chopped

INSTRUCTIONS:

1. Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.

2. In a small bowl, combine 2 tablespoons of olive oil, minced garlic, lemon zest, lemon juice, dried oregano, dried thyme, sea salt, and black pepper. Mix well to create a marinade.

3. Place the chicken breasts in a shallow dish. Pour the marinade over the chicken, ensuring it is well coated. Allow the chicken to marinate for at least 20 minutes, or refrigerate for up to overnight for enhanced flavor.

4. Meanwhile, in a separate bowl, toss the chopped onion, cubed sweet potato, Brussels sprouts, and sliced bell peppers with the remaining 2 tablespoons of olive oil. Season with salt and pepper to taste.

5. Spread the vegetables in a single layer on the prepared baking sheet. Place the marinated chicken breasts on top of the vegetables.

6. Bake in the preheated oven for about 25-30 minutes, or until the chicken is cooked through and the vegetables are tender and slightly caramelized.

7. Once cooked, remove the baking sheet from the oven and let the chicken rest for a few minutes. Slice the chicken into strips or serve it whole.

8. Serve the Lemon Garlic Chicken with Roasted Vegetables as a gut-healthy dinner! Garnish with fresh parsley if desired.

Note:

You can customize the roasted vegetables by adding other gut-friendly options such as carrots, asparagus, or broccoli. Adjust the cooking time as needed based on the thickness of the chicken breasts. Feel free to incorporate additional herbs or spices to suit your taste preferences. Leftovers can be refrigerated and enjoyed the next day.



SPAGHETTI SQUASH CHOW MEIN

INGREDIENTS:

- 1 medium spaghetti squash
- 2 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1 small onion, thinly sliced
- 2 carrots, julienned
- 1 bell pepper, thinly sliced
- 2 cups shredded cabbage
- 1 cup bean sprouts
- 3 tablespoons tamari
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1/2 teaspoon ground ginger
- 1/4 teaspoon red pepper flakes (optional)
- Fresh cilantro or green onions, chopped (for garnish)

Note:

Feel free to customize the recipe by adding other gut-friendly vegetables such as mushrooms, snow peas, or bok choy. You can also incorporate proteins like cooked chicken, shrimp, or tofu if desired. Adjust the seasonings to suit your taste preferences. Leftovers can be stored in the refrigerator for a few days.

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C). Cut the spaghetti squash in half lengthwise and scoop out the seeds.

2. Drizzle the cut sides of the spaghetti squash with 1 tablespoon of olive oil. Place the halves, cut side down, on a baking sheet lined with parchment paper.

3. Bake the spaghetti squash in the preheated oven for 40-45 minutes, or until the flesh is tender and easily shreds into strands with a fork. Remove from the oven and set aside to cool slightly.

4. While the spaghetti squash is baking, heat the remaining 1 tablespoon of olive oil in a large skillet or wok over medium-high heat.

5. Add the minced garlic and sliced onion to the skillet and sauté for 2-3 minutes, until the onion becomes translucent and fragrant.

6. Add the julienned carrots, sliced bell pepper, shredded cabbage, and bean sprouts to the skillet. Stir-fry for 4-5 minutes, or until the vegetables are crisp-tender.

7. In a small bowl, whisk together the reduced-sodium soy sauce or tamari, rice vinegar, sesame oil, ground ginger, and red pepper flakes (if using).

8. Once the vegetables are cooked, use a fork to shred the baked spaghetti squash into strands. Add the spaghetti squash strands to the skillet, along with the prepared sauce. Toss everything together to coat the spaghetti squash and vegetables evenly with the sauce.

9. Continue stir-frying for another 2-3 minutes, or until the spaghetti squash is heated through and well combined with the vegetables and sauce.

10. Remove from heat and garnish with fresh cilantro or chopped green onions.

11. Serve the Gut-Healthy Spaghetti Squash Chow Mein as a delicious and nutritious meal!



ENERGY BALLS WITH DATES AND ALMONDS

INGREDIENTS:

- 1 cup pitted dates
- 1 cup raw almonds
- 2 tablespoons almond butter or peanut butter
- 2 tablespoons ground flaxseed
- 2 tablespoons chia seeds
- 1 tablespoon raw honey or maple syrup
- 1/2 teaspoon ground cinnamon
- Pinch of sea salt
- Optional toppings: shredded coconut, cocoa powder, crushed nuts

Note:

Feel free to customize the recipe by adding other ingredients such as dried fruits, nuts, or seeds of your choice. Adjust the sweetness by adding more or less honey or maple syrup according to your preference. These Energy Balls can also be frozen for longer storage.

INSTRUCTIONS:

1. Place the pitted dates in a bowl and cover them with hot water. Let them soak for about 10 minutes to soften.

2. In a food processor, add the soaked dates, raw almonds, almond butter or peanut butter, ground flaxseed, chia seeds, raw honey or maple syrup, ground cinnamon, and a pinch of sea salt.

3. Process the ingredients until well combined and the mixture starts to stick together. You may need to stop and scrape down the sides of the food processor a few times.

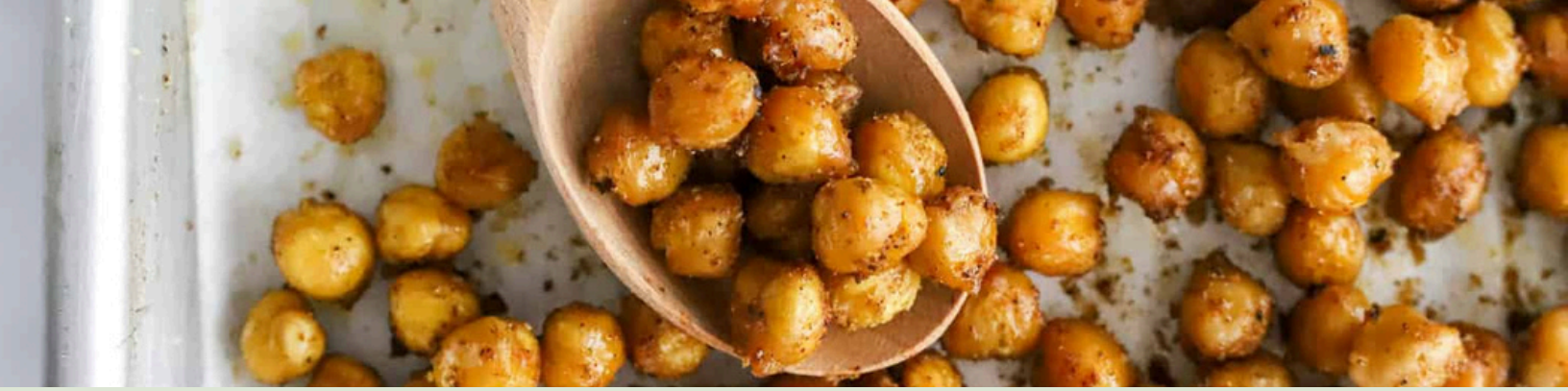
4. Once the mixture is sticky and well blended, transfer it to a bowl.

5. Take small portions of the mixture and roll it into bite-sized balls using your hands. If desired, roll the balls in shredded coconut, cocoa powder, or crushed nuts for added flavor and texture.

6. Place the Energy Balls on a plate or baking sheet lined with parchment paper. Repeat until all the mixture is used.

7. Refrigerate the Energy Balls for at least 30 minutes to allow them to firm up.

8. Once chilled, the Energy Balls are ready to enjoy as a gut-healthy snack! Store any leftovers in an airtight container in the refrigerator for up to a week.



CRISPY ROASTED CHICKPEAS

INGREDIENTS:

- 1 can (15 oz) chickpeas (garbanzo beans), drained and rinsed
- 1 tablespoon olive oil
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sea salt
- 1/4 teaspoon garlic powder
- Pinch of cayenne pepper (optional, for added heat)

INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.

2. Pat dry the drained and rinsed chickpeas using a clean kitchen towel or paper towels. Remove any loose skins if desired.

3. In a bowl, combine the chickpeas, olive oil, ground turmeric, ground cumin, sea salt, garlic powder, and cayenne pepper (if using). Toss well to coat the chickpeas evenly with the spices.

4. Spread the seasoned chickpeas in a single layer on the prepared baking sheet.

5. Roast the chickpeas in the preheated oven for about 25-30 minutes, or until they become crispy and golden brown. Shake the baking sheet or stir the chickpeas halfway through the cooking time to ensure even roasting.

6. Once roasted, remove the chickpeas from the oven and let them cool slightly. They will become crispier as they cool.

7. Serve the Roasted Chickpeas with Turmeric and Cumin as a gut-healthy snack option! Enjoy them on their own or use them as a topping for salads or soups.

Note:

Feel free to adjust the spice blend to your liking by adding more or less of the turmeric, cumin, garlic powder, or cayenne pepper. You can also experiment with other spices and herbs such as paprika, smoked paprika, or dried rosemary. Store any leftovers in an airtight container at room temperature for up to a few days.



OVERNIGHT CHIA PUDDING

INGREDIENTS:

- 1/4 cup chia seeds
- 1 can coconut milk or cup of unsweetened almond milk.
- 1/2 tablespoon pure maple syrup or raw honey
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon ground cinnamon
- Optional toppings: Fresh berries, sliced bananas, chopped nuts, or coconut flakes

INSTRUCTIONS:

1. In a bowl, combine the chia seeds, milk, pure maple syrup or raw honey, vanilla extract, and ground cinnamon. Stir well to ensure the chia seeds are evenly distributed.

2. Cover the bowl and refrigerate it overnight, or for at least 4-6 hours, to allow the chia seeds to absorb the liquid and form a pudding-like consistency.

3. After the chia pudding has set, give it a good stir to break up any clumps and make it smooth.

4. Serve the chia pudding in a bowl or jar.

5. Top with your favorite gut-friendly toppings, such as fresh berries, sliced bananas, chopped nuts, or coconut flakes.

6. Enjoy this pudding as a nutritious and filling breakfast!

Note:

Feel free to adjust the sweetness by adding more or less maple syrup or honey according to your taste preferences. You can also experiment with different flavor variations by adding ingredients like cocoa powder, matcha powder, or almond extract. Make a batch of chia pudding in advance and store it in the refrigerator for a few days for quick and easy breakfasts throughout the week.