

THE GUT MAN

Don Chisholm

WHAT DOES IT ACTUALLY TAKE TO BE REALLY HEALTHY?

Highlight the most important change/s you can make.



GUT LOVING CHOICES

Eat more veggie fibre.

Non-starchy vegetables feed good bacteria.

Hydration.

Drink more clean, filtered, alive water. Hydration helps digestion and elimination. Get a good water filter.

Eat fermented foods.

Get some wholefood probiotics rich in good bacteria and nutrients. e.g. *Probiotic Foods*.

Choose organic food more often.

Free from heavy metals, pesticides and chemicals.

Regular bowel cleansing.

Reduce parasites, bacteria and fungus in your body with a cleanse/colonic.

Choose chemical free personal care products.

Free from carcinogenic chemicals. e.g. *Divine Skin Care Range*.

Get outdoors.

Get vitamin D naturally (or take supplement) and go barefoot.

Boost immunity—80% is in the gut.

Probiotic Foods, Olive Leaf Extract, colloidal silver, MSM etc.

Reset stress levels.

Stress kills gut bacteria. Try relaxation techniques, breathing, yoga and walking.



GUT HEALTH ENEMIES

Cut down on meat.

Takes a lot of energy to digest and no fibre to feed good bacteria.

Dehydration and chemicals.

Fluoride, chlorine, pesticides etc. in tap water kill good bacteria. Cut back on coffee and tea; they dehydrate and irritate the gut.

Sugar.

Cut down on processed carbs, sugar and alcohol which feed bad bacteria.

Heavy metals.

Toxic chemicals in conventionally grown food damage gut bacteria.

Toxic environments.

Make your home/workplace healthy—reduce chemical exposure, manage damp and mould.

Chemicals in personal care products.

Reduce chemicals that disrupt hormones and damage the gut.

Electromagnetic field (EMF) smog.

Avoid excess use of mobile phones, computers and technology especially at night time. They zap bacteria.

Medications.

Antibiotics and pain meds damage the gut lining and destroy good bacteria.

Stress.

Seek help to manage stress, for addictions, depression, anxiety.

Notes:

THE GUT MAN

Don Chisholm

THE HEALTH SCALE

Where do you fit on the health scale below? Answer as honestly as you can so you can get the most out of my book. Remember, you are attempting to define how you feel most of the time, not when you are at your peak.

Vital	Only need 4-7 hours sleep and can work a 12 hour day; tire but never get exhausted. Physically and mentally vital.
Really Healthy	Just loving life and all it offers; full of zest with only 6 hours sleep. Can work a long day with good memory and a sense of wellbeing.
Healthy	Eat well; fit; feel good most of the time. Wake up fresh on 8 hours sleep. Exercise regularly.
OK	Feel OK, just get a bit tired in the afternoon; that extra coffee helps. Could exercise more. Reasonably active.
Just OK	Feel OK some of the time, but then get a little sluggish. Bowel movement could improve. Not that active.
Sluggish	Don't feel too bad, but a bit sluggish; takes a lot to get going.
Very Sluggish	Hard to get started; days take forever; drained most of the time.
Poor	Life is a struggle; living in a brain fog.
Very Poor	Catch everything going around, feel uncomfortable and depressed. Use medication.
Extremely Poor	Need medication on a continual basis.
Seriously Ill	Medications and tests are on the increase; conditions are worsening.
Terminally Ill	Disease has reached a stage of no return; it's only a matter of time before death takes over.