

## 8 Ways to Optimize Gut Flora

~ Dr. Mark Hyman

The best way to grow a healthy inner garden and make your gut bugs happy begins with your diet. Here are eight ways to build healthy gut flora starting with your next forkful:

- 1. Eat whole, unprocessed, unrefined foods.** One of the best ways to maintain gut health involves cutting out the sugar and refined carbs and jacking up gut-supporting fiber.
- 2. Make 75 percent of your plate be vegetables and plant-based foods.** Your gut bugs really love these high-fiber plant foods.
- 3. Eat good fats and get an oil change.** The good omega 3 fats and monounsaturated fats (such as extra-virgin olive oil, avocados or almonds) will help with decreasing inflammation, giving healthy gut bugs a chance to flourish.
- 4. Supplement smartly.** Beyond the numerous benefits (including reducing inflammation), studies find omega 3 fatty acids can support healthy gut flora. You should definitely supplement with an essential fatty acids formula, if you're not regularly eating wild-caught fatty fish. Take a good probiotic supplement. This helps reduce gut inflammation while cultivating health and the growth of good bacteria.
- 5. Add more coconut.** Studies demonstrate anti-inflammatory and weight loss benefits from adding Medium Chain Triglyceride or MCT oils. One of my favorite fats, coconut oil and coconut butter, contains these fabulous fat-burning MCTs.
- 6. Remove inflammatory fats.** Cut out bad, inflammatory omega 6 rich fats like vegetable oils (corn oil, soybean oil, canola oil, etc.) Replace these with healthier oils like extra-virgin olive oil and coconut oil.
- 7. Add fiber-rich foods.** Nuts, seeds and a special fiber called glucomannan provide prebiotics and feed our healthy bacteria.
- 8. Add fermented foods.** Sauerkraut, kimchi, tempeh and miso contain good amounts of probiotics so your healthy gut bugs can be fruitful and multiply.