

7-Day Anti-Inflammatory Program



The Inflammation Equation: Sodium, Sugar, and Fiber

DAY 3: GUT HEALTH & FIBER

HOW A HAPPY GUT LOWERS INFLAMMATION + BOOSTS IMMUNITY

Welcome to Day 3! Today we're exploring the gut—your body's inner ecosystem. A healthy gut is key to reducing inflammation, improving digestion, and supporting your overall health.



LEARNING OBJECTIVES



- UNDERSTAND THE GUT'S ROLE IN INFLAMMATION AND IMMUNITY
- EXPLORE HOW FIBER FEEDS GUT HEALTH
- LEARN WHAT THE MICROBIOME IS AND WHY IT MATTERS
- DISCOVER EASY WAYS TO INCREASE GUT-FRIENDLY FOODS

Your gut isn't just for digestion—it's your body's communication hub, immune center, and inflammation regulator.

THE GUT-INFLAMMATION CONNECTION

- 70%+ of the immune system lives in your gut
- Gut lining helps prevent harmful substances from entering the bloodstream
- Dysbiosis (microbial imbalance) = immune dysfunction + inflammation

When the gut is unhealthy, inflammation can become chronic—and symptoms appear throughout the body.



MEET YOUR MICROBIOME

Your gut microbiome = trillions of bacteria + fungi + microbes living in your intestines. They:

- Digest food
- Regulate hormones
- Fight pathogens
- Control inflammation

When balanced, they support health.
When imbalanced, they drive disease.

SIGNS OF AN IMBALANCED GUT

- Bloating, constipation, or diarrhea
- Frequent illness or infections
- Food sensitivities
- Mood issues or brain fog
- Skin flare-ups
- Fatigue and sugar cravings

These signs indicate the gut may need healing and rebalancing.



WHAT HARMS THE MICROBIOME?

- Processed foods and excess sugar
- Low fiber intake
- Frequent antibiotics or NSAIDs
- Chronic stress
- Poor sleep
- Lack of microbial diversity in food

Everyday habits can disrupt your gut—and many are reversible with simple changes.



FIBER: YOUR GUT'S FAVORITE FUEL

Fiber feeds your beneficial gut bacteria. It:

- Reduces inflammation
- Supports bowel regularity
- Promotes fullness and blood sugar balance
- Strengthens the gut lining

It's not just about digestion—it's about overall resilience and healing.



TWO TYPES OF FIBER

Soluble Fiber – dissolves in water, forms a gel

- Found in oats, chia, apples, beans

Insoluble Fiber – adds bulk, promotes movement

- Found in veggies, whole grains, seeds

Both are important and work together to support gut health.





DAILY FIBER TARGETS

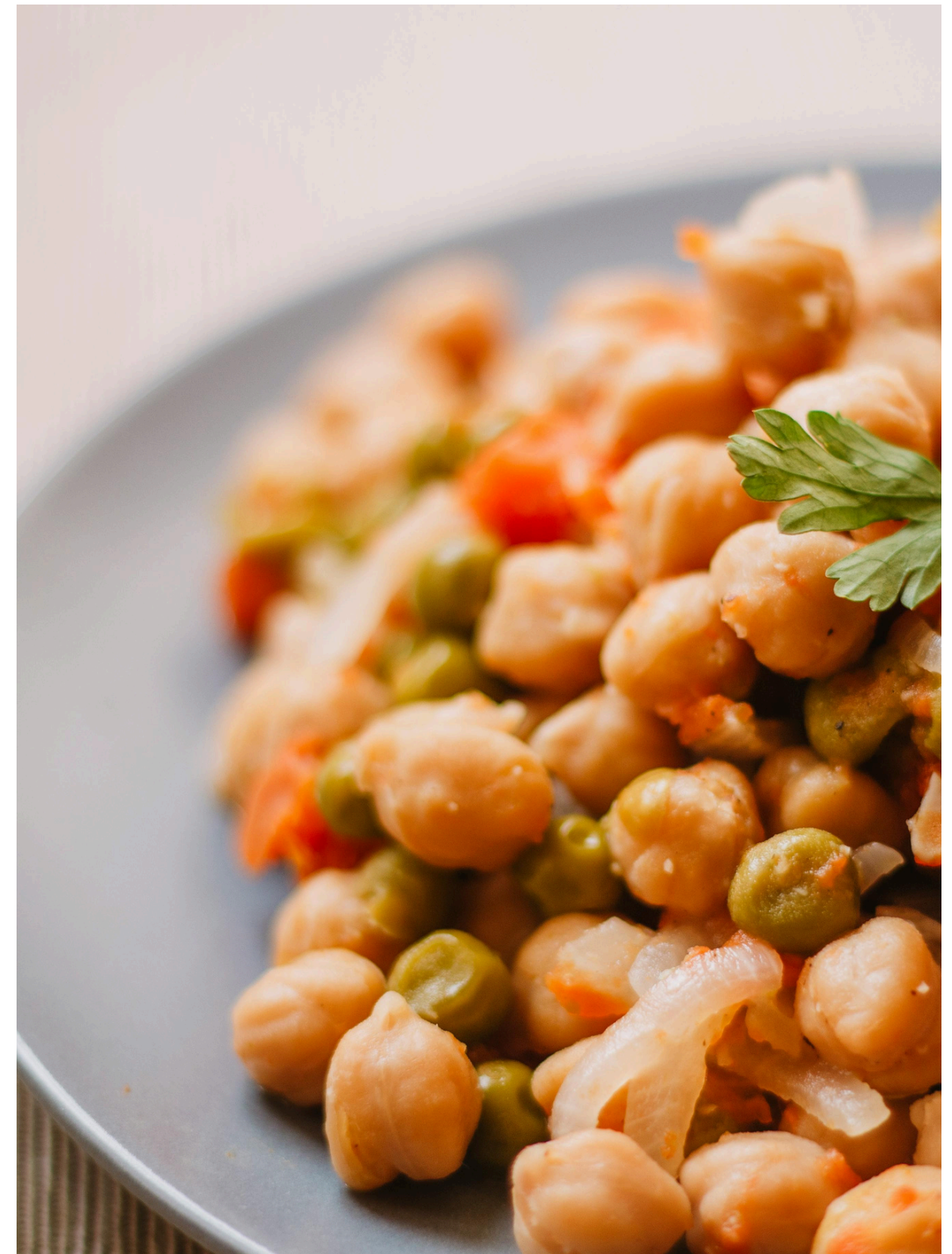
- Women: ~25g/day
- Men: ~38g/day
- Most people eat less than 15g

Increasing slowly helps avoid gas or bloating. Drink plenty of water as you go.

FIBER-RICH FOODS TO ADD

- Leafy greens, broccoli, carrots
- Berries, apples, pears
- Lentils, chickpeas, black beans
- Chia, flax, oats, quinoa
- Artichokes, avocado, sweet potatoes

Eat the rainbow—each color feeds different microbes!



FERMENTED FOODS: GUT-FRIENDLY BOOSTERS

Add in moderation:

- Sauerkraut
- Kimchi
- Kefir or plain yogurt
- Miso
- Kombucha (low-sugar only)



These provide probiotics that complement fiber and improve microbial balance.

PREBIOTIC FOODS: FUEL FOR YOUR MICROBES

Prebiotics = fiber that feeds your good bacteria.

Examples:

- Garlic, onions, leeks
- Asparagus, bananas (slightly green)
- Chicory root, dandelion greens

Feed your good bugs so they can fight inflammation for you!

SIMPLE GUT SUPPORT TIPS

- Eat slowly and chew thoroughly
- Reduce ultra-processed foods
- Stay hydrated
- Manage stress daily
- Include fiber + fermented foods consistently

Small, daily habits make the biggest difference over time.



WHAT TO LIMIT FOR GUT HEALTH

- Sugar and artificial sweeteners
- Excess alcohol
- Inflammatory oils (corn, soy, canola)
- Frequent snacking or eating late at night
- Overuse of NSAIDs (like ibuprofen)

These can weaken the gut lining and reduce beneficial bacteria.



YOUR GUT-HEALING FOCUS TODAY

Choose 1–2 of these to try:

- Add chia or flax to breakfast
- Swap a processed snack for fruit + nuts
- Include one fermented food today
- Drink at least 2 liters of water
- Sit down and eat slowly at one meal

Every small change improves the terrain of your inner ecosystem.



LOOKING AHEAD

A healthy gut means:

- Less inflammation
- Better energy + digestion
- Stronger immunity
- Clearer skin + mind

Tomorrow, we'll focus on **fats**—which ones fuel inflammation, and which help heal.