



## GUT & DIGESTIVE HEALTH

Deep Dive Into The Gut



### GUT & DIGESTIVE HEALTH

Report by Ade Daodu

The Gut is at the centre of an abundant body the health of your gut has a profound impact on the function of the bodies main organs is also linked to one's emotional health. The gut is arguably the bodies first brain.

Nutrition is not is just one of the guts functions with people sharing experiences known as "Gut feelings" therefore we describe this as a Spiritual connection to the self through the gut. All disease begins in the gut. Poor gut health leads to a weakened immune system zeeding to inflammation, destabilizing the good and bad bacteria in the body thus leading to disease.

Diet is key to Gut Health eating foods rich with vitaminsand nutrients will provide you with a healthy gut. Eating foods that do notprovide nutrition will lead to poor Gut health. Meats, excessive fish, sugar, and fatty foods all have a detrimental impact on gut health. Plant based dietsare best is best for gut health.

**SEE NEXT PAGE  
FOR TIPS ON WHAT  
YOU CAN DO TO  
IMPROVE YOUR  
GUT HEALTH**





## LETS TALK ABOUT SHIT

### Cleansing Your Gut Is Always First

The gut is one of the cornerstones of natural health. Your Gut impacts your bodies basic function and therefore in a holistic Abundant Body approach to treating disease cleansing your colon is always first. A colon cleanse can be done in various ways and is sometimes called a bowel blast. A bowel blaster can be a pill or compound intended to rid your gut of waste which you have accumulated, waste that is not ordinarily passed in your stool. This can be painful and you need to stay close to the toilet during the process but is no doubt worth the pain. Cleansing[ED1] your colon however needs not be as intense as taking a bowel blasting pill it can start by fasting and juicing allowing the gut an opportunity to rejuvenate.

### DIY Colon Cleanse: Juice Fast

Juice fasting is a perfect way to start your cleansing process. A fast will help you rid your gut of excess waste material. During your fast you will eat nothing for the period chosen. 3 day 5 day or 7 day fast are all recommended. Every abundant body is different and what is right for you maybe different for another. It is important that when choosing your juice you source the fruits and vegetables that contain the nutrients you feel you need to maximise the effect of the process.

### Detox Green Juice

½ Cup Fresh Parsley, 3 Cups Spinach  
½ Lemon Peeled, 2 Medium Pears, Cut Into 8ths  
6 Large Stalks Celery Trimmed

**CONSISTENTLY EXPERIENCING CHANGES, WE DISCOUNT THE CHANGES IN OUR ENVIRONMENT OR IN OURSELVES, WE DON'T ACTUALLY UNDERSTAND THE GUT, WE THUS DISCOUNT OUR GUT THEREFORE WE WILL BE EXPERIENCING THE SYMPTOMS IN OUR OTHER ORGANS.**

**How you eat directly affects the Gut and affects your emotions and your focus**

**Eliminate all waste matter**

**Allow the sacred intelligence of the body**

