

If you're experiencing any of these issues, functional foods can help:

- ❑ Occasional constipation
- ❑ Occasional diarrhea
- ❑ Bloating
- ❑ Immune challenges
- ❑ Food sensitivities



Inflammacore is an advanced nutritional formula built to address immune challenges, maintain normal inflammatory balance and strengthen gut barrier function. The formula tastes great and provides the nutrient boost you need to feel your best!

Inflammacore Breakfast Smoothie

- 1 cup unsweetened almond milk
- ½ cup frozen strawberries
- 1 Tbsp almond butter
- 2 scoops **Inflammacore Strawberry**



Keeping Your Gut Health On-Track

The science of gut health is growing by the day, with new findings showing a direct connection to certain areas of the brain (known as the gut-brain axis), and links to digestion and skin issues. Because your digestion is a strong indicator of what's going on in your gut, if your digestive function is off, chances are your gut health is, too.

In a healthy digestive system, the cells that form the thin lining of the intestines are packed closely together, so close that under normal conditions, only digested food and water can enter the bloodstream. But poor dietary intake or diets high in processed foods can disrupt these tight junctions and make them too porous, allowing undigested food particles and toxins to circulate throughout the body. The same factors can also affect the balance of trillions of beneficial and harmful bacteria in the gut. When this balance is disturbed, harmful bacteria can get the upper hand and cause an increase in gut permeability.

If you're not already on the gut-health train, now's the time to hop aboard—because so much of your overall health depends on it.

Understanding the Gut-Immune Connection

Around 70% of the immune system lives in the gut, and gut bacteria help your immune system's T-cells develop by teaching them the difference between a foreign substance and the body's own tissues. This is an extremely important process that determines how and what your immune system responds to, and its success is determined, in part, by the health of your gut.

When there is a mistake in the process, such as an overgrowth of bad bacteria, it can lead your body's immune system to turn on your own cells. The gut is also important for another reason: It regulates which particles pass through the intestinal lining into the rest of your body.

With its roles in training the immune system and acting as a gatekeeper to the rest of the body, the gut is arguably the center of your health. Maintaining a healthy gut starts with unlocking the power of food choices.



Do You Need to Reset Your Diet?

Poor dietary habits can test the gatekeeping abilities of the gut. To reset your diet, remove toxins and potential food sensitivities, your health care practitioner may recommend an elimination diet. As the name suggests, an elimination diet removes foods from your diet (like gluten, dairy, soy and eggs) that your body may not tolerate well for a minimum of three to four weeks. After completing an elimination diet, food is slowly reintroduced, one item at a time, as symptoms and sensitivities are monitored.

Here are some general guidelines to consider when starting an elimination diet; as with any dietary change, an elimination diet should always be conducted under the guidance of your health care practitioner:

The Elimination Diet

Eat This

Vegetables: Broccoli, cabbage, cauliflower, onion, brussels sprouts, watercress, arugula, kale, bok choy, radishes, turnips, beans and lentils, garlic

Fruit: Raspberries, strawberries, blueberries, bananas, apples and any other fresh or frozen fruit

Protein: Wild fish, organic or pasture-raised chicken and turkey, grass-fed beef

Spices: Turmeric, garlic, ginger, rosemary, cocoa, pink Himalayan salt

Beverages: Filtered water, herbal or green tea

Not That

Gluten: Wheat, barley, rye, couscous, semolina, spelt, bulgur; commonly found in most breads, processed foods, beer

Dairy: Milk, cream, cheese, cottage cheese, yogurt, butter, ice cream

Soy: Edamame, soy sauce, tempeh, teriyaki sauce, tofu, meat alternatives