

# GUIDE TO GUT HEALTH

## Are you among 40% of U.S. people who suffer from digestive problems?<sup>1</sup>

Many of us spend our day dodging gastrointestinal upset to go to work, run errands, dine out, and spend time with friends and family in comfort. We don't want to constantly worry about where to find the nearest restroom.

### SYMPTOMS OF GASTROINTESTINAL UPSET:

- Bloating and gas—especially after eating
- Stomach pain or discomfort
- Diarrhea or constipation—both can be signs of irritable bowel syndrome (IBS)
- Heartburn or acid reflux
- Nausea
- Headaches
- A weakened immune system
- Trouble focusing and feeling foggy
- Feeling tired or sluggish
- Skin issues, like acne or eczema
- Low mood

### REASONS POOR GUT HEALTH CAN OCCUR:

- Overeating junk food
- Not getting enough dietary fiber
- Drinking too much soda or alcohol
- An unhealthy gut microbiome
- Skipping exercise
- Taking lots of antibiotics or other meds
- Not properly supporting a balanced mood
- Not drinking enough water
- Staying up too late or not sleeping well
- Not eating at regular times
- Using too many artificial sweeteners

No matter how bad you may feel, living with a poor gut doesn't have to be a permanent condition that you just learn to deal with. In fact, your body's digestive health is largely influenced by the choices you make daily, including what you eat and how you live. You have more control over it than you may think.

## We Know What an Unhealthy Gut Feels Like, But What Are the Signs of a *Healthy Gut*?

If you've been suffering from poor gut health for a long time, you may not remember what it feels like when your digestion feels normal and healthy.

### THE SIGNS THAT POINT TO A HEALTHY GUT INCLUDE:

- Regular bowel movements that are firm and easy to pass
- The absence of bloating and gas after eating
- Little to no episodes of heartburn or acid reflux
- High energy levels and minimal feelings of fatigue
- Clear skin without frequent breakouts or irritations
- A strong immune system with fewer instances of getting sick
- Good digestion with no symptoms of discomfort or pain
- The ability to eat a variety of foods without adverse reactions
- A balanced mood and emotional well-being
- Healthy appetite regulation and food cravings

Did you know that your gut microbiome plays a significant role in how well you feel and how you can experience these signs of good gut health?





## What Is Your Gut Microbiome?

Your gut microbiome is a complex ecosystem in your digestive tract comprising microorganisms, including **bacteria, viruses, fungi, and other microscopic living things**. These microorganisms perform functions impacting your health. For instance, they help break down food, synthesize essential nutrients, and support a healthy immune system. **A healthy gut microbiome supports healthy fiber digestion and healthy blood sugar levels and weight.**<sup>2</sup>

Supporting a healthy gut microbiome is all about balance to deter dysbiosis, an imbalance in your microbiome. Dysbiosis can contribute to a wide range of health issues that can **negatively affect your bowel, blood sugar level, and even mood**. The foods you eat play a significant role in supporting your gut microbiome.

**Diets containing fiber support a more diverse and resilient microbiome, which supports good gut health.** Conversely, diets high in processed foods and sugars can harm this delicate ecosystem, throwing your gut into dysbiosis. Therefore, being mindful of your diet and lifestyle choices can profoundly affect the health and balance of your gut microbiome, which supports your overall health. **It also supports a healthy gut lining so you don't develop a leaky gut.**



## What Is Leaky Gut?

**Leaky gut — also known as increased intestinal permeability — is a condition where the lining of your small intestine becomes damaged, allowing bacteria, toxins, and undigested food particles to “leak” through the intestines and enter the bloodstream.** This can cause an immune response, leading to widespread inflammation and triggering various health issues ranging from digestive problems to chronic autoimmune diseases.

Your gut lining is a barrier controlling what gets absorbed into your bloodstream. Healthy intestines absorb nutrients and block harmful substances, but your gut health is at risk when this barrier becomes compromised.<sup>3</sup>

**Several factors may contribute to the development of a leaky gut:**

- Poor diet, particularly one high in processed foods, sugars, and certain additives
- Excessive alcohol consumption
- Using non-steroidal anti-inflammatory drugs (NSAIDs)
- A chronic low mood
- Imbalances in gut bacteria
- Conditions like inflammatory bowel disease (IBD) or celiac disease

It's crucial to recognize and address these contributors to a leaky gut. This proactive approach is key to supporting your gut health, maintaining a strong and healthy gut lining, and promoting a healthy immune response.





# What Role Does Your Gut Microbiome Play In Immunity?

**Your gut microbiome plays a pivotal role in the development and function of your immune system.** It trains immune cells, influencing how they respond to pathogens and ensuring that your body's defense mechanisms can distinguish between harmful and harmless substances.

This constant interaction between gut microbes and the immune system helps maintain homeostasis, preventing the onset of allergies and autoimmune diseases where your body mistakenly attacks itself. **Supporting a healthy gut through a diverse diet and lifestyle choices supports digestive health and your immune system, helping you fight off illnesses and maintain your overall health.**<sup>4</sup>

## How Can You Support a Healthy Gut Microbiome?

Supporting the health of your gut microbiome is critical to overall health—and it's not as complicated as it may seem:



- 1 Eat a variety of nutritious foods.** Foods high in fiber, like fruits and vegetables, support the growth of good bacteria.
- 2 Choose whole grains over refined carbs.** Whole grains provide more fiber, which supports healthy gut bacteria.
- 3 Limit processed foods and sugars.** These can harm beneficial bacteria and promote harmful bacterial growth.
- 4 Include lacto-fermented foods in your diet.** These are foods like kimchi and sauerkraut that are preserved through the breakdown of sugars and the production of lactic acid, which supports good gut bacteria, and the production of butyrate, a compound in the gut that supports good health.<sup>5</sup>
- 5 Stay hydrated and drink plenty of water.** Fluids help nutrients flow smoothly throughout your gut.
- 6 Get regular exercise.** Physical activity supports a healthy balance of bacteria in the gut.
- 7 Support a balanced mood.** When you feel low, so can your gut, so finding ways to relax and support mood balance is essential.
- 8 Avoid unnecessary antibiotics.** These can kill off good bacteria along with harmful bacteria.
- 9 Sleep well.** Supporting sleep quality each night supports gut health, too.
- 10 Consider taking a probiotic or prebiotic supplement.** These can help support healthy levels of good gut bacteria.<sup>†</sup>



# How Can Probiotic and Prebiotic Supplements Support Gut Health?†

Probiotic and prebiotic supplements can play a pivotal role in supporting your gut health.†

**PROBIOTICS** contain live beneficial bacteria similar to those naturally thriving in the gut. By taking probiotic supplements, you introduce more of these helpful organisms into your digestive system, helping to support and maintain balance. This is particularly useful after a course of antibiotics, which can indiscriminately kill harmful and beneficial gut bacteria. **Probiotics can help support the production of good bacteria, supporting healthy bowel movements and digestive system health.**<sup>6,†</sup>

**PREBIOTICS** aren't bacteria themselves but serve as food for your gut's good bacteria. Prebiotics are found in fibrous foods like fruits, vegetables, and whole grains. **They can also be taken as a supplement to help support the population of healthy bacteria in your digestive system. This also helps support digestion, nutrient absorption, and your immune system.** You can support your gut health and overall well-being by incorporating probiotics and prebiotics into your diet.<sup>7,†</sup>

## Seeking Health's Gut Health Supplements†

Seeking Health's line of gut health supplements has been created to support gut health holistically along with a healthy diet and lifestyle. Supporting your overall health and well-being is critical to good gut health.†

### ProBiota HistaminX

**PROBIOTA HISTAMINX** is a probiotic formulated without strains known to produce high histamine levels, which can worsen when using some probiotics.<sup>8</sup> **It supports microbiome balance, healthy gut response to ingested histamine, and immune system and skin health.** The probiotic strains found in ProBiota HistaminX help to lessen your diamine oxidase (DAO) enzyme's workload by excluding species known to produce histamine. Take 1 capsule after dinner as needed, which may be opened and emptied into a bite of food or drink.†



### Histamine Digest

**HISTAMINE DIGEST** is formulated to quickly support the digestion of histamine using a patented enzyme called DAOgest®. **It supports healthy histamine levels in the small intestines, colon, uterus, bladder, prostate, and breast milk.** Take 1 capsule before eating or drinking as needed anytime. Alternatively, take the capsule away from food or drink to support uterine comfort during your menstrual cycle, occasional nausea from pregnancy, or healthy digestive system histamine levels. Capsules may be opened and sprinkled on a bite of food.†



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†These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.



## Gut Health Supplements Continued†

### ProBiota Woman

**PROBIOTA WOMAN** is made with live probiotics to support the proper microbial and pH balance in your reproductive and urinary systems, collectively called the genitourinary system. It delivers large amounts of specific probiotics, such as *Lactobacillus acidophilus* and *Lactobacillus rhamnosus*, to **support vaginal microflora balance**.<sup>9</sup> Doing so helps **support vaginal health, healthy bacteria levels, pH balance, and healthy immune system function**. Take 1 capsule after dinner as needed.†



### Saccharomyces Boulardii

**SACCHAROMYCES BOULARDII** is a probiotic that supports healthy digestion, intestinal absorption, and bowel tone. *Saccharomyces boulardii* (Sacro B) is currently the only yeast shown to have extensive research enough to support its use as a probiotic supplement. It has been studied in clinical trials and found to help **support gut health and may support health when presented with occasional diarrhea**.<sup>10</sup> Sacro B is great for travel and doesn't require refrigeration, making it ideal to throw in your bag and go! Take 1 capsule with food as needed.†



### Probiota Bifidobacterium

**PROBIOTA BIFIDOBACTERIUM** contains *Bifidobacterium* species only to **support gut health and a healthy immune system**. This live bifido-only probiotic formula is ideal if you negatively react to *Lactobacillus*. Healthy levels of *Bifidobacterium* **may support the normal balance of good bacteria during or after infections, skin health, healthy metabolism and weight management, and normal blood sugar levels**. Research has demonstrated that *Bifidobacterium* can take carbohydrates that are indigestible by humans and turn them into beneficial substances.<sup>11</sup> Take 1 capsule after dinner as needed, which may be opened and mixed into a bite of food.†





# Gut Health Supplements Continued†

## Zinc Carnosine

**ZINC CARNOSINE** supports healthy nutrient absorption, a healthy stomach and gut lining, and healthy gut immune responses.<sup>12</sup> Zinc and L-carnosine work synergistically to support the normal rebuilding and repair of the intestinal mucosa with L-carnosine enhancing zinc delivery. Zinc’s antioxidant properties support a healthy inflammatory response. **Together, these nutrients support your body’s natural ability to keep microbial invaders and toxins from entering your bloodstream by supporting a strong and healthy stomach and intestinal wall.** Take 1 capsule daily with a small amount of food or use as directed by your healthcare professional.†



## Gallbladder Nutrients

**GALLBLADDER NUTRIENTS** is a powerful herbal formula that supports your liver’s bile production, and healthy bile flow from your gallbladder into the small intestine. It supports bile flow from your liver into the bile duct if you’ve had your gallbladder removed. Gallbladder Nutrients provide the nutrient building blocks to make bile, including choline, taurine, and glycine. For the first 3 days, take 2 capsules before dinner. Then, take 4 capsules in divided serving sizes before lunch and dinner. It should be used consistently for the best outcomes.†

## Optimal GI

**OPTIMAL GI** was formulated by epigenetics expert Dr. Ben Lynch and provides a powerful and soothing blend of herbs and nutrients like zinc, turmeric, fiber, and quercetin that synergistically **support healthy digestion, GI barrier, and immune system function.** This L-glutamine-free formula also supports bowel motility. Take 5 capsules daily, away from food, in divided doses, or as directed by your healthcare professional.†



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# Gut Health Supplements Continued†

## Lactase Drops

**LACTASE DROPS** are an effective liquid lactase enzyme supplement. **They contain the lactase enzyme, a natural enzyme that breaks down lactose milk sugar into simpler sugars that are easier to digest, so you enjoy dairy without the bloating, gas, stomach aches, and other symptoms of lactose intolerance.** Add 7 Lactase Drops per pint of milk, refrigerate for 24 hours, then use as desired. If lactose intolerance symptoms persist, refrigerate for 48 hours before using or add more drops. Alternatively, add 7 Lactase Drops directly to milk or any dairy product just before drinking or eating or use as directed by a health professional.†



## Gut Nutrients

**GUT NUTRIENTS** provide a powerful blend of herbs and nutrients synergistically **supporting healthy digestion, GI barrier, and immune system function.** L-glutamine is added for enhanced gut lining support. Gut Nutrients' peach flavored powder is easy to add to your morning smoothies or other liquids. Stir in 2 scoops to 12 oz of filtered water 30 minutes before breakfast as needed and sip slowly over 1 to 5 minutes for best results. For the first 5 days, you may want to use 1 scoop and sip slowly for 30 minutes to an hour. Always use away from food so the ingredients directly interact with your stomach, intestines, and colon.†

## Ox Bile 125

**OX BILE 125 supports the healthy balance of small intestinal bacteria and normal dietary fat digestion.** Bile supports gut homeostasis and bacterial metabolism.<sup>13</sup> **Ox Bile 125 is an ideal choice for gut support if you've had your gallbladder removed.** It provides 125 mg of pure bile from free-range oxen (bovine). It contains 40% cholic acid for efficient and targeted fat digestion support. Take 1 capsule daily with high-fat meals to support digestion and digestive comfort. It may be used apart from meals to support small intestinal bacteria balance or as directed by your healthcare provider.†



**Always consult with your healthcare provider before embarking on a new diet or supplement regime.**

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# Appendix

1. <https://gastro.org/press-releases/new-survey-finds-forty-percent-of-americans-daily-lives-are-disrupted-by-digestive-troubles/#:~:text=Trust%20Your%20Gut%20comes%20at,diagnosed%20by%20a%20medical%20professional.>
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