



WHAT ARE

NIGHTSHADES?

What If Your Favorite Veggies Were Making You Sick ?

EVER HEARD OF NIGHTSHADES?

Nope, it's not a 🧛‍♂️ vampire thing.

They're a group of plants that includes your favorite foods like 🍅 tomatoes, 🥔 potatoes, 🍆 eggplants, 🌶️ bell peppers, and even chillies!

But here's the twist — they naturally produce compounds called glycoalkaloids (like solanine and tomatine) 🧪 to protect themselves from bugs 🐛 and pests 🕷️.

Cool, right? Nature's own built-in defense system! 🌿🐛

But while these compounds protect the plant... they might not be as friendly to your gut 🤢.



ARE NIGHTSHADES HARMFUL?

For most people — nightshades are totally safe (and even super nutritious)! Think fiber, vitamins, and antioxidants galore.

But...

If you've got an autoimmune condition, IBS (Irritable Bowel Syndrome) and IBD (Inflammatory Bowel Disease) - chronic digestive conditions that affect how your gut works and responds to certain foods, nightshades might stir up trouble.

Some studies suggest their natural compounds (like glycoalkaloids) can mess with gut cells and trigger inflammation in sensitive folks.



WHAT TO DO? 📝

Try an elimination trial: skip them for a few weeks, then slowly bring them back. Your gut will let you know what's up!



Knowledge is power — share this with
someone managing IBS or IBD. 🌸👉