



YOUR IN-ACTION EXERCISE

The Healing Secrets of Food Revealed

EPISODE #7

TITLE: Want Gut Health? Discover the Healing Power of Food.

TODAY'S 'IN-ACTION' IDEA

PRACTICAL STEP

Here's today's In-Action Practical Step.

Perspective:

A consistent theme in all three episodes of my 3-part Special Series on 21st century meta discoveries about food and health—is that it is the nutrients in fresh, whole, plant-based foods that helps to switch off health-harming genes, and fill your gut with good bacteria that can lead to preventing and reversing many body-mind ailments.

On the other side: A diet of mostly fast food and processed food does the opposite: it increases odds of activating health-harming genes, and also ups the balance of bad gut bacteria in your gut that can lead to many chronic conditions.

Practical Step:

Regardless of where you are on the fresh food-processed food spectrum, think of one food in one of the plant-based food groups that you would like to include in your most-of-the-time way of eating. This could be a favorite **fruit**, **vegetable**, **whole grain**, **legume** dish, or a sprinkling of **raw nuts** and **seeds**.

To help you get started, here are two ideas:

Idea #1. Whole grains. Try a new *whole* grain, such as quinoa. Or, if you like bread, does your local market have—or is there a bakery in your neighborhood that makes—**multigrain**, or **whole grain sourdough bread**?

NOTE. Sourdough bread is naturally low in gluten. Though it makes a healthy choice for most people, if you need to avoid or restrict gluten, because of celiac disease or gluten intolerance, avoid sourdough made with gluten-containing flours.

Idea #2. A favorite salad. Are there some salad greens and veggies that you like? If “yes,” think of ways you can use these greens and veggies to make a fresh, veggie-abundant salad. Make a big salad, so you can keep it in your fridge and enjoy it easily over the next few days.

Disclaimer: This In-Action Exercise is for informational purposes only. This In-Action Exercise is not intended to be a substitute for professional health or weight loss advice, diagnosis, or treatment. Always seek the advice of your health professional or another qualified health provider with any questions you may have regarding your condition or well-being.