



Tracy Brown RD

Gut Health Food, Supplements, & Recipes

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Gut Health Food, Supplements, & Recipes

Supplement	Use	Dosage	Sources	Brand	Potential side effects
Yogurt (with live active cultures)	probiotic, mainly lactic acid bacteria and bifidobacteria effective in reducing antibiotic-associated diarrhea	eaten as food	food	Siggi's	
Kefir	probiotic improve bone health help with digestive problems improve lactose digestion protect against infections diverse and potent probiotic	eaten as food	food	Lifeway	Kefir can cause side effects like bloating, nausea, intestinal cramping, and constipation, especially when use is started. Usually these side effects resolve with continued use.
Sauerkraut	probiotic, fermented by lactic acid bacteria rich in fiber, vitamin C, B, K	eaten as food go slow and eat a small bite a day and work up to tolerance.	unpasteurized food store bought are pasteurized and do not contain the same benefits	The Brinery	
Tempeh	Probiotic, contains vitamin B12	eaten as food	food	LightLife	rich in phytoestrogens, which may act as estrogen in the body
Kimchi	Probiotic, mainly lactobacillus kimchii and lactic acid bacteria high in vitamins and minerals, including iron and B12	eaten as food	food unpasteurized or homemade	Mother in Law's	
Miso	probiotic correlated with reduced risks of breast cancer	eaten as food	food careful not to kill live cultures by cooking. Add miso after heating.	south river miso	
Kombucha	probiotic fermented by bacteria & yeast	eaten as food	food	GT's	contains caffeine and trace amounts of alcohol
Pickles	probiotic, mainly lactic acid bacteria	eaten as food	food, pickles made with vinegar do not contain live cultures	Bubbies	

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Natto Beans	Probiotic, mainly bacillus subtilis rich in vitamin K2, important for bone and cardiovascular health	eaten as food	food		may interfere with blood thinning medication if consumed in high amounts
Oregano oil	Contains the compound carvacrol, which has antimicrobial properties. Possible medicinal uses include treating GI disorders, menstrual cramps, urinary tract infections, acne, and dandruff.	dilute with a carrier oil before use on skin. supplement orally only with 100% therapeutic grade oil. For internal use, ingest 2-4 drops daily up to 10 days.	essential oil form can be used as a topical treatment onto skin, in a bath, or cooked and eaten in foods. Also available in softgels or capsules	NOW Foods	may interfere with other medications-consult your physician before use.
Lauricidin	A medium chain fat derived from lauric acid. Supports general immune health and overall wellness. Supports a healthy balance of gut bacteria. Maintains healthy levels of yeast.	taken as a pill daily for at least 3 months	pill form, to be taken like a multivitamin	monolaurin supplements	
Atrantil	Weaken and remove unwanted bacteria in the small intestines that produce excessive methane to prevent bloating and gas The supplement contains peppermint leaf extract(to relax small bowel), Quebracho (polyphenol that soaks up hydrogen, limiting methane production), and horse chestnut (inhibitor to the enzyme that allows methane production in the bacteria cell)	2 capsules a day up to 3 times a day with food. Continue until you feel relief. May take 10-20 days, depending on symptoms. Continue taking as maintenance dos	capsule form	Atrantil brand	do not take if pregnant or breastfeeding.

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Florastor	Probiotic containing saccharomyces boulardii lyo. Strengthen digestive balance and supports a healthy immune system. Reduced the amount of bacteria in the small intestine, including H. Pylori (ulcer causing bacteria) and blastocystis hominis		daily probiotic supplement	Florastor brand	do not take if you are immunocompromised in any way.
Deglycyrrhizinated licorice (DGL)	anti-bacteria, antiviral, anti-inflammatory. Increases mucus production to protect stomach and esophagus from acid reflux and ulcers. DGL is a form of licorice that has been processed for safer consumption and has less interactions with medical conditions or medications.	4 times a day, with each meal and before bed	available in capsule form, but powder form preferred as it maximizes contact with the GI tract	Vital Nutrients	consult a physician if you have a heart disease or high blood pressure. Do not use if you are taking diuretics, corticosteroids, or any medication that lowers your potassium levels. Do not use if pregnant.
Circumin	active component of turmeric with potent anti-inflammatory effects and is a strong antioxidant. Choose supplements that also contain piperine to increase absorption	1 capsule 1 to 3 times daily with a meal	capsule form recommended. Turmeric only contains a small trace amount of curcumin.	Integrative Therapeutics	
Quercetin	antioxidant and anti-inflammatory can heal leaky gut. Prevents the release of histamine, reducing intestinal permeability to foreign molecules. Also used for arthritis, bladder infections, and diabetes The most abundant flavonoid in fruits and vegetables	1 capsule per day with meals	capsule form	Source Naturals	safe when taking up to 500 mg twice daily for 12 weeks. long term use or higher doses are unknown to be safe or not. Do not take if you have kidney problems

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Iberogast	<p>clinically proven to be a fast acting relief for digestive symptoms such as nausea, diarrhea, bloating, stomach pain, abdominal cramps, and heartburn.</p> <p>Uses 9 herbal plant extracts including spearmint, bitter candytuft, angelica, caraway, chamomile, st.mary's thistle, lemon balm, greater celandine, and licorice.</p>	adults and children over 12 years: 20 drops (1mL), 3 times a day. add the drops into a small glass of water or liquid of choice.	liquid form in a bottle with a built-in dispenser.	Iberogast	

*Use precaution with supplementation. If recovering from IBS, Crohn, or have other bowel symptoms, start out slow and work up to tolerance.

** Make sure all products bought in store are raw, not pasteurized. Pasteurization kills live active cultures.

CREATED FROM SOURCES:

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Gut Health Food, Supplements, & Recipes

Raw Sauerkraut

Ingredients:

- 1 head green or purple cabbage
- 2 tablespoon sea salt
- spring or distilled water

Tools:

- wood cutting board
- sharp knife
- glass jar
- large glass or metal bowl
- metal tongs

Directions:

1. Sanitize tools with boiling water to kill any lurking bad bacteria
2. Prepare cabbage. Rinse well and remove and set aside outer layer of leaves.. Using a sharp knife, shred and transfer to a large glass bowl add 2 tablespoons of salt. Then, using tongs or clean hands, massage the cabbage until it starts to break down from the salt. It will release moisture and reduce in size.
3. Transfer to a jar. Pack tightly, leaving no gaps.
4. Cover with water and reserved cabbage leaves. Make sure there is no air left in the cabbage.
5. Store in an insulated bag for a week
6. Store in the fridge and enjoy.
7. If the smell or color is off, do not consume.



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Kombucha Recipe

Ingredients:

- 3 ½ quarts water
- 1 cup sugar
- 8 bags black tea, green tea, or mix or 2 tablespoons loose tea
- 2 cups starter tea from store- bought kombucha (unpasteurized) or from last batch of kombucha
- 1 scoby per fermentation jar (store bought or homemade)

Tools:

- stock pot
- 1 gallon glass jars or two 2-quart glass jars
- tightly woven cloth, coffee filters, or paper towels, to cover the jar
- bottles: 6 16-oz glass bottles with plastic lids, swings-top bottles, or clean soda bottles
- small funnel

Directions:

1. Bring water to a boil. Remove from heat and stir in sugar to dissolve. Drop in the tea and allow it to steep until the water has cooled.
2. Remove the tea bags and stir in the starter tea
3. pour the mixture into glass jars and gently slide the scoby into the jar with clean hands. Cover with a few layers of tightly woven cloth, coffee filters, or paper towels. Secure with a rubber band.

4. Keep the jars at room temperature, out of direct sunlight. Ferment for 7-10 days. Checking periodically.
5. After 7 days, begin tasting the kombucha daily by pouring a little out of the jar and into a cup. When desired flavors have been reached, gently lift the scoby out of the kombucha with clean hands.
6. Pour the fermented kombucha into bottles using the small funnel. Leave about half an inch of head room in each bottle.
7. Store the bottled kombucha at room temperature out of direct sunlight and allow 1-3 days for the kombucha to carbonate. Refrigerate to stop fermentation and carbonation, Consume your kombucha within a month.



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Scoby (Symbiotic Culture of Bacteria & Yeast)

Ingredients:

- 7 cups water
- ½ cup white granulated sugar
- 4 bags black tea, or 1 tablespoon looseleaf
- 1 cup unflavored, unpasteurized store-bought kombucha

Tools:

- 2 quart or larger saucepan
- long-handled spoon
- 2 quart or larger glass jars
- tightly woven cloth, coffee filters, or paper towels
- rubber band

Directions:

1. Bring water to a boil. Remove from heat and stir in sugar until dissolved. Add the tea and allow to steep until cooled to room temperature.
2. Discard the teabags and pour the tea into the jar. Pour the kombucha on top. Make sure any residue the the bottom of the bottle gets transferred as well. Stir to combine
3. Cover the mouth of the jar with a few layers of tightly woven cloth, coffee filters, or paper towels. Secure with rubber band. Place jar in average room temperature, away from direct sunlight.
4. After a couple of days, there will be bubbling, a jelly-like

film will form across the surface of the tea. The layer will thicken. Which the scoby is about ¼ in thick, it can be used to make kombucha tea. This can take anywhere from 1 to 4 weeks.



Peaches and Cream Smoothie with Greek Yogurt

Ingredients:

- 1 cup frozen peaches
- 1 cup vanilla Greek yogurt with live and active cultures
- ¼ cup oatmeal
- 1 cup milk of choice

Directions:

1. Add all ingredients to a blender
2. Blend until smooth

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Blue Cheese and Walnut Kefir Dip

Ingredients:

- 2 cups strained kefir with live and active cultures (consistency of sour cream or slightly thicker)
- 4-oz blue cheese, crumbled
- ½ cup walnuts, toasted and finely chopped
- sea salt and freshly ground black pepper to taste

Directions:

1. combine all the ingredients and mix well
2. cover and refrigerate for several hours prior to serving.

Probiotic Miso Soup

Ingredients:

- 1 ½ cups water
- 1 tablespoon miso

Optional Ingredients:

- 1 tablespoon green onions
- ¼ cup tofu (cubed)
- ½ sheet nori (dried seaweed)
- 2-3 shrimp
- ¼ cup spinach
- ¼ cup carrots

Directions:

1. bring water to a boil

2. add choice of ingredients to water. Let it cool while you make the slurry.
3. in a small bowl, mix the miso paste and 1-2 tablespoons of slightly warm water
4. once soup has cooled to about 115 degrees F, add the slurry and stir.
5. cover and refrigerate for several hours prior to serving.



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How to eat Nattō:

Standard toppings include green onions, katsuobushi, kimchi, and raw eggs.

Japanese people add either the whole raw egg or only the yolk, but for people from countries where consuming raw eggs isn't a normal occurrence, trying this with a sunny-side up egg might be a good start.

There are many other ingredients that go well with natto.

For example, try it with ingredients like wasabi, cheese, mayonnaise, nori (seaweed), perilla leaves, or umeboshi (pickled plums). Pepper or tuna go great with natto, too!

Another common way to eat natto is by adding your chosen ingredients and then mixing it well with soy sauce instead of the special sauce or Japanese mustard that comes with the package! Find the toppings that suit you and try eating natto the right way – it's sure to taste delicious!

Surprisingly, natto goes well with not just rice, but also bread and pasta. Challenge yourself by giving it a try!

O-Dat from Tsunagujapan.com

