

5 STEPS TO BETTER HEALTH

Step 3: Push the Probiotics

KAREN: Hi, I'm Karen Kipp, The Juice Goddess.

TESS: And, I'm Tess Masters, The Blender Girl.

Step 3 of the 5 Steps To Better Health is: Push The Probiotics.

If you're getting sick, or your digestion is a problem, or you feel bloated and gassy, your gut is in trouble. If your gut is in trouble, then the rest of your health is in trouble. It's that simple.

KAREN: Our inner ecosystems are—if we're healthy—home to billions of beneficial microorganisms. These friendly bacteria combat the hostile invaders, and are constantly battling for dominance. When we're healthy, the friendly beneficial bacteria out-number the bad.

TESS: But, what happens is that stress, pollutants, pesticides, preservatives, and prescription drugs, particularly if you've been taking a lot of antibiotics, wipe out the good bacteria, so the bad guys have a pretty happy hunting ground. So, nasty bacteria, yeast, fungi, and parasites take over your body, and that's when you get sick.

KAREN: A diet loaded in probiotic and prebiotic foods is a proactive strategy for good health.

Eating these foods helps build and sustain gut health which strengthens our immunity. Use our probiotic-promoting foods chart in the PDF as a guide for prebiotic and probiotic-rich foods.

TESS: Here are some ways to boost your gut health:

Eat a lot of leafy greens. We talked about this in Step 2. Leafy greens are prebiotic foods. Prebiotic foods encourage the proliferation of the friendly bacteria.

Other prebiotic foods include: artichokes, jerusalem artichoke, cabbage, asparagus, onions, leeks, garlic (all of those alliums), wheatgrass, sprouts, bananas, raw apples, and apple cider vinegar.

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We talked about this in Step 1. If you want to add 1 tablespoon of raw unfiltered apple cider vinegar to a 16oz glass of water that's a really fantastic way to quickly recalibrate your system.

KAREN: And, one of my absolute favorite ways to boost the probiotics is to eat 1/2 cup of cultured vegetables with every meal. I like to eat them before the meal. And, that includes sauerkraut, kimchi, and pickles. You can also do 1/2 cup of water kefir or coconut water kefir in the morning and evening. Or 1/2 cup of unsweetened natural yogurt each day.

TESS: Another thing you can do is to take probiotic supplements. But, a lot of those aren't very high quality. So, you want to make sure you pick them up in the refrigerated section of your health food store. You can also break open the capsules and put it into a glass of water. Or, put the powder into a smoothie, which is the most fun way.

The biggest thing is to reduce your intake of sugar and processed foods. That's going to enormously aid your gut health which strengthens your immunity.

Check out our Step 4 Video at TheDecadentDetox.com for more tips on how to get healthy, and stay healthy.