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Cultivate your ‘inner garden’ in the New Year



Each of us is born with a unique microbiome in our gastrointestinal tract (our “gut”). These microbes, or “good bacteria,” play an essential role in ensuring our good health, and we continue to learn more about their vital role.

One way to help your body produce healthy gut bacteria is by eating probiotic- and prebiotic-rich foods like yogurt and kefir or fermented foods like sauerkraut. But it is equally (if not more) important to be sure your regular, daily diet is helping you produce healthy gut bacteria. The two best ways to do this are . . .

1. Focus on eating foods rich in fibre (soluble and insoluble). These pre- and probiotic-boosting foods include choices like whole grains, vegetables and root vegetables, fruit, nuts and seeds, and legumes like beans and peas. There are also fermented foods (probiotics) like yogurt, kefir, sauerkraut and miso.

Unfortunately, many of today's popular diets tell us to avoid prebiotics like whole grains, root vegetables, and legumes, and probiotics like the dairy-based yogurt and kefir. This is sadly misinforming and can potentially destroy your long-term good health.

2. Also important is to limit ultra-processed foods like refined sugars and flours, hydrogenated or 'trans' fats and other highly changed foods. These foods can deplete the 'good' gut bacteria. Unfortunately, they comprise much of our 'fast-and-convenient' diet of today. Is it any wonder humans are getting sicker and sicker?

Need more info about prebiotics, probiotics, and fibre? Visit [Top Tips for Gut Health - Canadian Digestive Health Foundation](#)

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