



# HEALTHY GUT, HEALTHY YOU!

I have a real interest in how looking after our gut, can really help our overall general health. It has been widely researched that looking after our 'gut microbiome' has many health benefits, both physically and mentally. I have put together a few of my top tips and resources that will hopefully be of use to you all!

## Dr FT's TOP Ts

- 1. Try to incorporate at least 30 different plants** into your diet weekly. This includes leafy greens, different types of lettuce, nuts, seeds, lentils, beans, chickpeas, fruits etc. Consider going vegetarian twice a week if this helps.
- 2. Reduced processed foods.** This includes sugar, white bread, anything containing more than 5 ingredients.
- 3. The health benefits of fermented foods are well evidenced.** try to incorporate these into your diet daily. For example: Kefir (dairy section in supermarkets), kimchee, kombucha, sauerkraut, tempeh and miso.
- 4. Consider probiotic supplements.**
- 5. Prioritise your sleep.**  
Aim for 8-9 hours in bed at night.  
Keep your bedroom dark and cool.  
Reduce screen time 1 hour before bed.  
Use dim lights in the evenings, and bright lights in the mornings - especially sunlight.  
Go to bed at the same time and get up at the same time to keep your circadian rhythm steady, even if you've not slept well.  
Avoid foods such as spicy/citric food and heavy meals prior to sleeping as it can disrupt your digestion.  
Restrict caffeine to before midday and remember that decaf does not mean no-caf.
- 6. Incorporate strength exercises** into your routine daily.  
For example: Squats/biceps curls/lunges/calf raises/wall sit ups etc.  
When brushing your teeth or waiting for the kettle to boil - DANCE!
- 7. Relaxation/yoga/mindfulness/journaling/breathing practices.**  
Use apps like Headspace, Calm, Aura if helpful.
- 8. Try to reduce the window when you eat.**  
For example 7am-7pm, or whatever suits you better. The window should ideally be 10 hours
- 9. Move as much as you can during the day.**  
The government currently recommends at least 30 minutes of moderate activity 5 times a week. Moderate activity makes your heart race, gets you sweaty, and makes you short of breath.

If you're interested in learning more about Lifestyle Medicine/improvements which you can make, the following are informative

### PODCASTS

Feel Better, Live More by Dr Rangan Chatterjee  
Food Medic Podcast by Dr Hazel Wallace

### BOOKS

- **Feel better in 5**  
by Dr Rangan Chatterjee
- **The Stress Solution**  
by Dr Rangan Chatterjee
- **4 Pillar Plan**  
by Rangan Chatterjee
- **Feel great, Lose weight**  
by Dr Rangan Chatterjee
- **Lost Connections** (depression/anxiety)  
by Johann Hari
- **Chasing the Scream** (addiction)  
by Johann Hari
- **Why we Sleep**  
by Matthew Walker
- **Breath – the New Science of a Lost Art**  
by James Nestor
- **Menopause Manifesto**  
by Dr Jen Gunter
- **Brain Changer: How Diet Can Save Your Mental Health - Cutting-edge Science from an Expert**  
by Felice Jacka

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