

HOW TO BALANCE YOUR GUT

for Health, Longevity, and Weight Loss



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INTRODUCTION

The health of your gut can have a dramatic impact on the health of the rest of your body. Your internal systems, from head to toe, are dependant on the balanced ecosystem that lives inside your digestive tract.

Your gut health can also have a significant impact on the way you look and feel. Imbalance can cause all sorts of problems that lead to inflammation, bloating, lack of energy, and more serious issues like leaky gut and IBS.

By now, we've likely made our point! Gut health is far more important than most people realize, but what can you do about it?

Well, that's precisely why we created this guide. In the sections to follow you'll discover:

- **Why gut health is so important**
- **The reasons your gut can become imbalanced and unhealthy**
- **Steps you can take to restore balance to your microbiome**
- **Supplements that can support your gut health goals**
- **And much more**

By the time you're done reading, you'll be far better prepared to restore balance in your gut and take a significant step toward true health.

Let's dive in!

WHAT IS YOUR MICROBIOME?

Before we get too far, it's important to define exactly what we'll be talking about in this guide. Your microbiome is the interdependent system of organisms that live within your body. There are roughly 100 trillion microscopic bacteria, fungi, and other organisms that live within and on the surface of your body at all times.

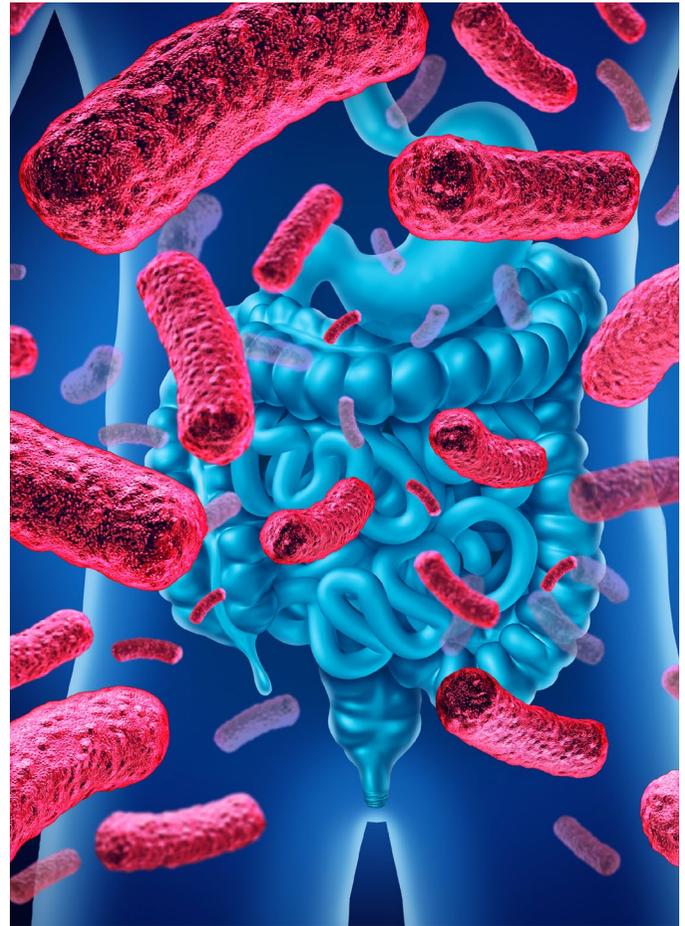
Before you head straight to the shower, know this: these microorganisms are critical to your health and you would quickly die without them. These little critters are our friends!

They do everything from break down our food to process life-sustaining vitamins. Yes, many of the vitamins we take in are byproducts of the tiny little superheroes that live within our guts. These microorganisms also fight off nasty would-be invaders and prevent us from getting sick. Unfortunately, this only happens when these microorganisms are living in harmony with one another.

When we talk about your microbiome becoming unbalanced, we're referring to one or more of these types, or strains, of microorganism taking over more than its fair share of real estate.

This can also happen when invasive, pathogenic bacteria or fungi (bad bugs) are presented with an opportunity to colonize and then begin taking up space where the "good bugs" used to live and do their jobs. These "bad bugs" don't perform the same tasks the "good bugs" did, therefore your system becomes unhealthy.

We'll cover more about what your microbiome is in upcoming sections, so stay tuned!



WHY GUT HEALTH IS SO IMPORTANT

Your gut can seem like an insignificant part of your body when you consider how important some of your other internal systems are. After all, your brain, heart, and lungs need to be working optimally at all times if you want to live a normal life.

What most people don't realize is that gut health is arguably as important as the health of these more "prominent" systems. If the microbiome within your gut becomes unbalanced, the organs of your digestive system become unhealthy and can't do their job correctly.

Immune System Health

For starters, roughly 80% of your immune system is located in your gut. Your immune system is what keeps you from getting sick, and the vast majority of potentially harmful microbes enter via the GI tract. If your immune system isn't up to snuff, you'll likely find yourself getting sick more often, but that's not all.

Physical Appearance

Bloat/Water Retention

Your immune system can be forced into overdrive when your gut isn't healthy. The tiny partitions in the lining of your gut can begin to separate when the keepers of your gut health (microorganisms) aren't there to do their job.

The food you eat doesn't end up getting fully digested and these gaps in the lining can begin letting partially digested pieces of food enter your bloodstream. Your immune system on that side of the partition recognizes these foreign foods as invaders and initiates an immune response.

This leads to inflammation—which can present itself as bloat and water retention, bags under the eyes, swelling in the joints, and a long list of more substantial but less common problems.

Skin

These autoimmune responses can cause swelling under the eyes (bags) as well as a whole host of other conditions. Acne, rosacea, and general redness or swelling of the skin (especially on the face) have all been attributed to gut imbalance. A simple Google search will return countless clinical and anecdotal results that documenting the ways gut health benefits you skin.

Longevity

When your body isn't breaking down the food into its useful parts, you won't be getting the same nutrients that it normally provides. When you become deficient in these nutrients, your body isn't able to repair itself at the same rate. You'll quickly discover that everything from skin to joints and muscles, even those like your heart, are aging at a faster rate.

HOW GUT HEALTH BECOMES COMPROMISED

Now that we know why gut health is so important, let's take a look at how your microbiome can become imbalanced. There are several contributing factors, but these are some of the most common.

Diet

The typical American diet is full of processed carbohydrate foods that act like Miracle Grow for pathogenic yeast and bacteria. For example, one of the most common types of gut dysbiosis (imbalance) is candidiasis, or the overgrowth of a yeast called *Candida albicans*. This yeast thrives under conditions where it is regularly supplied with processed, starchy foods like bread, pasta, cereals, potatoes, rice, and other complex carbohydrates.



This isn't to say that all carbs are bad and should be avoided. It's simply the recognition that the imbalance of the traditional diet can often cause an imbalance of your microbiome. Chemicals in processed foods also play a role in killing off beneficial microbes and upsetting the balance by allowing pathogens to take their place.



Antibiotics and Medications

As mentioned, chemicals in food can cause gut dysbiosis. Imagine the impact of these types of chemicals in the concentrated forms that we consume via medications. Antibiotics, in particular, can cause massive die-offs of the beneficial bacteria and fungi we depend on to survive. When these beneficial microbes are removed, it leaves room for the bad, pathogenic varieties to take hold and establish themselves as the dominant residents.

Lifestyle

Another contributor to an imbalance in the gut is simply leading an unhealthy lifestyle. Lack of sleep and proper nutrition don't allow your body to recover and fight off invaders. Overconsumption of alcohol and other substances can limit necessary healing within the body and open up gaps for foreign pathogens to slip in and take hold.



A SIMPLE TEST FOR YEAST OVERGROWTH

One simple way to determine whether you have an overgrowth of a common pathogenic yeast like *Candida albicans* is to do the "spit test." Just follow the steps in the diagram to confirm the state of your gut health!

CANDIDA SALIVA TEST

INSTRUCTIONS:

1 Spit into a clear glass of water first thing in the morning.

2 Wait 15 minutes and then check the glass.



Compare to above pictures. If it dissipates into nothing, you do not have an overgrowth of *Candida* yeast. If it looks like one of the above pictures, please let your Personal Calotren Consultant know your results so he or she can help you.

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HOW TO BALANCE YOUR GUT

We've covered all of the critical information on why your gut health is so important and how imbalance occurs. Now it's time to get down to brass tacks and go over what you can do to restore balance to your microbiome.

Eat for Gut Health

One of the most important things you can do to balance your gut is change the way you eat. We mentioned that eating processed, starchy foods can lead to imbalance, so you may have already guessed that avoiding these [types of foods](#) is an important part of restoring balance—you would be right.

The specifics of the foods that you should and shouldn't eat are beyond the scope of this guide. That said, know that it's important to adhere to the following guidelines:

- **Focus your diet around vegetables, fresh fruits, and meats**
- **Processed sugar and starches should be avoided at all costs**
- **Avoid chemical preservatives and additives**
- **Focus on whole ingredients that you prepare yourself**
- **Consume fermented foods like sauerkraut, kimchi, and yogurts**

There are many diets that are focused on balancing your gut. One of the most popular and effective is the GAPS diet. To understand more about what you should and should not be eating when rebalancing your microbiome, be sure to see this list of foods from the official GAPS website.

Avoid Chemical Exposure

As mentioned above, chemicals in your food and environment can kill off the beneficial microorganisms that support your gut (and general) health. Avoid chemical additives in food, but also in your soaps, lotions, toothpaste, and other products you put in or on your body.

Aim to eat grass-fed meats and wild-caught fish rather than those that are fed large quantities of antibiotics. Unless you're very sick and have tried all other methods to fight off your bacterial infection, avoid antibiotics. If you have to take antibiotics, be sure to follow a strict diet that adheres to the guidelines above. Also, be sure to take a probiotic supplement to help replenish the beneficial bacteria that are killed off while on the medication.

Probiotics

Probiotics are essential cultured and concentrated sources of the “good bugs” we need to restore gut health. You can get probiotic bacteria and fungi from the foods you eat. Yogurt and fermented vegetables are great sources of these good bugs, and the foods themselves are tasty and healthy for our bodies in a variety of ways.

But what if we can't eat probiotic foods every day?

Another important source of probiotics is a **probiotic supplement**. Supplements help you consume large quantities of these powerful microorganisms to assist in turning the tide in the fight against pathogenic overgrowth.

These **supplements** are often far easier to remember to take and require less effort when considering the shopping and food preparation needed to consume probiotic-rich foods.

Cleanses

Certain types of cleanses can help restore balance to your gut, especially if the imbalance isn't extreme. Typically these cleanses simply involve super strict adherence to the guidelines above for diet and lifestyle.

Whereas you may be prone to “cheating” from time to time when adopting a gut-healthy diet and lifestyle, a cleanse is simply a “no cheat period” of 1–4 weeks. During this time, you would focus on eating only the foods on the approved foods list, not eating out, dramatically increasing your intake of fermented foods and **probiotic supplements**, and avoiding chemical exposure completely.

Next Steps

One of the main reasons people end up with an imbalanced microbiome is because they don't understand that there is a problem, what causes it, or how to correct it. You now understand all of those aspects and are better prepared to restore balance to your gut.

Moreover, you're ready to take steps toward restoring your health, inside and out. Follow the advice outlined in this guide and you will be looking and feeling better in no time!

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Calotren is a drug-free and stimulant-free supplement that has proven to be one of the most longstanding weight loss and wellness products on the market today. We work exclusively with the best nurses on our clinically researched products.

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