

FIND OUT IF  
YOU HAVE  
LEAKY GUT  
OR SIBO

JJ VIRGIN

# GUT HEALTH GUIDE

**HELPFUL QUIZZES,  
TIPS & RECIPES**

JJVIRGIN.COM

# GUTHEALTHGUIDE

**You know that old saying, “Happy wife, happy life”? With all due respect to wives everywhere, it’s really “Happy gut, happy life”!**

Your gut is responsible for so much of how you look, feel, and act, from your immune system to your sex drive. You would never know it by watching most of us, though...

We challenge our gut health on a daily basis with every aspect of our modern lifestyle. We survive on a diet of inflammatory, reactive foods that deprive our digestive systems of the healthy flora they need to stay balanced. Medication use and chronic stress finish off the job.

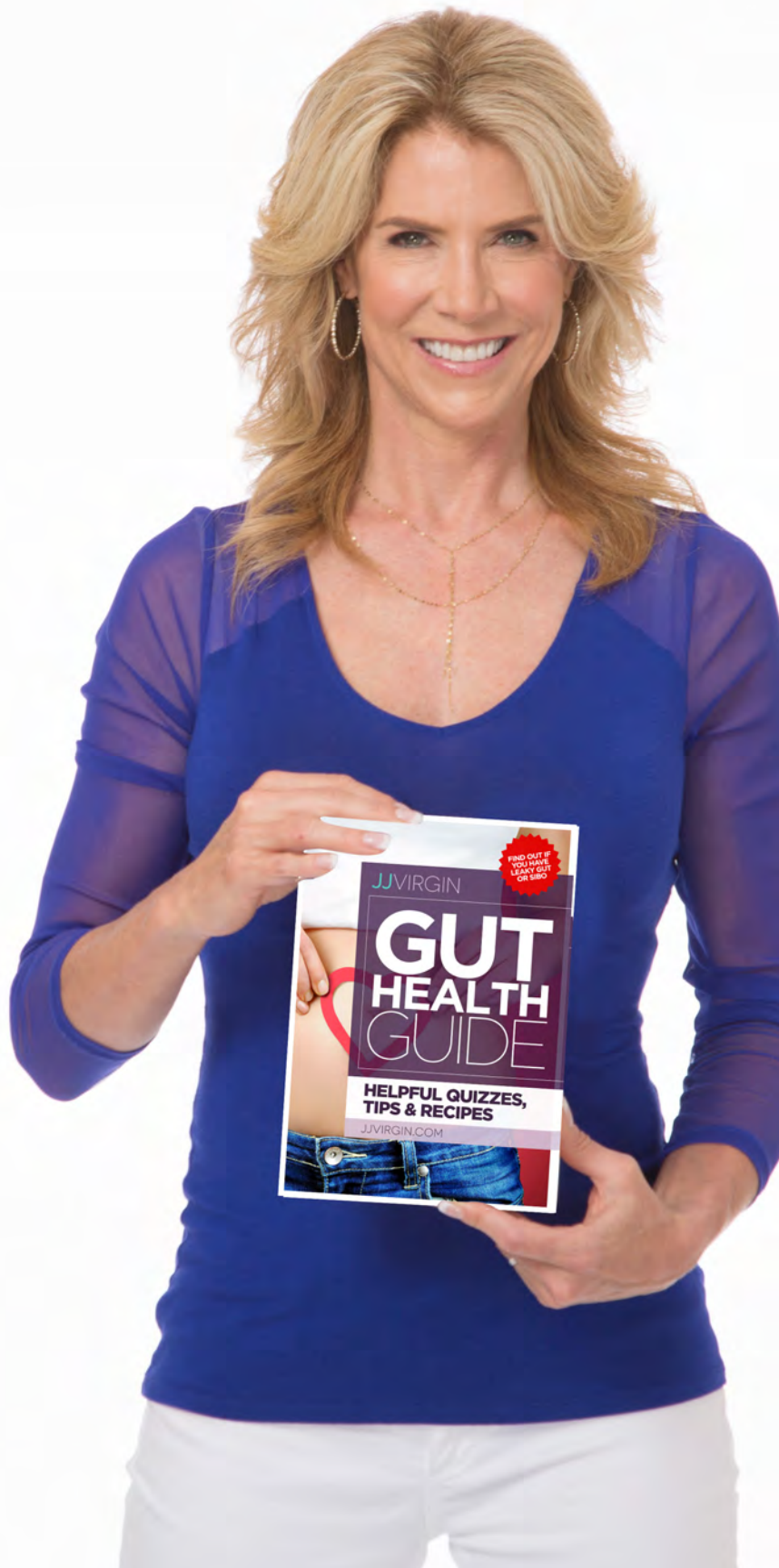
The results are clear in our health statistics. We have climbing rates of major diseases like type 2 diabetes, autoimmune disorders, obesity, hormonal imbalances, cardiovascular disease, and Alzheimer’s – all of which can be linked directly back to gut health.

Poor gut health can also cause uncomfortable symptoms like gas, bloating, heartburn, and irregularity, not to mention joint pain, stubborn weight gain, headaches, skin issues, and fatigue. Ouch, ouch, and more ouch!

**The answer is clear: take good care of your gut, and it will take good care of you.**

This guide will lead you through exactly how and why to do that, including quizzes to help you determine your risk for common gut ailments like leaky gut, SIBO, and SIFO. You’ll also find my favorite gut-healing recipes and supplement recommendations to ensure you reclaim and maintain great gut health for good!

Best,  
JJ





# HOW YOUR GUT WORKS TO KEEP YOU HEALTHY

**Pop quiz: Name the 3 most important jobs your gut does every day. Got your answers ready?**

If you're like most people, your list starts and ends with some variation of "digesting food." And while it's true that delivering nutrition to your body is a vital job, your gut performs a lot of other important tasks that often go unnoticed.

The good news is that your digestive tract doesn't require your appreciation to keep performing! But if you don't know its many functions, you risk unknowingly harming this system that plays a role in everything from your sex drive to fighting infection.

**Here are the top 3 ways your gut works to keep you healthy, besides digesting and absorbing nutrients. (Some may come as a surprise!)**

1

## **Your gut houses 70-80% of your immune system.**

That's right! Your intestinal tract is actually the largest immune organ in your body.<sup>1</sup> It supports a variety of different cells and microbes that help manage your immune system – we're talking trillions here. In fact, your gut flora outnumber other cells in your body 10-to-1.

Your gut is your first line of defense against bacteria, viruses, and toxins that can cause illness. It responds to foreign invaders with an elaborate chain reaction that creates and releases antibodies and white blood cells to fight infection and inflammation. As a result, long-term imbalances in gut health can be linked not only to digestive issues, but also food sensitivities, vitamin deficiencies, allergies, and systemic autoimmune disease.<sup>2</sup>

## 2

### Your gut helps maintain your mood and brain health.

Have you ever said the words “I have a gut feeling”? You were more right than you knew! The building blocks for neurotransmitters and hormones that help control your mood, appetite, sleep, and sexual desire are all created in your gastrointestinal tract.

In fact, 90% of your body’s “feel-good” neurotransmitter, serotonin, is made in your gut.<sup>3</sup> Serotonin plays a key role in anxiety and depression, and altered serotonin levels have also been linked to diseases such as IBS, heart disease, and osteoporosis.<sup>4</sup> That’s just one example of the important foundation your gut health provides for how you feel and think every day.

## 3

### Your gut regulates your appetite and weight loss.

While high school health class taught you that food is processed in your stomach and intestines, your teacher probably didn’t say much about ghrelin. Ghrelin is one of your satiety hormones (aka “hunger hormones”), and it’s released in your stomach. Ghrelin tells your brain when you’re hungry, and imbalances can cause you to experience cravings that have nothing to do with whether your body requires nutrition.<sup>5</sup>

Just as significantly, poor gut health can also lead to an overabundance of microbes that help you break down fiber and absorb fats from your food. This is one area where you don’t want to be an overachiever! The results can include obesity and increased risk for type 2 diabetes and metabolic disease.<sup>6</sup>

Take a second to think about the traits you most value in a good friend. Tops on my list would be: supportive, quick to defend me, helps me feel good about myself, and acts as a positive influence in staying healthy. **All of those descriptions apply to your gut, so it’s time to get a little more friendly with it!**

#### Article Sources:

1 Chassaing B, Kumar M, Baker MT, Singh V, Vijay-Kumar M. Mammalian gut immunity. *Biomed J* 2014;37:246-58

2 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3337124/>

3 <http://www.medicalnewstoday.com/articles/232248.php>

4 <http://www.caltech.edu/news/microbes-help-produce-serotonin-gut-46495>

5 <http://www.ncbi.nlm.nih.gov/pubmed/27235674>

6 <http://www.ncbi.nlm.nih.gov/pubmed/26011912>

# GUT HEALING RECIPE

## GUT-HEALING APPLE PIE SHAKE

This tasty shake is full of ingredients that nurture and heal your digestive tract, from the pectin in applesauce to easily digested Paleo protein. Mom's apple pie never had it so good!

MAKES 1 SERVING

- **2 scoops** [JJ Virgin's Paleo-Inspired Vanilla All-in-One Shake](#)
- **8 oz.** unsweetened coconut milk
- **1/4 cup** unsweetened cultured coconut milk (in the yogurt aisle)
- **1/4 cup** unsweetened applesauce\*
- **2 Tbsp** freshly ground flaxseed
- **1 Tbsp** [JJ Virgin's Leaky Gut Support](#)
- **4-5** ice cubes
- **Dash** or two of ground cinnamon

**Blend all ingredients until smooth, ramping up the blender speed slowly to keep your shake creamy. You can add more ice cubes to thicken your shake or cold water to make it thinner. Enjoy right away!**

***\*Remember to avoid recipes with fruit while you're in Cycle 2 of the Sugar Impact Diet.***

## OVER 70% OF YOUR IMMUNE SYSTEM IS IN YOUR GUT. HEAL IT WITH LEAKY GUT SUPPORT

Leaky Gut Support is a blend of botanicals and healing herbs that can help get your gut back to normal, helping you live an energetic and productive life.\*

**BUY NOW**



## GUTQUIZ

# HOW TO TELL IF YOU HAVE SIFO OR SIBO

There are billions of tiny bacteria living in your gut. Don't worry – they're friendly! In fact, they're the best friends you've got.

While you meet your human bestie for a Starbucks date or a weekend Netflix binge, the flora in your gut are hard at work protecting 70% of your immune system, maintaining your weight and energy levels, and keeping you in a good mood – even after that tear-jerking episode of *Grey's Anatomy*.

### How Trouble Starts

The problem is that most people aren't aware of how important their gut health is, and they flood their digestive systems with the stuff of microbial nightmares:

- inflammatory foods like gluten and soy
- pesticides & other toxins
- chronic stress
- prescription medications
- sugar & artificial sweeteners

The result is that the good guys in your gut dwindle in numbers. Soon, they have the potential to be overrun by hostile invaders like harmful bacteria and fungal infections. **The lower the number of helpful bacteria in your digestive tract, the harder it is for your body to fend off an attack.**<sup>1</sup>

### What are SIBO & SIFO?

While they sound vaguely like characters from a kids' TV show, SIBO and SIFO are actually deadly serious. **Both conditions occur when outsiders overpower your natural gut flora, and both lead to uncomfortable, dangerous results.**<sup>2,3</sup>

"SIBO" stands for small intestinal bacterial overgrowth, while "SIFO" is small intestinal fungal overgrowth. SIBO features a variety of bacteria, while the most common culprit with SIFO is candida yeast.

### How Do You Know If You Have SIBO or SIFO?

SIBO and SIFO cause gut discomfort and digestive issues. However, they also have other symptoms that can help you determine whether you're at risk.

**To find out whether you have symptoms of SIBO or SIFO, simply answer the questions in the quick one-minute quiz below.**

# SIGNS OF SIBO & SIFO

1. Do you often suffer from digestive symptoms like gas and bloating, diarrhea, constipation, or cramping?
2. Have you gained or lost weight even though your diet hasn't changed?
3. Are you frequently fatigued, even when you get good sleep?
4. Have you been diagnosed with an autoimmune condition like Hashimoto's, lupus, fibromyalgia, or MS?
5. Do you have trouble focusing or often feel foggy mentally?
6. Do you have skin issues like acne, psoriasis, eczema, or hives?
7. Have you struggled with mood swings, anxiety, depression, or a panic disorder?
8. Do you get frequent infections, especially UTIs, vaginal infections, skin infections, or ear infections?
9. Do you have strong sugar and carb cravings?
10. Do you have seasonal allergies?
11. Do you have food intolerances?
12. Do you have a B12 deficiency? (Don't know? [Find out here.](#))

## Scoring Your Results

**If you answered "yes" to 0-1 questions,** congratulations! Your risk of SIBO or SIFO is low. To maintain your gut health, be sure you eat plenty of anti-inflammatory foods and take a quality [prebiotic/probiotic](#) and [gut-defending supplement](#) every day.

**If you answered "yes" to 2-3 questions,** your gut needs help. I recommend starting [The Virgin Diet](#), an elimination diet that can be critical in reducing intestinal inflammation. You would also benefit from taking [Microbiome Balance](#) to replace healthy flora, [Leaky Gut Support](#) to repair the damage in your digestive tract, and [Microbiome Defense](#) to ensure your body is ready to defend against SIBO and SIFO.

**If you answered "yes" to 4 or more questions,** consider this a life-saving wake-up call! Start an [elimination diet](#) to find out about any ongoing food intolerances and start taking all the supplements noted above immediately. You should also consider contacting an integrative health practitioner for more help with possible SIBO/SIFO right away.

### Article Sources:

- 1 Chassaing B, Kumar M, Baker MT, Singh V, Vijay-Kumar M. Mammalian gut immunity. *Biomed J* 2014;37:246-58
- 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3099351/>
- 3 <https://www.ncbi.nlm.nih.gov/pubmed/25786900>



## GUT HEALING RECIPE

# LEMON MERINGUE PIE SMOOTHIE

This yummy smoothie has the creamy tang of lemon meringue pie, minus the gluten, sugar, and eggs. So tasty and great for your gut!

MAKES 1 SERVING

- **2 scoops** [JJ Virgin's Vanilla Plant-Based All-In-One Protein Shake](#)
- **6 oz.** unsweetened cultured coconut milk (in the yogurt aisle)
- **1 Tbsp** fresh lemon juice
- **2 tsp** [JJ Virgin's Extra Fiber](#)
- **1 tsp** lemon zest
- **4-5** ice cubes

Blend the ingredients together until smooth. (For a touch of extra sweetness, you can also add a dash of [JJ Virgin Sprinkles](#))

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Dessert for breakfast...

**DEFEND YOUR  
GUT AGAINST  
SIBO AND SIFO  
WITH  
MICROBIOME  
DEFENSE.\***

**BUY NOW**





## GUTHEALINGRECIPE

# SPICED TURMERIC LATTE (A.K.A. GOLDEN MILK)

Known for its anti-inflammatory properties, turmeric makes a delicious, nurturing hot drink when mixed with chai protein powder and coconut milk.



MAKES ENOUGH SPICE PASTE FOR SEVERAL DOZEN LATTES

### For Spice Paste:

- **2 scoops** [JJ Virgin's Chai Plant-Based All-In-One Protein Shake](#)
- **2 Tbsp** ground turmeric
- **1 1/2 tsp** ground ginger
- **1/2 tsp** ground cinnamon
- **1/2 cup** filtered water

### For Each Latte:

- **8 oz.** unsweetened coconut milk
- **1 tsp** coconut oil
- **1 tsp** spice paste

### To Make the Spice Paste:

Stir together all the ingredients in a small saucepan until well-combined. Cook over medium heat, stirring constantly, until the mixture becomes a thick paste, about 1-2 minutes. Let the mixture cool, then store in a small jar in the refrigerator.

### To Make a Latte:

Whisk together all the latte ingredients in a cooking pot and cook over medium heat until warm. (Do not allow to boil.)

This makes a great drink to help you wind down at the end of a long day...



*With JJ Virgin's All-In-One Protein Shakes, I lost 8 pounds in 3 weeks, but more importantly, I also lost the bloated feeling and abdominal discomfort I had been experiencing the last six months! I was so surprised by how full I feel after my morning shake, and I have totally cut out snacking between meals. I have just begun this journey, but I feel totally positive about my end result. - Denise C.*

# BONE BROTH

This delicious bone broth is full of protein and vitamins that can do great things for your gut health, weight loss, and immune function. Make a big batch, then freeze to use in recipes later.



MAKES 12 CUPS

- **3 whole carrots**, cut into fourths
- **3 stalks celery**, cut into large chunks (leaves are fine)
- **1 medium yellow onion**, peeled and cut into large wedges
- **8 cloves** garlic, peeled
- **3-1/2 lbs** grass-fed beef or organic free range chicken bones (check at the butcher counter)
- **1 Tbsp** sea salt
- **1 tsp** whole black peppercorns
- **2 whole** dried bay leaves
- **1 bunch** fresh thyme
- **2 Tbsp** apple cider vinegar
- **12 cups** filtered water

Place all ingredients in slow cooker, adding more water if needed to cover vegetables and bones completely. Cook for 8-10 hours on low.

Using a wooden spoon, carefully skim the coating off the top of the broth and discard. Pour the remaining contents of the slow cooker through a fine-mesh strainer into a large bowl to reserve the broth. Dispose of the strainer contents.

Add more salt to taste, then store up to 5 days in the refrigerator or 3 months in the freezer. (Broth can be stored in glass jars or ladled into resealable plastic bags once cool.)

# HALIBUT EN PAPILOTE

THIS ELEGANT FISH AND VEGGIE DISH IS STEAMED IN PARCHMENT PACKETS SO IT'S TENDER AND FLAVORFUL. IT'S PERFECT TO SERVE DINNER GUESTS, AND THE WHITE FISH IS NURTURING AND HEALING FOR YOUR GUT.

**MAKES 4 SERVINGS**

## INGREDIENTS

- **12 oz.** asparagus, trimmed
- **1 medium** red onion, thinly sliced
- **1 pint** grape tomatoes, halved
- **6 tsp** olive oil
- **4 (6-ounce)** wild halibut filets
- **2 tsp** fresh lemon juice
- **1/2 tsp** sea salt
- **1/8 tsp** freshly ground black pepper
- **8 sprigs** fresh thyme

Preheat the oven to 450°F. Tear four 12x18-inch sheets of parchment paper.

Combine the onion, tomatoes, and 2 teaspoons of the oil in a bowl.

Arrange one sheet of parchment so that the long side is closest to you. Fold it in half, matching short end to short end; then open it like a book. Place one-fourth of the tomato mixture in the center of the right half of the parchment sheet. Place a halibut filet next to the tomato mixture and one-fourth of the asparagus next to the halibut.

Drizzle with 1 teaspoon oil and 1-1/2 teaspoons lemon juice, and top with 2 sprigs fresh thyme. Season evenly with salt and pepper. Fold the parchment over the filling, then tightly crimp the edges to form a packet. Repeat with the remaining ingredients.

Place the packets on a large baking sheet and bake in the center of the oven until the packets are puffed, 11 to 12 minutes.

Remove from the oven and transfer each packet to a plate. With the tip of a sharp knife, carefully cut and "X" into the top of each packet to allow the steam to escape. Then fold back the parchment and serve immediately.

*Originally published in The Virgin Diet Cookbook, Grand Central Life & Style, 2014*

# GRILLED WILD SALMON WITH ONION MARMALADE OVER GREENS

ENJOY TENDER WILD ALASKAN SALMON GRILLED AND SERVED OVER A BED OF GREENS, THEN TOPPED WITH A NATURALLY SWEET AND TANGY ONION MARMALADE. THE HEALTHY OMEGA-3 FATS IN THE FISH AND INSOLUBLE FIBER AND CIDER VINEGAR IN THE MARMALADE ARE ALL NURTURING FOR YOUR GUT.

**MAKES 4 SERVINGS**

## INGREDIENTS

- **2 medium** red onions, thinly sliced
- **2 Tbsp** olive oil
- **1 Tbsp** apple cider vinegar
- **1 tsp** sea salt
- **1/2 tsp** freshly ground black pepper
- **4 fillets** wild-caught salmon, 4-6 oz. each
- **8 cups** fresh arugula
- **1/4 cup** chopped fresh parsley
- **juice of half** a fresh lemon
- **1** lemon, cut into wedges

Heat the grill or preheat a grill pan to medium heat.

In a bowl, mix together the onion, olive oil, vinegar, and half the salt and pepper.

Place the onions in the middle of a large piece of foil; crimp it closed and place it on the grill or grill pan. Grill for about 10 minutes until the onions are soft, shaking the foil occasionally to stir.

Cut each salmon fillet into 2-3 strips, and brush with the olive oil. Season with remaining salt and pepper, then cook strips of salmon on the grill or grill pan for 2 minutes on each side, or until cooked through.

Arrange the salmon on top of the arugula and drizzle with the lemon juice. Combine the chopped parsley with the cooked onions and place on top of salmon. Serve with lemon wedges.

# 5 STEPS TO BUILD A HEALTHY GUT: HOW TO LOOK, FEEL, AND THINK BETTER

Multiple choice question ahead!

**Your gut health has a direct impact on:**

- A. Losing weight and keeping it off*
- B. Controlling appetite and cravings*
- C. Fighting infection and inflammation*
- D. Maintaining hormonal and brain health*
- E. All of the above AND MORE!*

If you've read the other articles in this guide, then you know the answer is "All of the above." Congrats on being an honors student! (Need to catch up? Go ahead – we'll wait.)

With so much of how you look, feel, and think dependent on the trillions of microbes in your intestinal tract, it makes sense to take great care of them! There are 5 straightforward steps you can take to manage your gut health:

**Replace.** The typical Western diet is heavier in sweeteners, refined flour, corn, and processed foods than ever before. In fact, the average American eats over 5 times more sugar than just 20 years ago!<sup>1</sup> It's the perfect recipe for skyrocketing rates of obesity, diabetes, and heart disease.<sup>2</sup>

One of the best choices you can make for your gut health is to [replace the 7 foods](#) most likely to cause food intolerances: gluten, dairy, eggs, corn, soy, peanuts, and sweeteners. Your gut will thank you!

**Reinforce.** Diet, medication, and stress levels often encourage the wrong kind of bacteria to grow in your gut, resulting in stomach upset and weight gain around your midsection. Imbalances in your gut microbiome can also cause infection and inflammation and issues with mood, sleep, and sex drive.<sup>3,4</sup>

Time to call for back-up! Add fermented foods to your diet, such as sauerkraut, kimchi, and homemade yogurt, to deliver more "good guys" to your gut – the microbes that keep you healthy. Check out the recipes up next to find out more.

If you don't have time to regularly ferment your own veggies or dairy, (Raising my hand!) you can take a high-quality probiotic/prebiotic blend like [Microbiome Balance](#) instead. of undigested food, toxins, and waste make their way out of your gut and into your bloodstream, and the results can be painful and wide-reaching.



**Repair.** You're learning how to care for your gut. However, it may be that old habits or daily exposure to GMOs and pesticides have already compromised your intestinal lining, a condition called "leaky gut syndrome." Leaky gut means particles of undigested food, toxins, and waste make their way out of your gut and into your bloodstream, and the results can be painful and wide-reaching.

Leaky gut symptoms include allergies, autoimmune issues, headaches, joint pain, fatigue, and rashes, as well as trouble with focus and memory. To find out whether your gut is in need of repair, don't forget to take the quiz in this guide. If your gut health is suffering, a product like [Leaky Gut Support](#) may be the answer.\*

**Restore.** Our lives are full and fast-paced, and the pressure of endless emails and errands can wreak havoc on your gut health. Stress decreases your body's natural production of the digestive enzymes that help you process and absorb nutrients. Not only will you battle heartburn, gas and bloating, and other digestive upset, you can also damage your body's natural defenses against inflammation and disease.<sup>5</sup>

That's why it's so important to address your stress! Exercise regularly, and look for activities that restore your calm, whether that's yoga class, a trip to the dog park, or a long walk with your best friend. If you're stressed or over the age of 35 (when digestive enzyme production naturally decreases), I recommend supplementing with [Metabolic Digestive Balance](#) to ensure your gut stays healthy.

**Relax.** Sleep has a big effect on your gut health! While you rest, your digestive tract is detoxifying your body and replenishing the healthy microbes in your gut. If you struggle with weight gain, poor digestion, low energy, or moodiness, that may be your gut flora raising the white flag!

Make it a priority to get 7-9 hours of quality sleep every night. That means no caffeine after lunch and no screens for an hour before bedtime. Eat a healthy dinner and then close your kitchen, so nighttime blood sugar changes don't interfere with your rest. Still struggling to get your z's? An all-natural supplement like [Sleep Candy](#) can help rejuvenate your body's natural sleep cycle.\*

If your to-do list already included "eat better" or "exercise more," you understood the importance of gut health – even if you didn't know it! Make positive choices for your gut, and you'll be rewarded with a body and mind that feel better than ever.

*Article Sources:*

- 1 <http://www.usda.gov/factbook/chapter2.pdf>
- 2 <http://www.ncbi.nlm.nih.gov/pubmed/26011912>
- 3 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3337124/>
- 4 <http://www.medicalnewstoday.com/articles/232248.php>
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*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

# WHAT IS LEAKY GUT? HOW TO UNDERSTAND AND REPAIR THE DAMAGE

Fast food, instant messaging, express lanes, high-speed Internet: we live in a non-stop, do-it-now kind of world. While lightning-quick is convenient, the pace and stress of modern life challenges your body in ways you might never recognize!

You're bombarded daily with pesticides and GMO crops, not to mention the pressure of being online 24/7. The Standard American Diet (SAD) includes more sugar and inflammatory foods than ever, and folks seldom push exercise or quality sleep to the top of the to-do list.

It's no coincidence that most people have also learned to live with sore joints, gut discomfort, skin trouble, or headaches. We weigh more and sleep less. Then we ignore our fatigue (or treat it with another venti latte). Wrinkles and a growing waistline are now considered normal signs of aging.

## Weighing the Cost

This version of "normal" isn't normal at all! And national health statistics prove it. Almost 70% of Americans are overweight or obese.<sup>1</sup> Record numbers now suffer from diabetes, autoimmune disease, depression, and anxiety disorders.<sup>2-5</sup> As a nation, we're more sick, fat, and stressed than ever before.

While those facts might be a wake-up call, here's an even more startling one: every one of those issues can be caused by poor gut health! Imbalances in your gut microbiome can cause:

- weight gain and trouble losing it (especially around your middle)
- increased risk of obesity, diabetes, and metabolic disease
- higher rates of autoimmune disease
- mood issues, including anxiety and depression
- trouble with focus and memory
- a host of other symptoms, ranging from joint pain and headaches to rashes and fatigue

## The Terrible Result: Leaky Gut

If stress and diet are out of balance long-term, the result is leaky gut syndrome. "Leaky gut" is pretty much what it sounds like. The cells of your intestinal lining are supposed to be pressed up tightly against one another, sealed by what are known as "tight junctions." These junctions keep partially digested food securely inside your intestines, where it belongs.<sup>6</sup>

When your intestinal lining is compromised by years of poor gut health, it allows particles of partly digested food, waste, and toxins to leak out into your bloodstream. When that happens, your body treats them as foreign invaders and responds accordingly.<sup>7</sup>

You release a cascade of inflammatory chemicals, which also wreaks havoc on your intestinal lining. As a result, you have a harder time absorbing nutrients. That can make you crave food and gain weight.

Over time, those undigested food particles and antibodies form immune complexes that circulate through the bloodstream until they're deposited in various tissues, where they create localized inflammation. That's how you end up with symptoms like rashes, joint pain, headaches, and fatigue. As that inflammation continues, it can trigger system-wide reactions, including allergies and autoimmune disease.<sup>8</sup>

The signs and symptoms so often mistaken for aging are actually reversible, preventable leaky gut. It's time for a new normal!

**So are you showing signs of leaky gut? Take the quiz below to assess your risk!**

### Article Sources:

1 <http://www.cdc.gov/diabetes/data/statistics/2014statisticsreport.html>

2 <http://stateofobesity.org/obesity-rates-trends-overview/>

3 <http://www.aarda.org/autoimmune-information/questions-and-answers/>

4 <http://www.nimh.nih.gov/health/statistics/prevalence/any-anxiety-disorder-among-adults.shtml>

5 <http://www.nimh.nih.gov/health/statistics/prevalence/major-depression-among-adults.shtml>

6 <http://www.ncbi.nlm.nih.gov/pubmed/18832585>

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# QUIZ:

## DO YOU HAVE LEAKY GUT?

Fill out the assessment below to find out whether your signs and symptoms indicate you have leaky gut syndrome.

- If you suffer from any of these one or more times per week, then check yes.
- If you have a symptom 1-2 times a week at a mild or moderate level - even if you barely notice it - score 2 points.
- If you have a mild/moderate symptoms 3 or more times a week or a severe symptom 2 or more times a week, score 4 points.
- If you have a bolded symptom, score 4 points.

### IMMUNE SYSTEM

**Allergies**

Yes (2 Pts)  Yes (4 pts)

**Asthma**

Yes (2 Pts)  Yes (4 pts)

Poor immune function

Yes (2 Pts)  Yes (4 pts)

### AUTOIMMUNE ISSUES

**Multiple sclerosis**

Yes (2 Pts)  Yes (4 pts)

**Hashimoto's disease**

Yes (2 Pts)  Yes (4 pts)

**Rheumatoid arthritis**

Yes (2 Pts)  Yes (4 pts)

**Celiac disease**

Yes (2 Pts)  Yes (4 pts)

**Crohn's disease**

Yes (2 Pts)  Yes (4 pts)

### GI SYMPTOMS

Gas/Bloating

Yes (2 Pts)  Yes (4 pts)

**Irritable bowel syndrome (IBS)**

Yes (2 Pts)  Yes (4 pts)

**Candida/SIFO**

Yes (2 Pts)  Yes (4 pts)

Constipation

Yes (2 Pts)  Yes (4 pts)

Diarrhea

Yes (2 Pts)  Yes (4 pts)

**SIBO**

Yes (2 Pts)  Yes (4 pts)

## BRAIN SYMPTOMS

### Attention deficient disorder (ADD)

Yes (2 Pts)  Yes (4 pts)

### Autistic Spectrum

Yes (2 Pts)  Yes (4 pts)

Poor Memory

Yes (2 Pts)  Yes (4 pts)

Headaches

Yes (2 Pts)  Yes (4 pts)

Food Cravings

Yes (2 Pts)  Yes (4 pts)

Depression

Yes (2 Pts)  Yes (4 pts)

Anxiety

Yes (2 Pts)  Yes (4 pts)

Poor Focus, Brain Fog

Yes (2 Pts)  Yes (4 pts)

## MUSCULOSKELETAL/ENERGY

Weight loss resistance

Yes (2 Pts)  Yes (4 pts)

Joint/Muscle Pain

Yes (2 Pts)  Yes (4 pts)

Osteoarthritis

Yes (2 Pts)  Yes (4 pts)

Fatigue

Yes (2 Pts)  Yes (4 pts)

### Chronic Fatigue Syndrome

Yes (2 Pts)  Yes (4 pts)

## RESPIRATORY

Shortness of Breath

Yes (2 Pts)  Yes (4 pts)

Congestion

Yes (2 Pts)  Yes (4 pts)

Throat clearing

Yes (2 Pts)  Yes (4 pts)

Sinusitis

Yes (2 Pts)  Yes (4 pts)

## SKIN SYMPTOMS

Eczema

Yes (2 Pts)  Yes (4 pts)

Psoriasis

Yes (2 Pts)  Yes (4 pts)

Hives

Yes (2 Pts)  Yes (4 pts)

Acne

Yes (2 Pts)  Yes (4 pts)

Rosacea

Yes (2 Pts)  Yes (4 pts)

Dark circles under eyes

Yes (2 Pts)  Yes (4 pts)

**YOUR TOTAL LEAKY GUT SCORE:** \_\_\_\_\_



# INTERPRETING YOUR RESULTS

## **Score Below 4: Low Likelihood of Leaky Gut**

Congratulations! Currently, you seem to suffer from few food intolerances or symptoms of leaky gut. Continue on in the guide to find out more about the best diet and supplements to help it stay that way...

## **Score of 6-14: Moderate Likelihood of Leaky Gut**

You consistently suffer from mild or moderate discomfort and bloating with certain foods, but you do experience periods of relief. Over time, you have probably noticed weight gain even though your diet hasn't changed. Your skin and hair may look somewhat dull, and you tend to feel more tired or stressed than you used to.

## **Score of 16+: High Likelihood of Leaky Gut**

Help! You can't remember the last time you felt light and lean after a meal, and it feels as though your stomach is constantly bloated. You've done everything you can think of to lose weight, and it just hasn't worked. Every time you look in the mirror, you think, "How did I get so old? Why do I look so tired?"

## What can you do?

**1. Change your diet.** A low-fiber, high-sugar impact diet virtually guarantees problems with gut health. If you suspect leaky gut, the first step is to eliminate the 7 foods most likely to be causing weight gain, inflammation, and faster aging. Find out more about how to do it [here](#).

**2. Address your stress.** Chronic stress and poor sleep can change your gut's nervous system, decreasing your digestive enzymes and helpful gut flora. It's hard to say no to over-committing, but putting your health first actually means more time and energy for the people and activities you love!

So make relaxation a priority. Spend time on your favorite hobby, exercise, or prayer and meditation. Trade late-night reruns and work emails for 7-9 hours of quality sleep every night. Healing requires rest!

**3. Take smart supplements.** Let's be real: no supplement in the world will cancel out an awful diet, high stress, and no sleep! But if you're ready to make a change, adding back what your body is missing can help turn around your gut health faster.

A quality pre/probiotic, digestive enzymes, and natural Leaky Gut Support are a great place to start. Each works in its own way to repair leaky gut and renew your body's natural nutrition absorption, immunity, and hormonal health.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# BUTTERNUT SQUASH BEAUTY

THIS YUMMY, FILLING PROTEIN SHAKE IS AUTUMN IN A CUP! IT'S GOT THE NATURAL, BUTTERY SWEETNESS OF BUTTERNUT SQUASH, PLUS SPICES FROM CHAI, CINNAMON, AND NUTMEG – ALL WONDERFUL FOR YOUR GUT.

**MAKES 1 SERVING**

## INGREDIENTS

- **2 scoops** [JJ Virgin's Chai Plant-Based All-In-One Protein](#) Shake
- **1/2 cup** canned packed butternut squash or cooked, cubed butternut squash
- **2 Tbsp** cashew butter
- **1 tsp** real vanilla extract
- **dash** ground cinnamon
- **1/8 tsp** ground nutmeg
- **1 cup** fresh kale leaves
- **1 cup** unsweetened coconut milk
- **4-5** ice cubes

Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water.

# CHOCOLATE AVOCADO MOUSSE WITH CACAO NIBS

THE AVOCADOS IN THIS RECIPE ARE EXTREMELY GUT-HEALING, WHILE THE CHOCOLATE CONTAINS ANTIOXIDANTS THAT CAN ALSO HELP FIGHT INFLAMMATION.

**MAKES 4 SERVINGS**

## INGREDIENTS

- **2 oz.** dark chocolate, 70 percent cacao or higher, chopped
- **1** avocado
- **3/4 cup** unsweetened cultured coconut milk (found in the dairy aisle with yogurt)
- **1 1/2 tsp** teaspoons monk fruit extract
- **4 tsp** cacao nibs

Melt chocolate over a double boiler on medium heat. Let cool for 3 minutes.

Combine the avocado, cultured coconut milk, and monk fruit extract in a medium bowl. Beat with an electric mixer on the highest setting until well combined. Add the melted chocolate and beat it in until the mixture is light and fluffy.

Divide among four bowls and refrigerate for at least 20 minutes. Just before serving, sprinkle with the cacao nibs.

## GUTHEALINGRECIPE

# SHIRATAKI NOODLE, CHICKEN, AND SNAP PEA SALAD

Love pasta, but hate the bloating and carb crash afterward? Try these filling and virtually calorie-free shirataki noodles with chicken, snap peas, and delightful Asian flavors.



### MAKES 2 SERVINGS

- **1 (8-ounce)** bag shirataki noodles, drained and rinsed
- **8 oz.** sugar snap peas (about 1-1/2 cups)
- **8 oz.** asparagus, trimmed and cut into 1/2-inch pieces (about 2 cups)
- **2** carrots, thinly sliced on an angle
- **1/4 cup** chopped green onions
- olive oil for the pan
- **2 (6-ounce)** boneless skinless chicken breast halves
- **3 tsp** Malaysian palm fruit oil
- **1 clove** garlic, minced
- **1 tsp** minced fresh ginger
- **1/4 tsp** sea salt
- **2 Tbsp** lime juice
- **2 Tbsp** chopped fresh cilantro

Bring a pot of water to a boil. Cook the noodles according to the package directions. During the last minute of cooking, add the snap peas, asparagus, and carrots. Return the water to a boil and cook for 1 minute longer; drain and rinse under cold water.

Transfer to a bowl and add the green onions; set aside. Lightly dampen a paper towel with a small amount of olive oil and wipe a grill pan with it; heat medium-high heat.

Combine the chicken, 2 teaspoons of the palm fruit oil, the garlic, ginger, and 1/8 teaspoon of the salt in a bowl. Add the chicken to the pan and cook until a thermometer inserted into the thickest part of the chicken registers 165°F, 4 to 5 minutes per side.

Transfer to a cutting board and let rest for 2 minutes. Cut the chicken crosswise into thin strips.

Add the remaining 1 teaspoon palm fruit oil, 1/8 teaspoon salt, lime juice, cilantro, and tamari to the mixture and toss well. Divide the noodles between two plates and top each with half of the chicken. Enjoy!

# DIGESTIVE ENZYMES: HOW TO MAKE THE MOST OF EVERY BITE YOU EAT

Imagine someone hands you a beautiful, brightly wrapped birthday gift. If you're over the age of 16, you might take a minute to admire the packaging and bow. No matter how old you are, you know the real goal is to get what's inside. The best part comes after you open that box!

Your food is the same way. How it looks and tastes matters. But the prize comes from breaking down that food into the nourishment your body needs. You're aiming for the vitamins, lean protein, healthy fats, and slow-low carbs packaged inside your tasty dinner of wild salmon, kale, and quinoa.

## Time to Open the Package

Back to that awesome birthday present. What if you started to unwrap your gift, but then got distracted? You might set it aside on a shelf, where it stays just as attractive – and essentially useless. No matter how thoughtful and creative the gift is inside, you're never going to enjoy it if you don't finish opening the package.

To appreciate the gift of healthy, nutritious food you're giving your body at mealtime, your digestive system has several jobs to do. After you eat, the very first job is to “open the package” by using digestive enzymes to break down your food into smaller, digestible pieces – especially the proteins.

Once digestive enzymes do their work, then your gastrointestinal system can absorb what you need, send it out to other systems in your body, and then dispose of the rest. (Can we just take a moment to appreciate the genius of our guts?)

## What to Do When Eating Hurts

So here's the problem: after age 35 or during any time of stress, your body makes fewer digestive enzymes.<sup>1-4</sup> It's part of an intricate set of stress responses designed to conserve your resources until the threat has passed.

Only, in the modern world, the “threat” comes in the shape of work deadlines, shuttling the kids to and from practice, cleaning the house, and trying to juggle meals, sleep, and exercise in between. We're seldom able to completely resolve (or even ignore) our stress.

That means your body is also rarely making your full quota of digestive enzymes. And without them, that first crucial step in digestion – breaking down your food into usable particles – goes unfinished.<sup>5</sup>

Not only can that lack of enzymes result in painful heartburn, cramping, and uncomfortable bloating, you're also never really receiving all the nutrition your food contains, no matter how carefully you grocery shop or cook. What a waste!

The good news is that it's not hard to give your gut a boost. You can start by addressing your stress and sleep habits. That means making it a priority to get 7-9 hours of quality sleep every night and taking time for activities that help lower your stress levels – cuddle time with your pet, taking your family to the park, or a long coffee date with your bestie.



## Smart Supplements Are Key

The other easy advantage you can offer your gut is a [quality digestive enzymes supplement](#). Taken before meals, digestive enzymes can give your body extra firepower to tackle the process of breaking down your food, allowing for faster, easier digestion. That can equal less gas, bloating, and heartburn and more accessible nutrition.<sup>6</sup>

I'm a proud mamma, so forgive me for bragging a bit right now: we've worked hard to source non-GMO, superior quality digestive enzymes in [Metabolic Digestive Balance](#). I'm a firm believer in multitasking, so our product not only helps you break down protein, it's also a Phase 2 Carb Controller. That means it can slow down or even prevent the absorption of carbohydrates from your food, a helpful tool for weight loss.\*

If you're over 35, experience regular stress, or find mealtime often results in unpleasant symptoms, it's worth trying digestive enzymes! Ditto if you're trying to lose weight or give your gut the best possible chance of not only digesting your food, but also maintaining your immunity and brain health.<sup>7-9</sup>

It doesn't take long-term supplementation for your body to get the hint. Just one month of supplementing with [Metabolic Digestive Balance](#) can help put your body back on track with its own production of enzymes. Try this safe and natural supplement for 30 days, and let me know how it goes on Facebook! (You don't have anything to lose but unwanted carbs, gas, bloating, and acid reflux...)\*

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**SAY GOODBYE TO GAS AND BLOATING WITH METABOLIC DIGESTIVE BALANCE!**

**BUY NOW**

*Because of JJ Virgin and her products/ programs, I no longer suffer from indigestion, gas, and bloating. Metabolic Digestive Balance has changed my life! I couldn't sleep all night due to issues with indigestion, gas, and bloating. Now I can sleep 7-8 hours without waking up to take Pepto or Alka Seltzer. Thanks, JJ!*

**-ROSIE P.**



# THE 4 MOST COMMON DANGERS TO YOUR GUT HEALTH

**What's the sexiest part of your body?  
I can almost guarantee that you didn't just answer  
"my intestinal lining"!**

When you want to look better, toned arms and rock-hard abs often top the wish list. But if you're aiming to improve one part of your body that will result in the most impressive list of benefits – including that flat belly – then great gut health really should be your first priority.

Let's face it, talking about the digestive tract doesn't feel very sexy. But it's important to realize that a healthy gastrointestinal system means much more than avoiding gas, bloating, or stomach upset.

Caring for your gut is key to losing weight, fighting infection and inflammation, sleeping well, and maintaining a positive outlook on life! But everyday life poses several common threats to your gut health.

**Check out the 4 most common dangers to gut health below. (I don't know anyone who doesn't experience at least one of these every day...)**



**A low-fiber, high-sugar impact diet.** We consume more sugar as a nation than ever before. In fact, the average American eats an adult's weight in sugar – 135 pounds – every year!<sup>1</sup> We also eat record-breaking amounts of refined flour, corn, and processed foods.

The result is a nutrient-poor diet that encourages the growth of yeast and all the wrong bacteria in our intestinal microbiome. That puts us at risk for increased inflammation and its results: leaky gut syndrome, food sensitivities, vitamin deficiencies, allergies, and systemic autoimmune disease.<sup>2</sup> The answer starts with changing your sugar impact – learn more [here](#).

2

**Medication use.** It's one of the great ironies of modern medicine: the medications we take to improve symptoms of illness often impair our body's natural ability to fight disease! Antibiotics, anti-inflammatories, steroids, and acid-blocking medications all prevent normal digestive function or damage the gut.

While only you and your doctor can decide what medicines are necessary, you can add quality supplements to repair and safeguard your gut health. I recommend starting with a [powerful probiotic](#) and [digestive enzymes](#).

3

**Regular exposure to reactive foods.** As I explained in my *NYT* bestseller [The Virgin Diet](#), there are 7 foods most likely to cause food intolerances that wreak havoc with your health. Food intolerance directly impacts your gut health and can cause problems ranging from joint pain, headaches, and fatigue to increased risk for obesity, type 2 diabetes, and metabolic disease.<sup>3</sup>

The easiest way to determine your own food sensitivities is to eliminate the 7 highly reactive foods for 21 days, then add them back and monitor your symptoms, energy levels, and weight. Want to know more? [Read on here](#).

4

**Stress.** Unless you're on a dream vacation right now, you probably suffer from stress. (Although, anyone who's ever taken kids on a road trip will tell you vacation can be pretty stressful, too!) Chronic stress changes your gut's nervous system and prevents adequate digestive enzyme production, leaving you open to a long list of infection and disease.<sup>4</sup>

Since a permanent yoga retreat in Bali isn't practical for most of us, that means eliminating stress whenever possible and using diet, supplements, sleep, and exercise to control the impact of whatever stress remains.

You're smart, or you wouldn't be here now, taking charge of your health. So you've probably already figured out that everything on the danger list above is connected. Your diet affects your energy levels and sleep quality. Your stress determines how well you focus and heal. Feeling sick and tired makes it harder to eat right. They're all linked.

But those connections also mean that just a few positive action steps can turn everything around. In the next article in this guide, we'll deep dive into how you can get on the path to great gut health and long-term wellness. Can't wait to tell you more!

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# FERMENTED FOOD RECIPES FROM SUMMER BOCK

Adding fermented foods to your diet is one of the fastest, easiest ways to replace the healthy flora in your gut and get your system back in balance. And my go-to expert for fermented food recipes is my pal, Summer Bock.

Summer is a Fermentationist and founder of [Guts and Glory](#), an online company dedicated to providing clients with the knowledge and actionable skills to heal their digestive issues naturally. Her practice is based on the premise that good health starts in the gut, and she knows her stuff! She's a trained herbalist with a background in microbiology and is certified by Columbia University in Integrative Nutrition.

## SUMMER'S KIMCHI

KIMCHI ORIGINATES FROM KOREA, AND IT'S A SPICY RELISH THAT ADDS FLAVOR TO ANY MEAT, FISH, OR VEGGIE DISH. MAKING PROBIOTIC-RICH KIMCHI AT HOME IS A BREEZE WITH THIS HELPFUL RECIPE.

**MAKES 4 PINTS**

### INGREDIENTS

- **1 head** organic cabbage, cored and shredded
- **1 medium** organic daikon root
- **1 large** organic white or yellow onion
- **3 large** organic carrots, peeled
- **2-inch** piece of fresh ginger, peeled
- **3 cloves** garlic
- **1-inch** piece of fresh turmeric root  
(can substitute **1 Tbsp** ground turmeric if fresh is unavailable)
- **1-1/2 Tbsp** red chili flakes
- **2-3 Tbsp** sea salt (not iodized table salt)

Place the shredded cabbage in a big bowl, and sprinkle 2 tablespoons of the salt over it. Set aside.

Place onion, ginger, turmeric, garlic, and red chili flakes in food processor and blend until smooth. Chop the carrots and daikon into large chunks, and add to the food processor. Pulse again until pieces are about the size of peas.

Pour mixture onto cabbage and stir together. Taste for saltiness – it should be about as salty as a potato chip. Add more salt if needed.

Pack down into wide-mouth mason jars with [airlock lids](#), and let it sit in a cupboard or on the counter out of direct sunlight for 2-4 weeks, depending on how sour you like it. Store in the refrigerator once it's fermented to your taste.

Enjoy the probiotic benefits, the immune boosting qualities, and the digestive improvement of eating kimchi. So good for you!



## GUTHEALINGRECIPE

# SUMMER'S ORIGINAL SAUERKRAUT

RAW, UNPASTEURIZED SAUERKRAUT HAS MANY HEALTH BENEFITS. IT BUILDS YOUR INTERNAL BIOLOGICAL TERRAIN, ADDS PROBIOTICS TO YOUR INTESTINES, INCREASES ALKALINITY, AND HELPS YOU ABSORB NUTRIENTS MORE EFFECTIVELY.

**MAKES 2 PINTS**

## INGREDIENTS

- **1 head** organic cabbage, cored and shredded
- **1 large** organic white or yellow onion, finely chopped
- **1-2 Tbsp** sea salt (not iodized table salt)
- **1 bunch** fresh dill, finely chopped, or 1 Tbsp dried dill
- **1 tsp** caraway seeds (optional)

Mix all ingredients thoroughly in a large bowl. Taste for saltiness – it should be about as salty as a potato chip. Add more salt if needed.

Pack down into wide-mouth mason jars using your fist or a wooden tamper. (You're creating an anaerobic environment – one without oxygen – by getting all air bubbles out as you pack it down.)

Continue packing until the brine starts to rise to the top of the cabbage. Top jars with [airlock lids](#), and let it sit in a cupboard or on the counter out of direct sunlight for 2-4 weeks, depending on how sour you like it. Store in the refrigerator once it's fermented to your taste.

Fantastic for your gut!

# SUMMER'S MERMAID SAUERKRAUT

THIS FERMENTED DISH HAS THE ADDITION OF SUPERFOOD SEAWEED FOR ADDITIONAL NUTRITION, DETOXIFYING, AND GUT-HEALING PROPERTIES.

**MAKES 2 PINTS**

## INGREDIENTS

- **1 head** organic cabbage, cored and shredded
- **1/4 cup** hijiki, kelp, or wakame seaweed, chopped or shredded
- **1-2 Tbsp** sea salt (not iodized table salt)
- **2 cloves** garlic, minced

Mix all ingredients thoroughly in a large bowl. Taste for saltiness – it should be about as salty as a potato chip. Add more salt if needed.

Pack down into wide-mouth mason jars using your fist or a wooden tamper. (You're creating an anaerobic environment – one without oxygen – by getting all air bubbles out as you pack it down.)

Continue packing until the brine starts to rise to the top of the veggies. Top jars with [airlock lids](#), and let it sit in a cupboard or on the counter out of direct sunlight for 2-4 weeks, depending on how sour you like it. Store in the refrigerator once it's fermented to your taste.

This versatile kraut is a taste of the ocean that will do wonders for your digestion.

# BALANCE YOUR GUT FLORA FOR GREAT HEALTH: THE POWER OF PROBIOTICS

You could be doing everything else right: eating well, getting great sleep, and covering your nutrient bases. If the numbers on the scale still won't budge, your problem might be smaller than you think. In fact, it could be microscopic!

The bacteria in your gut may be tiny, but they play a major role in fat loss. Those little guys outnumber the other cells in your body 10 to 1, and they're responsible for a lot of important jobs.

Think of the microbes in your gut's microbiome as the tiny VIPs in a big city. Whatever they say goes! They are your:

- 1. Security force.** Your gut flora police your immune system and defend against infection and inflammation. Keeping your gut healthy means more "good" bacteria to protect you from stomach upset, food sensitivities, vitamin deficiencies, allergies, and systemic autoimmune disease.<sup>1</sup>
- 2. Architects and engineers.** Your gut flora construct the building blocks (precursors) of the chemicals that help determine your mood, appetite, sleep quality, and sex drive.<sup>2</sup> Whether you have a great night out with friends or an even better one staying home with your honey, you have your gut flora to thank!
- 3. Air traffic control.** Your stomach produces ghrelin, the hormone that signals whether you're hungry. Imbalances in ghrelin can produce massive cravings, even when your belly is full.<sup>3</sup> (Anyone who's ever gone back for seconds right after dinner or had a midnight cheesecake attack knows the power that ghrelin holds!)
- 4. Government.** While you might choose what food you eat, the tiny residents in your gut's microbiome decide what nutrients and vitamins you actually receive! It's their job to send what you need out to your body's other systems. That means an unhealthy gut microbiome can translate to major health issues.<sup>4</sup>
- 5. Hazmat team.** You know the guys in protective yellow suits who deal with hazardous materials? Your gut bacteria do the same job, helping eliminate toxins and dispose of waste that might do you harm. When they go on strike, the results can be painful, even disastrous: think leaky gut syndrome, gas and bloating, joint pain, fatigue, headaches, and trouble losing weight or keeping it off.

That last one is especially key. Like any thriving community, a healthy gut microbiome is diverse and populated by helpful residents. Too many bad influences, and you'll find yourself breaking down fiber quickly and absorbing more fat.

**The result:** your weight increases, even if you cut calories.<sup>5</sup> Those extra pounds are also much more likely to land on your waistline, increasing your chances of obesity, type 2 diabetes, and metabolic disease.<sup>6</sup>

Maintaining a healthy balance of gut flora isn't optional. It's absolutely necessary – time to call in reinforcements! While it's super-important to make long-term changes to support your gut health, there's also a powerful step you can take to IMMEDIATELY balance your gut microbiome: take a high-quality probiotic. The [right probiotic supplement](#) can deliver billions of good bacteria to support your digestive system and its crucial functions.<sup>7</sup>

Microbiome Balance is a prebiotic/probiotic blend that could be your needle mover for fast, lasting fat loss and optimal gut health.\* It's a non-GMO, vegetarian-friendly supplement that contains 7 strains of probiotics and 4 strains of prebiotics (special microbes that hunt down the bad bacteria) in a single easy-to-swallow capsule.

If you struggle with belly fat that just won't budge or frequent infections (and the prescriptions that follow), an imbalanced gut microbiome may be to blame. Improving your diet, getting good sleep, and eliminating stress are all steps in the right direction. While you take those steps, invite some more good guys to the party with [Microbiome Balance!](#) (Try it for a month, and see if you notice a change...)

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**WANT TO FEEL YOUR BEST?**

**RECLAIM YOUR GUT HEALTH  
WITH MICROBIOME BALANCE.\***

**SUPERIOR-QUALITY PRE/PROBIOTICS**

**BUY NOW**

*I lost 30 pounds so far on the Virgin Diet, and I use many of JJ's products and love them all. However, my favorite is Microbiome Balance! Adding the Microbiome Balance daily has solved the worst of my gut issues. Before the Virgin Diet, my life was weighed down by constant gut discomfort. Now I feel so much better, have more energy, and am no longer constantly thinking of how miserable I am. Thank you, JJ, for showing me how to get my life back!*

**-DIANE H.**



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## GUTHEALINGRECIPES

### CHOCOLATE COCONUT HEAVEN SHAKE

THIS PROTEIN SHAKE RECIPE IS COOKIES AND CREAM MEETS A MOUNDS CANDY BAR. IT'S GOT NO ADDED SUGAR, DREAMY FLAVOR, AND THE COCONUT OILS AND FIBER ARE JUST THE THING TO HELP HEAL YOUR GUT.

#### MAKES 1 SERVING

- **2 scoops** [JJ Virgin's Vanilla All-In-One Protein](#) Shake (your choice of protein type)
- **1 JJ Virgin Dark Chocolate Coconut Fiber Bar**
- **1 tsp** real vanilla extract
- **10 oz.** unsweetened coconut milk
- **4-5** ice cubes

Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding more ice cubes or thinned by adding more cold water.

### CHOCO-BERRY CHIA SEED PUDDING

CHIA SEED IS A POWER-PACKED SUPERFOOD THAT'S GREAT FOR YOUR GUT, AND THIS PUDDING DOUBLES AS A FILLING BREAKFAST OR A NATURALLY SWEET TREAT.

#### MAKES 2 SERVINGS

- **1** scoop [JJ Virgin's Chocolate Paleo-Inspired All-In-One Protein](#) Shake
- **1-1/2 cups** unsweetened coconut milk
- **1 tsp** vanilla extract
- **pinch** sea salt
- **1/3 cup** chia seeds
- **1 cup** fresh blueberries or raspberries

Whisk together the chai shake powder, coconut milk, vanilla, and sea salt in a glass bowl until well-combined. Stir in the chia seed and berries.

Refrigerate overnight or up to 6 hours and serve. This recipe is so simple, it's a great way to get kids involved in the kitchen.

### BAKED APPLES WITH CINNAMON OATMEAL CRUMBLE

THIS RECIPE IS THE PERFECT HEALTHY DESSERT RECIPE, AND THE PECTIN IN THE APPLES IS FANTASTIC FOR YOUR GUT.

#### MAKES 4 SERVINGS

- **4** organic apples (Pink Lady, Fuji, and Gala are all great options)\*
- **2 Tbsp** coconut oil
- **1/4 cup** rolled oats
- **1/4 cup** finely chopped walnuts
- **1 tsp** ground cinnamon

Preheat oven to 350F.

Core each apple, making a large well in the center, and arrange prepared apples in a glass baking dish.

In a medium mixing bowl, stir together the oats, chopped walnuts, and cinnamon; cut in the coconut oil until evenly combined. Spoon 1/4 of the oat crumble mixture into each apple.

Bake in the preheated oven until apples are tender and filling is bubbling, about 30 minutes. Allow to cool slightly, then serve.

*\*Remember to avoid recipes with fruit while you're in Cycle 2 of the Sugar Impact Diet.*





# GUT HEALTH GUIDE

[www.jjvirgin.com](http://www.jjvirgin.com)

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