

FIND OUT
if you have
LEAKY GUT
or **SIBO**

JJVIRGIN

GUT HEALTH GUIDE

**Helpful Quizzes,
Tips & Recipes**

JJVIRGIN.COM

GUT HEALTH GUIDE

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.

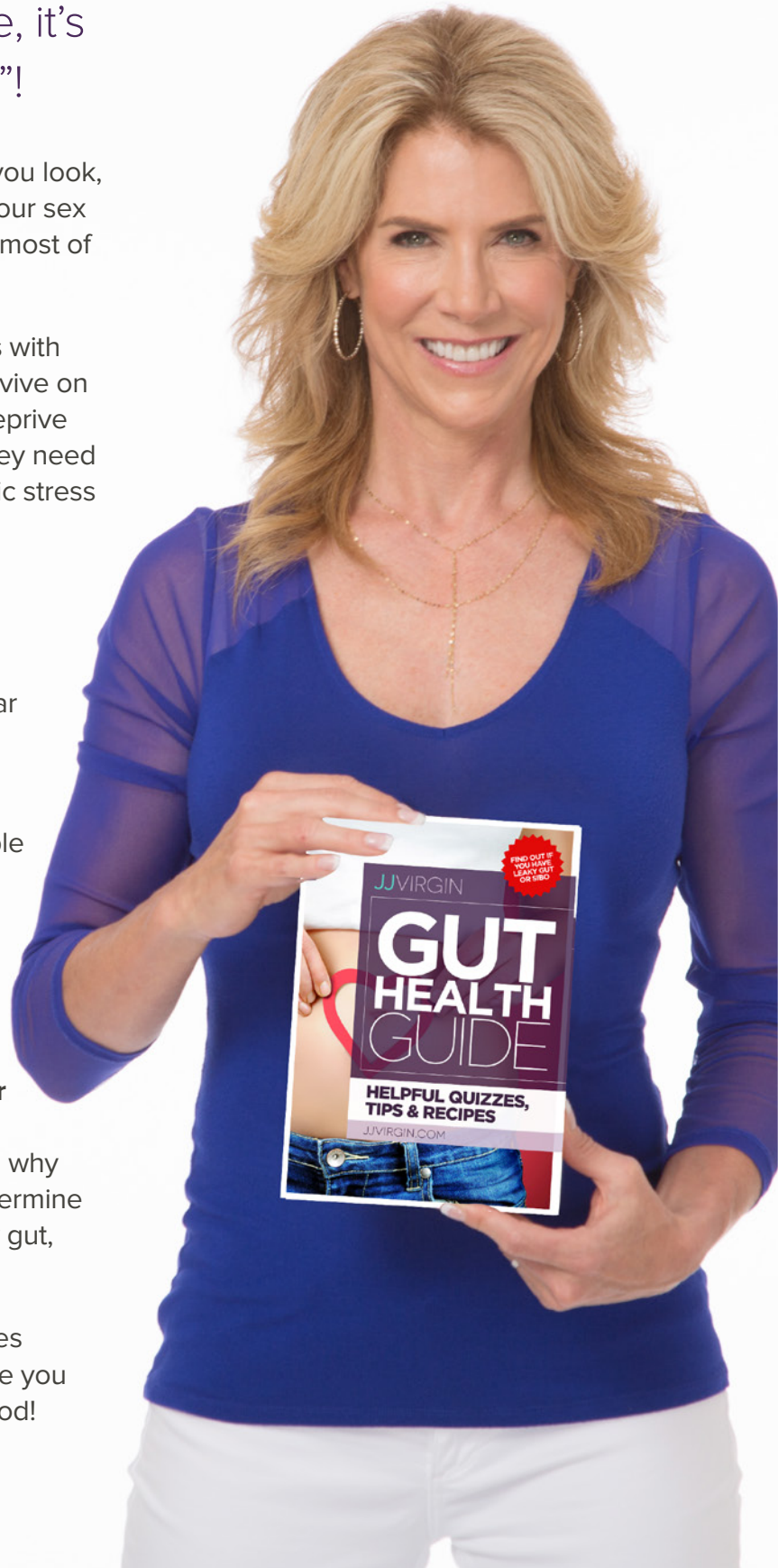
The results are clear in our health statistics. We have climbing rates of major diseases like type 2 diabetes, autoimmune disorders, obesity, hormonal imbalances, cardiovascular disease, and Alzheimer’s – all of which can be linked directly back to gut health.

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



04 HOW YOUR GUT WORKS TO KEEP YOU HEALTHY

GUT-HEALING RECIPES

- 07 GUT-HEALING APPLE PIE SHAKE**
- 08 LEMON MERINGUE PIE SMOOTHIE**
- 09 SPICED TURMERIC LATTE (A.K.A. GOLDEN MILK)**
- 11 BONE BROTH**
- 12 HALIBUT EN PAPILLOTE**
- 13 GRILLED WILD SALMON WITH ONION MARMALADE OVER GREENS**

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

17 QUIZ: DO YOU HAVE LEAKY GUT?

19 WHAT CAN YOU DO?

GUT-HEALING RECIPES

- 21 BUTTERNUT SQUASH BEAUTY**
- 22 SHIRATAKI NOODLE, CHICKEN, AND SNAP PEA SALAD**
- 23 CHOCOLATE AVOCADO MOUSSE WITH CACAO NIBS**
- 24 DIGESTIVE ENZYMES: HOW TO MAKE THE MOST OF EVERY BITE YOU EAT**
- 27 BALANCE YOUR GUT FLORA FOR GREAT HEALTH: THE POWER OF PROBIOTICS**

GUT-HEALING RECIPES

- 31 CHOCOLATE COCONUT HEAVEN SHAKE**
- 32 CHOCO-BERRY CHIA SEED PUDDING**
- 33 BAKED APPLES WITH CINNAMON OAT MEAL CRUMBLE**



How Your Gut Works to Keep You Healthy

POP QUIZ:

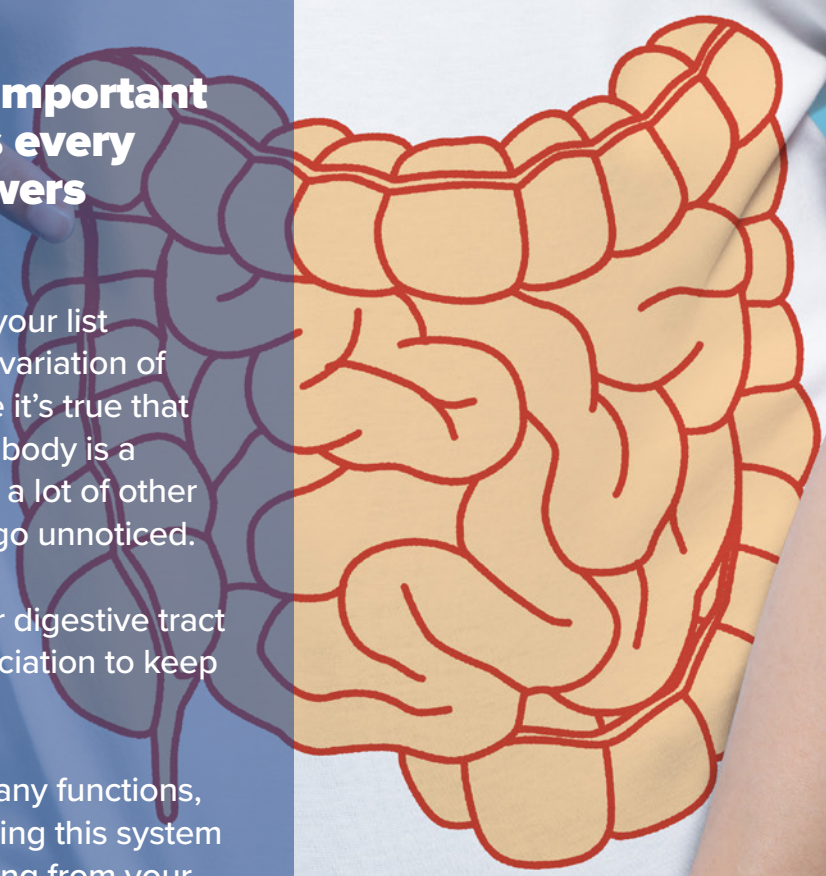
Name the 3 most important jobs your gut does every day. Got your answers ready?

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!)



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

That's right! Your intestinal tract is actually the largest immune organ in your body.¹ 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.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.³ 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.⁴

That's just one example of the important foundation your gut health provides for how you feel and think every day.

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.⁵

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.⁶

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>

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A top-down photograph of a white ceramic bowl filled with a golden-yellow soup. The soup's surface is covered with numerous small, round droplets of oil and finely chopped green herbs. To the right of the bowl lies a silver spoon with an ornate handle. Above the bowl, a small, clear glass dish holds a pile of white, flaky salt. The entire scene is set on a light-colored, veined marble surface, which is lightly dusted with various spices and herbs.

GUT-HEALING RECIPES

GUT-HEALING APPLE PIE SHAKE



{ MAKES 1 SERVING }

2 scoops [JJ Virgin 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 Leaky Gut Support](#)

4-5 ice cubes

Dash or two of ground cinnamon

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!

Blend all ingredients until smooth. You can add more ice cubes to thicken your shake or cold water to make it thinner. Enjoy right away!



*REMEMBER TO AVOID FRUIT WHILE YOU'RE IN CYCLE 2 OF THE SUGAR IMPACT DIET.

LEMON MERINGUE PIE SMOOTHIE



{ MAKES 1 SERVING }

2 scoops [JJ Virgin 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 Extra Fiber](#)

1 tsp lemon zest

4-5 ice cubes

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

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...

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



{ **MAKES ENOUGH SPICE PASTE
FOR SEVERAL DOZEN LATTES** }

FOR SPICE PASTE

2 scoops [JJ Virgin's Vanilla Plant-Based All-In-One Protein Shake](#)

2 Tbsp ground turmeric

1-1/2 tsp ground ginger

1 tsp ground cinnamon

1/2 cup filtered water

FOR EACH LATTE

8 oz. unsweetened coconut milk

1 tsp coconut oil

1 tsp spice paste

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

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...

Success Story

With JJ Virgin's 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.

Over 70% of your immune system is in your gut!

Strengthen 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.*



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent

SHOP NOW

BONE BROTH



{ 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

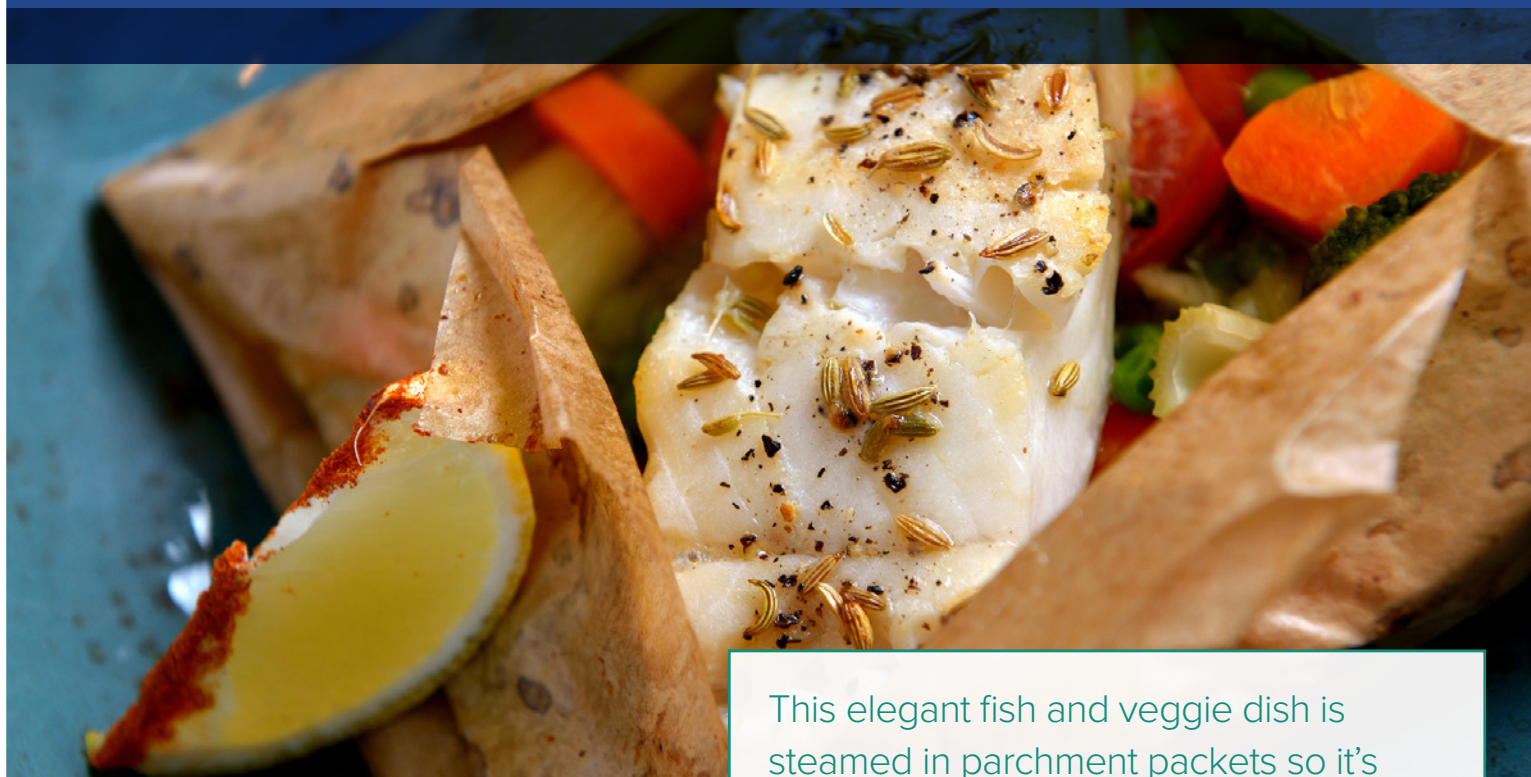
This delicious bone broth is full of protein and vitamins that can do great things for your gut health, weight loss, and immune function. Make a big batch, then freeze to use in recipes later.

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 PAPILLOTE



{ MAKES 4 SERVINGS }

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

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.

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 fillet 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.

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GRILLED WILD SALMON WITH ONION MARMALADE OVER GREENS



{ MAKES 4 SERVINGS }

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

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.

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.

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.





70%
of
Americans
are
overweight
or obese.¹

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.¹ Record numbers now suffer from diabetes, autoimmune disease, depression, and anxiety disorders.²⁻⁵ 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

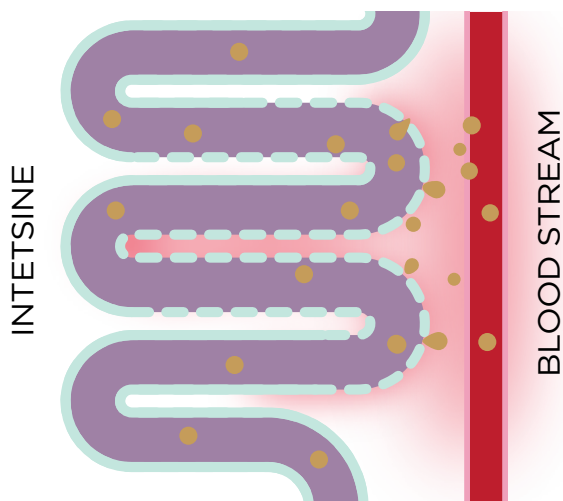
If stress and diet are out of balance long-term, the result is leaky gut syndrome. “Leaky gut” is pretty much what it sounds like.

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.⁶

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.⁷

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.⁸

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 on the next page 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>
- 7 <http://www.ncbi.nlm.nih.gov/pubmed/22731712>
- 8 <http://www.ncbi.nlm.nih.gov/pubmed/21248165>

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

Asthma

Poor Immune Function

YES (2 PTS)

YES (4 PTS)

AUTOIMMUNE ISSUES

Multiple Sclerosis

Hashimoto's Disease

Rheumatoid Arthritis

Celiac Disease

Crohn's Disease

YES (2 PTS)

YES (4 PTS)

GI SYMPTOMS

Gas/Bloating

Irritable Bowel Syndrome (IBS)

Candida/SIFO

Constipation

Diarrhea

SIBO

YES (2 PTS)

YES (4 PTS)

BRAIN SYMPTOMS

Attention Deficit Disorder (ADD)

Autistic Spectrum

Poor Memory

Headaches

Food Cravings

Depression

Anxiety

Poor Focus, Brain Fog

YES (2 PTS)

YES (4 PTS)

QUIZ CONTINUES ON PAGE 18

MUSCULOSKELETAL/ENERGY**Weight Loss Resistance**

Joint/Muscle Pain

Osteoarthritis

Fatigue

Chronic Fatigue Syndrome

YES (2 PTS)

YES (4 PTS)

RESPIRATORY

Shortness of Breath

Congestion

Throat clearing

Sinusitis

YES (2 PTS)

YES (4 PTS)

SKIN SYMPTOMS

Eczema

Psoriasis

Hives

Acne

Rosacea

Dark Circles Under Eyes

YES (2 PTS)

YES (4 PTS)

YOUR TOTAL LEAKY GUT SCORE:**INTERPRETING YOUR RESULTS****Score of 4 or less: 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?"

Leaky Gut. 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. These products are not intended to diagnose, treat, cure, or prevent any disease.



GUT-HEALING RECIPES

BUTTERNUT SQUASH BEAUTY



{ MAKES 1 SERVING }

2 scoops [JJ Virgin Vanilla 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

This yummy, filling protein shake is autumn in a cup! It's got the natural, buttery sweetness of butternut squash, plus cinnamon, and nutmeg – all wonderful for your gut.

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

SHIRATAKI NOODLE, CHICKEN, AND SNAP PEA SALAD



{ 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 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

2 tsp low-sodium wheat-free tamari or coconut aminos

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.

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!

CHOCOLATE AVOCADO MOUSSE WITH CACAO NIBS



{ **MAKES 4 SERVINGS** }

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

The avocados in this recipe are extremely gut-healing, while the chocolate contains antioxidants that can also help fight inflammation.

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.

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?)

OUR BODIES ARE
RARELY MAKING THEIR
FULL QUOTA OF
DIGESTIVE ENZYMES

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.¹⁻⁴ 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.

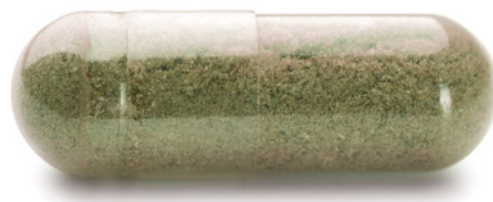
We're seldom able to completely resolve (or even ignore) our stress.

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.⁵

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.⁶

I'm a firm believer in multitasking! [Safety Net Plus](#), our high-quality digestive enzyme blend, not only helps you better break down protein, fats, and carbs and zap lactose, we also included betaine HCL to fight heartburn. The enzymes in [Safety Net Plus](#) include those specifically targeted to help break down potentially troublesome gluten and dairy proteins.*

So if you're over 35, experience regular stress and heartburn, or find mealtime often results in unpleasant symptoms, it's worth trying Safety Net Plus! Dining out can be fun again without worrying about cross-contamination from restaurant food.

It doesn't take long-term supplementation for your body to get the hint. Just one month of supplementing with [Safety Net Plus](#) can help put your body back on track with its own production of enzymes. Keep some around for dining out, holidays, potlucks, or anytime you're not making the meal you're eating, and you'll be glad you did!*

Try this safe, natural, and non-GMO supplement for 30 days, and let me know how it goes! (With our 100% satisfaction guarantee, you don't have anything to lose but unwanted symptoms...)*

“Safety Net Plus is a MUST for eating out. I have been in several situations on the same day while traveling and used Safety Net Plus, and I never had any stomach issues after each meal. In fact, things digest and don't make you feel bloated either!!!
— C. Parker

ARTICLE SOURCES:

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



Say goodbye to gas and bloating with **SAFETY NET PLUS**

SHOP NOW

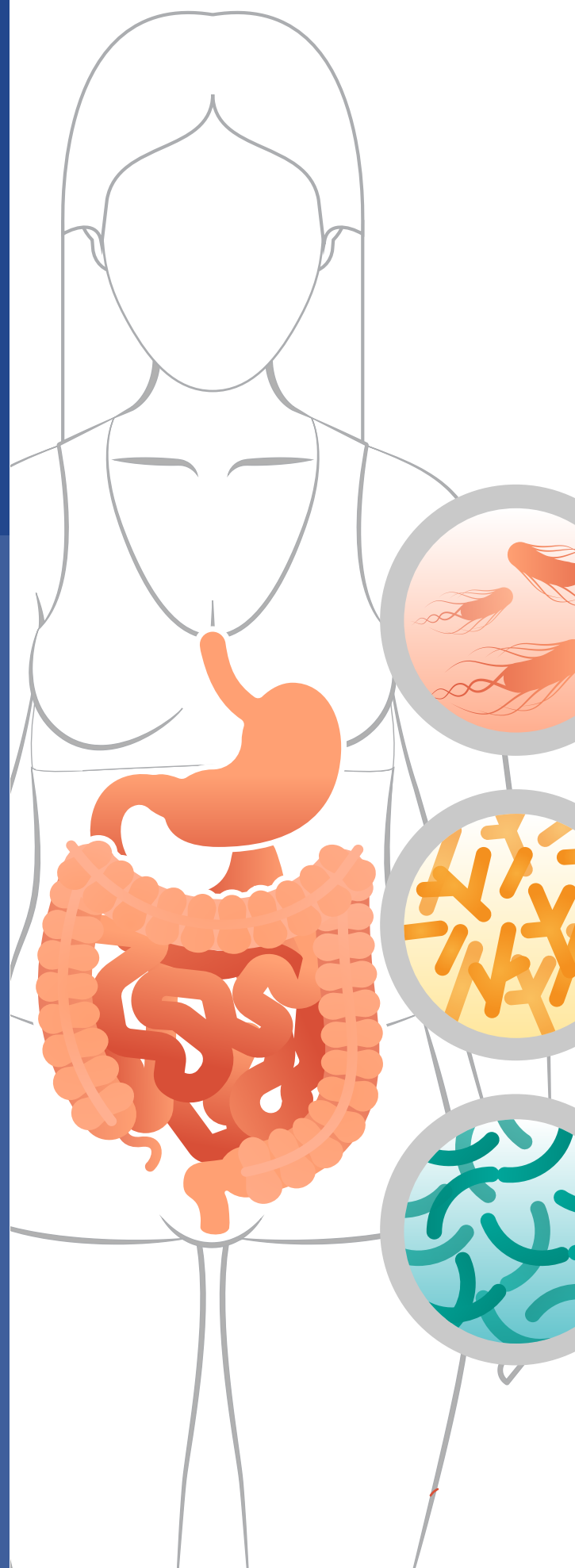


I like Safety Net Plus. My husband calls it my 911. I call it my get out of jail free card. I can relax a bit when I'm eating out and not worry as much about cross contamination. B.A. Spring

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.¹

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.² 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.³ (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.⁴

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.⁵ Those extra pounds are also much more likely to land on your waistline, increasing your chances of obesity, type 2 diabetes, and metabolic disease.⁶

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.⁷

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...)

ARTICLE SOURCES:

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Want to feel
your best?

Reclaim your
gut health with
**Microbiome
Balance.***

SUPERIOR-QUALITY PRE/PROBIOTICS

SHOP 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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GUT-HEALING RECIPES

CHOCOLATE COCONUT HEAVEN SHAKE



{ **MAKES 1 SERVING** }

2 scoops [JJ Virgin 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

This protein shake recipe is cookies and cream meets a Mounds candy bar. It's got no added sugar, dreamy flavor, and the coconut oil and fiber are just the thing to help heal your gut.

Blend the ingredients together until smooth.

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

CHOCO-BERRY CHIA SEED PUDDING



{ **MAKES 2 SERVINGS** }

1 scoop [JJ Virgin 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

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.

Whisk together the protein 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



{ 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

This recipe is the perfect healthy dessert recipe, and the pectin in the apples is fantastic for your gut.

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 FRUIT WHILE YOU'RE IN CYCLE 2 OF THE SUGAR IMPACT DIET.

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