

SIMPLE FOODS

The Nitty Gritty on How
Certain Foods Effect Our Health

2.0



MATTHEW PEPIN

CONTENTS

| | |
|--------------------------------------|----|
| Introduction | 2 |
| Firstly... .. | 4 |
| PROBIOTICS..... | 5 |
| FOODS | 6 |
| Probiotic Strains..... | 9 |
| Building Bacterial Diversity | 11 |
| Prebiotics..... | 13 |
| Microbial Buffet..... | 15 |
| Legumes | 15 |
| Oats..... | 17 |
| Recipes:..... | 18 |
| Lentil Carrot Jamboree | 18 |
| Sardine Salad | 19 |
| Bean Burrito on Sprouted Grain | 19 |
| Fortified Oatmeal..... | 20 |

INTRODUCTION

Simple foods got you back into thinking and eating healthier. You're eating better. You're feeling better. High five!

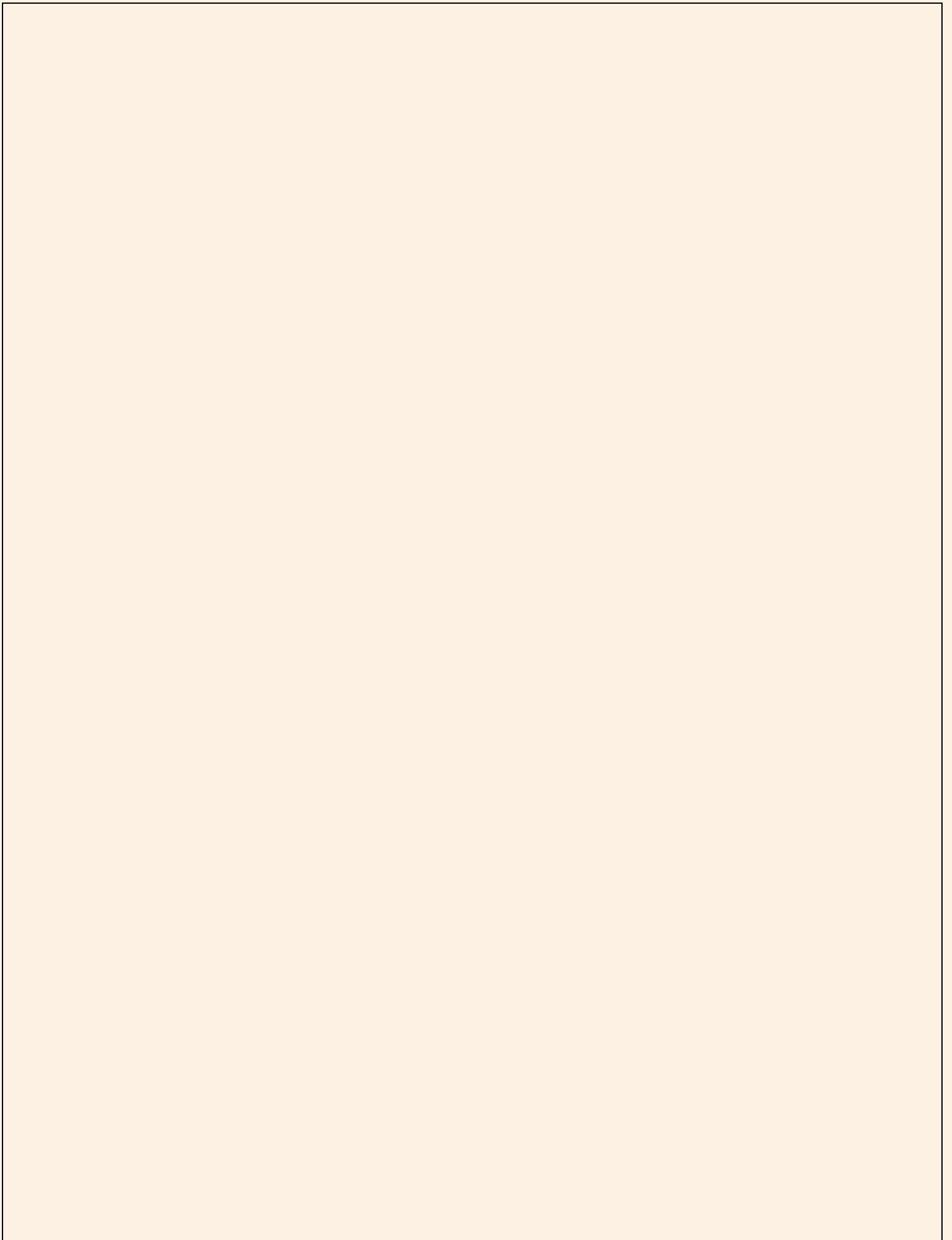
Let's step up our game.

We can't forget about our single celled friends who are doing all the grunt work. They need to eat. And they need to eat the good stuff.

Simple foods 2.0 is a short, easy guide to help grow a flourishing garden of happy microbes. If you are having any type of SIBO, IBD, IBS, etc. this might not be the best approach to follow. But, if you are feeling well, looking to tweak and optimize your gut, this is the guide for you.

Again, we are all individuals with our own gut inhabitants. What may work for me, may not work for you. It's all about testing and trialing between these foods. Starting slow is the best approach, and making a diary of the effects each food does to you is a good way to keep track of how your microbes are doing. If you really want to get hardcore, get an uBiome test and track your progress every month or so! You can share your results with the gut health community and we can see how putting the Simple Foods way of life to the test (literally)!

Who wants a cornucopia of knowledge on how to keep those microbes from revolting? I'd thought you'd never ask...



FIRSTLY...

Healing the gut is the first step to get the full benefits of the vital nutrients and vitamins that eating healthy can provide. Most people who are making the switch from a Western diet, have problems battling cravings and can easily fall back into bad habits. That is partial you and your microbes forcing you not to break the routine. Usually after about two weeks, your body begins to adjust to your new, healthier way of eating.

Thanks to the help of pre and probiotics, you can jump start the process. Coming from a western diet, most of the enzymes and beneficial microbes have been starved out and now we are left trying to rebuild. With any rebuilding process, the foundation must be set.

In Simple Foods, we discussed how to change from a dirty diet to a cleaner, more human diet. I usually tend to stick to a simple thought process when eating healthier: whole foods, nothing in boxes or bags. You tell people to ditch bread, they lose their shit. A total reset is what is needed for about 30 days. Simple foods is a starting point to readjust the microbiome. Now it's time to put the process into hyper drive. 'Cause who likes to wait around for results? Yeah me either.

PROBIOTICS

Time to help readjust the natural flora. Yeasts and pathogenic microbes are pretty pissed that you are trying to weed them out. Best way to tell them to pound sand is with an army of reinforcements. The gut misses its old friends. Without the beneficial strains producing vitamins and acids, you're left with consuming microbes who are in the gut only for themselves. They then attach to your intestinal tract, and they could give a flying eff about the host aka YOU. Greedy little bastards. They are feasting on all your organic produce and grass fed beef, without you getting any of the benefits!

Get the gut guardians gathered, it's about to get ugly. TAKE BACK THE GUT. Here's how to jump start the growth of beneficial probiotic strains along your intestinal track. Assuming you aren't experiencing GERD or have an autoimmune disease, here is a good starting point to introduce beneficial strains to the flora. It's as easy as heading to your local supermarket.

FOODS

Sauerkraut: The enzymes and microbial strains in the glass jars containing kraut are a flora's dream. Sauerkraut is one of my favorite probiotic foods. Buying this in the store can be quite expensive. I've seen these go for 10 bucks a pop. Best way to get around this, is to make your own! [Here is where I learned to make my own.](#)

Food Pairings: Breakfast: 2-3 Eggs with a few spoonful's of fermented kraut.

Beneficial Strains: Leuconostoc mesenteroides, Lactobacillus plantarum, Pediococcus pentosaceus, and Lactobacillus brevis¹

Kombucha: Flavored drinks don't have to be bad for you, they can actually be deliciously AWESOME for your gut. Kombucha is just that. The perfect alternative to soda or most sugary liquids, kombucha delivers great taste along with beneficial yeasts and acids. This stuff can be considered as the gut elixir. As with kraut, it can be quite pricey if you're buying the bottles of this drink in the stores approaching 3\$ per bottle. Which makes brewing your own a cheaper alternative. I'm a kombucha brewing machine. Best part about brewing your own, you can mix and match a bunch of different flavors. One of my favorites is ginger blueberry.

[I learned how to brew my own from scratch from this site.](#)

¹ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2168044/>

Food Pairing: Hangover Cure: Kombucha before and after a night of divulging in the demons of alcohol will give you some solace for your bad gut behavior.

BAD PAIRING: Kombucha & Whiskey. Mixing these two together makes drinking alcohol no so bad. Who am I kidding, its bad, but a cool way to impress your friends with your fresh brews of kombucha. See above for dealing with the next morning.

Beneficial Strains: Bacterium xylinum, Bacterium gluconium, Acetobacter hetogenum, Pichia fermentons, Schizosaccharomyces pombe, Torulaspora delbrueckii and Zygosaccharomyces bailii

Kimchi: In the summer of 2014, I was first introduced to this spicy ferment. This fiery Napa Cabbage ferment might seem like your burning a hole in your intestines, but it's actually providing a lot of benefits for your gut. With its acids and beneficial microbes, this probiotic food is a good way to test out those sweat glands. You can find kimchi in most Asian marketplaces, for around 5-10\$ for a 10 oz jar. And like the other two ferments, it's fun to make your own! A little more time and effort is needed for this but still worth it.

Food Pairing: Bone broth w/ kimchi: This was my go too when I broke my collarbone and wanted to heal fast. Kimchi provides the perfect amount of spiciness to the bone broth. H/T to [Colin Champ](#) for the idea!

Beneficial Strains: Lactobacillus sakei, Lactobacillus plantarum

Natto: While exploring New York City late August 2013, I had my first experience with Natto. I had no idea what I chowing down, I got scared, and threw it out. What was this gooey, stringy substance that I was consuming!?! Oh, it was just a probiotic glue. This was pre-flora knowledge. Although I haven't gotten back into trying it again, I'd like too. Traditionally from Japanese cultures, this probiotic food source has an acquired taste that not all might enjoy so much. Hey, it's worth a try right?

Food Pairing: Rice and Natto: Simple yet effective combo. Don't forget a nice scrambled egg in there for some protein.

Beneficial Strains: Bacillus Subtilus.

Kefir: Tangy yet sweet. Chug down some Kefir for not your everyday drink of choice. Can be fermented by either water or milk. I have only tried the milk kefir, and it is somewhat of an acquired taste. Kefir makes my taste buds dance from tangy joy of perfect fermentation. Also, if you're a dairy free kinda consumer try making some coconut milk kefir. [Mark Sisson has a great recipe for it.](#)

Food pairing: Kefir fruit salad: Toss blueberry's, strawberries, and banana in your home made yogurt stir and enjoy the fruity sensations along with the twisted tang of kefir.

Beneficial Strains: Lactobacillus acidophilus, Lactobacillus brevis, Lactobacillus casei

PROBIOTIC STRAINS

That covers the easiest ways to add probiotics to your diet via the food route. For those of us who are looking for a wider range of probiotic strains into our diet, targeted strains can be consumed via capsule form. For my own gut healing experience, I was able to really knock out pathogens by using certain probiotics. Since this discussion is mostly dealing with overall well-being, I'll only provide my favorite strains that are available in capsule form that should be found in a healthy gut.

Bifidobacterium

Subspecies: B.Longum, B. Breve

B.Longum has been shown to be as one of the strains abundant in all centenarians. It lives on the intestinal tract and protects the gut from pathogens.

Lactobacillus

Subspecies: L. Plantarum L. Acidophilus

L.Plantarum is seen in the above listing as being the staples of fermented foods. There is a reason why this strain likes to grow on our foods and take home in our gut. Our relationship with L. Plantarum is a symbiotic one, and those who experience wide range of skin to gut issue become resolved once one takes L. Plantarum.

Saccharomyces boulardii:

This powerful yeast is beneficial in weeding out other yeasts and helping people recover from C. Diff. Also, S. Boulardii has been shown to help immune response, prevent traveler's diarrhea, and treat IBD and colitis.

Probiotics have helped restore my flora, and now I mostly get my microbes from my probiotic foods. The probiotic foods are the most natural way of being inoculated with microbes, but if you are looking for a different route, supplementing might be the way to go. Remember to discuss with your doctor about taking probiotics. Here are my favorite probiotics:

Prescript Assist – Helped reverse SIBO in my gut

ReNew Life Critical Care – A huge amount of Bifidobacterium and Lactobacillus in these capsules. Perfect for weekly maintenance.

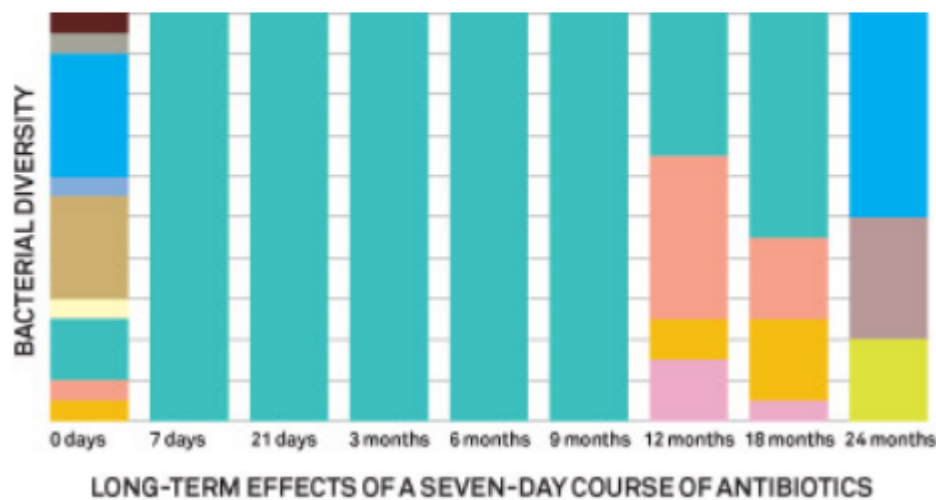
VSL #3 - For intense treatment of repopulation, this will bring 450 strains into your gut flora.

BUILDING BACTERIAL DIVERSITY

Diversity of the gut microbiota is a marker of good health. If you notice the before and after taking of antibiotics, the diversity of the gut flora is whacked down to nothing. The image below takes a look at the Genus, *Bacteroides*, and its near extinction after a course of antibiotics. It took nearly a year to bring it back to some semblance of a diverse community.

Antibiotics = Microbiome Killer

Studies have revealed some alarming costs of taking antibiotics, which don't discriminate between disease-causing bacteria and our natural microbiome. Graphed below is the diversity of gut bacteria from one important genus (*Bacteroides*) in a patient who took a weeklong course of clindamycin; different colors represent the different species. For nine months after exposure, the subject's gut was left with nothing but one type, a clindamycin-resistant strain of *Bacteroides thetaiotaomicron*. Even two years out, the flora had not regained their former diversity.



JANSSON 2010. http://www.wired.com/magazine/2011/09/mf_microbiome

The perfect balance of a flora is always changing with each meal we consume. There are strains that we do know are beneficial to us in the right amounts. To keep this balance in order, we adopt a diet that is unique to our own individual microbiome. We all have different genes that house certain strains. There have been studies showing how these strains turn on certain genes.

From the previous discussions we talked about the benefits of introducing fermented foods, fermentable foods, and the taking of probiotics. If you really want to go hardcore for feeding your gut microbiome you can introduce fiber and prebiotics.

A word of caution, if you are experiencing painful symptoms of SIBO or any other gut struggles, you may need to dial back the use of these. In fact my gut compadre, Dr. Grace Li - Pharm-D, has outlined an easy 7-Step process that will help guide you out of But, if you get mild bloat or rumblings, it is just your gut microbiota shifting. Just play it by ear, and see how you react to different dosages. Now, let's move on to the benefits of introducing the following prebiotics to your supplementation regime.

PREBIOTICS

Glucamannon: Derived from Konjac Root, this prebiotic has been shown to help insulin resistance. Between exercise and glucamannon, weight loss can be achieved. Or just a happy health microbiome. It was even shown to help those with type-2 diabetes. Could this be due to a shift in the microbiota? I would love to see these studies done.

“Addition of a resistance and endurance exercise training program to a glucomannan diet regimen significantly improved measures of body composition, HDL-C, and TC/HDL-C ratio.”

<http://www.ncbi.nlm.nih.gov/pubmed/17618964>

<http://www.ncbi.nlm.nih.gov/pubmed/10372241>

Inulin: On our Gut Guardians Podcast, we talked in depth about the benefits of inulin. In the food form it is found in onions, garlic, and asparagus? Or you can get it in the powdered form! Inulin has been shown to help grow Bifido strains and Akkermansia. These are a part of the keystone species of good health and diversity.

Yacon Syrup: Dr. Oz's experiment put Yacon syrup on the mainstream map. But it is bigger than just a weight loss and sugar substitute supplement. This tasty, thick, viscous liquid is an FOS, or Fructooligosaccharides. There is a bit of controversy about adding the F in FODMAPS to supplementation, due to its ability to grow Kliebsiella. Testing and determining that your gut is healthy, this

supplement can be helpful in growing a diverse community for your flora.

Beta Glucan: I have oatmeal around 2-3 times a week. And the reason behind is to give my gut some beta-glucan love. Beta glucan has been showed to help lower cholesterol and improve insulin sensitivity. After these oatmeal breakfasts, I don't have the mid-morning cravings that I once had, that would have me clawing for a Nutria-Grain bar. Give it a try and see how you react!

Acacia: Used to relieve constipation, this prebiotic has been shown to help people with IBD by helping out Bifidobactrium Lactis. In yogurt strains. For healthy individuals, it can be the perfect food for your microbes.

MICROBIAL BUFFET

Now that the gut is becoming populated with the proper flora for the best possible digestion and producing the right amount of vitamins and nutrients for optimal health, we must make sure that the flora stays intact. While eating probiotic foods and supplementing with probiotics capsules sure can temporarily help you out with your digestion, they have to colonize in your gut to see the full benefits of a proper flora. This has to happen by eating prebiotic foods and fermentable substrates.

As I have explained on the blog and here, when starving out the bacteria in the gut, major issues arise. This was the exact situation that happened to me. It was devastating. Now I know the importance of maintain a proper diet without neglecting my precious flora. I've rebuilt my flora from the ground up. A lot of trial and error went into the process, but with that I have found what has worked for me. Granted we all have our own paths of recovery, but this is can be a starting point to begin the repopulation.

Legumes

Paleo people scared everybody into not having these microbial necessities I too avoided these thinking that the phatates and

antinutrients would leave me frail and dead by 30. Of course these can be problems for those who have an impaired functioning gut, or have a diet solely dependent on this particular food source. But for those rebuilding and fostering a symbiotic gut, the flora needs its food source!

Dr. Grace, the brains behind the Gut Guardian Podcast, alluded the process of interaction between the microbes like the back room of a restaurant. Certain microbes “chop up” some of the food and pass it down the line for another microbe to break it down and produce another source for another microbe to use, and so on.

Beans are my favorite form of legumes. Between black beans and pintos, my stove top is constantly crowded with saucepans soaking beans. The reason I soak is to break down a bit more of the resistant starch before cooking. This makes eating these beans pleasant before and after for all of those who are in a 5 foot vicinity of me and the other consumers. Don't feel bound to just black beans, explore the whole entire bean community. It's always a good idea to diversify and give your gut a different taste!

Lentils come in as a close second in the legumes crowd. My love affair happened when I made a mustard green lentil soup. My taste buds melted with each spoonful and my microbes cheered voraciously.

Oats

Demonized by the Paleo community and low-carbers across the board, I lean towards a different approach for oats. For my breakfasts, I alternate between farm fresh eggs and a fortified bowl of steel-cut oatmeal. Here is why I have oatmeal apart of my weekly diet.

Steel cut oats are basically cut up oats that haven't been to a heating process and being overly processed. Steel cut oats are also not extremely impactful on blood sugar, coming in at a 42 on the glycemic index. They are packed with beta-glucan which was discussed earlier.

Feed your flora! The flora begs for its daily dose of legumes, oats, and FODMAPS. For those struggling with sensitives when having these foods it might be a sign that the cross feeding that should be happening is missing one of the "food choppers." Supplement with probiotics and bring that harmonious relationship back into your gut

RECIPES:

Lentil Carrot Jamboree

Microbes, get ready for the mother lode of fermentation

1 Cup of dry lentils – soak for up to two days; change water each night

2 cloves of garlic

4 carrots (diced)

1 TBS curry

1 TBS turmeric

¼ tsp cayenne pepper

¼ tsp salt

¼ tsp pepper

Step 1: Cook Lentils for approx. 30 minutes if you have soaked for 2 days.

Step 2: As lentils are cooking, in a separate saucepan, cook carrots in water until soft approx. 20 min

Step 3: When lentils and carrots are soft, add garlic and spices. Mix and serve.

Sardine Salad

Plants. Microbes best friend. Also with the super food SARH-DINES.

Couple handfuls of organic spring mix

3 sliced baby Portobello mushrooms

1/8th Sliced Red Onion

Cucumber

1 avocado

Wild Planet Sardines in Water

Cut all plants and add to bowl. Top w/ avocado and sardines. Use Apple Cider Vinegar + Olive Oil for dressing.

Bean Burrito on Sprouted Grain

1 Sprouted Grain Patty

1/3 cup black beans (canned or cooked)

1/2 cup of cooked white rice

Handful of spring mix

Sprinkle of Mozzarella

Organic Hot sauce

Heat fry pan and place a 1/2 teaspoon of butter on medium. Place patty on pan and melt cheese. Then add beans, rice, and spring mix. Top with hot sauce.

Fortified Oatmeal

¾ cup of water

1/3 cup of steel cut oats

Half handful of blueberries

Half handful of cranberries

Drizzle of Yacon Syrup

1 scoop of Collagen Peptides

1 TBS of MCT oil

Cook oatmeal (usually 20-30 minutes). Add other ingredients to bowl, mix, and enjoy!