

3-PART GUT HEALTH SERIES

Therapeutic Food + Beverages for Gut Repair + Healing



February 20, 2025

6:00-7:00 pm

Presented by:



COMMUNITY
NATURAL FOODS
NOURISHING OUR COMMUNITY SINCE 1977



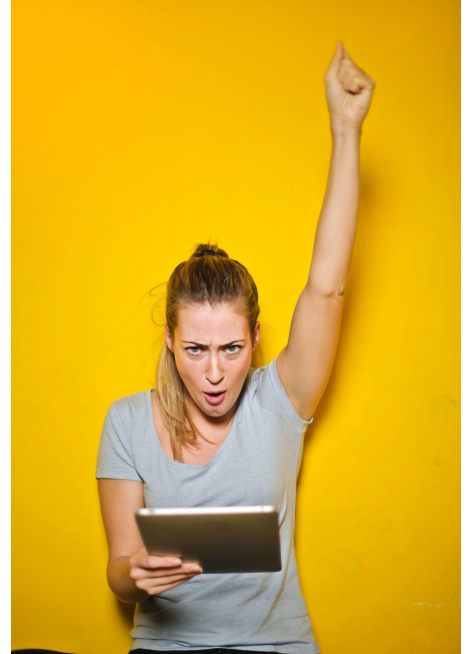
CALGARY CO-OP

Jessica Pecush
Nutrition

THIS EVENING!

- Why the gut is GROUND ZERO for thriving health
- Food + bev factors impacting gut health
- How gut inflammation starts...and progresses
- My overall approach to gut repair + healing
- The essentials of an Anti-inflammatory Diet
- Food + bev-based gut health 'Disruptors'
- Navigating food eliminations
- Specialized gut health approaches

ARE YOU READY?!



Jessica Pecush
Nutrition

DISCLAIMER

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You should **always** consult with your physician or other qualified medical professional first, prior to implementing any of our advice, information, or suggestions. You should **always** consult with your physician or other qualified medical professional (not us), so as to discuss and clear any and all changes, additions, or alterations to your diet, medication(s)/medical treatment, exercise regimen, supplement regimen, health practices or lifestyle, prior to implementing them. Please only implement any and all changes **after** consulting with your physician or other qualified medical professional and assessing your own risk.

WHAT DO I DO?

I help high-performing adults navigating autoimmune and non-autoimmune gut disorders REPAIR their gut, REGAIN their energy and RELEASE their life-hindering symptoms, so they can FLOURISH in their personal and professional lives!

Celiac, Crohn's, Colitis, Diverticulitis, GERD/acid reflux, Candida yeast overgrowth, H. pylori, parasites...

WHY?

- Personal journey with digestive autoimmunity (*Ulcerative Colitis*) since 2004!
- **Health starts IN THE GUT!**
- The body is very capable of being repaired + rebalanced, if provided the opportunity with **ALIGNED** supports in place
- Everyone deserves to feel their very best throughout their lifetime, not just now + then!
- Health transformation starts with shifting limiting/false beliefs, closing knowledge/skill gaps and getting into suitable, sustainable and **SUPPORTED ACTION!**



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Nutrition

HOW?

- **THE DI-JESS-TION METHOD**
 - 5-month (online) private coaching program
- Corporate Wellness Workshops + Public Workshops
- Grocery Store & Health Food Store Tours

MY BACKGROUND:

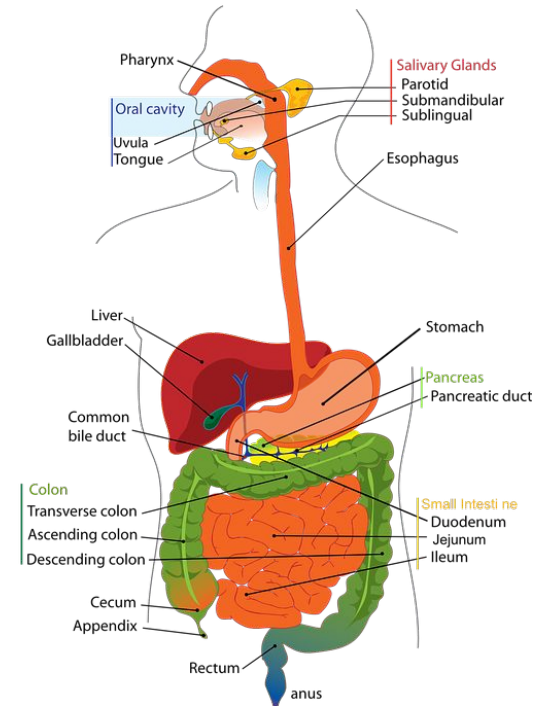
- **Certified Holistic Nutritional Consultant™**
Canadian School of Natural Nutrition (Calgary)
- **Certified Culinary Nutrition Expert**
Academy of Culinary Nutrition (Toronto)
- **Autoimmune Paleo Certified Coach®**
Autoimmune Wellness™ LLC (USA)
- **Certified Teacher**
Alberta Education
- **University of Calgary Wellness Hub Administrator**
Cumming School of Medicine



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Why The Gut Is GROUND ZERO...

- The CORE of our body's physiological functioning
- Responsible for:
 - **INGESTION** of our food + its nutrients
 - **DIGESTION** of our food + its nutrients
 - **ABSORPTION** of nutrients for nourishment of cells + conversion into energy!
 - **ELIMINATION** of indigestible fiber, waste matter, hormone metabolites (e.g. estrogen)...
- Gut function is **DEEPLY CONNECTED** with:
 - Thyroid function (incl. metabolism)
 - Adrenal health + blood sugar regulation
 - Liver filtration
 - Hormones + Neurotransmitters



Food + Beverage Factors Impacting Gut Health

- Refined/processed convenience foods
- Highly refined/processed fats + oils (incl. fried foods)
- ‘Naked’ carbohydrates (the ‘white’ stuff!)
- Highly refined/processed sugars + artificial sweeteners; high sugar intake overall
- Food additives/preservatives/dyes; artificial colours + flavours
- GMOs, pesticides/herbicides
- Alcohol
- [High protein \(low fiber\)](#) and [high fat \(low fiber\)](#) approaches long-term
- Individual food sensitivities/intolerances (e.g. gluten, refined/processed dairy, GMO corn/soy, peanuts...)

How Gut Inflammation Starts...DYSBIOSIS!

- **Imbalance (loss of equilibrium) and damage to the bacterial balance in the gut microbiome due to ongoing, inflammatory exposures**
- **Overgrowth of poor bacteria, too little beneficial (probiotic) bacteria, and possibly beneficial bacterial overgrowth, too**
- **Sets the stage for further inflammation, the surfacing of symptoms, and a *Leaky Gut* in the body (a state of chronic inflammation)**



Chronic Gut Symptoms with DYSBIOSIS

Acid Reflux	Anxiety	Bloating and/or Foul Gas	Brain Fog (difficulty thinking, focusing, recalling)	Chronic Fatigue	Constipation
Depression	Diarrhea	Frequent UTIs and/or Vaginal Yeast Infections	Food Sensitivities + Allergies	Halitosis (bad breath)	Hormonal Imbalances (e.g. blood sugar, cortisol, PMS)
Inflammation (e.g. achy joints, body pain)	Nausea	Rash/Redness (e.g. hives)	Rectal/Vaginal Itching	Skin Issues (e.g. acne, eczema, psoriasis)	Upset Stomach

How Chronic Gut Inflammation Progresses

Leaky Gut (Intestinal Permeability):

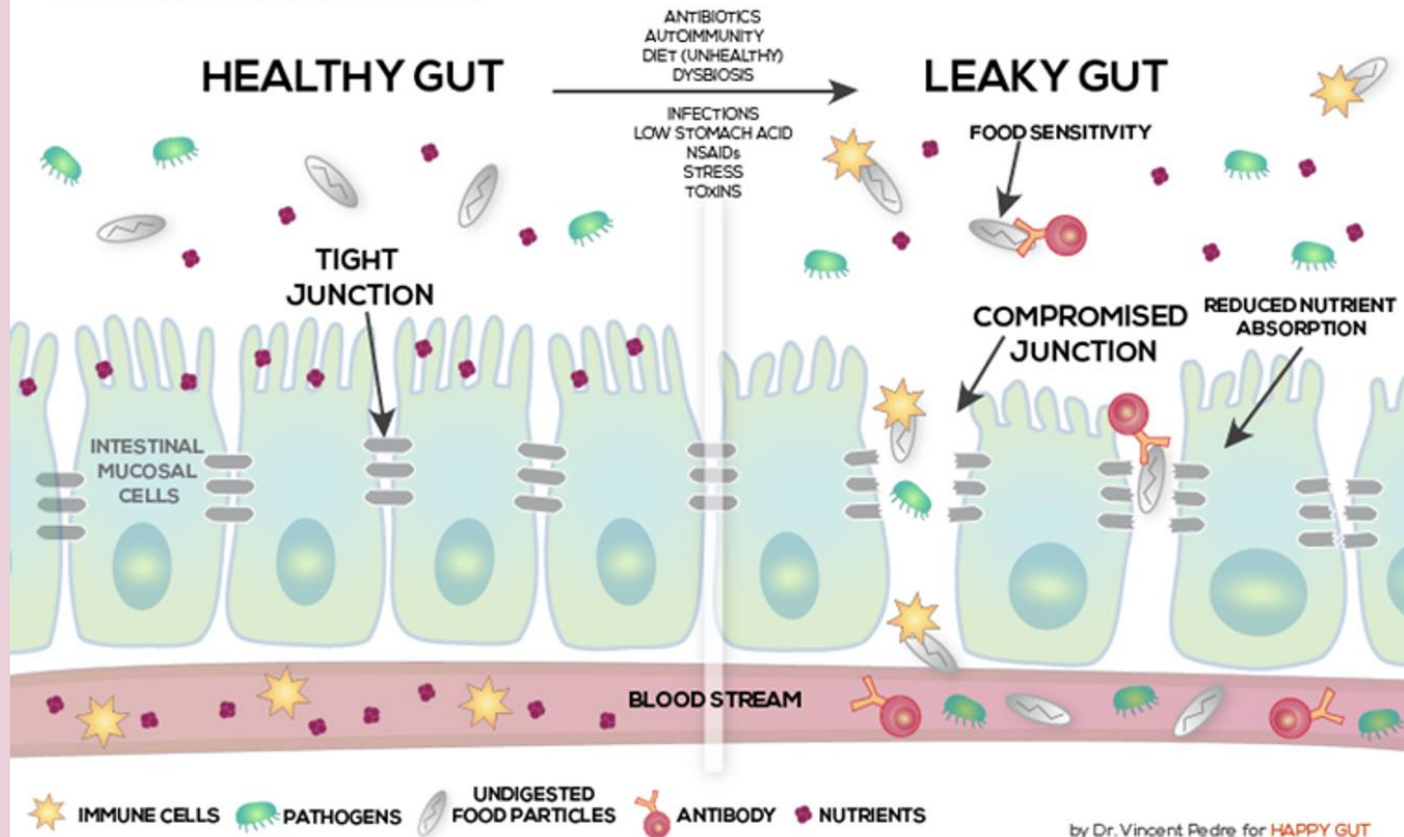
- The 1 cell-thick lining of the small intestinal wall = **critical barrier**
- Separates the outside of the body (digestive tract) from the inside of the body (bloodstream)
- Can become damaged/compromised if gut bacteria aren't in an optimal state
- Healthy mucous lining on these cells can become thinned-out or non-existent due to chronic inflammation/damage
- Beneficial/probiotic bacteria that live in the mucous can die off
- Reduced protective wall for internal environment

Leaky Gut (Intestinal Permeability)

- Results in the cell junctions (connections) between the small intestinal wall cells loosening/pulling apart
- Gaps between the cells become larger and the barrier becomes 'leaky' (microscopic holes in the lining)
- Undigested food particles (e.g. proteins), toxins and poor bacteria can then 'leak' into the bloodstream and set off the Immune Response
- Sets the stage for chronic, **systemic** inflammation
- Dysbiosis + a Leaky Gut = contributing factors for autoimmunity, as well as other gut disorder (H. pylori, Candida, parasites, SIBO, etc.)

HEALTHY GUT VERSUS LEAKY GUT

A healthy gut works like a cheese cloth, allowing only nutrients through, but keeping larger food particles and pathogenic bacteria, yeast and parasites out. In a leaky gut, the tight junctions are loosened so undigested food particles and pathogens can get through and activate the immune system, causing inflammation and food sensitivities.



My Approach to Gut Repair + Healing...

1. ASSESS + REMOVE GUT HEALTH DISRUPTORS

- Identify underlying gut issues at play + their root causes
- Clear out any gut infection/overgrowth/parasites
- Identify any gut health disrupting foods + bev
- Wean off gut disruptors that are feeding inflammation



2. RE-ENGINEER GUT FUNCTION

- Targeted digestive support + nutrient deficiency support
- Therapeutic, gut-healing foods + bev for YOUR CIRCUMSTANCES
- Strong nutritional foundation
 - Diverse, colourful produce, high-quality proteins, and anti-inflammatory fats + oils

My Approach to Gut Repair and Healing...

3. GROW YOUR GUT FLORA

- Regular reliance on diverse prebiotic and probiotic-rich foods
- Use of targeted probiotic strains **when suitable**

4. GUT BARRIER CLOSURE

- Rebuild mucous lining (small intestinal wall)
- Seal up a 'Leaky Gut'

SELF-REPAIR OPTIMIZATION (throughout)

- Mindset supports
- Nervous System supports
- Functional movement + therapeutic exercise
- Soothing sleep supports



The Power of an ANTI-Inflammatory Diet!

3 MACRONUTRIENTS (MACROS)

- **Diverse, colourful, carbohydrate fiber**
 - Only sourced from plants
 - Fruits, veg, grains, legumes, nuts, seeds
- **Diverse, lean proteins**
 - Animal-based
 - Eggs, poultry, meats (incl. wild game), seafood
 - Plant-Based
 - Organic soy products, quinoa/legumes (some)
- **Diverse anti-inflammatory fats + oils**
 - Avocado + its oil, coconut products, EVOO
 - Nuts + seeds (+ their oils/butters)
 - Egg yolks, ghee, rendered animal fats



HYDRATION + THERAPEUTIC BEVERAGES

Fruits (Fast-Burning Carbs)



Diversity of Type + Colour

- Different pigments = different vitamins, minerals, antioxidants and phytochemicals (plant-specific compounds)

A Few Servings Daily

- Maintain a heavier focus on veggie consumption, overall

For Best Digestion

- Separate from solid animal proteins at main meals
- Enjoy in smoothies with protein powder
- As a snack paired with plant-based protein + fat (e.g. nuts/nut butter)

Tailoring Fruit Consumption

- E.g. Can manipulate fruits according to a specific type of short-term gut protocol
 - E.g. low-sugar fruits while killing off poor bacterial/yeast overgrowth and parasites
 - Lemon/lime, avocado, olives, berries...

Veggies (Slow-Burning Carbs)



Diversity of Type + Colour

- Different pigments = different vitamins, minerals, phytochemicals (plant-specific compounds)

NON-STARCHY VEG

- Artichoke, asparagus, all leafy greens/fresh herbs, all cruciferous (e.g. broccoli, cauliflower, Brussels sprouts...), Bell peppers, celery, eggplant, garlic, onion, leek, mushrooms, sea veggies, zucchini, etc.

STARCHY VEG

- Acorn squash, pumpkin, sweet potato, white/other potato varieties, yam
- Lower-glycemic options: butternut/delicata/kabocha squash, cassava/taro root

Tailoring Veg Consumption

- E.g. Can manipulate starch intake based on gut infection/overgrowth (starch feeds poor bacteria)
- Can manipulate cruciferous intake based on suspected/identified SIBO
- Cooked vs. raw

Whole Grains (Slow-Burning Carbs)



Modern-Day Grains

- Loosely resemble pre-Industrial Revolution make-up
- Hybridized versions - often genetically modified
- Heavily sprayed with chemicals (e.g. [glyphosate](#))

Digestion of Grains

- Demanding - especially with active gut issues + autoimmunity
 - Added effort to unlock nutrients housed inside
- Step 1: naturally **gluten-free** options (e.g. buckwheat, quinoa)
- Step 2: **organically-sourced** if possible
- Step 3: soak overnight with some acidity, rinse well + pressure cook

Tailoring Grain Consumption

- A focus on less grains - more/diverse colourful veggie fiber
- High grain consumption/starch with animal protein more likely to leave you bloated/uncomfortable
- E.g. Can manipulate starch intake based on gut infection/overgrowth (starch feeds poor bacteria)

Legumes (Slow-Burning Carbs)

Production

- Can be heavily sprayed with chemicals as well (e.g. [glyphosate](#))

Digestion of Legumes

- Demanding - especially with active gut issues + autoimmunity
- **Pre-cooked options:**
 - Opt for BPA-free containers (e.g. [glass](#))
- **Dry options:**
 - Organically-sourced if possible
 - Soak overnight with some acidity, rinse well + pressure cook

Tailoring Legume Consumption

- Monitor personal threshold with serving size
- E.g. Can manipulate starch intake based on gut infection/overgrowth (starch feeds poor bacteria)



Raw Nuts + Seeds (Slow-Burning Carbs)

MACRONUTRIENT POWERHOUSES!

- Contain all 3 macros
 - Fiber, fat and (some) protein!

Sourcing

- **Raw** (unroasted, unsalted, unseasoned)
- Organically-sourced if possible (esp. almonds, walnuts, cashews, pistachios)
- Store in airtight glass in the refrigerator
- **Increase digestibility by soaking and dehydrating**

Tailoring Nut/Seed Consumption

- Raw roughage can be too intense
 - E.g. active Diverticulitis + Ulcerative Colitis
- Can pause higher-mold nuts when supporting poor bacterial, yeast + fungal issues
 - E.g. cashews, peanuts, pistachios



With Diversity of Fiber Comes...

SOLUBLE FIBER

- Attracts water into intestinal tract + becomes a gel-like substance
- Slows down digestion + nutrient absorption in the stomach/small intestine - keeping you fuller, longer
- Feeds good bacteria in intestinal tract
- Helps bulk up/soften stools for elimination - easier-to-pass poops!
- E.g. walnuts, chia/flax/sunflower seeds, apple, avocado, berries, broccoli, carrot, sweet potato...

INSOLUBLE FIBER

- Remains intact (undigested) as it passes through digestive tract
- Helps move food through stomach + intestines - cleanses colon of debris
- Bulks up stools - keeps you REGULAR!
- E.g. almonds, walnuts, sunflower seeds, root vegetables and their skins (e.g. carrot, sweet potato, zucchini), celery, broccoli, onion, dark/leafy greens, berries, apples/pears (skin on) and cucumber...

The Importance of Prebiotics + Probiotics

PREBIOTIC-RICH FIBER SOURCES:

- Feed the good gut bugs in your microbiome!
- E.g. apple (especially tart/green), asparagus, banana (slightly green or turned yellow), chicory root, dandelion greens, flax seed, garlic, Jerusalem artichoke, jicama, kiwi, leek, legumes, onion, seaweeds...

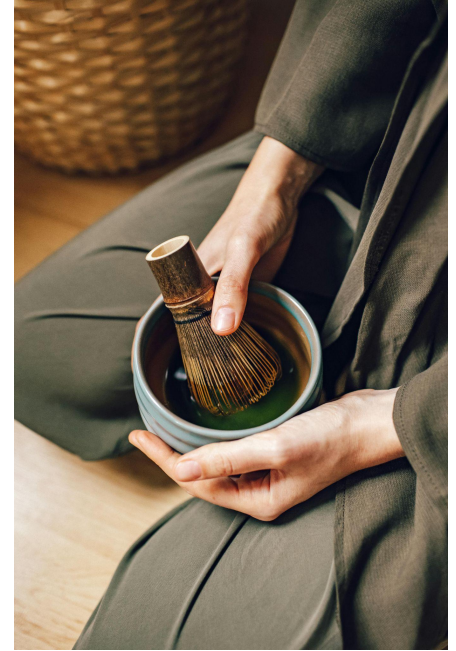


PROBIOTIC-RICH FIBER SOURCES:

- Raw, UNpasteurized ferments
 - Pre-digested by their good bacteria
- Bring good bacteria into the microbiome to support digestion, bulking up of stools, elimination of toxins + waste
- E.g. (organic) sauerkraut/kimchi/veggies, miso, tempeh, gluten-free tamari, coconut aminos, coconut milk kefir, low-sugar kombucha...

Liver-Lovin' Foods!

- Support the liver w/ its hundreds of daily functions!
- E.g. avocado, arugula, beets, berries, broccoli, broccoli sprouts, cabbage varieties, celery, citrus, fennel, ginger, all dark/leafy greens and microgreens, organic olive oil, radicchio, radish, turmeric, walnuts...
- Organic green tea + matcha
- Dandelion root, Milk thistle and nettle herbal teas
- Aim for 1 of these foods to be present at each of your main meals
- Enjoy your liver-lovin' ingredient **first** at mealtime, to support overall digestion of your meal!



Protein

- Diversity + sourcing are important here, too!
- **ANIMAL PROTEINS**
 - Poultry - chicken, turkey, duck
 - Grass-fed/Grass-finished beef
 - Wild game
 - Wild-caught seafood (esp. oily/fatty fish)
 - Eggs
 - Collagen peptides + bone broth protein
- **PLANT-BASED PROTEINS**
 - **Organic** soy (e.g. tofu, tempeh, edamame)
 - Plant-based protein powders
 - SOME = organic quinoa, legumes...
 - LITTLE BITS = hemp, chia, flax...



Anti-Inflammatory Culinary Fats + Oils

- Minimally refined/processed or unrefined/unprocessed
- Organic, if possible
- First press, expeller-pressed or cold-pressed
- Dark glass bottles (where packaged this way)

SOURCES:

- Avocado + avocado oil
- Cacao butter
- Camelina oil
- Chia, flax, hemp and walnut oils
- Coconut oil + coconut butter (anti-fungal) + MCT oil
- Extra-virgin olive oil
- Ghee (clarified butter)
- Nuts/seeds + their butters
- Rendered animal fats (e.g. lard, tallow)



Miscellaneous Pantry + Fridge Staples

- **Gluten-free and grain-free baking flours**
 - Organic buckwheat, chickpea, quinoa, sorghum, teff...
 - Organic almond, arrowroot, cassava, coconut...
- **Dark chocolate**
 - Ideally 70-80%+ cacao (no 'Added Sugars'), raw cacao powder
- **Natural sweeteners**
 - Raw/UNpasteurized honey, pure maple syrup, monk fruit, stevia, unrefined/organic coconut sugar...
- **Condiments**
 - Low-sugar ketchup, simple mustards, **fermented** pickles, coconut aminos, organic/GF tamari, nut/seed butters, coconut butter, tomato paste, pesto
- **Vinegars** - organic/RAW ACV, coconut...
- **Variety of fresh + dried herbs + spices**
 - Turmeric, ginger, cinnamon, clove...



Therapeutic Beverages

FILTERED WATER

- E.g. Santevia Water Systems MINA Pitcher



ORGANIC, HERBAL TEAS

- Digestion: chamomile, fennel, ginger, peppermint, dandelion, nettle...

ELECTROLYTES

- E.g. Thirsty Buddha Organic Coconut Water (no 'added sugars')
- Organika (powder)

ORGANIC BONE BROTH

- Flavour of your choice!

MEDICINAL MUSHROOMS

- E.g. Reishi, Chaga, Lion's Mane, Turkey Tail...
- Blend into an 'elixir' w/ coconut milk, cinnamon, collagen, raw honey, etc.

Gut Health 'DISRUPTORS'

- Refined/processed convenience foods
 - Fast food, fried food, etc.
- Refined/processed sugars/sweeteners
 - White sugar, high-fructose corn syrup, artificial sweeteners, etc.
 - 'Added Sugars' on nutritional labels
- Refined/processed (high Omega-6) fats + oils (e.g. those found in in large, clear, plastic containers)
- Food additives, preservatives, colorings/dyes, regular intake of 'gums'
- Food sensitivity-related ingredients (gluten, dairy, GMO corn/soy...)
- Alcohol



Specialized Gut Health Approaches

Paleo-Inspired	Autoimmune Paleo (AIP)	Specific Carbohydrate Diet (SCD)
The SIBO Bi-Phasic Diet	Low-FODMAP Low-Histamine	Anti-Candida or Yeast Free

- I consider elements of different therapeutic approaches when crafting a custom protocol sequence for clients
- Often, specialized protocols are time defined, as the root cause issues, markers of health and symptoms are closely monitored (and improve!)

Take-Away Resources for YOU!

3-PART GUT HEALTH SERIES

Therapeutic Food + Beverages for Gut Repair + Healing

February 20, 2025
6:00-7:00 pm

Presented By:





Webinar Slide Deck

Key Gut Health Nutrients

- Soluble Fiber-Rich Foods**
E.g. walnuts, chia flax (sunflower seeds, apple, avocado, berries, broccoli, carrots, sweet potato).
- Insoluble Fiber-Rich Foods**
E.g. almonds, walnuts, sunflower seeds, root vegetables and their skins (e.g. carrots, sweet potato, sweet chili, celery, broccoli, onion, dark leafy greens, berries, apple/pear (skin on) and cucumber).
- Prebiotic-Rich Foods**
E.g. apple (not green), asparagus, banana (lightly green or unripe yellow), chlorella, clover, dandelion greens, flax seed, garlic, Jerusalem artichoke, jicama, kale, lentils, legumes, onions, sweetcorn.
- Probiotic-Rich Foods**
E.g. (organic) sauerkraut/kimchi/vegetables, miso, tempeh, gluten-free yogurt, coconut aminos, coconut milk (with low sugar/banana)...
- Liver-Loving Foods**
E.g. avocados, eggplant, broccoli, Brussels sprouts, cabbage, varietals, celery, citrus, fennel, ginger, all dark leafy greens and microgreens, radish/chia, radish, turmeric, walnuts.
- Omega-3-Rich Foods**
• Oily fish: wild caught fish (e.g. salmon, mackerel, herring, sardines)
• Plant-based Omega-3 sources: almonds, chia, flax, hemp, walnuts.
• Plant forms must be converted (DHA from Omega-3 form in the body (not a highly-efficient conversion))

Key Gut Health Nutrients


- Vitamin A**
E.g. animal proteins, organ meats, eggs.
- Vitamin C**
E.g. dark leafy greens, berries, citrus, cruciferous veg, papaya, kiwi.
- Vitamin D**
Sunlight on bare skin
E.g. red meat, fatty fish, cod liver, eggs, mushrooms, fortified foods.
- Zinc**
E.g. animal proteins, oysters, pompano, raw pumpkin seeds, buckwheat, Shiitake mushrooms, *organic* raw cashews.
- Glutamine (Amino Acid)**
E.g. red cabbage, bone broth, animal proteins, eggs, oily fatty fish, asparagus, bean, spinach, parsley.

Sources of Polyphenols (Plant-Based Compounds)
E.g. berries, plum, apple, dark chocolate, green tea, sumac, olive oil, almonds, walnuts, artichoke, spinach, green olives, asparagus, celery

Jessica Peceush, C.N.C., B.M., D.P.E.
 Certified Culinary Nutrition Expert
 Certified Holistic Nutrition Consultant™
 #holisticnutrition


Gut Health Series - Product Recommendations

Grocery/Beverages		Dairy & Alternatives	
Brand	Product	Brand	Product
Lily of the Desert	Alvo Vera Juice	Yogurt	Yogurt
Better Than Noodles	Organic Konjac Noodles	Spread 'Em	Chives and Garlic Creamy Cashew Dip
BIMBO	Organic New Apple Cider Vinegar		
Bob's Red Mill	Almond Flour	Meat/Broth	
Bob's Red Mill	Cassava Flour	Brand	Product
Bob's Red Mill	Coconut Flour	Community Naturals	Wild Sockeye Salmon Fillet
Bob's Red Mill	Organic Gluten-Free Ruffed Out	High Vibe Health	Beef Tailow
Chosen Foods	Avocado Oil Spray	High Vibe Health	Organic Chicken Bone Broth
Community Naturals	Nutritional Yeast Flakes	Organika	Bone Broth (Chicken or Beef)
Earth's Choice	Organic Coconut Milk - Guat Free	Organika	Organic Chicken Sausage
Earth's Choice	Lemon Juice	Snowfox	Extra Lean Grass-Fed Ground Beef
Eden	Organic Adzuki Beans	Top Grass	
Any Brand	Organic Extra Virgin Olive Oil		
Greenhouse Juice	Organic Fanny Ginger	Supplements	
Karthen's Organic	Carrots & Ginger Sauerbrast	Brand	Product
Any Brand	Organic Virgin or Extra Virgin Coconut Oil	Beeskeeper's Naturals	Propolis Throat Spray
Any Brand	Organic Hemp Hearts	CanPreV	Mg Bio-Cyclamate 200 Gentle (capsules)
Naked & Sassy	Lightly Sweet Coconut Aminos	CanPreV	Vitamin D3 & K2
Nuts to You	Pumpkin Seed Butter	Genuine Health	Advanced Gut Health Probiotic 15B CFU
Any Brand	Organic Olive - Clarified and Carmalized Butter	Genuine Health	Fermented Organic Gut Superfood+
Changnan Rawstone	Beef Crisps	Genuine Health	Fermented Organic Vegan Probiotic +
Organic Traditions	Sprouted Flax Seed Powder	Harmonic Arts	Peak 12.1 Mushroom Kismet (powder form)
Organic Traditions	Organic Genmai Miso	Iron Vegan	Fermented L-Glutamine
Pukka	Three Mint Tea	Natural Factors	Betaine HCl with Pepsinex
ROBBI	Assorted Bars	Now	Human Probiotics 428+
Any Brand	Organic Coconut Butter	New Roots Herbal	Enhanced Collagen
SETE	Grain-Free Tortilla Chips	Organika	Digestive Enzymes Ultra
Simply Organic	Organic Turmeric	Pure Encapsulations	Canadian Bitters
Cultured Coconut	Fermented Organic Coconut Milk	St. Francis Herb Farm	Organic Elderberry Syrup
Thrive Buddha	Organic Coconut Water	Sure	
Traditional Medicinals	Ginger Aid Tea	Other	
Traditional Medicinals	Roasted Dandelion Root Tea	Brand	Product
Wildcherie	Kinchi	SanteVia	Mineralized Alkaline Water Pitcher



CNF 3-Part Gut Health Series - From-Scratch, Gut-Friendly Sample Recipes!

Created by Jessica Peceush Nutrition



Jessica's Product Recommendations

Gut-Friendly Mini Recipe Bundle

Key Gut Health Nutrients

Shop for Jessica's gut healthy product recommendations in store or online at Calgary Co-op or Community Natural Foods.

Use code GUTSAVE15

Get \$15 Off when you spend \$150.

Online only. Promo available from 6-Midnight day of events: Feb 20, Feb 26, March 6.



WHERE I HANG OUT...come say 'HI!'

- **Web:** jessicapecush.com
- **Instagram:** @jess_pecush_nutrition
- **Facebook:** Jessica Pecush & Jessica Pecush Nutrition
- **Email:** connect@jessicapecush.com

READY for a conversation about the gut troubles you're experiencing?

Jessica Pecush
Nutrition

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You Deserve To Live Your BEST Life.

Gut-Focused Culinary & Holistic Nutritional Consulting

Helping high-performing women to REPAIR their gut, REGAIN energy and RELEASE life-hindering autoimmune gut disorder symptoms, so they can flourish in their personal and professional lives!

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