

A stylized, watercolor-like illustration of a human head and neck in profile, facing right. The head is filled with a bright yellow color, while the neck and lower face are in various shades of blue and purple. The background is white.

Restore Gut Health 2022

Restore Gut Health in 2022 – Linnie
Stein Gut Goddess

Learn ways to help your gut be healthy & happy, going forward

When things change INSIDE YOU ... things change AROUND YOU

Don't start a DIET that has an expiration date.

Develop a healthy lifestyle that will last forever.

This journal belongs to....

Restore Gut Health in 2022....

The bloat is gone, and I am free to live.

This will be my healthiest year yet

My happy thoughts help create my healthy body

I am a powerhouse; I am indestructible.

My body is healthy; mind is brilliant; soul is tranquil.

Why is Gut Health Important?

Immunity... something like 80% of our immunity, and conversely, where 80 % of things go wrong, starts in the gut.

It is perhaps the most important factor to consider when deciding to clean up our health.

Fermented foods offer a delicious way to help improve digestion; strengthen the cardiovascular system and enhance immunity.

WHY SHAPE YOUR GUT?

- Control Type 2 diabetes with simple changes?
- Reduce in size? ... Permanent Weight Loss
- Say goodbye to bloat?
- Desire food? ... Sustain Life?
- Improve digestion?
- Eliminate toxins?
- Restore a healthy balance of good bacteria in your gut?
- Reduce cravings?
- Alkalise and cleanse your body?
- Improve heart health & decrease inflammation?
- Improve energy?
- Improve skin problems?
- Improve fertility?

This ancient food preparation technique has seen a huge rise in its popularity as people are waking up to the many health benefits associated with these truly functional foods.

In a world of pasteurized and sterilized (de-natured) foods – fermented products would be a great addition to your diet. Early civilizations knew that to preserve food – fermentation was a necessity.

Today, we know that the concept of using naturally occurring good bacteria will help eliminate harmful types. Therefore, we find a diet that includes fermented foods helps eliminate candida; lowers the risk of certain cancers and supports overall health. + preserves the harvest – true sustainable food.

Signs of an unhealthy gut

Comparing modern fermentation to that of traditional peoples is that traditional peoples had a PERFECT gut, and their toxin load was practically ZERO.

They did not have gut dysbiosis as a starting point.

Our digestive tracts have taken quite a beating over the last generations, due to the over-prescribing of antibiotics, use of birth control pills, dental amalgam, consumption of refined and processed food, HFCS, antibacterial soap, chemical cleaners, and chlorinated water, to name a few + the simple fact that we don't consume fermented foods anymore.

The Ancients knew something we seem to have forgotten

Einstein

Is my gut really my second brain?

Our gut is our second brain and our Emotion Centre.

Of all the bodily functions, digestion has the greatest influence on our mental state.

Adding fermented foods to your diet, you will absolutely notice an amazing shift in health as your gut gets happy.

It all makes me wonder if the trillions of bacteria that compose our own microbiomes control us in ways we cannot possibly imagine.

What is a leaky gut?

How do fermented foods help?

“Leaky gut” means instead of foods being broken down, absorbed, and eliminated, partially digested foods can cross through the damaged area of the intestinal lining and enter the blood stream directly.

Healing and sealing the gut lining will allow your body to build a strong immune system and produce the right number of neurotransmitters for the best ‘gut feeling’ ... to be well again.

Eating fermented foods on a regular basis is the most effective way to heal a leaky gut.

Crohn’s Disease, colitis, irritable bowel syndrome, chronic allergies and immune system disorders are all ultimately caused by this problem.

What is the connection between gut health & special health conditions & fermented food?

A list of things contributing to an unhealthy gut...

What is the connection between gut health, weight gain & hormonal & liver function?

Brain & gut connection

STOP THE BLOAT

Acid reflux, heartburn, GERD (helps the food digest so it does not ferment, and bubble up causing burning and helps control a bacterium, H. Pylori, that is one cause)

- Acne, psoriasis, and eczema (help control)
- Allergy / food sensitivity (by keeping the gut lining healthy, substances that do not belong in the blood stream are prevented from being absorbed and causing sensitivity)
- Antioxidant benefits (reduce free radicals)
- Arthritis, asthma, diabetes, HIV/AIDS (patients use to enhance quality of life)
- Bloating (stops the fermentation that causes gas)

- Bone density (two ways it helps: making vitamin K and by improving absorption of minerals)
- Circulatory system (helps maintain healthy function)
- Cholesterol triglycerides (help maintain blood fats at healthy levels)
- Depression (the good bacteria release the amino acid, L-tryptophan, a natural antidepressant)
- Diarrhea (fights and crowds out the harmful organisms that cause it)
- Digestion of foods (helps with fats, protein, carbs and even milk)
- Disease prevention (slow down the growth of pathogenic organisms)
- Energy (increases energy naturally)
- Essential Fats (the bacteria make them from fibre)
- Gum disease (gum disease is caused by harmful bacteria reduced by the good bacteria)
- Glaucoma (helps prevent by controlling the bacteria H. Pylori)
- Immune system (boosts body's natural ability to fight)
- Inflammatory bowel disease and colitis (eases in many ways, e.g., by reducing inflammation and "leaky gut")

- Intestinal lining (kept healthy by creation of substances to benefit cells of the lining)
- Liver function (reduces the load on the liver by detoxifying in the gut)
- Migraine (helps by suppressing H. Pylori bacteria that are also a cause of cluster headaches.)
- Morning sickness (again caused in part by H. Pylori, so the good guys help control.)
- Oxygen uptake (improves it)
- PH (acid/alkaline balance maintained in healthy range)
- Rosacea (a red skin condition thought to be caused by H. Pylori a harmful bacterium controlled by the friendly bugs.)
- Regularity (adds bulk to the stool and makes intestinal tract healthier and more alive)
- Sex hormones (help balance by detoxifying surplus hormones)
- Skin (helps maintain in radiant, healthy state)
- Toxic waste (helps reduce at the cellular level and avoids the re-absorption and production of new toxins by reducing constipation)
- Ulcers (suppress the bacteria H. Pylori that cause the ulcers)

- Urinary tract / vaginal infections (fights and crowds out the harmful organisms—the root cause)
- Vitamins (probiotics manufacture many vitamins = A, B1, B2, B3, B6, B12, K and Biotin. Vitamin K is important for strong bones)
- Yeasts (protect against the overgrowth of organisms like Candida that cause dozens of symptoms)

Again, this is what friendly flora are supposed to do, but most supplemental products don't deliver the benefits because they are not the correct blend of strains and/or are not made with enough care.

Some tested products had 0 (zero) bacteria alive.

The ancient Greeks understood that important chemical changes took place during fermentation, calling it alchemy.

As with dairy products, preservation of vegetables and fruits by the process of lacto-fermentation has many advantages beyond simply maintaining the edibility of fresh food.

In the process of fermentation, starches and sugars in vegetables and fruits are converted into lactic acid, which is a natural preservative because it inhibits the bacteria that cause foods to rot and putrefy.

Empirical research has identified a long list of health conditions that may be helped by consuming foods containing lactic acid bacteria, including colitis, constipation, diarrhea, gas and bloating, gastric reflux, heartburn, Crohn's disease, gum disease and high cholesterol.

Recent studies have even shown a positive effect of probiotics on autism, obesity, Parkinson's, diabetes.

Where Does Disease Begin?

"All disease begins in the gut." so said Hippocrates, the father of modern medicine, centuries ago, describing the real "key" to good health.

It is an inside-job!

The trillions of friendly bacteria in the human gut form the basis of our health.

Digestive and Immune Systems depend on their protection against microbial and parasitic attack.

A healthy intestinal flora supports the barrier function of the intestinal mucous membrane against digested poisons and allergens, preventing such unwanted substances from entering the blood circulation.

A healthy gut has 3 prime functions...

Digestion of food

Absorption, manufacture, and distribution of nutrients

Prevention of toxins from entering the body

DIGESTION

Millions of people suffer day in and day out not knowing just how critical healing their gut truly is.

Poor digestion can be a factor in symptoms such as attention deficit disorder, arthritis, asthma, chemical sensitivities, eczema, liver problems, autoimmune conditions, and mood disorders.

Digestion is the process of changing food into a form that the body can absorb into the blood, nourish cells, and provide energy. Science tells us that without healthy gut function (flora), the digestive system can't do this, and we can become very sick because a) it isn't working and b) it isn't absorbing – meaning the rest of our body goes into meltdown.

WHAT'S IN POO?

What's in your poop? Clinical Laboratory Stool DNA Testing which can reveal your very own microbial profile, telling what and how many favourable organisms you have, and any pathogenic organisms that may be present such as yeast, parasites, and bacteria.

Many think only the large intestine has probiotics in it.

This certainly is not the case.

Both the large and small intestine contains multiple strains. It is estimated there are 500 to 600 good bacteria in the intestines.

These are an important part of the immune system. Something like 80% of the immune system is within the intestinal tract.

The small intestine has mainly the acidophilus cultures and the large intestine has mainly the bifidus strains.

Choose prebiotic & probiotic & what is the difference?

PREBIOTICS ARE THE FUEL FOR THE PROBIOTICS

But also present in your gut are the bad guys, who are believed to play a role in the development of inflammation, obesity, and many chronic diseases – which is precisely why it is important to your long-term health to keep gut flora, both good and bad, on an even keel.

Enjoy a delicious bowl of probiotics, with a side of prebiotics

Show your microbiome some love by feeding it with probiotic foods, like good, old-fashioned, fermented foods (preferably organic).

These fermented goodies like sauerkraut, kimchi, kombucha, and fermented veggies encourage the growth of good bacteria.

Add to that some pre-biotic foods, those non-digestible short-chain fatty acids that help your good bacteria flourish.

To get your dose, try eating more whole grains, Veggies – especially, artichokes, garlic, beans, onions, leek and asparagus. Fruit (especially green bananas ... flour added to raw food) Legumes, Nuts, and seeds.

Other quality sources include spirulina, chlorella, wheat grass and barley grass.

Antibiotic effect on gut health

When a course of antibiotics is taken, they indiscriminately kill all the gut bacteria, both good and bad.

How to heal an unhealthy gut

4 R's

1) Remove, 2) Repair, 3) Restore, and 4) Replace

Check out our FREE Gut check

· Take One Step at a Time ... It can be very overwhelming to be sick with so many symptoms and diseases and face the amount of information that you need to learn to get healthy.

Therefore, it is very important that you approach your healing, one step at a time.

Not only is it easier on you, but it also will not overwhelm and confuse your body, causing more healing and detoxifying reactions and symptoms than are necessary.

Your body needs time to adjust to each change, at its own pace and as it sees fit.

Believe in your body's marvellous healing capabilities.

There is no point pushing your body since it will not get you healthy any faster.

While diet has one of the most profound impacts upon our health, there are other important lifestyle factors that equally impact our wellbeing – like adequate sleep, play, connection with others, time spent in the sunshine and outdoors generally, our mental thoughts, our ability to cope with and manage stress, the amount and way we exercise and how and what we breathe.

What are the benefits from healing the gut?

Bottom line, if you want to clean up your gut, repopulating it with beneficial bacteria is a requirement.

PROBIOTIC FLORA continues their relationship with us by moving into the large intestine and by establishing colonies, aiding in the elimination process.

They also produce vitamins such as B1, B2, B12, and Vitamin K. **PRESERVES** food easily.

Homemade salsa only lasts a few days in the fridge. Fermented homemade salsa lasts months! The same goes for sauerkraut, pickles, beetroot, carrots, and other garden foods.

Lacto-fermentation allows you to store these foods for longer periods of time without losing the nutrients like you would with traditional canning.

Bring on the Bacteria!

What's the big deal about eating a daily diet that is high in probiotics and exactly what it can do to help our body?

Try to include at least 1-2 fermented foods in your food choices every day.

At the very least a few times a week. It can either be a small addition or condiment to your meal as with sauerkraut or the main part of your meal such as coconut milk kefir.

Besides the fact that they taste great and really grow on you, there are so many great reasons to start making and eating fermented foods.

Examples include water kefir, kombucha, kvass, sauerkraut, kimchee, vinegar, tempeh, miso, coconut yoghurt, milk kefir and fermented veggies and beverages to name a few.

LACTIC ACID can also replace the hydrochloric acid in the stomach.

This becomes crucial as we age.

As far back as the 1930s researchers found that hydrochloric acid diminishes as we age.

By the time we are in our 50s we can have as little as 50% and it continues to decrease.

People over the age of 60 have 1000 times fewer microbes in their gut so daily consumption of fermented foods becomes essential.

Humans have a particularly intimate relationship with Lactic Acid bacteria.



It is generally regarded as the first bacteria that all human beings are exposed to during childbirth, and they are totally essential to our ability to digest food, assimilate nutrients, and protect us from pathogenic bacteria.

The lactic acid producing bacteria used to create our fermented food lives everywhere, on our own skins and the skins of vegetables. It sounds a bit creepy, but all is good.

The lactic acid bacteria are a group of Gram-positive bacteria, non-respiring, non-spore forming, cocci or rods, which produce lactic acid as the major product of the fermentation of carbohydrates.

They are the most important bacteria in desirable food fermentations, being responsible for the fermentation of sour dough bread, sorghum beer, all fermented milks, cassava (to produce gari and fufu) and most “pickled” (fermented) vegetables.

Historically, bacteria from the genera *Lactobacillus*, *Leuconostoc*, *Pediococcus* and *Streptococcus* are the main species involved.

Several more have been identified but play a minor role in lactic fermentations. Lactic acid bacteria were reviewed by Axelsson (1998).



The process of lactic acid fermentation is part art and part science. The same beneficial organisms we find in good soil are on the surface of the vegetables we harvest.

Those beneficial organisms feast on the carbs in the veggies and produce organic acids as well as enzymes and beneficial bacteria. It is the acids produced – part lactic and part acetic – that form the brine that preserves the vegetables from spoilage.

This process must happen anaerobically, outside of the presence of oxygen, which is why vegetables are submerged. This is the most critical aspect of the fermentation process: vegetables always covered in brine, and all will be fine!!!

Beyond that, the process is unbelievably easy.

Let the bubbles begin!!!

Eating fermented foods and drinking fermented drinks like Kefir and Kombucha will introduce beneficial bacteria into your digestive system and help the balance of bacteria in your digestive system.

Probiotics have also been shown to help slow or reverse some diseases, improve bowel health, aid digestion, and improve immunity!

Fermenting is the perfect way to pre-digest plant foods and get the benefits without the anti-nutrients.

Pre-digestion, nutritional

Cell walls made of fibre, are unable to digest

Enzyme inhibitors, such as trypsin, interferes with the absorption of protein

Phytic Acid, contained in grains, beans, nuts and seeds – binds minerals, preventing their uptake by the intestine



Oxalic acid, contained in many foods especially spinach, chard and rhubarb also bind minerals, preventing their uptake by the intestine

Phyto-endocrine disruptors, such as the phyto-estrogens in soy foods, which can lead to hormonal imbalances.

Goitrogens in kale and the Brassica family. These decrease the uptake of iodine, critical to the optimal functioning of every endocrine gland in the body.

The answer = we ferment 'em to be easy on the digestion.

How to support optimal gut health with food as opposed to supplements

PROBIOTIC PILLS/POWDERS/SUPPLEMENTS

Lactic acid fermented foods contain about 200 billion organisms per gram. How much does your probiotic supplement cost and how many capsules equal a gram of fermented foods?

Eating probiotics at every meal is making sure some element of the meal is fermented.

And we are not talking beer!!!

Lacto-fermentation is a broad category; it covers any food where lactic-acid producing bacteria or yeasts, preserving a food.

From the earliest times, lactic acid fermentation has played an important role in the history of mankind because of its health promoting, preserving, and restorative qualities.

Archaeological finds have shown that, even during the hunter-gatherer stage of our development, people fermented a plant like the cabbage.

Cravings for bad stuff

Fermented food help control cravings for starchy and sweet foods when consumed on a consistent basis!

The veggies are “pre-digested” by the beneficial probiotic organisms. The lactic acid produced during the fermentation process aids in digesting all foods eaten along with them – especially proteins and starchy foods. A “living” food, teeming with beneficial microorganisms. These intelligent, little beings work hard to maintain your inner bio-system.

GUT FEELING

Go with your gut. Trust your instincts. We may not ever be a 100 percent sure about a decision, but if we're 70, even 50 percent, that's okay too. It's not about having all the answers, but rather using the information we must make the best decisions we can.

MONEY?

Save it by making your own fermented foods and beverages.

Incorporating healthy foods into your diet can get expensive, but not so with fermented foods.

Drinks like Water Kefir and Kombucha can be made at home and cost only cents per serving.

Water Kefir grains, Milk Kefir grains, Kombucha SCOBY, sourdough starter ... The food we can pass onto our children and grandchildren, and so on until time ends – just amazing!!

WHY FERMENTED FOODS?

They have a lot of health benefits. They are rich in enzymes, which help speed up digestion and absorption in our system.

They are also rich in good bacteria, specifically *Lactobacillus acidophilus*, which is an extremely beneficial flora found in the gut.

Consuming the healthy bacteria found in fermented foods can restore and balance the flora in your gut leading to better vitamin and nutrient absorption.



Another plus is that fermented foods have a long shelf life, without containing harmful preservatives, so you can enjoy your food longer without spoilage.

Another bonus is we can always put a meal together on the fly.

Essentially, fermenting means converting a food as carbohydrates to alcohol (not the kind that gets you drunk).



Fermenting is an awesome way to get rid of your gardening success evidence – those over-producing vegetables. Self-sufficiency!!!

Michael Pollan In Defence of Food. He writes: Instead of bite the hand that feeds you, shake the hand that feeds you.

Food is about a web of relationships.

One of those relationships is with the farmer.

We need relationships with the animals, plants, and microbes around us.

We need to get our hands dirty in the soil and interact with the web of life daily.

IS IT SAFE? to eat fermented vegetables that have been left un-refrigerated for weeks / months / YEARS?

Leaving foods un-refrigerated for two weeks or more can be disturbing to those who were not raised with this traditional food.

But research says that properly fermented vegetables are safer than raw vegetables, which might have been exposed to pathogens like E. coli on the farm.

The lactic acid bacteria that carry out the fermentation are effective killers of “bad” bacteria.

There are no documented cases of food-borne illness in fermented food, and they are considered safer for novices to make than canned vegetables.

Sterilizing jars for sauerkraut or pickles is optional. It is fine to simply wash the jars in hot, soapy water. Just make sure that the fruits and vegetables stay completely submerged in the brine.

If the vegetables remain submerged, they are protected in an anaerobic environment.

HOW DO I EAT FERMENTED FOOD?

...Start slowly!

Your body will need to adjust, especially if you have yeast imbalances.

Too much fermented food can irritate Candida and other yeast imbalances, so the key is to not overdo it.

Ideally, you should try to eat something fermented every day, if not with every meal.

Fermented foods do not require to be eaten in large amounts, small amounts at each meal will suffice, and will help you digest your food.

For example, drink a small cup of miso before a meal, use fermented vegetables in a salad, add sauerkraut to salad, or have a glass of kombucha or kefir for an afternoon treat.





A great start is sauerkraut brine / kvass ... recipe in Sexy Sauerkraut e-book or follow along in [module 1](#) Make it with us in January 2022 Gut Club.

Try using fermented seed cheeses as a dip for raw vegetables, or as a spread for your favourite sprouted crackers.

After a couple of weeks of including these probiotic foods in your diet, you should hopefully notice improved digestion, and perhaps even strengthened immunity.

Supporting good bacteria will help strengthen your immune system, support the detoxification process, and improve digestion, allowing you to gain more nourishment from your food and assimilate more of those much-needed vitamins and minerals!

It will also help keep those nasty bacteria at bay, reducing the risk of developing Candida/yeast imbalances and yeast infections.

WHAT IS A GUT HEALTHY DIET?

NUTRIENT DENSE = LONGEVITY Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples by John Robbins.

Robbins describes the lifestyles and dietary patterns of the long-lived cultures of the Abkhazia of Southern Russia, the Vicalbamba Indians of the Ecuadorian Andes, and the Humza's of North Pakistan.

Then we have Okinawa in Japan where females over 70 are the longest-lived population in the world.

The mountainous highlands of inner Sardinia with the world highest concentration of male centenarians.

Aegean Island with one of the lowest rates of middle age mortality and the lowest rates of dementia.

Robbins found that the percentage of calories they obtained daily was between 69-73% carbohydrates, 15-18% from fat, and 10-13% from protein.

Low amounts of salt, zero sugar or processed food, and had no incidence of obesity and other common diseases.

The Okinawa, who, though eating a more animal-based diet, had a similar lifestyle. Okinawa is the largest of the Ryukyu Islands located off the coast of Japan between the East China and Philippine Seas.

Okinawa belongs to one of five regions of the world known as blue zones. People who reside in blue zones live exceptionally long; healthy lives compared to the rest of the world's population.

Additionally, Okinawan culture treats food as medicine and utilizes many practices from traditional Chinese medicine. As such, the diet includes herbs and spices known for having health benefits, such as turmeric and mugwort.

Okinawan lifestyle also emphasizes daily physical activity and mindful eating practices.

How do I help people...?

I'm Linnie Stein the creator of The Gut Academy.

We are all about improving the quality of life. So much more than weight loss, a better relationship with one's body, improved mental health, to feel confident, empowered and connected.

Our most valuable tool is goal-directed learning – the foundation for making habits. I approach healing differently.

It is not a one size fits all approach, and I share tools that are customized to you as an individual.

I specialize in the fundamental tools and principles that get streamlined results.

The tools you need to start getting the results you want

HOPE (helping one person every day). My mission is to help and empower as many people as possible with my decades of research, practice, and coaching.

Your body is a temple and temples are started with a SOLID foundation. If you neglect your foundation and try to lose weight, your temple/body will come crumbling down (i.e., you'll gain more weight).

My work isn't just about the food you put in your mouth.

Your eating is a mirror of how you're living. We can't improve your relationship with food without improving your relationship with your life.

For some people, that means screaming for ice cream.

For others, it means a lot more time to read, to nap, to get back to dancing, singing, painting or other favourite and ignored hobbies. And some people realize they need to add new sweetness to their lives – to learn to ride a bike or go salsa dancing for the first time or ask someone out on a date.

However, in the cocoon phase you will want to avoid small talk, to question your long-held beliefs, + no longer do things out of obligation or guilt.

Whatever it is, expect self-care before the butterfly emerges.

Is it hard?

But it's not hard in the way that a Diet is hard, and it doesn't require willpower.

What is required is a willingness and a curiosity to look closely at your life, your thoughts, and your behaviours', and to stop going through life on autopilot.

Being truly aware of yourself can be painful — most of us who struggle with occupations like food have things, big or small, that we'd rather not face.

So yes, it's hard and scary and sometimes painful.

But that's why I'm here: to support you, to show you the way, and to make sure that there is enough of my favourite emotion (JOY) to make you feel balanced.

LOVE Your Gut!

Eat delicious, wholesome food for health and happiness – and as an expression of self-love.

Let us get healthy and happy together! Join our tribe and we can do it together.

Explore what worked for countless generations before ours and put it to work.

Always remember that LOVE is the ultimate spice.

Let us take our hearts for a walk in the forest and listen to the magic whispers of old trees ...

YOU cannot buy the right atmosphere or a sense of togetherness.

YOU cannot hygge if you are in a hurry or stressed out.

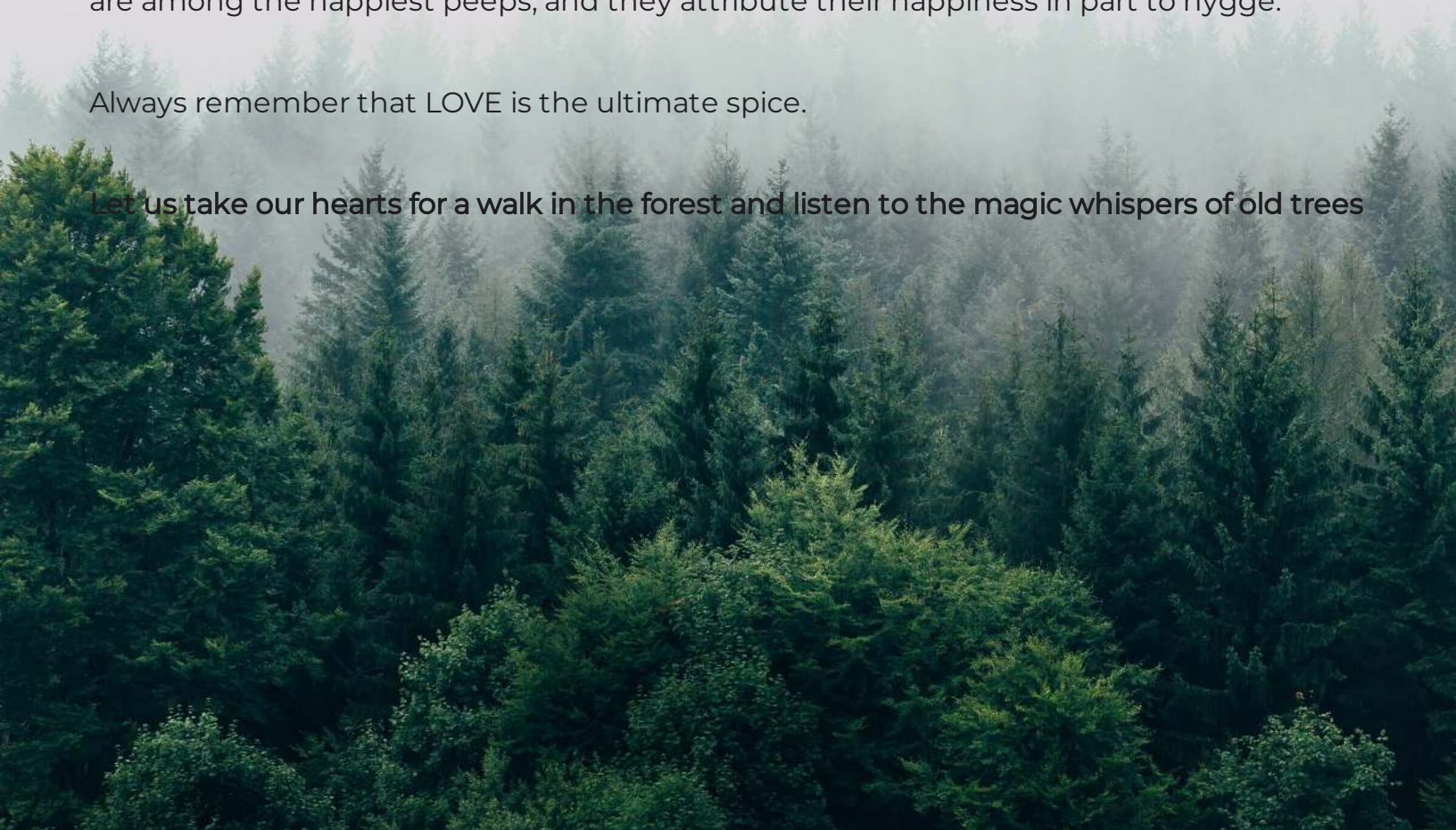
And the art of creating intimacy cannot be bought by anything but time, interest, and engagement in the people around YOU.

The word hygge hails from Norway. It is translated loosely meant well-being.

The Danish adopted the word as their own and they embody the hygge lifestyle. Danes are among the happiest peeps, and they attribute their happiness in part to hygge.

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How do you describe it in short ...?

It is an outlook on life that focuses on simple pleasures and taking the time to cultivate more of them in your life.

It is when you give your body, mind and spirit a rest and enjoy the good things in life, like a sunrise or sunset, reading a book in front of a crackling fire, taking the time to savour a delicious mug of gourmet tea, and spending time with good food, friends and family around a table without tech disruptions.

A way of life that makes sure **you** live your life in a way that brings deep contentment to your soul.

Sometimes the outer things in life (money, power, success) are not what will make us happy.

Encouraging **US** to discard what does not bring JOY.

Finding the balance between getting things done and learning to schedule downtime is what we all need to live happy-centred days.

If we grow our own food, as free of toxic pollutants as possible, we know quality, because we play a crucial role in determining it.

Growing our own food allows us to develop a more intimate relationship with food, experiencing the life process from beginning to end.

Starting and maintaining your own garden is very easy.

Growing and making our own food is very enjoyable and becomes quite addictive.

You always want to grow better and healthier food each season, always something to learn from and share with others. There are also thousands of different edible plants and trees you can try growing and fermenting, as well as chickens, bees and foraging to consider. For most of human history, the sharing of food was a significant social act, cementing ties between friends and kin, showing welcome to strangers.

Today it has become an anonymous act of commerce.

People in past times would no doubt have thought it exceedingly strange, if not downright obscene, for total strangers to grow, process, and even cook nearly all one's food.

Seasonal food harvested from nature has no pretence. The mindset of the preparer is the most important. There is a Korean saying, "Everything depends on mind."

In other words, if food is prepared with an evil heart, even a great feast turns into poison, but if gratitude is offered to the food with a joyful and happy heart, the food becomes a blessing.

So, you have made it! Congratulations! Keep up the good work!





GUT CLUB

The Weekend is always on the 3rd weekend of the month, so January 2022 will be on the weekend of 15 – 17th ! YAY! ...

Each month, on the 3rd weekend of the month, we will have a new, live Implementation Weekend in our closed Facebook group during which we will learn, work and implement a new project focusing on one of the e-books.

The Gut Academy Club

- The Gut Academy
- Master your Gut
- ✨ Gut Health
- ✨ Beyond Digestive Health
- 💻 www.lynniestein.com

The tools you need to start getting the results you want.

This is going to be SUCH a juicy, joyful, life-changing club! The concept of sustainable living!

