

YOUR - GUT HEALTH



ACTION PLAN

Volume 1

Understanding Your Gut
Inner Universe of Microbes

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IS MY GUT HEALTHY?

THIS ASSESSMENT WILL GIVE YOU A LITTLE MORE INSIGHT INTO HOW WHAT YOU LEARNED MIGHT BENEFIT YOU. FOR EACH OF THE TEN QUESTIONS, CIRCLE THE ANSWER THAT APPLIES TO YOU.

01 HOW OFTEN ARE YOU BOTHERED BY GUT SYMPTOMS (I.E., BLOATING, REFLUX, CONSTIPATION?)

Less than once a month
(0 points)

1 to 3 times a month
(1 point)

1 to 2 times a week
(2 points)

3 or more times per week
(3 points)

02 DO YOU TAKE REGULAR MEDICATION OR OVER - THE - COUNTER DRUGS (INCLUDING CONTRACEPTIVE PILL)?

No
(0 points)

Yes
(2 points)

03 DO ANY HEALTH CONDITIONS RUN IN YOUR FAMILY (I.E., DIABETES, HIGH BLOOD PRESSURE)?

04 HOW MANY DIFFERENT PLANT - BASED FOODS DO YOU EAT EACH WEEK? (INCLUDE WHOLE GRAINS, LEGUMES, VEGETABLES, FRUITS, NUTS, AND SEEDS; HERBS AND SPICES COUNT AS A QUARTER OF A FOOD.)

Fewer than 10
(3 points)

10 to 19
(2 points)

20 to 29
(1 point)

30+
(0 points)

05 IN AN AVERAGE WEEK, HOW WOULD YOU DESCRIBE YOURSELF?

Unhappy
(2 points)

Neutral
(1 point)

Happy
(0 points)

06 HOW OFTEN ARE YOU UNWELL (I.E., WITH COLDS AND FLU)?

Fewer than 3 times a year
(0 points)

Once every 2 to 4 months
(1 point)

At least once a month
(2 points)

07 ARE YOU AVOIDING ANY FOODS BECAUSE OF A SUSPECTED OR DIAGNOSED FOOD INTOLERANCE?

No
(0 points)

Yes
(2 points)

08 HOW MANY HOURS OF SLEEP DO YOU GET A NIGHT ON AVERAGE?

5 hours or fewer
(2 points)

More than 5 hours and fewer than 7
(1 points)

At least 7 hours
(0 points)

09 HOW OFTEN ARE YOU NEGATIVELY IMPACTED BY STRESS?

Less than once a month
(0 points)

1 to 3 times a month
(1 point)

Every week
(2 points)

10 HOW OFTEN DO YOU EXERCISE (FOR AT LEAST 30 MINUTES) TO A LEVEL WHERE'D BECOME SHORT OF BREATH IF YOU TRIED TO SING?

Less often than once a week
(2 points)

1 to 2 times per week
(1 point)

3 or more times a week
(0 points)

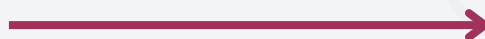
YOUR SCORE

SCORE INTERPRETATION

Great job! For you, it is all about keeping your gut health in top condition. During the Reddiscover Health & Wellbeing program, you will achieve this by learning simple gut health and gut - loving recipes.

Let's get to work! Using the practical strategies you will learn, we'll get your gut health back on track. It is all about health and happiness from the inside out.

0 POINTS



20 POINTS

Listening To Your Gut Feelings

ASSESSMENT

Start by asking your gut whether any of the symptoms listed below have caused it any hassle over the past seven days. If the answer is no, you can move on to the next assessment. If the answer is yes, think about (1) how many times (frequency) and (2) the intensity (severity) of the incidents. Remember, there is no right or wrong answer; it's completely your own perception.

	<u>FREQUENCY</u>	<u>SEVERITY</u>			<u>SCORE</u>
		<i>Mild</i> <i>I had it, but it didn't bother me much</i>	<i>Moderate</i> <i>It bothered me quite a bit</i>	<i>Severe</i> <i>it bothered me a great deal</i>	<i>Frequency x severity</i>
Example					
TUMMY PAIN (any kind of pain in your gut)	2 /7	Mild (1 point)	Moderate (2 points) X	Severe (3 points)	4
TUMMY PAIN (any kind of pain in your gut)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
HEARTBURN (burning/discomfort behind your breastbone)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
ACID REFLUX (taste of sour fluid in your mouth)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
NAUSEA (Feeling sick, with or without morning sickness)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
BELLY GURGLING (vibration or noise in your gut that cause you discomfort)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
BELLY BLOATING (feeling of swelling of your gut; not to be consumed with bloating after a large meal)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	

	<u>FREQUENCY</u>	<u>SEVERITY</u>			<u>SCORE</u>
		<i>Mild</i>	<i>Moderate</i>	<i>Severe</i>	
BELLY DISTENTION (physical protrusion of your gut)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
BLECHING/BURPING (bringing up gas through your mouth)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
EXCESS FLATUENCE (bringing up gas through your mouth)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
CONSTIPATION (infrequent, lumpy, or dry poop)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
DIARRHEA (very frequent, mushy, or watery poops)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
URGENCY (urgent needs to poop)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
IMPCOMLETE EVACUATION (inability to pass all poop)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	
TIREDNESS (feeling tired despite regularly getting 7 to 9 hours of sleep)	/7	Mild (1 point)	Moderate (2 points)	Severe (3 points)	

SCORING: Add together the individual scores of your your symptoms.
 Example: If you have abdominal pain (score 6), bloating (score 4), and diarrhea (score 7) your total score would be: 6 + 4 + 7 = 17

TOTAL SCORE

SCORE INTERPRETATION

Symptom Free

SCORE 0



Very severe symptoms

SCORE 42

CHECKING IN WITH YOUR POOP ASSESSMENT



___ / ___ / ___

We're not taught to consider it so but, your poop is one of the most underutilized tools to uncover what's going on inside you. It can also let you know when it might be time to visit your doctor. Most of us has experienced a bout of diarrhea, or a poop that's a bit of a funky color, and that's OK. But if it's an ongoing issue that's happening alongside other symptoms, that's when it deserves further investigation. **So, let's take a look at the five steps.**

Step 1: Pooping Frequency

On average, how often do you poop?

Less than once per week

1 to 2 times per week

3 to 6 times per week

Once per day

2 to 3 times per day

More than 6 times per day

*If you're regularly pooping more than 3 times a day, it's worth checking in with your doctor.

If you're outside of normal, don't worry. You're not alone: Around 14 % of adults are thought to have constipation (pooping less than three times per week) and 2 % have diarrhea (pooping more than three times per day), but it's nothing you should just put up with.

Step 2: Time of Day

On average, when do you usually poop?

In the morning

In the afternoon

In the evening

In the middle of the night

*If you are waking up at night to poop, it is worth a visit to your doctor.

While most people will poop in the morning, because our gut movement are more active, there's really no right or wrong time to do it. When you have to go, you should go. Holding it in can trigger some undesirable tummy symptoms and, in the the long term, can wreak havoc on your digestive system.

Step 3: Poop Consistency

Too few of us check in with the consistency of our poop on a regular basis. This is not to say that you need to be assigning a number to every single poop, but having a general idea of where yours sits on the Bristol Stool Form Scale is more valuable than you may think.

The Bristol Stool Scale

Type 1



Separate hard lumps, like nuts
(hard to pass)

Type 2



Sausage - shaped, but lumpy

Type 3



Sausage - shaped but with cracks
on the surface

Type 4



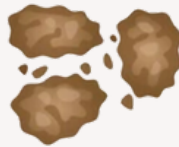
Like a sausage or snake; smooth
and soft

Type 5



Soft blobs with clear - cut edges
(passed easily)

Type 6



Fluffy pieces with ragged edges;
a mushy stool

Type 7



Watery; no solid pieces

Are you struggling to pick your “type,” because it changes all the time? Rest assured, you’re not alone. Around 60 % of people have different types of poops regularly, meaning it’s normal to select a few different types.

Step 4: Pooping color panel

It's time to talk about color. From time to time, you may have an odd - looking poop but not have any other symptoms. This can happen to anyone and may reflect what you have eaten, like you have been a bit heavy - handed with beets or kale (which both contain strong color pigments that are difficult to digest). If your poop is consistently strange in color and you also have other symptoms frequently, then it's worth mentioning to your doctor, who can use this as a clue in their assessment.

COLOR	POSSIBLE MEANINGS
Brown	Varying shades of brown are normal. Poop is naturally brown because it contains a chemical called stercobilin, which is a waste product of old red blood cells.
Black	This can be because of excess iron supplements, or it may indicate bleeding in your upper gut. If you are not on any supplements, visit your doctor as soon as possible.
Yellow	This may indicate that your liver isn't happy and, as a result, is not producing enough bile (remember: bile helps to digest fat). It is worth going to see your doctor.
Red	There are many things that can make your poop reddish. It might be due to the natural red pigments in foods such as beets. If you haven't eaten any red foods, it could be blood from the lower part of your intestine. Red blood in the stool can be caused by several things, including hemorrhoids, or it may be an indication of something more sinister, such as inflammatory bowel disease or colon polyps. If it's not food - related, see your doctor as soon as possible.
White/Grey	This means that your poop doesn't contain the brown pigment stercobilin and could suggest that something is wrong with your bile duct. It is worth booking an appointment with your doctor.
Green	Like reddish poop, green shades may be related to your diet, particularly if you're eating a load of dark greens like spinach. It may also be because of a gut infection or antibiotics. If it's not food - related, consult your doctor.

Step 5: Poop Size

What about the amount of poop? Don't worry, you don't have to weigh it out. But this information can be very useful. Larger poops have been linked to a lower risk of colon cancer (with the exception of diarrhea, which is heavy because it is mostly water).

On average, what size are your poops?

Small: Less than 2 ounces/50 g (the equivalent of less than one egg)

Medium: 2 to 3.5 ounces / 50 g to 100 g (1 to 2 eggs)

Large: More than 3.5 ounces/100 g (more than 2 eggs)

Want to decrease your risk of colon cancer? Dietary fiber is one of the best ways to boost your poop weight.

OK, so it's not something we need to start discussing over dinner, but your poop is invaluable resource when it comes to assessing your gut health. Inspecting every "delivery" is certainly not required; instead, just keep an eye on what your average poop looks like.

DATE: _____

FREQUENCY: _____

TIME OF DAY: _____

CONSISTENCY: _____

COLOR: _____

AVERAGE DAILY POOP SIZE _____

DO YOU HAVE ANY ALARM FEATURES?

STRATEGIES:

REVIEW DATE: _____

How Diverse is YOUR GM?

DATE ____ / ____ / ____

S M T W T F S

Targeting our diet is one of the most effective ways we can boost our GM diversity. So let's begin by looking at how much fiber, plant - based diversity and additional GM - loving foods you are getting! Think about the past month!

01 HOW MANY PORTIONS OF VEGETABLES DID YOU TYPICALLY EAT EACH DAY?

(1 portion = 1/2 cup cooked vegetables or 1 cup of raw vegetable/salad)

0 portions (0 points) 1 to 2 portions (1 point) 3 to 4 portions (2 points) 5 to 6 portions (3 points) 7+ portions (4 points)

02 HOW MANY PORTIONS OF FRUIT DID YOU TYPICALLY EAT EACH DAY?

1 portion = 1 medium piece, 2 small pieces, 1 cup diced or 1 ounce dried)

0 portions (0 points) 1 to 2 portions (1 point) 3 to 4 portions (2 points) 5 to 6 portions (3 points) 7+ portions (4 points)

03 HOW MANY PORTIONS OF NUTS OR SEEDS DID YOU TYPICALLY EAT EACH WEEK?

(i.e. flaxseed, chestnuts, hazelnuts, pecans, almonds, etc.)

0 portions (0 points) 1 to 2 portions (1 point) 3 to 4 portions (2 points) 5 to 6 portions (3 points) 7+ portions (4 points)

04 HOW OFTEN DID YOU EAT LEGUMES SUCH AS CANNED BEANS, LENTILS, CHICKPEAS, SPLIT PEAS, AND DRIED BEANS EACH WEEK?

0 portions (0 points) 1 to 2 portions (1 point) 3 to 4 portions (2 points) 5 to 6 portions (3 points) 7+ portions (4 points)

05 HOW OFTEN DID YOU EAT A HIGH - FIBER BREAKFAST CEREAL (E.G., BRAN, OATS) EACH WEEK?

0 portions (0 points) 1 to 2 portions (1 point) 3 to 4 portions (2 points) 5 to 6 portions (3 points) 7+ portions (4 points)

06 HOW OFTEN DID YOU CHOOSE WHOLE - GRAIN PASTA AND BROWN/WILD RICE INSTEAD OF WHITE PASTA AND WHITE RICE?

0 portions (0 points) 1 to 2 portions (1 point) 3 to 4 portions (2 points) 5 to 6 portions (3 points) 7+ portions (4 points)

07 HOW OFTEN DID YOU CHOOSE WHOLE - GRAIN BREAD/CRACKERS/WRAPS INSTEAD OF WHITE VARIETIES?

0 portions (0 points) 1 to 2 portions (1 point) 3 to 4 portions (2 points) 5 to 6 portions (3 points) 7+ portions (4 points)

08 HOW OFTEN DID YOU EAT OTHER WHOLE GRAINS (NOT INCLUDED IN THE ABOVE; E.I., QUINOA, BUCKWHEAT, FREEKEH) EACH WEEK?

0 portions (0 points) 1 to 2 portions (1 point) 3 to 4 portions (2 points) 5 to 6 portions (3 points) 7+ portions (4 points)

YOUR FIBER SCORE

SCORE INTERPRETATION

Very low fiber intake

Very high fiber intake

0 POINTS



20 POINTS

Although fiber has a big impact on our GM's happiness, there are several other dietary components known to impact your GM. Let's take a look at some of these next.

Again, think about the past month:

01 HOW MANY DIFFERENT TYPES OF PLANT - BASED FOODS DID YOU TYPICALLY EAT EACH WEEK?

(i.e., apple, banana, carrot, broccoli, wheat, quinoa, chickpeas, almonds, black pepper, rosemary)

Fewer than 10 (0 points) 10 to 19 (3 points) 20 to 29 (6 points) 30 + (9 points)

02 WHICH WERE YOU MORE LIKELY TO DRINK (IF YOU DON'T DRINK ANY OF THESE, SKIP THIS QUESTION.)

Soft drink
(-1 point)

Coffee, tea, or red wine
(1 point)

03 HOW MANY OF THE TOP POLYPHENOL (A GROUP OF BENEFICIAL PLANT CHEMICALS) FOODS DID YOU TYPICALLY EAT EACH WEEK?

(i.e., filtered coffee, black tea, red wine, green tea, cocoa, blueberry, black currant, plum, cherry, blackberry, strawberry, raspberry, prune, apple, flaxseed, chestnut, hazelnuts, pecans, almonds, black olives, green olives, globe artichoke heads, roasted soybeans, red onion, spinach, black beans, white beans, broccoli, asparagus, extra virgin olive oil)

Less than 5 (0 points) 5 to 9 (1 point) 10 to 14 (2 points) 15 to 19 (3 points) 20+ (4 points)

04 HOW MANY OF THE HIGH - POLYPHENOL HERBS AND SPICES DID YOU TYPICALLY EAT EACH WEEK?

(i.e., capers, celery seeds, cloves, sage, thyme, oregano, peppermint, rosemary, spearmint, star anise, basil, curry powder, ginger, cinnamon, caraway seeds).

Less than 5 (0 points) 5 to 9 (1 point) 10 to 14 (2 points) 15 to 19 (3 points) 20+ (4 points)

05 DID YOU EAT AT LEAST ONE PORTION OF OILY FISH OR THREE SERVINGS OF VEGETARIAN SOURCES OF OMEGA - 3S PER WEEK?

(i.e., walnuts, linseeds, chia seeds, or tofu)
(1 portion = 5 ounces fish, 1 ounce walnuts, or 1 tablespoon seeds)

No (0 point) Some weeks (1 point) Every week (2 points)

06 HOW OFTEN DID YOU EAT FERMENTED FOOD CONTAIN LIVE MICROBES PER WEEK?

(i.e., plain probiotic yogurt, kefir, kombucha, or sauerkraut)

Never (0 points) Less than 1 day (1 point) 1 to 2 days (2 points) 3 to 5 days (3 points) 6 to 7 days (4 points)

SCORE INTERPRETATION

Low diet - derived GM diversity High diet - derived GM diversity

0 POINTS 53 POINTS

YOUR FIBER SCORE

DIET - DERIVED GM SCORE (FIBER + DIVERSITY SCORE)

How Happy Are You?

ASSESSMENT



TAKE CARE
OF
YOURSELF

This is an important question, but one that too few of us ask ourselves. So, let's take a look at your current happiness levels. When completing this assessment, it's best not to take too long thinking about each question. The first answer that comes into your head is probably right for you. Circle one number per question.

Strongly Disagree
Moderately Disagree
Slightly Disagree
Slightlyh Agree
Moderately Agree
Strongly Agree

Questions

6 5 4 3 2 1

EX

I don't feel particularly pleased with the way I am.

6 5 4 3 2 1

01

I don't feel particularly pleased with the way I am.

1 2 3 4 5 6

02

I feel that life is very rewarding.

1 2 3 4 5 6

03

I am well satisfied about everything in my life.

6 5 4 3 2 1

04

I don't think I look attractive.

1 2 3 4 5 6

05

I find beauty in some things.

1 2 3 4 5 6

06

I can fit in everything I want to do.

1 2 3 4 5 6

07

I feel fully mentally alert.

6 5 4 3 2 1

08

I do not have particularly happy memories of the past.

Adapted from *Love Your Gut* by Dr. Megan Rossi

YOUR SCORE

SCORE INTERPRETATION

Very low levels of happiness

6 POINTS

Super Happy

48 POINTS



Looking After YOUR GM

DATE ___ / ___ / ___

S M T W T F S

C H E C K L I S T

- PLANT - BASED DIET DIVERSITY AND FIBER
- SPEND MORE TIME OUTDOORS
- MOVE YOUR BODY OFTEN
- OPT FOR A PROBIOTIC IN SPECIFIC CASES
- AVOID YO - YO DIETING
- CONSIDER A FURRY PET OR CREATE A SUPPORT SYSTEM
- DON'T IGNORE GUT SYMPTOMS
- BOOST YOUR SLEEP QUALITY
- REDUCE YOUR STRESS LEVELS
- AVOID UNNECESSARY MEDICATIONS AND DON'T SMOKE / VAPE
- TRY FERMENTED FOODS
- BE SENSIBLE WITH ALCOHOL
NO MORE THAN 2 STANDARD DRINKS A DAY

WORKOUT

- CARDIO
- WEIGHT
- YOGA
- STRETCH
- REST DAY
- OTHER

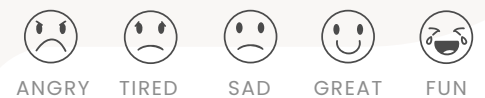
HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD



THINGS THAT MAKE ME
HAPPY TODAY



Set Your Goals

The foundation of your gut – health journey and something you should be unashamedly proud of. You have made a conscious decision to take charge of your health and happiness by beginning of this journey of self – discovery and getting to know your GM and all its mind – blowing potential. With the intention of condensing and prioritizing all the things you have learned along the way, think about what your top three gut – health goals for the next six months might be.

Goal 1: Notes:	
Goal 2: Notes:	
Goal 3: Notes:	

Over time, these may change, but setting targets for yourself can keep you focused on what's most important to you.

Embrace Your Journey

Forming healthy habits isn't always easy. We often start with the best intentions but, within a few weeks or so, when the motivation starts to fade and the demands of life take over, we can find ourselves back at square one. To help combat this common pattern that can affect us all, below are some top habit - forming tips.

- Form a trigger by attaching the activity to another habit (brushing your teeth).
- Set a daily reminder on your phone until the action becomes automatic.
- If you're into lists, start a daily checklist.
- Keep the time and place consistent.
- Find a friend who may also benefit; you can then keep each other motivated.
- Leave a sticky note on your bedroom mirror reminding you why you started.
- Record any good feelings or experiences related to the activity in a notepad.
- Celebrating any success, no matter how small, can really help reinforce your commitment.
- Don't be too hard on yourself if you miss a day or tow; look forward to getting back to it tomorrow.
- Be realistic from the start: Don't try to implement too many changes at once. If the activity calls for fifteen minutes a day but you only have ten minutes, just start with that. If it means you get started today, you'll still be on step ahead.
- If your motivation is running on empty, try bringing some emotion back into the activity by asking yourself two questions:

1

How will I feel if I continue versus if I stop?

2

What will my life look like in one year if I continue versus if I stop?

- HANNAH COLBY, RD, LD, CLS

