# **GUT GARDEN STARTER GUIDE**

#### (Module 1 Companion Resource)

Learn more at: Wholesome.Living Gut Health Course

#### The Gut as a Garden: A Beginner's Guide to Your Microbiome

Imagine your gut like a garden. Inside, trillions of tiny organisms — bacteria, yeasts, even viruses — live together in a delicate balance. Some are like wildflowers, some are weeds, and some are rich, nourishing soil.

#### A healthy gut "garden" grows best when you:

- Feed it with diverse, plant-based foods
- Water it with fiber, hydration, and rest
- Protect it from toxins, stress, and overuse of antibiotics
- Invite good bugs in (through fermented foods or probiotics)
- Pull out weeds gently (by reducing processed, sugary, or inflammatory foods)

Your gut is **not something to control or conquer** — it's a living ecosystem to **tend and care for.** 

### **Daily Garden Care Tips:**

Action	Why It Matters
Eat at least 5 colors per day	Boosts microbial diversity
Include fermented foods (e.g., sauerkraut, kefir)	) Replenishes good bacteria
Get 7–9 hours of sleep	Supports microbiome circadian rhythms
Chew your food thoroughly	Helps digestion begin smoothly
Avoid unnecessary antibiotics	Prevents microbial imbalance

## Remember:

"You're not feeding just yourself — you're feeding trillions of little garden helpers."

Start small. Tend your inner garden daily. It doesn't need to be perfect — just cared for. 🔹