

# GUT HEALTH FOR KIDS

Food and Mood Changes  
made Doable  
without missing out

The easy and cheap thing is to reach for is processed foods.  
Not only for ourself but also for our kids.

The cost:

- The kid's inability to self-regulate.
- The kids under-nourished development- body and brain.
- You, the parent's, increased work load of managing a dis-regulated kid.



Feed Your Kid Foods, today that set them up for an Easier Life



*"My mom sat me down at the age of ten to encourage me to go on a diet. I thought there was something wrong with me. Truth is: I had a gut health problem, NOT an overeating problem."*

**Chandra Zas -Gut Health Coach**

## If you let them, kids will perfect you.

As my little one began wanting to share the food I ate, I quickly realized a crossroad. If I believe that sugar is something to protect my kids gut and brain from, then why would I ever eat sugar myself? Fully believing in the sugar-free gut-brain foundation I wanted to give my little one, I fully committed to cutting out sugar.

My health has improved because of it.

## Gut Microbiome Care:

- Feed the good bacteria with fermented foods like kraut, kefir, kombucha, and kid probiotics.
- Starve the bad guys: do not feed them sugars or flours.
- Eat organic as often as possible.

Getting off processed foods, sugars, and flours is the most important action towards setting up a kid's healthy gut and brain.

# GUT HEALTH FOR GOOD

When I became a mother, I knew that I wanted to set my child up with the best gut health possible. I read a couple of books to figure out how to transfer my own gut health knowledge into kid language. (I suffered from poor gut health as a child.)

Everything clicked and even cemented for me.

Here are my the cliff notes; for my fellow parents, who want to give your kid the best in life.

**The best gift we can give our kids is health.**

How do we do that?

A Strong Microbiome and a Nutrient Dense Diet is the Goal.

**#1** Feed and support their good bacteria and starve the bad bacteria.

**#2** Load them up on nutrient dense foods that support their brain and body development.

To help a kid out- feed them predominantly **oils and proteins** so that their internal chemical rollercoaster is stable, more like a train.

Give a kid some sugar and watch. They go bonkers with a surplus of crazy-like energy and then shortly after they literally crash physically and emotionally.

Learn how to manage your toddler's (and your) brain to nurture a healthy gut and brain.  
Resulting in a stable and regulated kid.

**"Marketers intentionally label processed foods as "healthy", because they know you care... AND they want you to buy."**



# FOODS TO FOCUS ON:

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## GUT HEALTH

Food Focus: Priority -

Oils and proteins (the building blocks of body and brain).

- Eggs.
- Ghee
- Dark meats like dark chicken.
- Ground red meat.
- Fish.
- Yogurt. (Full fat)

"Kids under eight do not have the enzymes needed to digest raw veggies, especially green veggies. The best way for kids to get the omegas found in greens is through the butter or ghee of grass-fed animals. Let them try greens, AND slather their food in ghee ."

Chandra Zas -Gut Health Coach

Food Focus: Secondary

- Avocados.
- Whole Grains like Quinoa and rice (with lots of oil)
- Seeds and Nuts (buy them raw and roast them yourself)

Snack Foods: In a pinch

- beef sticks
- Sea weed
- whole fruits
- nuts/seeds



Gut Health is a combination of feeding kids the nutrient dense foods they need and limiting the processed foods that undermine health, regulation, and development.

Do the hard thing today, feed your kid foods that give them the best future.

# STARVE THE BAD GUYS

## AVOID.

Category: Processed Foods.

The hardest and most important foods to avoid are processed sugar, flour, and trans-fats. These three man-made calorie sources (**NOT FOOD**) are the addictive hooks that get humans on the merry-go-round of disease.

1- Processed Foods create over-desire, aka addiction, which means there is always craving for more which leads to over-eating, imbalances, and eventually disease.

2- Processed Foods are always chosen by default over the nutrient dense foods that bodies and brains need.

Leaving kids addicted, depleted, and dis-regulated.

Parent Regulation of these foods is required, kids cannot self-regulate these foods on their own. Adults struggle too and adults brains are capable of self-regulating.

Sugar and Flour:

Flour is processed the same as processed sugars in the body.

Both feel really good to eat because of the big dopamine hit the brain gets when eaten. BUT... the cost is enormous.

Sugar and flour create a rollercoaster of chemicals in body and brain.

**The other dark side of flour and sugar:**

They feed the bad bacteria of the microbiome.

Why do we USE food for comfort?

The cultural norm is to use food to feel better, to distract, and to reward; especially processed foods like sugar and flour.

Food does not only fail at solving problems, using food for this actually creates gut problems.

What we put in our kids mouth is one of the largest impacts we have on their developing gut, brain, and life.

Think of oils and proteins (the building blocks of body and brain).

Breakfast:

- 1- Yogurt and berries or banana
- 2- Eggs and ghee or grass-fed butter

Lunch and Dinner:

- 1- Animal protein, whole grains, kraut, olive oil, seeds
- 2- Cooked Root veggies, animal protein, kraut, olive oil, avocado.

### Notes about Fats:

The human body cannot use trans-fats.

Trans fats are un-usable, toxic, and take the spots of healthy fat building blocks.

Avoid: Margarine, vegetable oils, and hydrogenated oils like the plague.

Toxins are stored in fat, it is VERY important to eat organic animal fats.

Non-organic animal fats are loaded with toxins.

### Oils to Consume:

Olive oil (with an expiration date), Ghee, avocado oil, and animal fats.

### Notes about Organic and Gut Microbiome:

The pesticides that kill the bugs on fruits and vegetables also kill the microorganisms of the human body's microbiome.

Antibiotics routinely given to factory farm animals negatively affect the human gut microbiome.

## SUMMARY

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Get you and your kids OFF processed foods: all sugars, flours, and trans-fats.

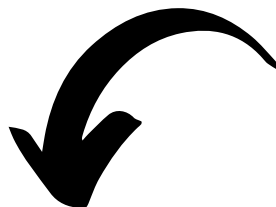
Minimize ingesting pesticides and antibiotics, including foods that contain them aka non-organic foods.

Eat whole foods that support your gut and brain: organic oils, proteins, fruits, and veggies. Eat fermented foods.

### Gut Health Is my Passion

If you want more tools and insights about **why and how to make gut health changes for you and your family** then check out my video: **How to Heal Your Gut by Re-Programming Your Brain.**

My approach to gut health takes the impossible out of diet, stress, and lifestyle change. And puts the FUN into Health.



To learn more about food changes made doable without missing out

<https://ZenOdyssey.com/chandra-zas/>