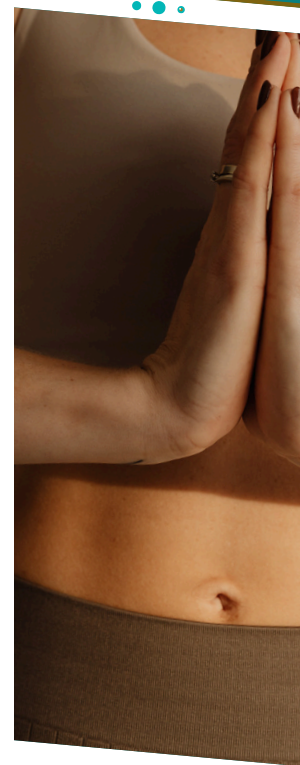




GAYA WELLNESS
WINTER EDITION

Tune Into Your Gut Health This Holiday Season

YOUR BLUEPRINT





LET'S TALK SEASONAL SHIFT:

As the seasons shift, your body shifts with them. Winter brings cozy meals, festive gatherings, and slower rhythms, but also more stress on digestion, immunity, and metabolism. How you care for your microbiome this season sets the tone for your energy, mood, and resilience.

LET'S BREAK IT DOWN



THE GUT– WELLNESS CONNECTION:

Your gut isn't just about food digestion. It's the command center for feeling your best.

- » The microbiome (the trillions of bacteria in your gut) communicates directly with your immune system.
- » A healthy gut helps regulate inflammation, balance your body's defense system, and strengthen the barrier that keeps pathogens out.
- » Stress, poor sleep, processed foods, and alcohol, all common in winter months, disrupt this delicate ecosystem.

A strong microbiome is your body's best winter defense.



SEASONAL FOODS THAT FEED YOUR GUT:

two

Eating in rhythm with the seasons supports both digestion and immunity. In winter, focus on foods that are warming, grounding, and rich in fiber.

- ✓ **Root vegetables:** Things like carrots, parsnips, and sweet potatoes have fiber to nourish gut bacteria.
- ✓ **Fermented foods:** Sauerkraut, kimchi, and miso introduce beneficial microbes.
- ✓ **Bone broth & soups:** Soothing, mineral-rich, and supportive of gut lining.
- ✓ **Leafy greens:** Kale, collards, and chard provide antioxidants even in colder months.
- ✓ **Citrus fruits:** Vitamin C for immune support and polyphenols that feed good bacteria.

Quick tip: Build meals that combine fiber, healthy fats, and protein to stabilize blood sugar and reduce cravings.



SMART STRATEGIES FOR HOLIDAY EATING:

Heavy meals, desserts, and celebratory drinks don't have to derail gut health. Try these practical strategies:

- » Start with fiber: Eat vegetables or a salad first to slow blood sugar spikes.
- » Balance alcohol: Alternate drinks with sparkling water + citrus to support hydration and digestion.
- » Support digestion: Take a mindful pause before eating, chew thoroughly, and avoid multitasking at meals.
- » Recover well: The next morning, skip the "food guilt" and opt for a protein-rich breakfast with fiber.



LIFESTYLE HABITS THAT SUPPORT GUT + WELLNESS:

The gut thrives on more than food. Daily rhythms influence it, too!

- » Prioritize sleep: 7–9 hours allows the gut lining to repair and immune cells to regenerate.
- » Manage stress: Mindfulness, breathwork, or even a short winter walk reduces cortisol's impact on the gut.
- » Movement: Moderate exercise supports microbial diversity and improves immune function.
- » Sunlight & Vitamin D: Shorter days can mean deficiencies.



WHEN TO CONSIDER TESTING OR SUPPLEMENTS:

Even with the best diet and lifestyle strategies, some gut symptoms don't resolve on their own. That's when testing provides the clarity you can't get from guesswork.

Signs it may be time to dig deeper include:

- Ongoing bloating, constipation, or diarrhea
- Unexplained fatigue or brain fog
- Recurring colds or low immunity
- Persistent food sensitivities or intolerances
- Skin issues such as acne, rosacea, or eczema
- Difficulty managing weight despite lifestyle efforts



COMPREHENSIVE GUT MICROBIOME ASSESSMENT:



six

At our practice, we go beyond basic stool testing. Our comprehensive gut panels evaluate:

- ✓ Microbiome diversity: The balance of beneficial vs. harmful bacteria
- ✓ Pathogens or overgrowths: Yeast, parasites, or bacteria disrupting gut health
- ✓ Inflammatory markers: Signs of irritation or “leaky gut”
- ✓ Digestive function: How well you’re breaking down and absorbing nutrients
- ✓ Immune activity: How the gut lining and immune cells are responding

This level of testing gives us a personalized map of your microbiome, allowing us to create a targeted plan, rather than applying generic protocols.



STRATEGIC SUPPLEMENT SUPPORT:



While no supplement replaces food and lifestyle, the right ones can be powerful tools when guided by data.

Commonly recommended categories may include:

- » Probiotics and prebiotics (specific strains that match your microbiome needs)
- » Digestive enzymes (to support absorption and reduce bloating)
- » Nutrients like vitamin D, zinc, and omega-3s (for immune resilience and gut lining support)
- » Botanicals (such as berberine or oregano oil, when overgrowths are present)

Supplements should always be personalized. What's healing for one person may worsen symptoms in another. That's why we build each plan based on your test results, history, and health goals



OUR APPROACH: SUPPORT THAT GOES BEYOND SYMPTOM RELIEF

Gut health is deeply personal. Instead of handing you a “gut health protocol” from a shelf, we:

- ✓ Listen to your story and symptoms.
- ✓ Test with precision to see what’s really happening inside your microbiome.
- ✓ Create a step-by-step care plan that integrates nutrition, lifestyle, and targeted supplementation.
- ✓ Support you with ongoing guidance, adjusting as your gut (and whole health) improves.

The result? You don’t just feel better temporarily. You restore balance and resilience from the inside out.



WHAT DO WE OFFER?



CONCIERGE ACCESS
VIA TEXT AND ZOOM



NUTRITION AND
WEIGHT TRAINING
GUIDANCE



50+BIOMARKER
WORK UP



ONGOING
SURVEILANCE



COMPOUNDED
MEDICATIONS



REGULAR CHECK INS

... & SO MUCH MORE!)



MAKE AN APPOINTMENT TODAY!