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THE GUT HEALTH GUIDE

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Symptoms of an Unhealthy Gut

Are You Experiencing Any of These Symptoms or Exposures?

- Bad breath
- Indigestion, cramps, bloating, constipation or diarrhea
- Food intolerances
- Skin-related issues (acne, eczema)
- Environmental allergies
- Weak immune system (you frequently get sick with colds, the flu, etc)
- Low energy
- High stress levels
- Excess weight around your midsection
- Irritability, mood instability, or mental illness
- Poor quality sleep
- Have taken antibiotics in the past 5 years
- Born via C-section

The Gut Basics

WHAT MAKES UP THE GUT?

~The gut is the system of organs that is in charge of digestion, removing waste from your body, and taking in energy and nutrients.~

The Organs Included:

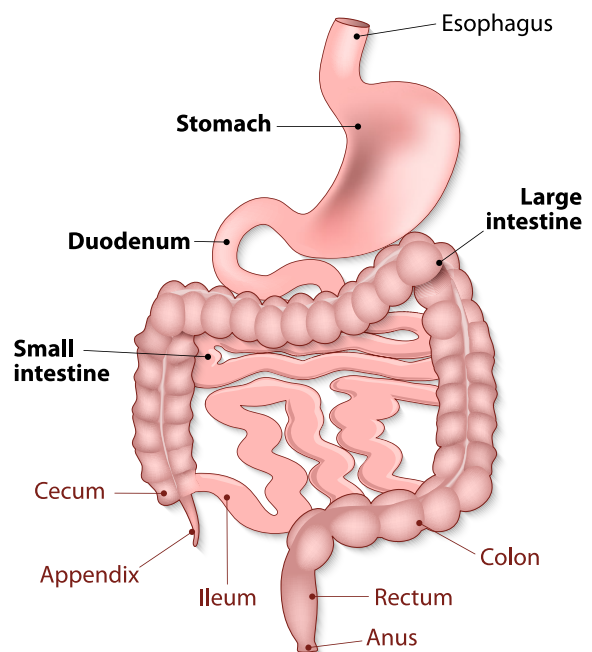
- Mouth
- Esophagus
- Stomach
- Small Intestine
- Pancreas
- Liver
- Gallbladder
- Large intestine (colon)
- Anus

THE GUT LINING OR BARRIER

The gut has a permeable lining that, when damaged, allows for undigested food and toxins to leak into your bloodstream. This leakage produces an immune reaction i.e. your body goes into attack mode because there is an internal threat.

BACTERIA - GUT FLORA

There are trillions of microbes, bacteria, fungus and parasites in the gut! Our bodies are susceptible to autoimmune (when our immune systems mistakenly attack our own bodies) and inflammatory bowel diseases when these microbes become imbalanced i.e. there are too many bad bacteria vs. good bacteria, which keep the “bad” from causing trouble.



How Does My Gut Impact Me?

LINKED TO DOZENS OF CHRONIC DISEASES

As we covered in our August 2017 Health News Wrap-up, gut health can seriously impact inflammation, the immune system, brain health, the skin, the thyroid, the mouth, and uterus/fetus health. Dr. Rob Knight, a professor at UC San Diego and founder of the American Gut Project, noted that obesity, asthma, rheumatoid arthritis, major depressive disorder, inflammatory bowel disease which includes Crohn's disease and ulcerative colitis, type 1 and type 2 diabetes, Parkinson's disease, pneumonia, ear infections, C.diff and autism have all been linked to an imbalance in the gut microbiome!

INFLAMMATION

WellBe Article: WTH is Inflammation?

Inflammation is the body's natural response against harm. There are two types:

Acute Inflammation

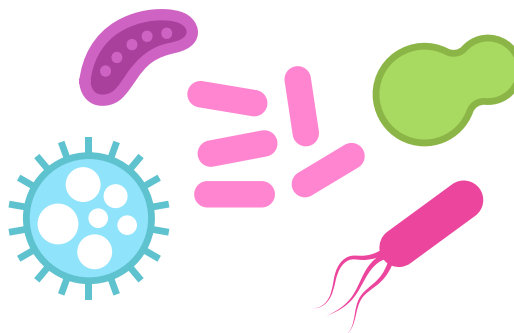
Acute Inflammation occurs almost immediately. For instance, when you bang your leg or arm, the inflammation reaction will be instant. However, acute inflammation only lasts a short amount of time as a way for the body to defend itself.

Chronic Inflammation

Chronic inflammation occurs when the immune system mistakenly attacks normal cells. The white blood cells rush to the area, but find nothing to attack. Thus, the white blood cells begin attacking good tissues and cells.

WellBe Article: 14 Foods that Help Fight Inflammation

A bad bacteria overgrowth in the gut can damage the gut lining. This damage allows for undigested food and harmful bacteria to pass through the lining and enter the bloodstream. White blood cells then go on the attack to fight this bad bacteria, which causes inflammation everywhere.



THE GUT-IMMUNE SYSTEM CONNECTION

70-80% of the immune system is in the gut! The gut is lined with GALT (Gut Associated Lymphoid Tissue), which contains all of our immune cells, so when there is a permeability issue i.e. rotting food and toxins are leaking out, immune cells in the gut lining are damaged. This damage leads to systemic inflammation and tissue destruction (your immune system is now attacking everywhere, trying to kill the toxins and rotting food that has now spread – including attacking your tissue!).

Gut bacteria communicates with the immune system and could be used to treat autoimmune disease in the future.

Just like bad gut bacteria can wreak havoc on your immune system, good gut bacteria can help your immune system and could be used to treat autoimmune disease in the future.

Bacteria in the gut need fiber to help ward off negative immune system responses. *Without the fiber, the immune system worsens.*

Fiber feeds good bacteria in the gut, which helps keep the number of good bacteria strong and your gut in balance. This wards off negative immune system responses, so fiber helps keep your immune system strong! We list some high-fiber foods on page 11.

The brain is connected to the gut through the enteric nervous system, which means *the gut has a direct impact on both your brain and mental health!*

The gut has been called “the second brain” because it is controlled by the enteric nervous system (ENS), which can operate autonomously from our big brains and directly controls the gastrointestinal (digestive) system. It’s not going to solve a math problem, but it tells your body when to swallow, release enzymes to

break down food, absorb nutrients and of course to go poop! The ENS is two thin layers of more than 100 million nerve cells lining your gastrointestinal (aka GI or digestive) tract from esophagus (throat) to rectum (your butt hole!). Wow!

Jay Pasricha, M.D. and director of the Johns Hopkins Center for Neurogastroenterology says ‘The enteric nervous system communicates back and forth with our big brain—with profound results.’ In fact, people with gut issues may experience big emotional shifts. “For decades, researchers and doctors thought that anxiety and depression contributed to these [gut] problems. But our studies and others show that it may also be the other way around,” Pasricha says.

Researchers are finding evidence that irritation in the gastrointestinal system may send signals to the central nervous system (CNS aka our big brains) that trigger mood changes. “These new findings may explain why a higher-than-normal percentage of people with IBS and functional bowel problems develop depression and anxiety,” Pasricha says. “That’s important, because up to 30 to 40 percent of the population has functional bowel problems at some point.’ Other research has found that the gut-brain connection can help identify Parkinson’s disease earlier.

ADD/ADHD AND MENTAL ILLNESS

We interviewed integrative psychiatrist Dr. Ellen Vora, M.D. about the gut-brain connection, ADD, ADHD, anxiety, depression and other mental illnesses.

Dr. Vora, when treating children and adults with ADHD, begins first by examining their gut health and adjusting their diet. She has found that healing the gut has a massive impact on ADHD symptoms. Vora also notes that inflammation in the gut has a direct effect on mental illnesses such as anxiety.

We interviewed integrative pediatric neurologist Dr. Maya Shetreat M.D. about ADHD, OCD, Autism, Seizures and other unidentifiable brain illnesses in children.

Dr. Shetreat can often identify ways to help her young patients with the above symptoms and conditions without pharmaceutical drugs. She often pinpoints eating habits as being at the root of the issues due to the gut-brain connection.

*The WellBe Health News & Research
Wrap-up: December 2017*

Researchers in Australia discovered nutritional deficiencies in individuals receiving care for psychotic disorders. Those with worse gut health seem to also be those with psychotic disorders. This research could lead to nutritional treatments becoming part of the process of dealing with early psychosis.

*The WellBe Health News & Research
Wrap-up: March 2018*

A study out of Rush University Medical Center in Chicago found that the DASH diet, which focuses on fruits, vegetables, and whole grains, may lower depression risk in older adults.

THE GUT-SKIN CONNECTION

When someone has low levels of good bacteria and high levels of bad bacteria, microbial toxins can escape through the widened gaps between gut cells and lead to inflammatory conditions such as acne, eczema and psoriasis.

Nitika Chopra on how she began to reverse her psoriasis

We interviewed chronic illness advocate and wellness personality Nitika Chopra who had crippling psoriasis for nearly two decades. She finally found a functional medicine doctor who helped her apply a diet-based approach to healing her gut and allowed her to reduce the amount of intense medication she was on. Her psoriasis began to disappear. Watch or read her story above.

THE GUT-THYROID CONNECTION

Gut bacteria assist in hormone conversions, thus poor gut function is related to thyroid symptoms and conditions such as Hashimoto's and hypothyroidism.

We interviewed author and wellness personality Phoebe Lapine who was diagnosed with Hashimoto's thyroiditis in her early 20's. Her doctor told her she would be on synthetic thyroid medication for the rest of her life. By altering her diet and working on her gut health, she was able to switch to a natural thyroid medication and alleviate many of her symptoms.

THE GUT-MOUTH CONNECTION

Holistic Dentist Dr. Reid Winick DDS on the mouth-gut connection

When you have issues with your mouth, gums and teeth, they are often signs that your gut health isn't great. These issues can become diseases and symptoms so it's important to pay attention to what's going on with your mouth, gum and tooth health. Read or watch our interview with Dr. Winick above to learn more.

THE GUT-UTERUS/FETUS CONNECTION:

The WellBe Health News & Research Wrap-up: March 2018

A meta-analysis of more than 400 studies found that taking probiotics or other supplements while pregnant can reduce the outcomes of eczema, allergies, and autoimmune diseases in children.

A different study has also found that compared to the babies of women of

a normal weight, babies of overweight pregnant women that have a C-section are more likely to have gut bacteria that result in an increased risk of obesity.

The WellBe Health News & Research Wrap-up: August 2017

The results of a study completed in India of 4,500 newborn babies found a link between giving infants a probiotic and not developing sepsis, which is an infection that kills 600,000 newborns a year.

The WellBe Health News & Research Wrap-up: April 2018

JAMA Pediatrics published a 790,000-baby study, which found that babies that take antibiotics are more likely to develop allergies. The researchers noted that doctors should be more careful when considering giving an antibiotic prescription to babies.



How to Heal Your Gut

What You Should Not Do:

MEDICATIONS

Antibiotic resistance

What happened?

The WellBe Guide to Antibiotic Resistance

We have a global antibiotic overuse and now antibiotic resistance problem. When you take an antibiotic, it means “against life” so it kills bad bacteria and good bacteria. It does not discriminate. As the use of antibiotics becomes more and more common and frequent, bad bacteria become smarter and find ways to resist being killed by the antibiotics, hence the term “antibiotic resistance”. This is very dangerous because it means our only weapon against deadly infection may not work in the future.

Most animals sold for human consumption are raised with antibiotics in their feed called “sub-therapeutic antibiotics” because it encourages weight growth (a possible connection between the rise of antibiotics and the human obesity epidemic which we’ll talk about in the next section). This kind of frequent antibiotic use in animals promotes antibiotic-resistant bacteria and infections in the animals, which is then passed onto the humans who eat those animals.

What does this do to us?

The WellBe Guide to the Consequences of Antibiotic Overuse

The overuse of antibiotics has resulted in many conditions and symptoms, and has been tied to the rise of obesity.

Johns Hopkins gastroenterologist Dr. Gerard Mullin, M.D. on the connection between eating animals given antibiotics and obesity

We interviewed Johns Hopkins gastroenterologist Dr. Gerard Mullin, MD on how eating animals who have been given sub-therapeutic (small amounts) of antibiotics (so eating a steak for example) 1-2x a week can induce obesity because of the affect those antibiotics have on our gut bacteria. The study he mentioned was done in mice but he believes the same applies for humans. Watch him explain it with the link above.

NSAIDS

Nonsteroidal anti-inflammatory drugs

NSAIDS such as aspirin and ibuprofen (Advil, Motrin, Advil PM, Motrin PM, Aleve) are harmful to the gut lining. Dr. David Perlmutter MD reported that “research demonstrates in laboratory animals that exposure to NSAIDs not only compromises the barrier function of the lining, but in addition, and probably because of the effects upon the gut lining, this class of medications, at least in the laboratory animals, induced gluten sensitivity.”

The Cleveland Clinic warns that “NSAIDs may increase the chance of serious stomach and bowel side effects like ulcers and bleeding. Common side effects include gas, feeling bloated, heartburn, stomach pain, nausea, vomiting, diarrhea and/or constipation.” If you have gut problems, you likely have a few of these symptoms, so if you’re taking NSAIDs even as much as once a month, consider stopping and finding natural alternatives.

FOOD

Processed foods & foods high in refined carbs and sugars

Johns Hopkins gastroenterologist Dr. Gerard Mullin, M.D. on why artificial sweeteners are bad for your gut

When we interviewed Dr. Mullin, he told us about how and why artificial sweeteners and any sweet foods or drinks that say “sugar-free” or “zero-calorie” often contain artificial sweeteners that can destroy and harm your gut bacteria. Watch him explain it with the link above.

Food chemicals

MSG, aspartame, food dyes, and other common food chemicals can be troublesome to neurological health.

Pediatric Neurologist Dr. Maya Shetreat, M.D. on healing brain conditions with food

Dr. Shetreat recommends taking processed foods out of your diet. After her son suffered from unexplained symptoms, she researched how his diet could connect to his symptoms. After discovering a soy allergy (which is in many processed foods), her son’s symptoms disappeared. Dr. Shetreat now advises her patients to connect the dots between their diet, their gut and in effect their brain health.

ALCOHOL USE

According to a study published in The World of Gastroenterology Journal, “Chronic alcohol use impairs the balance of microflora (bacteria, algae and fungus) in the gut, the gut barrier function (leading to leaky gut), the liver’s ability to detoxify bacterial products and the brain’s ability to regulate inflammation in the periphery.”

CLEANING PRODUCTS

Antibacterial Soap

The WellBe Health News & Research
Wrap-up: April 2018,
What is Antibiotic Resistance?
and *WellBe's Guide to Antibiotics*

Avoid antibacterial soap and wipes, since they kill good and bad bacteria on your skin, making your gut more vulnerable to deadly bad bacteria. What's on your skin enters your blood stream, which then enters your gut. Research in the April WellBe Wrap-up above from Northwestern University showed that using baby wipes is connected to developing food allergies. Buy organic soap to guarantee it is not antibacterial, and use a cloth or paper towel instead of a wipe. See the next section for product recommendations, and read/watch the research and WellBe content above to learn more.

Deodorant toxins

Several studies have linked antiperspirants to a lowered number of different kinds of microbes in the body. A more diverse microbiome is healthier for your gut. Go for all natural deodorants or non-antiperspirants! See the next section for product recommendations.



What You Should Do:

FOOD

- ♦ **Micro algae**

Spirulina – [extract](#), [powder](#), [capsules](#)

Chlorella – [extract](#), [powder](#), [capsules](#)



- ♦ **Fermentation**

[Kimchi](#), [sauerkraut](#), [tempeh](#),
[kefir](#), [kombucha](#)



- ♦ **L-Glutamine**

Often in powder form (so best in smoothies or a smoothie bowl), it is an amino acid that gut tissues “use as a fuel source to function at [their best](#)”. It is also thought to help strengthen the gut lining.

- ♦ **High Fiber Foods**

Avocados, lentils, black beans, chickpeas and most beans

- ♦ **Bone Broths**

- ♦ **Prebiotic foods**

Onions, garlic, asparagus, bananas, nuts, peas, artichokes

- ♦ **Follow a Diet**

GAPS (Gut and Psychology Syndrome)

[How One Woman Healed Her Gut with the Gaps Diet](#)

When we interviewed Carley Smith, who struggled with severe Lyme Disease symptoms and then symptoms from her Lyme medications, she explained how the GAPS diet helped heal her, and inspired her to become a GAPS diet coach. Read or watch more above.

- ♦ **Immune system-boosting foods:**

Cruciferous veggies (broccoli, cauliflower), Garlic, Ginger, Mushrooms, Onions, Turmeric. Read more in [The WellBe Guide to Foods that Boost Immunity](#)

- ♦ **Inflammation-reducing foods:**

Avocados, Berries, Broccoli, Dark Chocolate and Cocoa, Extra Virgin Olive Oil, Fatty fish (like wild salmon, mackerel, and sardines), Grapes, Green Tea, Mushrooms, Onions, Peppers, Turmeric, Walnuts, Watermelon. Read more in [The WellBe Guide to Foods that Fight Inflammation.](#)

Sugars

Sugar is quite harmful to gut health so avoid it as much as possible. When you do have it, go for the types below. Read more about this in [The WellBe Guide to Types of Sugar](#).

Sugar in fruit:

Most fruits contain some fructose, glucose, and sucrose. However, fruit also contains fiber (which prevents a sharp increase in blood sugar and makes you feel full for a longer time than other sugars do), and a manageable amount of fructose that your body can utilize, and crucial vitamins, minerals, and antioxidants.

Coconut sugar:

This sugar contains iron, calcium, zinc, and potassium, some antioxidants, and a fiber called inulin. However, the sugar is still 70-80% sucrose.

Honey:

Honey will cause a spike in blood sugar, but the substance also has antibacterial and antimicrobial properties. Manuka and other high-grade honeys possibly have more benefits (anti-inflammatory and antioxidant effects).



MOUTH CARE

When we interviewed holistic dentist Dr. Reid Winick, DDS, he explained how bad bacteria (linked to poor gut health) hang out on your tongue and hide in the pocket of your teeth so it's important to use a tongue cleaner and a water-flosser rather than just flossing between your teeth. Watch his interview [here](#).

- ♦ [Tongue Cleaner](#)
- ♦ [Water-flosser](#)

MINDFULNESS/RELAXATION

- ♦ **Mindfulness and relaxation will reduce stress levels, which have a direct impact on the gut.**

[WellBe Health News & Research](#)
[Wrap-up July 2018](#)

Chronic stress suppresses your immune system and your gut bacteria. A study done in Sweden in July 2018 found that having a stress disorder increased your risk of autoimmune disease, bringing it up from 6/1000 people to 9.1/1000!

- ♦ [WellBe Story Amy Kurtz](#)
We interviewed Amy Kurtz, author and multiple chronic disease patient about what helped her conquer 10 years of pain. Meditation played a major part.
- ♦ [WellBe Story Rachel Winard](#)
Rachel Winard uses meditation along with other lifestyle changes to keep her Lupus in remission.

HYDRATION

- **Clean water + enough water**

Tap water has been discovered to contain a variety of chemical, heavy metal and bacterial pollutants that can harm gut health. While some are needed to kill bad bacteria, they also kill good bacteria, so it's important to filter your water to remove as many of these pollutants before they enter your body either by drinking or showering. We created [The WellBe Water Filter Guide](#) to help you understand which pollutants are in your water supply and therefore which kind of filter you need to take them out.

If you live in Boston, Chicago, Los Angeles, or New York City, you may have to watch out for trihalomethanes (carcinogens) in your water. Trihalomethanes have been linked to spontaneous miscarriages and low birth weight, among other negative health outcomes.

To filter out trihalomethanes, WellBe recommends:

- Faucet mount: [PUR 3-Stage Advanced Faucet Water Filter, 7.7-Inch by 3.2-Inch, Chrome](#)
- Filter for your refrigerator: [Frigidaire ULTRAWF Refrigerator Water Filter](#)
- Full list here: [EWG list of water filters that have been certified to remove total trihalomethanes \(TTHMs\)](#)

For those of you in Chicago, Los Angeles, and NYC, Chromium (hexavalent), a carcinogen, has been identified in the water. To filter out chromium, WellBe recommends:

- Pitcher for your counter: [ZeroWater 8 Cup Stainless Steel Pitcher with Free TDS Meter \(Total Dissolved Solids\) – ZS-008](#)
- Separate tap for your counter: [EcoPure ECOP30 Reverse Osmosis Water Filter System – Built in USA – NSF Certified – Bottled Water Quality](#)
- Full list here: [EWG list of water filters that have been certified to remove chromium \(hexavalent\)](#)

Arsenic has been detected in Los Angeles water. Arsenic can lead to cancer (bladder, lung, skin) and can harm the skin and lungs.

To filter out arsenic, WellBe recommends:

- Separate tap for your counter: [APEC Top Tier Supreme Certified High Flow 90 GPD Ultra Safe Reverse Osmosis Drinking Water Filter System \(ULTIMATE RO-90\)](#)

If you don't live in Boston, Chicago, Los Angeles or New York City, use the [Environmental Working Group's Tap Water Database](#) to search your zip code and find out which contaminants are in your water and then see which filters are best for removing them.

SUPPLEMENTS

- ◆ **Probiotics**

Two of our favorite functional medicine gut specialists, Dr. Aviva Romm, MD and Dr. Vincent Pedre, MD recommend getting a probiotic with Lactobacillus and Bifidobacterium strains, which have at least 10 billion CFUs (colony forming units), though Dr. Pedre recommends starting with 30 billion CFUs. Three brands/options with these include Allergy Research Group Essential-Biotic™ COMPLETE 60 delayed-release vegetarian capsules, Pure Encapsulations PureProbiotic and Lactoprime Plus by Klaire Labs.

- ◆ **Prebiotics**

Dr. Gerard Mullin, MD - WellBe interview on why your body needs both prebiotics and probiotics for gut health.

Klaire Labs Prebiotic Powder



- ◆ **Vitamin D**

WellBe Health News & Research
February 2018

- ◆ A study in England looked into several studies of patients with Irritable Bowel Syndrome (IBS) and found a high prevalence of Vitamin D deficiency. The researchers recommend patients with IBS to have their Vitamin D levels checked and possibly obtain a Vitamin D supplement.
- ◆ Three brands/options ranked highly on labreports.com are Carlson (2000 IUs), Nature's Way (2000 IUs), and Nordic Naturals (5000 IUs). There is debate about the right levels of vitamin D3, some doctors would say taking 5000 IUs each day is too much, some would say it's just enough. It is best to know your vitamin D3 levels before deciding on dosage.

CLEAN HOME & SKIN PRODUCTS

- ◆ **Since toxic cleaning products harm good gut bacteria, focus on having non-toxic products in the home like those on the WellBe Store and more clean beauty products like Adrienne's clean make up picks.**



What Do I Do Now?

WORK GUT HEALTH INTO YOUR ROUTINE:



Snack ideas

- Fruit salad (grapes, berries, bananas, apples)
- Homemade trail mix (almonds, walnuts, dark chocolate bits, oats)
If you crush the nuts, add peanut butter, and refrigerate you can make snack balls!
- Kimchi
- Celery and almond butter
- Smoothie: ice, probiotic drink like kombucha, frozen berries, almond butter and fruit (berries, bananas)
- Homemade guacamole with sliced cucumbers or celery
- 1-2 squares of organic dark chocolate (must be 70% cocoa or above)



Meal ideas/tips

- Instead of red meat, choose wild salmon!
- Add bone broth as a staple to your meals
- Use extra virgin olive oil, apple cider vinegar, and spices instead of a pre-made salad dressing
- Throw avocado or artichoke hearts into a salad
- Cooked broccoli, asparagus, onions and mushrooms are great to include with any meal
- Lentil or chickpea pasta with pesto sauce is fast and easy



Meditation

- Get up 15 minutes earlier than normal or take time to meditate 15 minutes before bed
- In car before or after commute or during a subway or walking commute!
- During a 15-minute work break, even 5 or 10 minutes helps!
- Find something you want to remove from your daily routine, and put meditation in that time slot (if you believe you spend too much time on social media, for example)
- When you get home for the night, before you start chores or making dinner, take 5-20 minutes on the couch to meditate

Keeping Yourself in Check

Grocery List

VEGETABLES

Avocado

Onions

Mushrooms

Broccoli

Artichoke

Cauliflower

Asparagus

Peppers

Garlic

FRESH

Wild Salmon

Mackerel

Sardines

Organic meat only (if you eat meat)

Organic eggs (if you eat eggs)

DRY

Ginger

Turmeric

Dark Chocolate

Cocoa

Extra Virgin Olive Oil

Sauerkraut

Kimchi

FRUIT

Grapes

Berries

Bananas

Watermelon

PROTEIN

Almonds

Lentils

Chickpeas

Black beans

Peas

Walnuts

Tempeh (must be organic)

OTHER

Bone Broth

Iso

Kefir

Kombucha

Green Tea

Symptoms and Food Tracker

MONDAY

FRIDAY

TUESDAY

SATURDAY

WEDNESDAY

SUNDAY

THURSDAY

CHECKLIST

- | | |
|--|--|
| <input type="checkbox"/> Bad breath | <input type="checkbox"/> Weak immune system (you frequently get sick with colds, the flu, etc) |
| <input type="checkbox"/> Indigestion, cramps, bloating, constipation or diarrhea | <input type="checkbox"/> Excess weight around your midsection |
| <input type="checkbox"/> Food intolerances | <input type="checkbox"/> Irritability, mood instability, or mental illness |
| <input type="checkbox"/> Skin-related issues (acne, eczema) | <input type="checkbox"/> Poor quality sleep |
| <input type="checkbox"/> Environmental allergies | |
| <input type="checkbox"/> Low energy | |
| <input type="checkbox"/> High stress levels | |

Getting Started Checklist

- Removed “gut worst offenders” from page 9 and 10 from my regular diet, home and lifestyle
- Meditated 5 days in a week
- Purchased a probiotic and started taking it each morning
- Shopped for and worked in something from the suggested snacks and meals for most of my meals

**CLICK THESE LINKS TO READ OR WATCH
A FEW EXAMPLES OF HOW THE WELLBE
COMMUNITY HAS HEALED GUT RELATED
CHRONIC DISEASES**

GAPS Diet — Carley Smith

Carley Smith and her fight with Lyme Disease.

Crohn’s Disease — Courtney Maiorino

Courtney Maiorino and her fight with Crohn’s Disease.

Crohn’s Disease — Dr. Reid Winick

Dr. Reid Winick and his fight with Crohn’s Disease.

Some Other Tips...

WHAT'S WORTH THE INVESTMENT?

A really good probiotic!

See our probiotic recommendations on page 13

Organic foods!

Watch the [WellBe Guide on 9 Ways to Eat Organic Foods on a Budget](#) to learn about 9 ways to eat organic foods on a budget.

A few of our favorite, easy tips below:

1. [Prioritize buying organic versions of the Environmental Working Group's Dirty Dozen list of most pesticide-laden produce](#)
2. Buy in season food - more bang for your buck re nutrients!
3. Shop locally - farmer's markets are comparably priced to grocery stores - prices get cheaper at the end of the day!
4. Cut out non-organic meat and dairy as these are more expensive foods than produce, and eat organic, pasture-raised meat and dairy sparingly.
5. Buy nuts and beans from bulk container bins
6. Batch cook at home and bring your food or freeze it rather than eating out!

