

ANCIENT +BRAVE



GUIDE TO GUT HEALTH

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GUT HEALTH

WHY IS GUT HEALTH SO IMPORTANT?

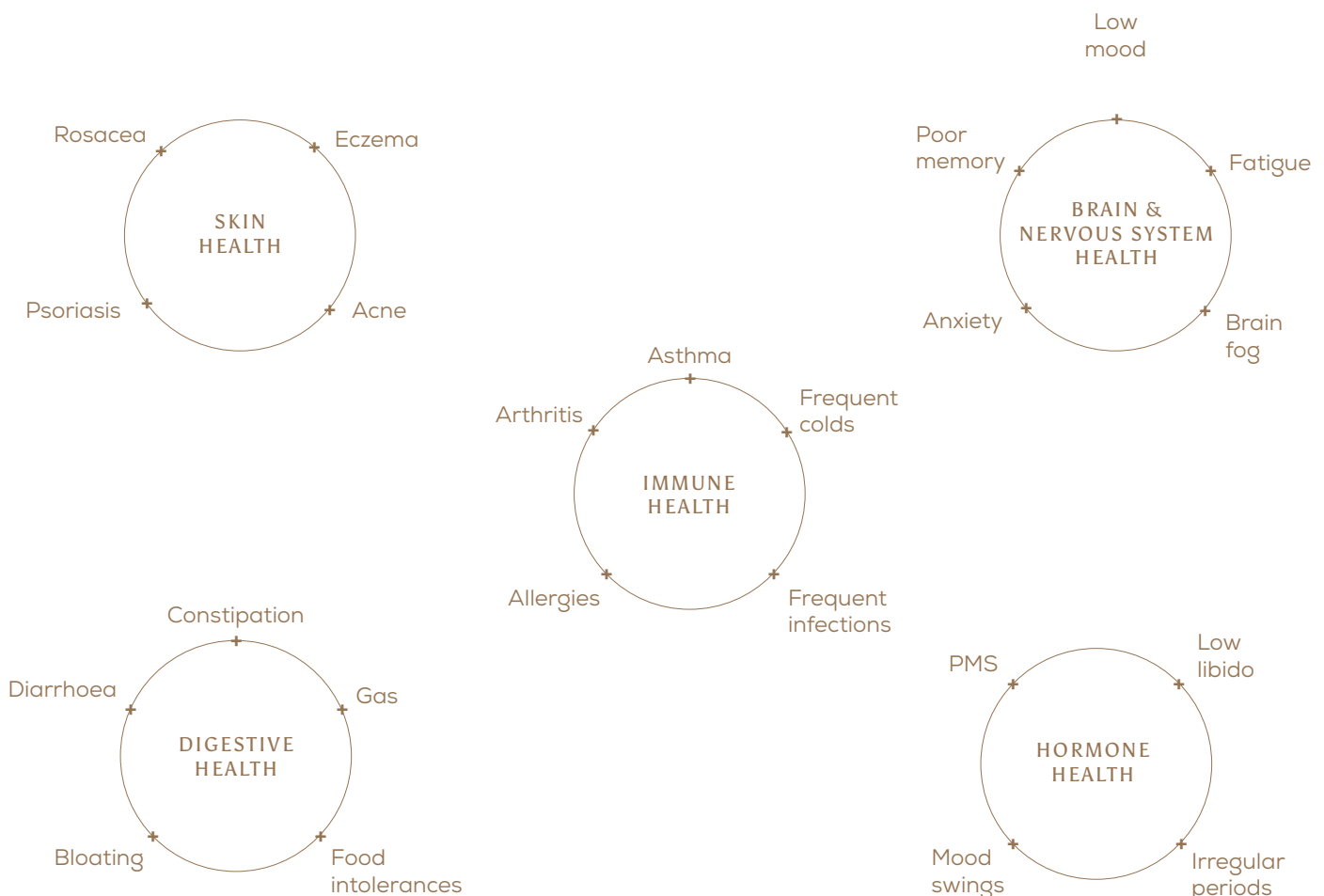
The health of your gut profoundly influences your overall whole body health. The ecosystem that resides in your gut, also known as the microbiome, is a complex network which is totally unique to you – like a fingerprint. Your gut microbiome plays an important role in digestion and absorption of nutrients, immune function, hormone regulation, skin health, mood, blood sugar regulation and more. Therefore, it is imperative to tend to and care for.

Indeed, various factors in our daily lives can

contribute to gut damage and bacterial imbalance. For example – how and what we eat, stress, poor sleep, environmental toxins, a sedentary lifestyle and antibiotics.

Imagine a beautiful garden with lots of vibrant colours and plants. In order to keep it flourishing, we need to put in the work; weeding, water, sunlight, attention and care. When neglected, the garden quickly changes and becomes overgrown and full of weeds. This is not unlike what happens in our gut.

SIGNS & SYMPTOMS OF AN UNHAPPY GUT





HOW CAN COLLAGEN HELP TO IMPROVE YOUR GUT & WHOLE BODY HEALTH?

Although your microbiome is incredibly important, so too is what houses these microbes; your gut lining.

Think of your gut lining as an interface from the outside world to your inner body. It is vital that you have a strong, resilient gut barrier. If your gut lining is compromised, it can result in food particles, bacteria and toxins leaving the gut and entering the bloodstream. This can fire up the immune response which can then cause inflammation in the body.

This is where collagen comes in.

Collagen, the most abundant protein in the body, gives flexible and resilient structure to various body parts such as skin, bones, tendons, cartilage and other connective tissue. Additionally, the amino acids found in collagen play a crucial role in bolstering a resilient and robust digestive system.

The amino acids proline and glycine work to target and repair the damaged intestinal lining. Glycine helps to tame inflammation, and also helps to support the liver, which also aids digestion. Proline helps your body absorb nutrients by rebuilding the connective tissue within the digestive system.

A recent study found that collagen peptides were able to prevent the breakdown of the intestinal lining. By supporting the gut lining and influencing the microbial community, this can have positive effects on other aspects of health like skin issues, for example.

Collagen also helps you to absorb nutrients.

It does this by bonding with water and acid in the stomach, ensuring that enough of each remains to aid in this stage of the



digestion process before the particles pass into the intestines. Optimising stomach acid levels promotes a more efficient digestive process. This is particularly helpful for those experiencing stomach issues, as it fosters a better environment for digestion and nutrient absorption.

Your body slows down collagen production around the age of 25. Therefore, in order

to maintain integrity of the gut lining, we recommend consuming collagen.

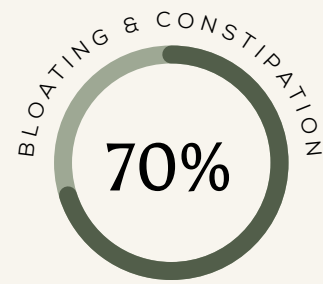
Like any supplement, it is essential to choose a high quality product that will be easily absorbed in the body for maximum benefit. True and Wild Collagen provide 100% hydrolysed type 1 collagen peptides and nothing else – pure, potent and effective.

Supporting Research



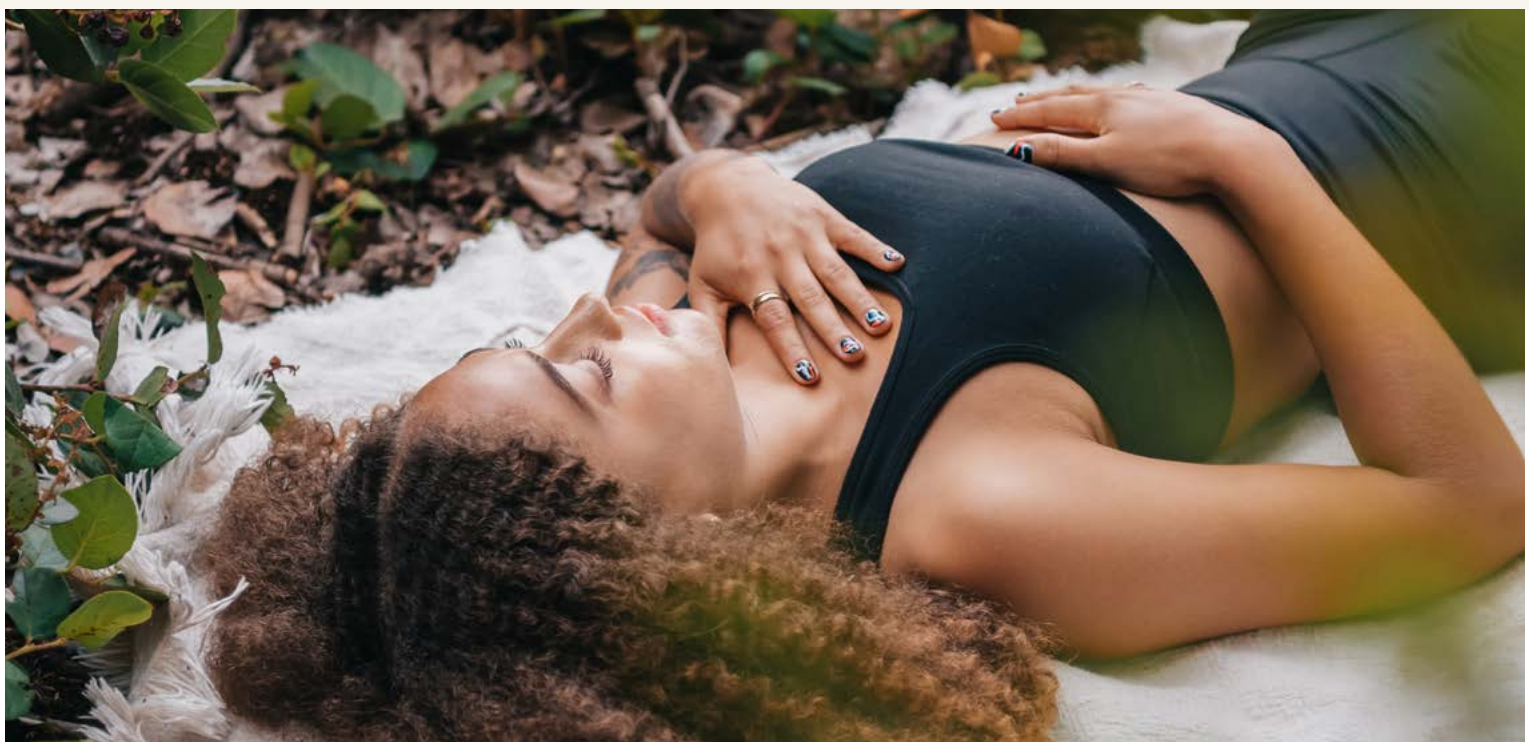
found improvements in digestion including bloating and abdominal comfort in just 8 weeks of supplementing collagen.*

*Supporting research found [here](#).



reported a reduction in digestive issues – such as bloating and constipation – by the 6 week mark.**

**Double-blind, randomised, and placebo-controlled clinical study in 60 healthy UK females aged 35-55 to evaluate the efficacy of True Collagen over 12 weeks.



HOW TO USE COLLAGEN FOR GUT HEALTH

Our True and Wild Collagen dissolves completely when added to hot or cold drinks, smoothies or sprinkled on food. We recommend a dose of 5g up to 15g per day for optimal results. Both products come in sachet form - for good gut health on the go!



ADDITIONAL WAYS TO IMPROVE YOUR GUT HEALTH

In addition to including collagen into your daily wellness rituals, here are some other simple ways you can fine-tune your habits to 'tend to your garden', helping to optimise the condition of your gut.

Embrace Variety

Just like any living ecosystem, the health of your gut microbiome is determined by its diversity. The more different types of microbes inside your gut, the more resilient your biome becomes to invasions by opportunistic 'bugs'. Different foods will

provide different phytonutrients to help feed your gut bugs, so it is important to be consuming a variety of foods throughout the week. Eating a diverse array of rainbow foods also guarantees that you are supplying your gut with polyphenols, which have antioxidant and anti-inflammatory properties. Our Cacao + Collagen blend is rich in beneficial polyphenols.

Boost Fibre

Fibre feeds beneficial bacteria, helping them to flourish and thrive. Well-fed gut bugs then



produce beneficial substances, like butyrate, which help to calm inflammation and provide essential fuel for the gut lining. A fibre rich diet also helps to ensure regular bowel movements - essential for a healthy gut.

Adults need to consume 30g of fibre per day. Here are some simple ways to increase your fibre intake:

- + Add nuts and seeds to oats, soups and salads.
- + Swap wheat pasta for pasta made with lentil or chickpea flour
- + Keep the skin on vegetables
- + Eat more wholegrains (millet, buckwheat, quinoa)
- + Bulk out meals like curries and stews with beans and legumes

You can also boost your fibre intake by including one of our blends which contains Chicory root. This is a type of prebiotic which

has a very high concentration of a soluble dietary fibre called inulin. This acts as a source of fuel for our beneficial gut microbes. It also contributes to a feeling of fullness - win win! Chicory root can be found in [Coffee + Collagen](#), [Cacao + Collagen](#) and [Radiant Collagyn](#).

Eat Probiotics

Probiotics are the beneficial organisms that live in the gut. Levels can diminish as a result of factors such as stress, sleep deprivation, antibiotics, and insufficient dietary fibre. Therefore, it is important to not only feed these microbes with prebiotics, but to make sure we are allowing them to thrive by regularly eating probiotic rich foods.

Fermented foods are rich in probiotics. Examples include sauerkraut, kimchi, kefir, miso, and sourdough.



Cultivate Calm

Have you ever wondered why you feel butterflies in your tummy when you're nervous? This is due to the 'gut-brain' axis, which refers to the bidirectional communication network between the gut and the brain.

Do you notice that your digestive problems worsen when you're stressed?

When stress levels rise, the interaction between the gut and the brain intensifies, leading to digestive problems like bloating, indigestion, and diarrhoea. This heightened communication complicates the task of maintaining a healthy balance of gut bacteria. Prolonged stress diminishes beneficial bacteria and diversity in the gut microbiome.

To counteract the negative effects of stress on your gut, we recommend incorporating nervous system regulation techniques into your daily wellness ritual. Examples include breathwork, meditation, yoga and mindful moments in nature.

Here at Ancient + Brave, we like to encourage the practice of using our products to allow space for stepping away from your busy day, pausing and enjoying the present moment. Take our [Matcha + Collagen](#), for example. Matcha is known in traditional Japanese culture as being an important part of ceremony – a time for quiet reflection and connecting to the present. We invite you to embody the whole experience – light a candle before making your drink, perhaps taking 5 minutes to meditate. Or simply take a few much needed deep breaths as the kettle boils. While consuming your matcha, be as fully present as possible with the taste,



texture, smell and feeling in your body. Even the clean up tasks are perfect from making the transition from this sacred space into a more everyday way of being.

Engaging in mindful eating can also have a profound impact on the digestive process. Try to eat meals in a setting away from your work area, opting instead for a place where you feel relaxed and comfortable. Deep breaths before eating help to shift your nervous system to its 'rest and digest' state. Eat slowly, chew thoroughly, and notice how much this helps ease problems like bloating and constipation.

Hydration

We don't always consider the importance of keeping hydrated for your gut, but it's

crucial. Hydration plays an important role in gastrointestinal tract secretions, digestion and absorption of nutrients, waste elimination and gut microbiome support. Dehydration is one of the most common causes of constipation. Without enough fluid, your body will absorb it from whatever is in your large intestine, causing your stools to become hard and difficult to pass. If your stools are sitting around in your large intestine, this doesn't create a welcome environment for your beneficial gut microbiomes. We would recommend around 1.5-2 litres a day. You may need more depending on your fibre intake, climate, your physical activity levels, your weight and if pregnant or breastfeeding. For additional hydrating support, we recommend our True Hydration - an intelligent coconut water based formula rich in electrolyte minerals.

OUR GUT HEALTH

PROTOCOL



True Collagen

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Wild Collagen

[**VIEW PRODUCT**](#)



Radiant Collagyn

[**VIEW PRODUCT**](#)



True Hydration

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Coffee + Collagen

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Cacao + Collagen

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Whether you need advice, support, or simply have something to share, our dedicated customer support team and in-house nutritionists are here to help you on every step of your journey.

This guidance is not intended to substitute any medical treatment or advice from a healthcare professional. Before taking any supplement, talk with your healthcare provider to ensure that it's safe and effective for its intended use, especially if you are taking medication.

This guide was written by our in-house nutritionist and reviewed April 2024. Our experts continually monitor the health and wellness space, and we update our articles when new information becomes available.

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