



KePro

Harmonizing Gut Bacteria & Digestion

A Multi - Functional Food

**Basic guide to eating
healthy**

**80/20
Rule**

This is a basic guide to healthy eating habits. Everyone is different, the basics when applied correctly can help you establish a better lifestyle & eating habits for overall better health.

Put down more of the 20% foods, and eat more of the 80% foods for a healthier you.

Many people seem to have a hard time balancing their food groups for a healthier gut and weight management. Building a healthier gut builds a healthier immune system.

Why is this important? It effects your gut health, which effects everything else. Causing your gut bacteria to become unbalanced over time. This leads to the your body not breaking down your food properly, which leads to your gut not absorbing nutrients correctly, which leads to nutritional deficiency, which leads to disease, like SIBO, IBS and much worse, IBD. We need to change how we look at food.

Food is designed to give the body fuel, nutrition and fermented foods to replace good gut bacteria with a diverse varieties of probiotics.

These foods help the body balance good to bad bacteria, help break down healthy foods and pull nutrition it needs to run correctly.

Over the centuries we have evolved into a society of "we eat to please our mouth and feel good." These foods in small amounts are okay. When they become the majority of the our diet, over time the body can't run correctly.

Okay, so what exactly are the 20% foods and the 80% foods?

Let's start by understanding a few foods that hurt our gut health, immune system and overall health. All processed foods - snacks, chips, sodas, energy drinks, fast food, fully prepared boxed foods, condiments, desserts, ect. These foods all contain chemicals that have preservatives in them that kill any pathogen that might get it. This is a good thing right? Keep you from getting sick, or food poisoning. They also kill off good bacteria, and lack natural enzymes. Both help you breakdown your food properly in the stomach and add protective properties. When the body can no longer do the process correctly, it leads to problems like reflux acid, SIBO, IBS, IBD, and malnutrition. Like Hippocrates stated "disease starts in the gut, death begins in the colon". Let's look at more foods:

Unfiltered Tap water, most of our water supply has issues.

Enemy #1 is sugar

A major contributor to diabetes and feeds bad bacteria that has no benefit in our bodies. These bad bacteria can cause cravings for sugar and refined carbs which can cause sugar blood levels to spike and fall. The body does not recognize these chemicals and therefore stores it as fat causing weight gain.

Antibiotics

As much good as they have done and continue to do, they do have a down side. It can destroy parts of your gut bacteria. Antibiotics can't tell the difference between good and bad bacteria.

Processed Foods

Foods prepared with chemical additives or processes that changes the natural state of a natural food or enhance flavor, increase natural shelf life, artificial colors, protective agents against pathogens– are all damaging to your microbiome.

Preservatives & Emulsifiers

Most research indicates these preservatives can greatly reduce the variety, and numbers of your gut flora.

They are very common in packaged foods which helps to extend the shelf life of foods and keep ingredients from separating, are common in many foods from mayonnaise, salad dressing, biscuits and yes even peanut butter. Research studies have shown these ingredients negatively affect the makeup of our gut bacteria and damage the protective mucous layer that shields our intestinal tract, resulting in inflammation and can lead to bacterial infection. (Think of IBS, and Crohn's disease.)

Alcohol is very effective at killing bacteria which is why it is used in sanitary wipes, mouth wash and for cleaning cuts and minor injuries. Consuming too much alcohol found in beer and other drinkable spirits can again reduce your good gut bacteria.

Cheap Meat & Dairy

Real milk is not cheap, reduce how much you consume, make it count with quality small local farmed organic milk. You will feel the difference.

Organic meat & dairy are key to better health. Organic A two gene milk can help you get the minerals and vitamins you need.

Having enough good bacteria and digestive enzymes are crucial for proper food digestion of these two needed foods groups.

Processed meats

Ham, bacon, sausage, salami all have chemicals additives, preservatives and are highly processed.

Eating more than 20% of these foods can lead to problems over time.

We only have one body, we want to keep it healthy and working well, as it adds so much to having a better life. Having more energy, better mood, cheap food isn't cheap as we age we probably encounter health issues, doctor visits, maybe hospital visits, surgeries, medications.

These are not cheap.

Eating healthy, helps keep the body healthy and working well for better quality of life.

Taking the time to learn to cook good healthy meals and prepare food for you and your family is one of the best things you can do for them and yourself.

80% foods -

Are foods grown and raised with healthy soil. As everything that is in the soil and plants ends up in you.

These foods are organic certified, or from local farmers and dairies, beekeepers and so on. Having a garden is the best thing you can do to control everything in your food from composing to adding nutrients to the soil, which then goes to the plants you eat. Growing a garden has other benefits as well, like daily exercise, getting out in the sunshine.

If this just isn't possible, then learn about food labels, some can be misleading. A good rule of thumb is - if you don't know the ingredient, then it probably isn't good for you. Foods in plastics, boxes, fast and easy meals most have chemicals which the body can't process and many get stored as fat. It is best to hit the produce section and learn about cooking foods slow and low. The internet has many awesome recipes & websites to help you learn and enjoy awesome new healthy food dishes.

Don't overcook foods as this depletes the nutrition and over cooking some foods can turn them toxic to your body. The microwave also destroys nutrition, we all love the microwave for fast and easy meals.

Making it a habit to eat these 20% of the time and cook real food 80% of the time can make a big difference in your overall health. Adding a KePro smoothie for a quick breakfast is a great way to get good natural probiotics, fiber, electrolytes, healthy fats and oils, fruits & vegetables and you have a great 80% fast and easy breakfast.

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Thank you for your interest in KePro and hope this answered your questions. We are here for you on your journey to feeling your best! If you have any other questions or would like learn more.

Please visit

KeProForYou.com

Every Sip Counts! Be sure to start your day off right with KePro as it will help you on your journey to a healthier + better you.

Take care of your body & your body will take care of you.

The image shows the KePro logo on the left, which includes a green leaf icon and the text "KePro® All Natural Smoothie Base Harmonizing gut bacteria & Digestion". In the center is a white pouch of KePro product with a fruit illustration and the text "KePro HARMONIZING GUT BACTERIA & DIGESTION ALL NATURAL SMOOTHIE BASE FIBERIZED BLEND". On the right, a light blue box contains the text "Building a healthier you naturally".

KePro
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