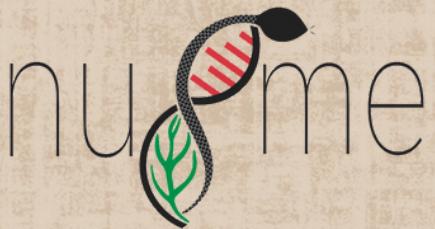




# How to HEAL YOUR GUT



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# How this guide and I can help you:

- Gut health is a keystone of functional medicine.
- The gut is the foundation of health, influencing digestion, immunity, inflammation, mood, depression, and plays a role in almost all chronic illnesses.
- Functional medicine addresses root causes of gut issues using personalized, science-based approaches.
- Clinical nutrition optimizes diet and lifestyle to support gut healing.
- This guide provides actionable insights to start your gut health journey.
- Working with a practitioner can ensure tailored, lasting results.





# The Foundations of Gut Health

The gut includes the stomach, intestines, and the gut microbiome (trillions of bacteria).

A healthy gut:

- Digests and absorbs nutrients efficiently.
- Maintains a strong gut lining (only one cell thick) to prevent toxins from entering the bloodstream.
- Supports a balanced microbiome for immunity and brain health.
- The gut-brain axis connects gut health to mental health and emotional well-being.
  - The gut microbiome is responsible for the production of between 60-80% of neurotransmitters - think brain development, mood, depression, concentration, sleep, energy etc.
- Gut health impacts 70-80% of the immune system
  - It can have a profound impact on allergies, autoimmunity, inflammation, food intolerances and sensitivities, and defence against pathogens.





# What can damage your gut?



## Poor Diet

Processed foods, sugar, artificial additives, ultra-processed food, seed oils. Industrialized diets (low fiber, high sugar) starve good bacteria.

## Chronic Stress

Disrupts gut motility and microbiome balance.



## Medication

Antibiotics (even one cycle), NSAIDS, or proton pump inhibitors.



## Infections

Pathogenic bacteria, parasites, or yeast overgrowth.



## Toxins

Alcohol, pesticides, herbicides, heavy metals, glyphosate and non-organic food, and food additives.



## Lack of sleep

Impairs gut repair and microbiome diversity.





# Functional Medicine Interventions for Gut Health

- Personalized nutrition: Anti-inflammatory diets (e.g., Mediterranean, low FODMAP).
- Targeted supplements: Probiotics, prebiotics, L-glutamine, micronutrients etc.
- Stress management: Mindfulness, yoga, or breathwork to support the gut-brain axis.
- Detoxification: Supporting liver and gut to eliminate toxins.
- Lifestyle adjustments: Sleep optimization, movement, and hydration.
- Genetic analysis, stool analysis, food sensitivity testing, and microbiome profiling.





# The 5R Program: A Simple Framework for Gut Healing

1

## Remove

Eliminate triggers (processed foods, allergens, pathogens).  
Example: Avoid gluten, dairy, or sugar for 30 days.

2

## Replace

Restore digestive essentials (enzymes, bile acids, stomach acid).  
Example: Use apple cider vinegar before meals to boost stomach acid.

4

## Repair

Heal gut lining with nutrients (L-glutamine, collagen, zinc etc.).  
Example: Sip bone broth daily for gut-soothing amino acids.

3

## Reinoculate

Rebuild microbiome with probiotics and prebiotics. Example: Add fermented foods like kefir or sauerkraut.

5

## Rebalance

Sustain health with stress management and lifestyle changes.  
Example: Practice 10 minutes of meditation daily.

**Why it works:** Holistic, safe, customizable, and addresses root causes.



# Simple Actions You Can Take Today

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## *Diet*

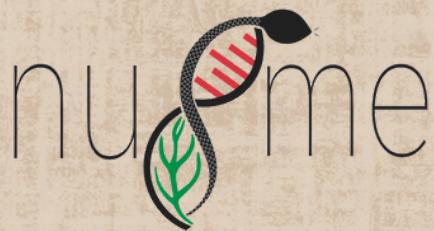
- Remove inflammatory foods for 2 weeks: gluten, dairy, sugar etc.
- Eat 5 - 7 servings of colorful vegetables daily for fiber and polyphenols
- Swap soda for water or herbal tea to reduce sugar intake and cravings
- Try one fermented food daily (kefir, yogurt, kimchi, kombucha, etc.).
- Cook with gut-supporting herbs: ginger, turmeric, oregano, etc.
- Eat a greater diversity of whole foods
- Chew food thoroughly; don't eat while stressed or rushed
- Try a 12 to 14-hour overnight fast (gut rest)
- Drink filtered water; cut alcohol for 30 days
- Add bone broth or collagen to meals

## *Lifestyle*

- Walk 10 - 15 minutes after meals to support digestion.
- Aim for 7 - 8 hours of sleep to promote gut repair.
- Practice deep breathing for 5 minutes at a time to reduce stress.

## *Mindset*

- Keep a food journal to identify triggers.
- Set a small, achievable gut health goal (implement one of the tips)
- These steps are simple but powerful when done consistently.



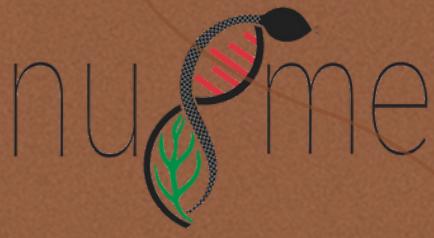
# I can help.

Gut healing is complex; one-size-fits-all approaches often fail.

## What I Offer:

- Personalized analysis to uncover hidden issues (e.g., IBS, SIBO, dysbiosis).
- Root-cause approach: not band-aids.
- Tailored protocols based on individual health history and goals.
- Ongoing support and coaching to navigate challenges and adjust plans.
- Your expertise saves time, reduces trial-and-error, and maximizes results.





Start your healing  
journey, today

Book a free 15-minute  
discovery call

**Book Now**

Website: <https://nume.healthcare>

## About Me

I'm Giovanni, but everyone calls me Gio. I am a Functional Medicine Nutritionist offering personalised dietary and lifestyle interventions that aim to improve general health and wellbeing, and enhance human performance naturally. I am specialised in reversing chronic non-communicable illnesses, restoring vitality, improving epigenetic functionality, maximising physical and mental performance and improving longevity and lifespan.



I obtained my Master's Degree in Science in Human Nutrition and Functional Medicine from the University of Western States (Portland, USA) where I graduated summa cum laude with Distinction. I am a Certified Functional Medicine Practitioner (IFM) and a Board Certified Nutritional Specialist, and I am currently completing my Doctorate in Clinical Nutrition from Notre Dame of Maryland University. I also hold a post-graduate degree in Medical Biochemistry - specialising in human immunology and communicable diseases - as well as an undergraduate degree in Biochemistry and Microbiology, both from the University of Cape Town.