



How to

HEAL YOUR GUT



GIOVANNI BATTISTA NUSCA, MSC, CNS, FMCP
FUNCTIONAL MEDICINE PRACTITIONER
AND CLINICAL NUTRITIONIST



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

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.

GIOVANNI BATTISTA NUSCA, MSC, CNS, FMCP
FUNCTIONAL MEDICINE PRACTITIONER
AND CLINICAL NUTRITIONIST