

SUBJECT LINES:

1. Are low carb diets good for your gut?
2. Find out if the carbs you ate today were the healthy kind!

PREHEADER:

- Some of you might already know from experience, but...
- Your gut wants a very specific type of carb. It's called...

BODY:

Let me ask you something,
{first_name|default:'friend'}},

Have you ever tried a **low-carb diet**?

From Atkins to Keto (and even Carnivore), many trending diets advocate for carb restriction.

But as enticing as swift weight loss sounds, most of us haven't considered one critical question:

How do low-carb diets affect the gut?

If you've been following my emails lately, you'll notice the word 'prebiotics' cropping up a lot.

They're the types of fiber that support a flourishing gut microbiome – which is essential for **weight loss**.

And fiber is most definitely a carb!

So cutting out carbohydrates as a food group can be **truly detrimental** to your gut.

Now before we go any further, it's time to set the record straight:

Carbs aren't the enemy.

In fact, they're critical for our health, providing us with energy and feeding our healthy bacteria.

What matters is differentiating good carbs from bad ones.

Whole grains like brown rice, wheat, corn, and quinoa are the good guys on your plate.

They contain fiber that resist digestion, which means that the **good bacteria** waiting in your **large intestines** can have a nourishing meal of their own.

Whole grains are also known for having polyphenols that benefit the gut.

But maybe the best thing about whole grains is the fact that *they're not processed*.

If they were, they'd be rapidly digested into simple sugars that actually promote the growth of **bad bacteria**.

And that's exactly what these processed grains do:

- white rice
- white bread and pastries

- most pastas
- refined cereal grains

They all give you a quick jolt of energy but lack the fiber and nutrients to support your gut.

So I always recommend **swapping out refined grains** for **whole grains** any chance you get.

Another power carb is veggies – especially in their raw form.

Carrots, cabbage, artichokes...leafy greens like spinach and kale...beets, bell peppers, celery, asparagus, dandelion greens, bamboo shoots, and jicama root are all **astounding sources** of polyphenols and prebiotic fibers.

But these are just the tip of the iceberg...

When you eat an array of raw and cooked veggies, *your body feels like it hit the nutrient jackpot.*

From experience, I can tell you that these types of carbs make you feel so energized and satisfied!

Which is exactly how you need to feel if you're going to avoid the worst carbs on the list...

Processed sugar.

Whether you're consuming this stuff in energy drinks, coffee creamers, baked goods, or even packaged food that's supposed to be healthy...

Processed sugar is about **the worst carb** for your gut.

For one, high sugar almost always means **low nutrition**.

Then you have to consider that processed sugar **rarely** comes to the food party by itself...

It's usually joined by preservatives, artificial colors, salt, and other unsavory additives. All of which can negatively impact your microbiota.

So instead of adding a **deposit** to your gut health, you're almost always making a **withdrawal** when you eat processed sugar.

The key to resisting all the sugary treats we grew up loving so much?

Ramping up your gut health **with the right carbs** and consuming a *nutrient-dense diet*.

If people knew just **how strongly** the microbiome influences **satiety**, they'd be reaching for a *carrot* after dinner instead of an ice cream bar!

If you really want to change your gut health with the right carbs...

I'll show you how to **meal plan** in an upcoming email 😊

'Till then!

Let's get healthier one day at a time,

Dr. Travis Stork

PS:

While gut health does depend on the right carbs, there's one other really important nutrient that comes to mind...

L-glutamine is one of the main supernutrients for outstanding gut health.

And the best way to get more of it, I've found, is to take [GutConnect 365](#).

It has a whopping 5000 milligrams per serving, which can work wonders on a leaky gut.

[Save \\$28 when you order today!](#)