

@ w 4 b c o a c h i n g . c o m

Healthy FOOD FOR A HEALTHY GUT



PARKINSON'S

4 week programme

YOUR GUT & PARKINSON'S

Parkinson's disease (PD) is a neurodegenerative disorder that affects movement, balance, and coordination.

One of the lesser-known aspects of Parkinson's is its significant impact on gut health. Many people with Parkinson's experience gastrointestinal issues such as constipation, bloating, and gut dysbiosis (imbalance in gut bacteria), which can worsen motor and non-motor symptoms



THIS PROGRAMME



1

LEARN

Each week we focus on an aspect of gut health and provide learning material



2

ACTION

We then ask you to try making changes and tracking your progress



3

REVIEW

At the end of each week we would like you to review your progress.



MORE INFORMATION

www.w4bcoaching.com

This 4-week programme focuses on improving gut health for individuals with Parkinson's disease (PD). The programme includes gradual dietary changes, lifestyle adjustments, and supplements to support digestive function and overall well-being. Each week builds on the previous one, promoting sustainable habits that align with managing Parkinson's symptoms.

Week 1: Laying the Foundation for Gut Health

Goals:

- Start increasing fiber intake.
- Stay hydrated.
- Begin regular light exercise to stimulate digestion.

Dietary Changes:

1. Increase Fiber Gradually:

- Add one serving of high-fiber foods like oats, chia seeds, or leafy greens per day.
- Try to reach 15–20 grams of fiber per day this week.
- Avoid sudden jumps in fiber intake to prevent bloating.

2. Stay Hydrated:

- Aim for 6–8 glasses of water per day.
- Add natural flavorings like lemon or cucumber to make water more appealing if needed.

3. Introduce Prebiotic Foods:

- Add one prebiotic-rich food like onions, garlic, or bananas to your daily diet.

Lifestyle Adjustments:

- Daily Movement:
 - Start with 15–20 minutes of light exercise like walking, stretching, or yoga to stimulate bowel movements.
 - Focus on mobility exercises to reduce constipation.
- Mindful Eating:
 - Eat slowly and chew food thoroughly to aid digestion.

Today's Date:

Breakfast

Changes I made

Lunch

Dinner

Track Progress:

Note changes in bowel movements and digestion.
Keep track of fiber intake and water consumption.

Today I Am Feeling...

Today's Date:

Breakfast

Changes I made

Lunch

Dinner

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Changes I made

Lunch

Dinner

Track Progress:

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Today I Am Feeling...

END OF WEEK REVIEW

My best breakfast

Changes I made

My best lunch

My best dinner

Summary of progress

Week 2: Building Digestive Resilience

Goals:

- Increase fiber intake to improve bowel regularity.
- Introduce fermented foods for gut bacteria balance.
- Maintain hydration and regular exercise.

Dietary Changes:

1. Increase Fiber Intake:

- Gradually reach 20–25 grams of fiber per day.
- Add more fiber-rich foods like whole grains (brown rice, quinoa), fruits (apples, pears), and vegetables (broccoli, carrots).

2. Introduce Fermented Foods:

- Add one serving of fermented food, such as yogurt, kefir, sauerkraut, or kimchi, to your diet.
- Start with small portions to avoid digestive discomfort.

3. Continue Prebiotic Foods:

- Incorporate prebiotic-rich foods daily (e.g., garlic, asparagus, or oats).

Lifestyle Adjustments:

• Increase Exercise:

- Aim for 20–30 minutes of daily exercise (walking, swimming, or light resistance training).
- Consider adding mobility exercises to aid digestion and motor function.

• Stress Management:

- Practice 10–15 minutes of mindfulness or deep breathing exercises daily to reduce stress, which can negatively impact gut health.

Today's Date:

Breakfast

Changes I made

Lunch

Dinner

**Track Progress:
Monitor changes in digestion, bloating
and energy levels.**

Today I Am Feeling...

Today's Date:

Breakfast

Changes I made

Lunch

Dinner

**Track Progress:
Monitor changes in digestion, bloating
and energy levels.**

Today I Am Feeling...

Today's Date:

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Today I Am Feeling...

Today's Date:

Breakfast

Changes I made

Lunch

Dinner

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END OF WEEK REVIEW

My best breakfast

Changes I made

My best lunch

My best dinner

Summary of progress

Week 3: Strengthening Gut and Overall Health

Goals:

- Maintain consistent fiber intake.
- Further enhance gut health through varied probiotic and prebiotic sources.
- Focus on managing constipation and optimizing digestion.

Dietary Changes:

1. Consistent Fiber Intake:

- Aim for the full recommended 25–30 grams of fiber per day.
- Add new sources of fiber like chia seeds, flaxseeds, and legumes (lentils, beans).

2. Increase Fermented Foods:

- Increase fermented food intake to two servings per day, such as yogurt at breakfast and kimchi or sauerkraut with lunch or dinner.

3. Diversify Prebiotic Foods:

- Rotate prebiotic foods throughout the week to nourish a diverse gut microbiome. Include artichokes, dandelion greens, and leeks.

Lifestyle Adjustments

• Increase Exercise Duration:

- Engage in 30 minutes of daily activity, focusing on flexibility and balance to support motor function.

• Practice Mindful Eating:

- Pay attention to meal times and digestion, eating slowly and chewing food thoroughly to improve absorption.

Today's Date:

Breakfast

Changes I made

Lunch

Dinner

Track Progress:

Identify any potential food triggers causing discomfort.

Track energy levels, bowel movement regularity, and overall digestion

Today I Am Feeling...

Today's Date:

Breakfast

Changes I made

Lunch

Dinner

Track Progress:

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Track energy levels, bowel movement regularity, and overall digestion

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Today's Date:

Breakfast

Changes I made

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Week 4: Maintaining Gut Health Long-Term

Goals:

- Fully integrate gut-healthy habits into your routine.
- Optimize digestion and manage Parkinson's-related gut issues like constipation.

Dietary Changes:

1. Maintain High Fiber Intake:

- Consistently consume 25–30 grams of fiber daily from a variety of sources.
- Include a mix of soluble and insoluble fibers to support bowel health.

2. Rotate Probiotic and Fermented Foods:

- Continue consuming two servings of fermented foods per day.
- Diversify your probiotic sources by trying new fermented foods like kombucha, miso, or tempeh.

3. Balanced, Whole-Food Diet:

- Focus on eating whole, unprocessed foods.
- Minimize processed foods, sugary snacks, and refined grains that may disrupt gut bacteria.

Lifestyle Adjustments:

- **Regular Exercise:**
 - Maintain at least 30 minutes of physical activity daily, focusing on a balance of cardio, flexibility, and strength exercises to support digestion and overall health.
- **Continue Stress Management:**
 - Practice relaxation techniques like deep breathing, yoga, or meditation to reduce gut inflammation and improve overall well-being.

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Breakfast

Changes I made

Lunch

Dinner

Track Progress:

Reflect on how you feel after four weeks:
improved digestion, less bloating, regular bowel
movements, and better energy levels.

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