

# STELLAR *Life*

Hosted by *Orion*

## Immunize Your Gut Health

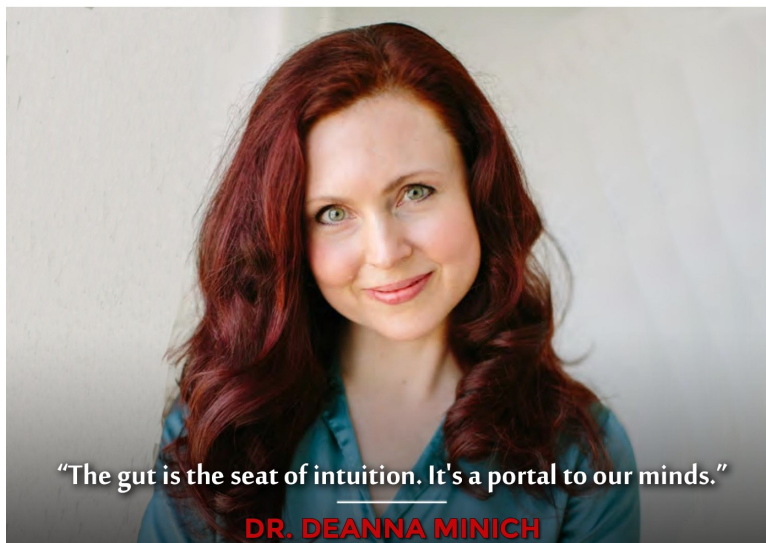
10 Point Checklist

**Dr. Deanna Minich**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"The gut is the seat of intuition. It's a portal to our minds."

**DR. DEANNA MINICH**

# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- Prepare a healthy plate that looks like a rainbow. If your meal is composed of only brown and white, it needs to change. Here are some colored foods and their benefits.
- RED:** This is the color of urgency, reactivity, and survival. Red foods like cranberries, beets, and tomatoes address inflammation and play a huge role in immunity response.
- ORANGE:** This is a warm and inviting color often associated with feeling 'sexy' and has a connection with the reproductive system chakra, which also happens to be orange. Orange foods are rich in folate, and the citrusy kinds are packed with vitamin C.
- YELLOW:** This is the fire element in the digestive system. Yellow foods like bananas and pineapples are high in fiber and give serotonin. So if your mood is feeling a bit down, eat some foods that belong in this color group.
- GREEN:** This is all about the cardiovascular system. Leafy greens such as kale and spinach are packed with healthy nitrates that help open up the blood vessel. Green should be the dominating color on your plate.
- BLUE & PURPLE:** These are often overlooked colors, but they work amazing for the brain. Superfoods like blueberries, acai berries, and purple kale are packed with many antioxidants. These have a lot to do with improving one's learning and memory.
- BROWN:** Although brown foods should be the least amount of color seen on one's plate, a few products in this category are incredibly beneficial. Foods like raw cacao and coffee content essential phytochemicals.
- WHITE:** Fruits and vegetables in this color group are high in potassium, fiber, beta-glucans, lignans, and epigallocatechin gallate (EGCG). Include collagen powders, quinoas, coconuts in your regular diet.
- Make sure this healthy diet journey is not stressing you out. Strengthening the gut is all about stress management. When you're not feeling 100% at peace with everything you do, it'll affect your system.
- Visit Dr. Deanna Minich's [website](#) to learn more about her mission and grab a copy of her book, [The Rainbow Diet](#).