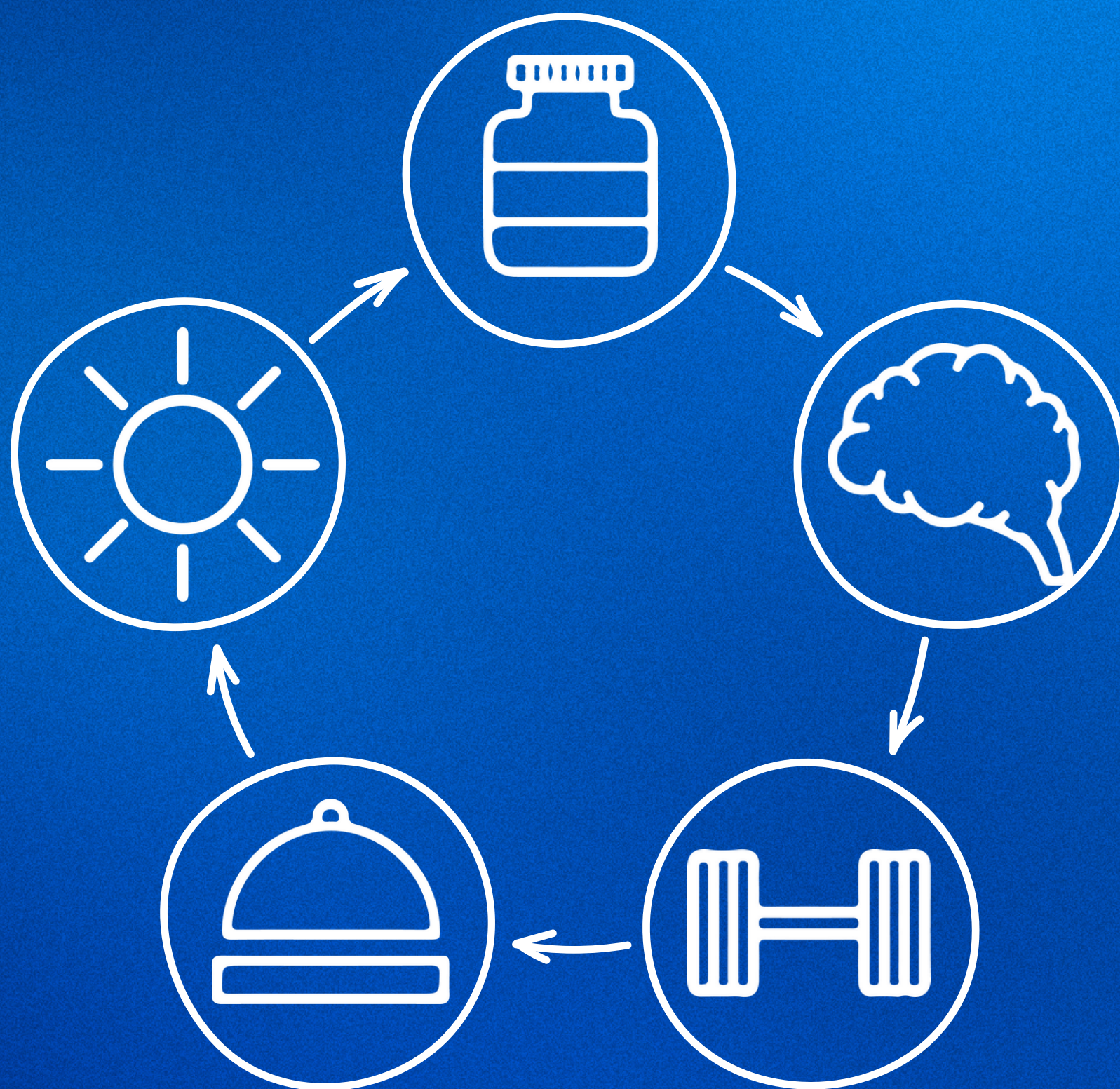


# 5 Pillars Guide to a Resilient Microbiome



**Build Your  
Resilient Gut**  
MICROBIOME & BEYOND



## **Build Your Resilient Gut: 5 Pillars Guide to a Resilient Microbiome**

First Edition

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This book is for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Rebel Health and Kiran Krishnan are not medical practitioners or doctors and do not practice medicine. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this book. The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.



## Pillar 1: Food

**NOTE ON ANIMAL FOODS:** If you do consume animal foods, prioritize wild-caught fatty fish (salmon, mackarel, sardines, etc...) and grass-fed/pastured and minimally processed. Conventionally-raised/industrial animal foods are unhealthy for our bodies and for the planet. There are no animal foods that are essential for an healthy, resilient microbiome.



### BASICS

- ☐ Diversity is king! Eat as many different foods as possible
- ☐ Consume a wide range of colorful fruits and vegetables - full of beneficial polyphenols!
- ☐ Prioritize fresh, local, organic, and unprocessed foods
- ☐ Reduce/eliminate highly processed foods, refined carbohydrates, added sugar, and artificial sweeteners
- ☐ Focus on healthy fats, such as olive oil, flax, chia, walnuts, etc...
- ☐ Stay hydrated

### OPTIMAL

- ☐ Increase fiber uptake (as tolerated) to 50g per day
  - ☐ Leafy greens, root vegetables, legumes, whole grains, nuts, and seeds
  - ☐ Mix of soluble & insoluble fiber
- ☐ Prebiotic-rich foods feed beneficial microbes and increase production of beneficial short-chain fatty acids
  - ☐ Resistant Starches (green bananas, oats, cooked/cooled potatoes or rice)
  - ☐ Inulin (chicory root, garlic, onions, leeks)
  - ☐ Fructooligosaccharides (FOS) - (asparagus, artichokes, dandelion greens)

**Find shopping/food lists, recipes and much more in the [Feed Your Microbiome Guide](#)**





## Pillar 2: Stress

### SELF-PRACTICES

☐

Meditation / Mindfulness

☐

Spend time in nature

☐

Yoga, qigong, tai chi

☐

Journaling

☐

Daily gratitude practice

☐

Breathing practices

☐

Vagus Nerve Stimulation (gargling, humming, singing, diaphragmatic breathing, meditation, etc...)

### GUIDED/PROFESSIONAL RECOMMENDATIONS

☐

Breathwork

☐

Massage/Bodywork

☐

Safe Trauma Resolution

☐

EMDR, Somatic Experiencing (SE), Biodynamic Breathwork & Trauma Release System (BBTRS), NeuroAffective Relational Model (NARM), Brainspotting, Adult Attachment Repair Model (AARM)

☐

Brain Retraining Programs

☐

Primal Trust, Gupta Method, DNRS

### STRESS-REDUCING HEALTH TECHNOLOGY

☐

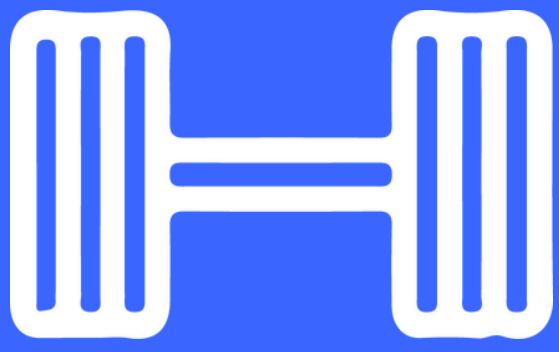
[TruVaga](#) - Stimulate the vagus nerve for improved digestion, sleep, relaxation, etc...

☐

[ApolloNeuro](#) - Reduce stress, improve sleep, calm anxiety, etc...

**Watch: [Bonus Module on Nervous System Regulation, Breathing & Trauma](#) for much more information and guided practices from Michael Roesslein.**





## Pillar 3: Lifestyle



### EXERCISE

- ☐ Walking - 10k steps per day (Especially important after meals)
- ☐ Appropriate intensity for your fitness & goals (Can be challenging, but don't overdo it)
- ☐ Strength training has strongest microbiome benefit

### SLEEP & CIRCADIAN RHYTHM

- ☐ 15 min of natural sunlight in the morning upon waking
- ☐ Natural light throughout the day
- ☐ 90 min before bed - reduce/eliminate blue/artificial light
- ☐ Consistent sleep/wake times
- ☐ At least 7-8 hours of quality sleep

### COMMUNITY/CONNECTION

- ☐ Regular connection with family & friends
- ☐ Join community groups/activities

### EATING HABITS

- ☐ No meals within 90 minutes of bed
- ☐ Intermittent fasting/time-restricted eating (extend time between last meal + first meal of next day)  
**CAUTION:** *If you are under high stress or have difficulty with blood sugar regulation, don't start here.*

**Watch:** [Bonus Module on Light, Circadian Rhythms, and the Gut/Microbiome](#) for much more information from Carrie Bennett.





## Pillar 4: Exposure



### FOR BABIES/MOMS



Natural birth whenever possible



Skin-to-skin contact for infants (both parents - especially mom)



Breast-feed

### EXPOSURE TO NATURE



Let kids get dirty! (And you get dirty too.)



Pets (especially dogs) are great for microbiome diversity



Spend time (and eat!) in nature as much as possible

### PITFALLS/TO AVOID



Frequent overuse of antibiotics (including natural antimicrobials)

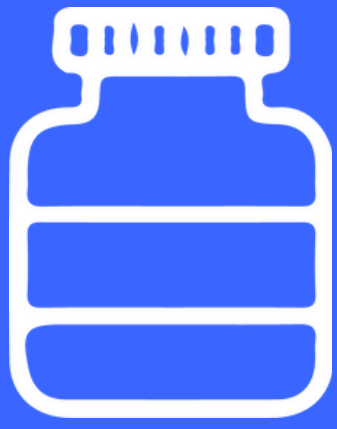


Excessive use of hand sanitizers, disinfectants, and sterilization products



Antiseptic mouthwash (destroys oral biome!)





## Pillar 5: Supplements



High-quality, research-backed supplements can be a major boost to your efforts to build a healthy and resilient microbiome and optimally functioning digestive system. Unfortunately, in the modern world, we are bombarded with stress, toxins, unhealthy foods, and other factors that harm our microbiome and negatively impact our digestion.



**Kiran recommends starting with 3 months on the [Microbiome Foundations Bundle](#), which includes MegaSporeBiotic, MegaPre, and Tributyrin-X. Watch [this lesson](#) to learn more.**

This is a great place to start - and a solid foundation to build a healthy microbiome. As you go through all of the modules and lessons of the course, you will gain the knowledge and understanding to make informed decisions regarding the best supplement options for your needs to address specific challenges, conditions, and symptoms.