



Digestive Wellness Journey: 4-Step Approach to Gut Health

(Part 1: Steps 3 & 4 of 4)

A comprehensive guide to understanding and improving your digestive system through targeted nutrition and practical cooking techniques.

Our 4-Step Approach to Gut Healing

Step 1: Replenish



Boost digestive fluids with acidic foods, bitter herbs, and enzymes to improve breakdown of nutrients

Step 3: Repair



Heal the gut lining with collagen, glutamine, and vitamin A to restore barrier function

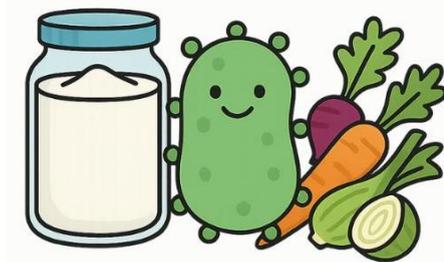
This progressive approach addresses the root causes of digestive discomfort while building a foundation for lasting gut health. Each step builds on the previous one, creating a comprehensive healing journey.

Step 2: Remove



Eliminate harmful bacteria and reduce inflammation with anti-microbial foods and low-FODMAP approach

Step 4: Reinoculate



Introduce beneficial bacteria and prebiotic fibers to rebuild a healthy microbiome



Step 3: Repair – Heal and Strengthen the Gut Wall

When your gut lining becomes permeable ("leaky gut"), undigested food particles and toxins can enter your bloodstream, triggering inflammation and immune reactions. The repair phase focuses on healing this crucial barrier.

Healing Nutrients

- Glutamine: primary fuel for intestinal cells
- Collagen: structural protein for tissue repair
- Gelatin: soothes and coats the digestive tract
- Vitamin A: essential for epithelial integrity

Key Foods

- Bone broth (long-simmered stock)
- Gelatin-rich dishes
- Orange vegetables (carrots, pumpkin) Vitamin A
- Okra and other mucilaginous foods

Easy Bone Broth Soup with Chicken Wings in a Rice Cooker (Slow cooker)

Ingredients (8 servings)

- Chicken wings: 1 kg
- Water: 2 liters, Salt: about 10g
- bonito or kombu Dashi (kelp)
- Powder 6g x 2
- dried kelp
(if possible 2 pcs(5 cm x 10 cm))
- Ginger: 100g
- Shallots: 2-3 stalks

Method

1. Cut the ginger into slices about 0.5cm thick.
Cut the green parts of the shallots and set aside.
2. Cut the daikon radish into bite-sized irregular pieces.(optional)
3. Place the chicken wings, ginger, shallots, and all other ingredients into the rice cooker(slow cooker).
4. Adjust the amount of water and seasoning according to the size of your rice cooker.
5. Once all ingredients are added, press the "cook" button on the rice cooker.

When the water in the rice cooker begins to boil and steam starts to come out, cancel the cooking setting and switch to "keep warm." If you leave it on the cooking mode, it will continue cooking until all the water in the rice cooker evaporates, so be careful. Leave it on "keep warm" overnight, and the next day you will have a delicious bone broth soup with tender chicken meat.



NOTE:

You can enjoy the soup as it is, or use it to make various dishes such as chicken meatball hot pot, miso soup with bone broth (adding grass-fed butter will turn it into a luxurious butter miso soup), bone broth ramen with noodles, or mixed rice using the soup. You can also shred the chicken wings and use them in dishes like Bang Bang Chicken Salad or fried rice.

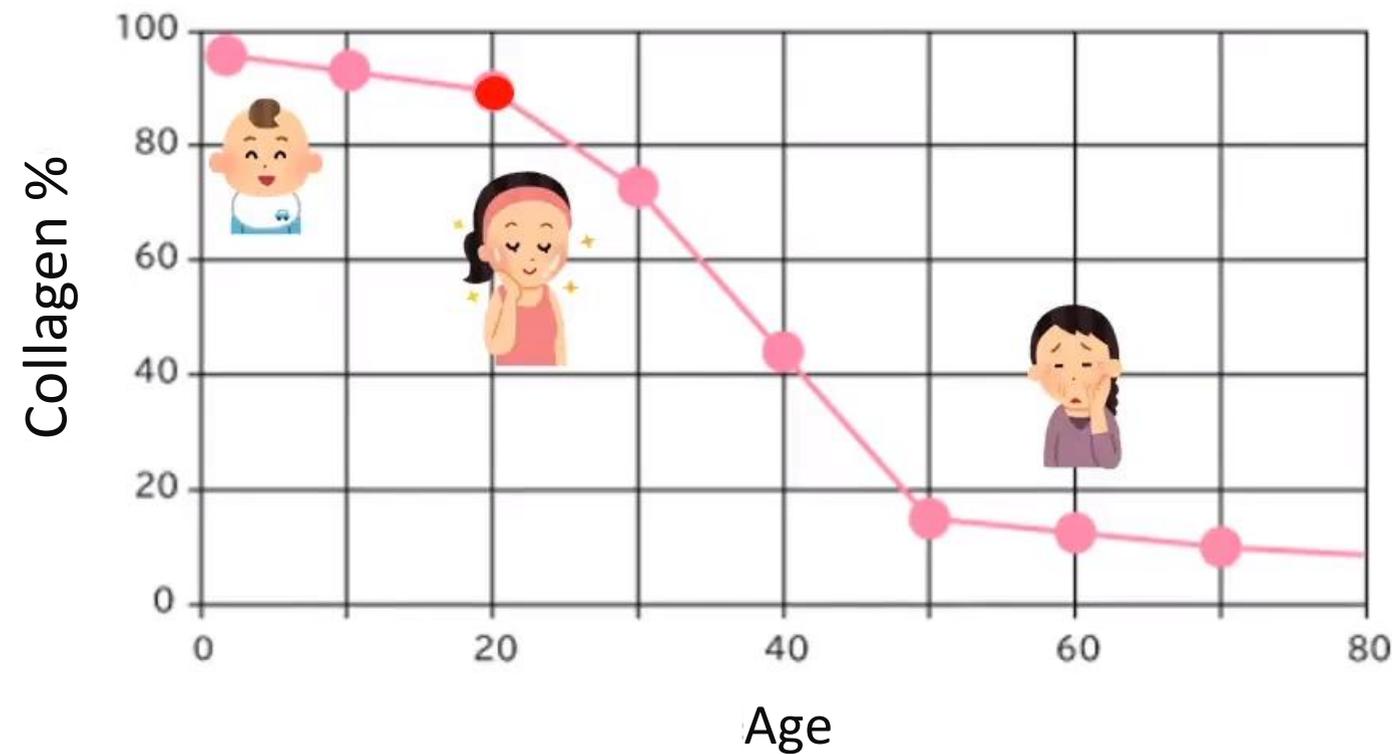
Changes in Collagen Levels with Age

taking collagen has several benefits

Collagen makes up
40% of the skin
20% of bones and cartilage.

Not only skincare

Graph showing the decrease in collagen with age.



出典：journal of gerontology Vol37 No6,651-655(1982) より改変

The change in collagen levels closely parallels the decrease in estrogen.



It's related to bone quality.



It's a major component of joint cartilage.



It strengthens the elasticity of blood vessels.



Lens

cornea

It helps prevent eye aging.

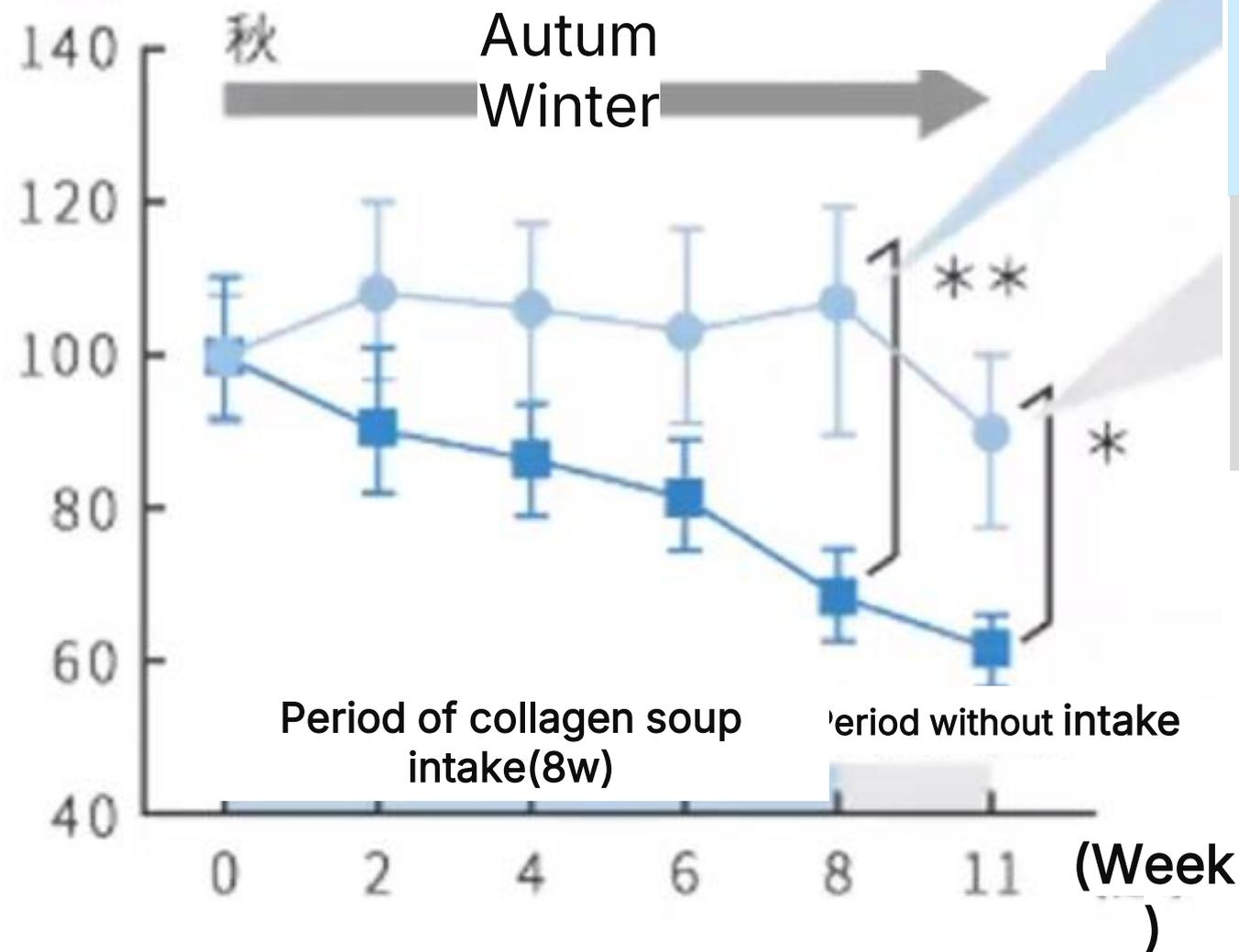
Collagen Peptides and Skin Moisture



Drink a bone broth soup one-third of a mug per day

A soup containing 1000mg of chicken collagen taken once a day.

Skin Moisture Level(%)



After drinking one-third of a mug of bone broth soup for 8 weeks, almost all participants maintained their skin moisture at 100%.

However, three weeks after stopping the bone broth, skin moisture decreased by 20%.

- People who drank bone broth soup
- People who did not drink it

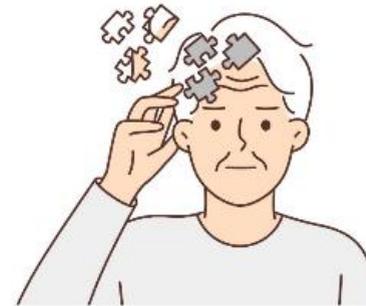
Bone broth simmered with ginger

The enzymes in ginger create unique tripeptides, resulting in the following benefits

1. Blood pressure control



2. Prevention of dementia



3. Improvement of depressive behavior



*Bone broth simmered with vinegar or lemon
Magnesium and calcium dissolve, allowing you to ingest minerals.



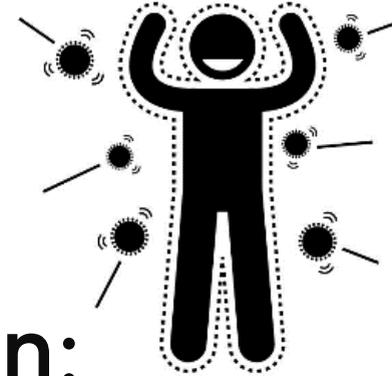
Benefit by Continuously Drinking Bone Broth Soup

1. Improved quality of sleep

Glycine (an essential amino acid) improves the quality of sleep.



2. Improved immunity



3. Improved intestinal condition:

In one month, the intestinal flora test improved from C to A. Improve Bow cancer, improves muscle strength, weight loss, brain disease treatment, and stress reduction.



4. Improved mental state and stability

- Drinking bone broth soup 5 minutes before a meal can lower blood sugar levels.
- Regulates the autonomic nervous system.



Step 4: Reinoculate – Plant Seeds of Good Bacteria

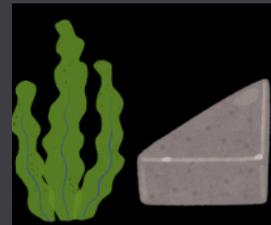
After clearing harmful organisms and repairing the gut lining, it's time to reestablish a healthy community of beneficial bacteria. This step introduces both the good bacteria themselves (probiotics) and the foods that feed them (prebiotics).

1. Probiotics

Live beneficial bacteria from fermented foods

Fermented Foods

Miso, koji, pickled vegetables, and other traditionally fermented foods provide living beneficial organisms



2. Prebiotics:

Fibers that feed good bacteria

Root Vegetables

daikon, and other root vegetables provide prebiotic fibers that feed beneficial bacteria

3. Soluble fiber

Helps regulate bile recycling and bacterial growth

Seaweed, Vege & Konjac

Rich in soluble fibers that support bile metabolism and feed beneficial bacteria

Ultimate Gut Healing Recipe: Complete Bone Broth (vege & pork miso soup)

This signature dish combines elements from Steps 3 (Repair) and 4 (Reinoculate) into one powerful healing meal. It features:

Healing Base:

- Bone broth simmered for 3+ hours
- Collagen and gelatin for gut lining repair
- Easily digestible proteins from Bone broth and thin slice pork

Prebiotic Elements:

- Daikon(Lobok) for prebiotic fibers
- Konjac for glucomannan (soluble fiber)
- Carrots for vitamin A and gut lining support
- Okra for mucilaginous protection

The soup is finished with quality miso, which provides beneficial bacteria and enzymes when added at the end of cooking. This single dish addresses multiple aspects of gut healing simultaneously.

- ❑ For best results, eat this soup 2-3 times weekly during your gut healing journey.



🍴 Digestive Wellness Journey – Recipe Collection (Step 3 & 4)

A restorative collection of Japanese-inspired recipes created to support the Repair and Reinoculate phases of the digestive wellness journey. Each dish is designed to soothe the gut lining, replenish essential nutrients, and gently reintroduce beneficial fibers and microbiome-supportive ingredients. These recipes focus on collagen-rich broths, easily digestible proteins, and flora-nourishing vegetables—offering deep nourishment while maintaining the clean, comforting flavours of Japanese cuisine.

Protein-Rich Main Dishes

Crystal Chicken (水晶鶏)

Ingredients (2 servings)

- Chicken breast ... 1 piece
- Shio-koji ... 1 tbsp
- Potato starch ... 2–3 tbsp

Method

1. Marinate

- Slice chicken thinly.
- Massage with shio-koji + sake and marinate 30 minutes to 2 hours (best: 3 hours).

2. Cook

- Lightly wipe moisture and coat with potato starch.
- Heat water to just below boiling (about 90°C).
- Add chicken slices one by one and simmer for exactly 3 minutes.
- Transfer immediately to ice water.
- **Result:** silky, tender, extremely easy to digest



2 Sauces for Crystal Chicken

Ingredients (2 servings)

① Spring Onion Miso Sauce

- Miso ... 1 tbsp
- Soy sauce ... 2 tsp
- Honey ... 1 tsp
- Finely chopped spring onion ... 2 tbsp

➔ Mix all together.

② Ume(plum) Shiso or Ume(plum) Basil Sauce

- Ume(plum) paste ... 1 tsp
- Soy sauce ... 1–2 tsp
- Sesame oil ... 1 tsp
- Honey ... ½ tsp
- Shiso or basil (finely sliced) ... as needed

➔ Mix all together.



Protein-Rich Main Dishes

Bone Broth Pork & Tofu Miso Soup (ボーンブロスの豚汁)

Ingredients (2 servings)

- Pork slices ... 150 g
- Grated ginger ... 1 tsp
- Daikon ... 100 g (half-moon slices)
- Carrot ... ½ (half-moon slices)
- Konnyaku ... ½ block (torn by hand)
- Tofu ... ½ block (cubed)
- Bone broth ... 250 ml
- Water ... 250 ml
- Miso ... 2–3 tbsp
- Rice brown oil ... 1 tsp

Method

1. Heat a small amount of oil in a pot (or dry fry).
2. Sauté grated ginger + pork first until fragrant.
3. Add daikon, carrot, and konnyaku; lightly sauté.
4. Add bone broth + water (1:1).
5. When vegetables are soft, add tofu and warm through.
6. Turn off heat and dissolve miso.
7. Serve without boiling again.



Fresh Salads & Quick Pickles

Daikon, Cucumber & Carrot Namasu (sweet sour dressing) (大根、人参とキュウリのなます)

Ingredients (3-4 servings)

- Daikon (julienned) ... 100g
- Carrot ... 50 g
- Cucumber ... 1
- Salt ... ½ tsp

Dressing

- ☆ Vinegar (or lemon) ... 2 tbsp
- ☆ Honey... 1 tbsp
- ☆ Shio-kombu ... 1 tbsp (optional)

Method

1. Slice daikon, carrot, and cucumber into ribbons using a peeler.
2. Add salt and massage well, Squeeze out and discard the excess water.
3. Mix ☆ ingredients to make the dressing.
4. Combine and toss well. Chill slightly.



Okra & Broccoli with Tahini Dressing (オクラとブロッコリーの胡麻和え)

Ingredients (3-4 servings)

- Okra ... 6
- Broccoli ... ½ head
- Tahini ... 2-3 tbsp
- Soy sauce ... 2 tsp
- Honey ... 1-2 tsp

Method

1. Boil broccoli until tender.
2. Blanch okra and slice diagonally.
3. Mix tahini, soy sauce, and honey.
4. Toss everything together.

👉 Fermented shio-kombu supports healthy gut microbiota.



Nourishing Grains & Beverages

Bone Broth Rice with White Rice & Tri-Quinoa

(ボーンブロスキヌア入りご飯)

Ingredients (4-5 servings)

- White rice ... 2 cups
 - Tri-colour quinoa ... 1 cup
 - Bone broth ... as needed
 - Water ... as needed
- (Use Bone Broth : Water = 1 : 1)



Method

1. Wash rice, add quinoa (ratio 3:1).
2. Add bone broth and water in equal amounts (50/50).
3. Cook as usual in a rice cooker.

• Supports gut lining repair

Bone broth provides collagen, gelatin, and amino acids like glycine that help rebuild and strengthen the intestinal lining.

• Easy-to-digest energy source

White rice offers gentle, quick energy that does not burden the digestive system—ideal during gut repair.

• Provides complete proteins & minerals

Tri-quinoa adds plant-based protein, iron, magnesium, and essential amino acids, making the meal more balanced and nourishing.

OKRA WATER (オクラ水)

Ingredients (3 servings)

- Okra ... 3–5 pods
- Water ... 500 ml



Method

1. Make a small slit lengthwise in each okra.
2. Place in a bottle with water.
3. Refrigerate for 4 hours or overnight.

Benefits

Great for: gut lining protection & pre-meal digestive support

• Supports gut lining repair

Okra's natural mucilage coats and soothes the digestive tract, helping protect and repair the gut lining.

• Reduces inflammation

Antioxidants and anti-inflammatory compounds calm irritation in the stomach and intestines.

• Improves digestion & bowel movement

Soluble fiber promotes smoother digestion and helps regulate bowel function.

• Balances blood sugar

Gel-like polysaccharides slow glucose absorption and support stable energy.

• Prebiotic support

Soluble fiber nourishes beneficial bacteria and prepares the gut for the Reinoculate phase.

🌸 Glossary of Japanese Ingredients



Kombu (昆布)



A mineral-rich Japanese kelp that creates deep umami and forms the base of traditional broths. Kombu is high in iodine, magnesium, and natural glutamates, releasing nutrients when gently simmered. Its soluble fiber also supports digestion and helps maintain a healthy gut environment.

👉 Think of it as a natural umami booster that nourishes both flavour and wellbeing.



Dashi Powder (だしパウダー)



A convenient powdered form of dashi, the fundamental Japanese soup stock. Traditional dashi is made by gently simmering kombu (kelp) and katsuobushi (bonito flakes), rich in natural glutamates. This powder captures that savoury "umami" and can be quickly added to soups, sauces, or even pickles.

👉 Think of it as the Japanese equivalent of bouillon powder, but lighter and full of umami.



Shio-Koji (塩こうじ)



A traditional Japanese seasoning made by fermenting rice koji with salt and water. It naturally tenderises meat and fish, whilst adding a mild, slightly sweet umami flavour. Used as a marinade, it also promotes better digestion thanks to its active enzymes.

👉 Think of it as a Japanese-style natural marinade with health benefits.



Umeboshi (梅干し)



A salted and fermented Japanese plum (closer to apricot than Western plums). It is intensely sour and salty, but also probiotic-rich, supporting digestion and gut health. Traditionally eaten with rice, but also used in dressings, sauces, and even teas.

👉 Think of it as a Japanese super-sour pickle that refreshes the palate and supports the gut.



Konnyaku (こんにゃく)



A traditional Japanese ingredient made from konjac root, known for its uniquely firm and springy texture. Konnyaku is extremely low in calories yet rich in soluble fiber (glucomannan), which supports digestion, helps regulate bile acids, and promotes stable blood sugar levels. Because it is gentle on the stomach and highly satiating, konnyaku is commonly added to soups, stews, and hotpots. It absorbs surrounding flavours beautifully while providing a pleasant, light chew.

👉 Think of it as a gut-friendly, fibre-rich ingredient that supports digestion and adds texture without heaviness.