



Good Gut Health

How to support the health of our digestive system





Quick quiz – get in the gut frame of mind!

1 .What % of your immune cells are in the lining of your gut?

a) 30% b) 70% c) 90%

2. How long can it take for a food intolerance to manifest (max)?

a) 1 hour b) 12 hours c) 72 hours

3. How many bacteria are there in our gut?

a) 50 trillion b) 100 trillion c) 200 trillion

4. Which neurotransmitter is made in the gut?

a) Dopamine b) GABA c) Serotonin

AGENDA

What is good 'gut health'?

Main functions of the digestive system

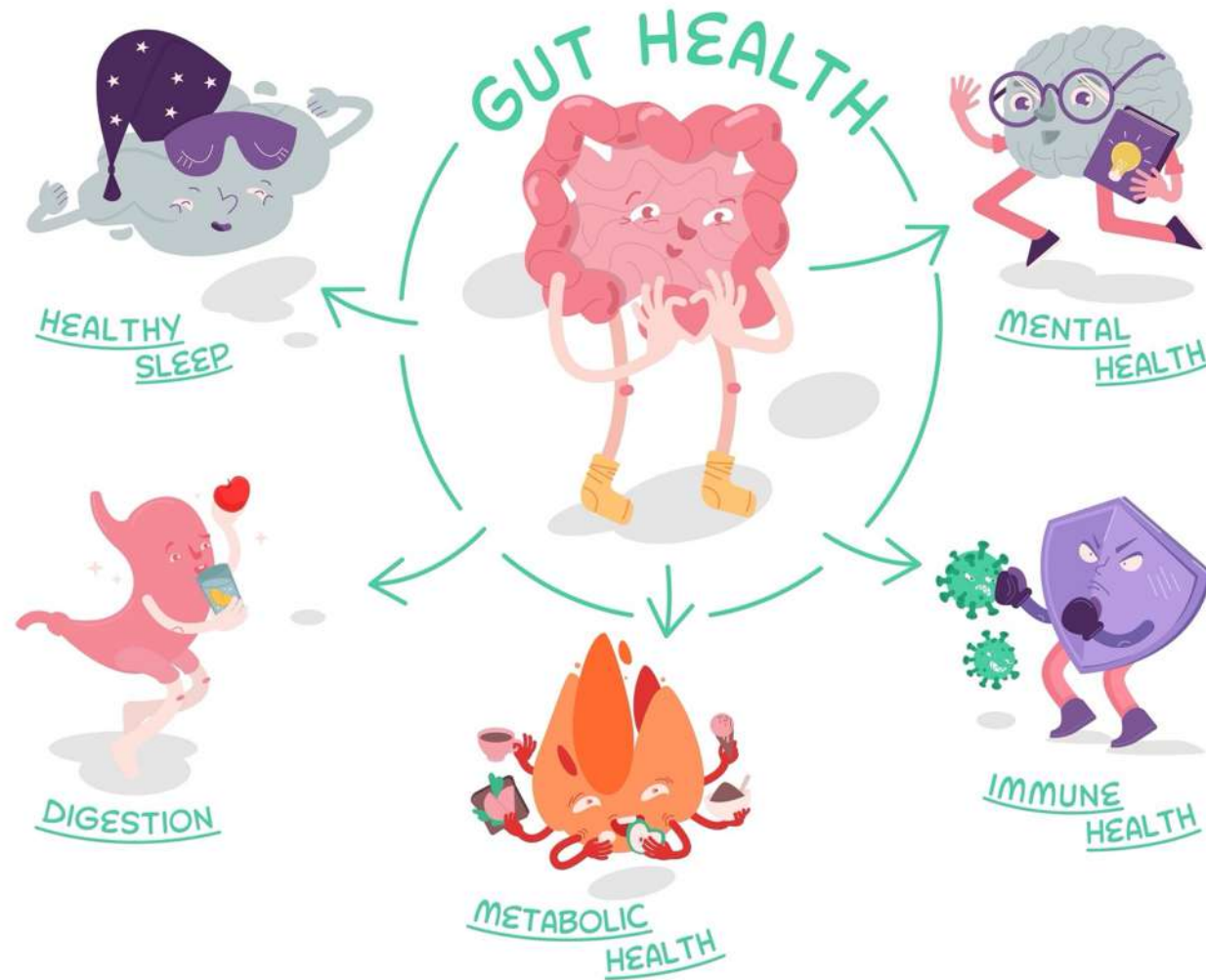
Introducing our gut microbiota

The Gut – Brain connection

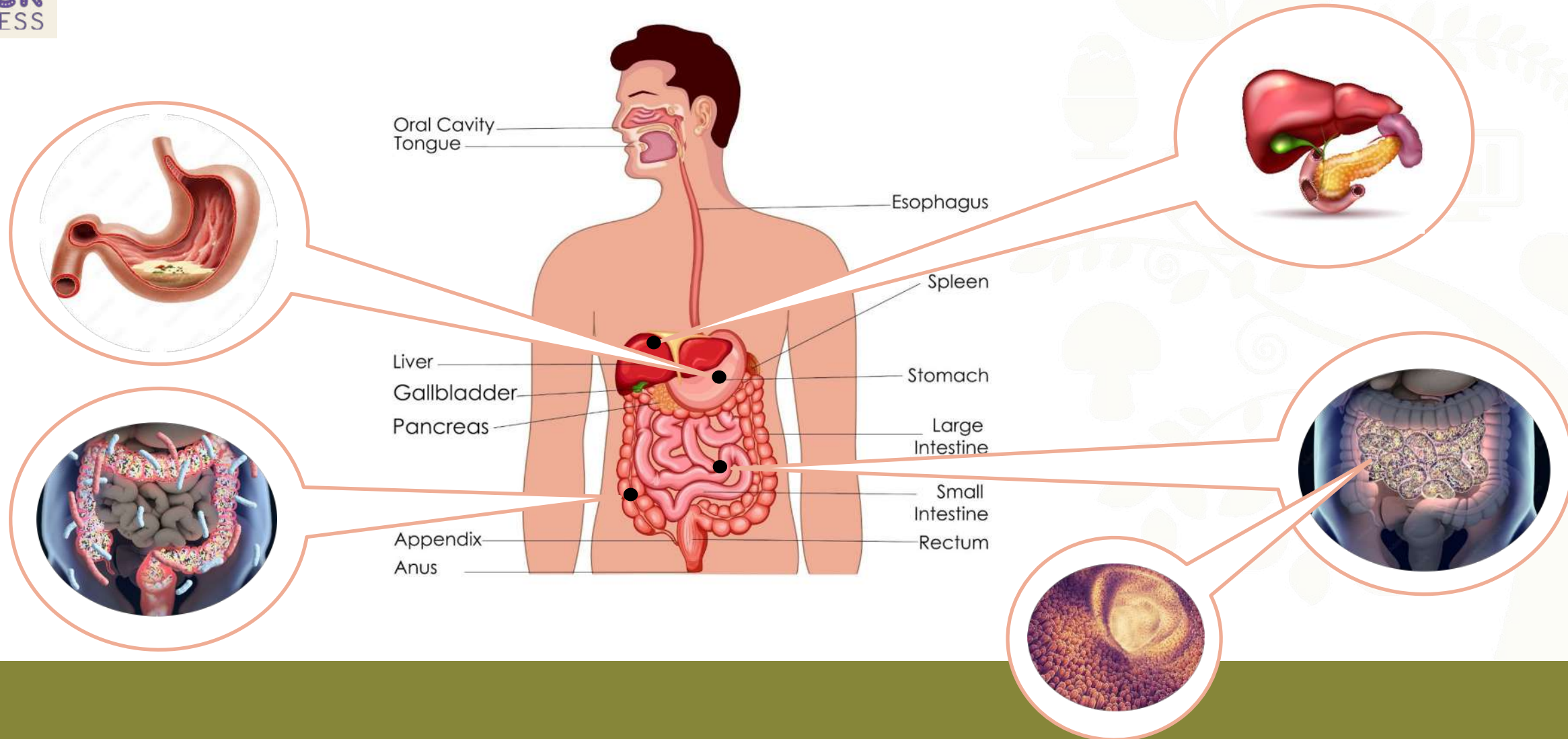
Common digestive problems and their causes

5 Key Nutritional Tips for a Healthy Gut

What is good gut health ?

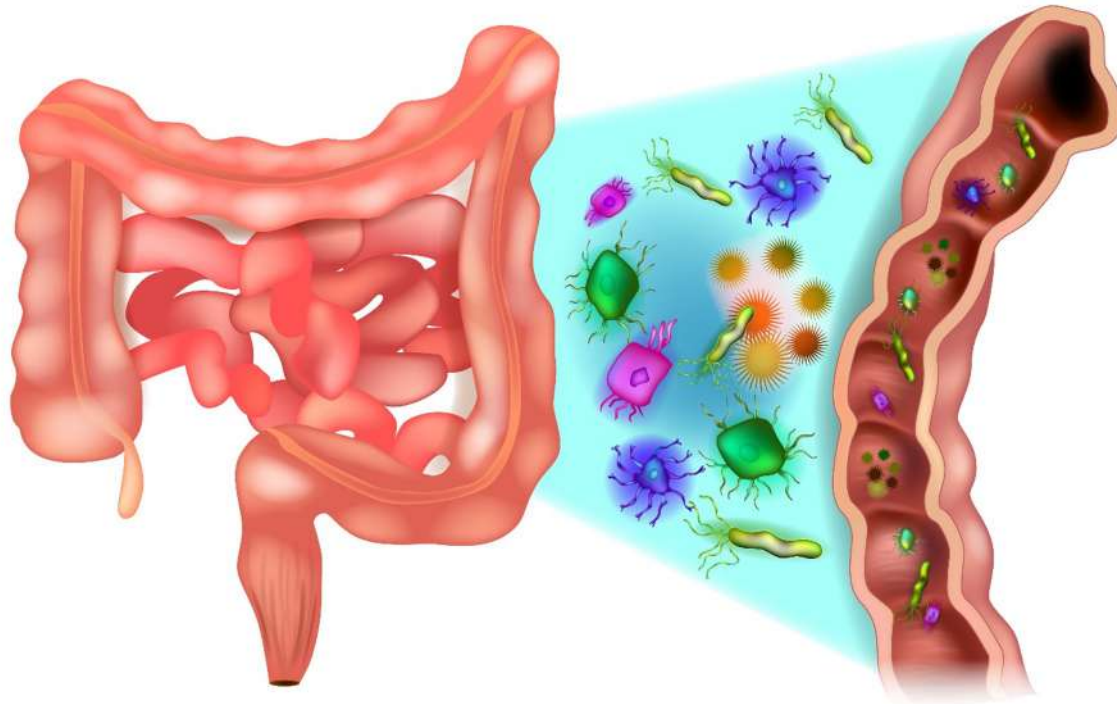


The digestive system





Introducing the gut microbiota

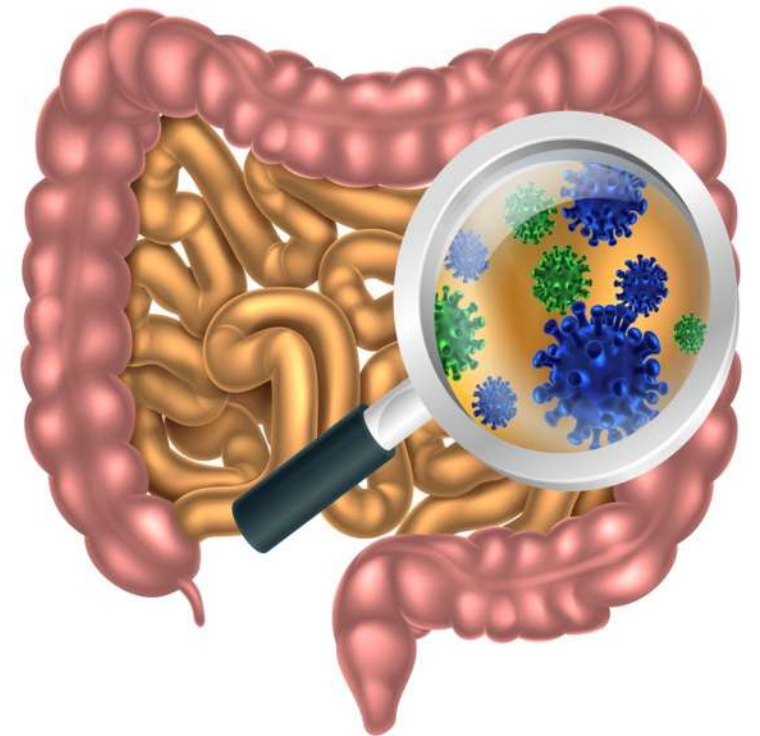


We have **TRILLIONS** of gut bugs living in our gut and everyone's bugs are completely different with only a **30%** similarity between one person and another.



Why are they crucial for health?

- Regulate our metabolism and appetite
- Protect us from harmful bugs
- Increase calcium absorption
- Make vitamins B & K
- Communicate with our brain and nervous system
- 70% of our immune system is in the gut





And for our mental health

- Help make 'feel-good' chemicals such as serotonin and dopamine
- Produce acetylcholine – essential for learning & memory
- Create short-chain fatty acids – provide energy & reduce inflammation





GUT-BRAIN CONNECTION

Gut feeling – when things aren't right



- Pain
- Excess gas
- Constipation
- Bloating
- Diarrhoea
- Nausea
- Heartburn
- Mucus in the stool



Some causes of digestive issues?

- Parasites & gut bacteria imbalances
 - Food poisoning
 - Antibiotics
 - Sugar/processed foods
 - Low stomach acid
- Medication
- Toxin exposure
- Food allergy
- Food intolerance/sensitivity



Some causes of digestive issues?

- High Sugar
- Processed foods
 - Low fibre
 - Additives/Preservatives
 - Artificial sweeteners
- Poor eating habits
 - Rest and Digest
 - Too late in the day



Some causes of digestive issues?



Stress

- Internal stressors
- External stressors

- Short term – immediate stress
- Long term – chronic stress

5 Key Nutritional Tips for a Healthy Gut





1. Increase variety of your plant intake

Why? They contain LOTS of fibre which **feeds** our gut microbes while also:

- Keeping things moving
- Balancing blood sugars
- Increasing feelings of fullness
- Removing excess cholesterol



75% of plant diversity has been lost since the 1900's



75% of global food made from 12 plants & 5 animals

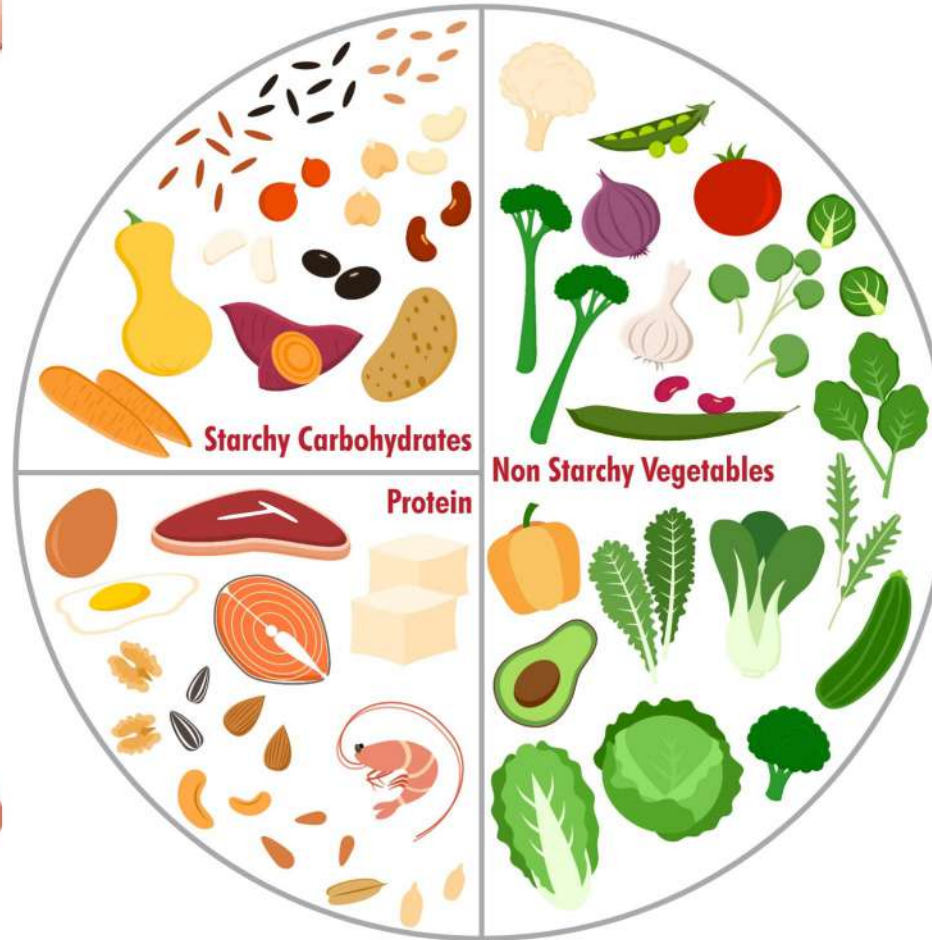


Low variety available to the humans & their gut microbiota = lower diversity

HOW CAN WE INCREASE OUR PLANT INTAKE AND THE VARIETY WE EAT?

1. Add grains, beans & pulses to soups, stews, curries	2. Sprinkle seeds on cereals, soups & toast	3. Top dishes with fresh herbs & spices	4. Swap half the meat in sauce dishes for chickpeas or lentils	5. Keep skin on veg & apples but give them a good wash!	6. Swap white rice & pasta for different grains or go 50/50	7. Snack on mixed nuts & dried fruits
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2. Eat a well-balanced plate



3. Minimise processed & high sugar foods





4. Nurture your gut microbiota – **Probiotics foods**

- Kefir
- Kimchi
- Sauerkraut
- Miso
- Kombucha
- Yoghurt





Nurture your gut microbiota – Prebiotic foods

- Vegetables: garlic, leeks, artichokes, chives and onions
- Fruits: apricots, dried figs, mango and pomegranate
- Nuts and grains: almonds, cashews, rye, barley, oats & spelt
- Beans: butterbeans, chickpeas, runner beans & kidney





Nurture your gut microbiota – **Prebiotic foods - resistant starch**

- Helps modulate gut bacteria
- May help reduce anxiety / depression
- Cooked and cooled potatoes and rice, green bananas, beans, peas and lentils, oats and barley





5. Movement and exercise

- Major study conducted on rugby players!
- Exercise can enhance the number of beneficial microbial species and enrich diversity
- Potent anti-depressant activity





The balance for supporting healthy digestion



RELAXATION



AWARENESS



RHYTHM



PLEASURE



THOUGHT



NATURE



What will you do to support your gut health?



References

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Q & A

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