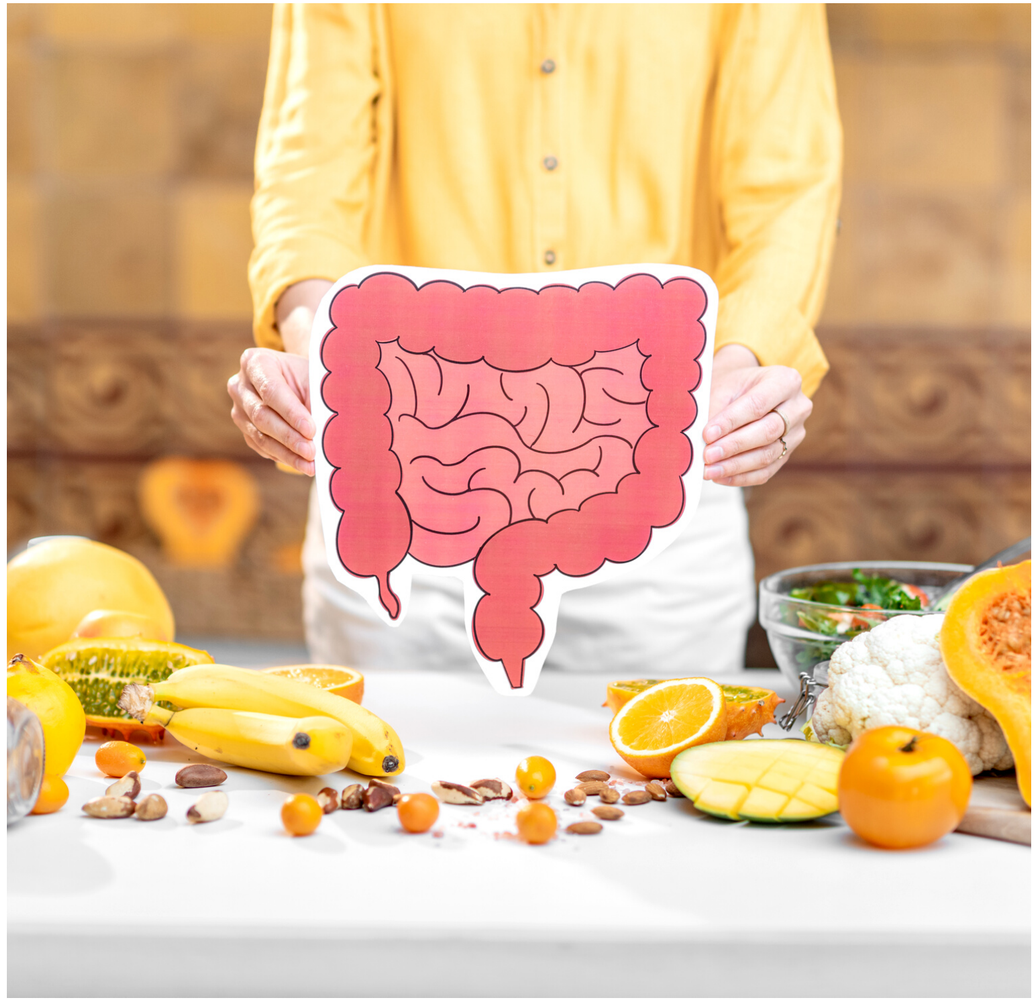
Gut Health Overview

MODULE 7.1



Presentation Flow

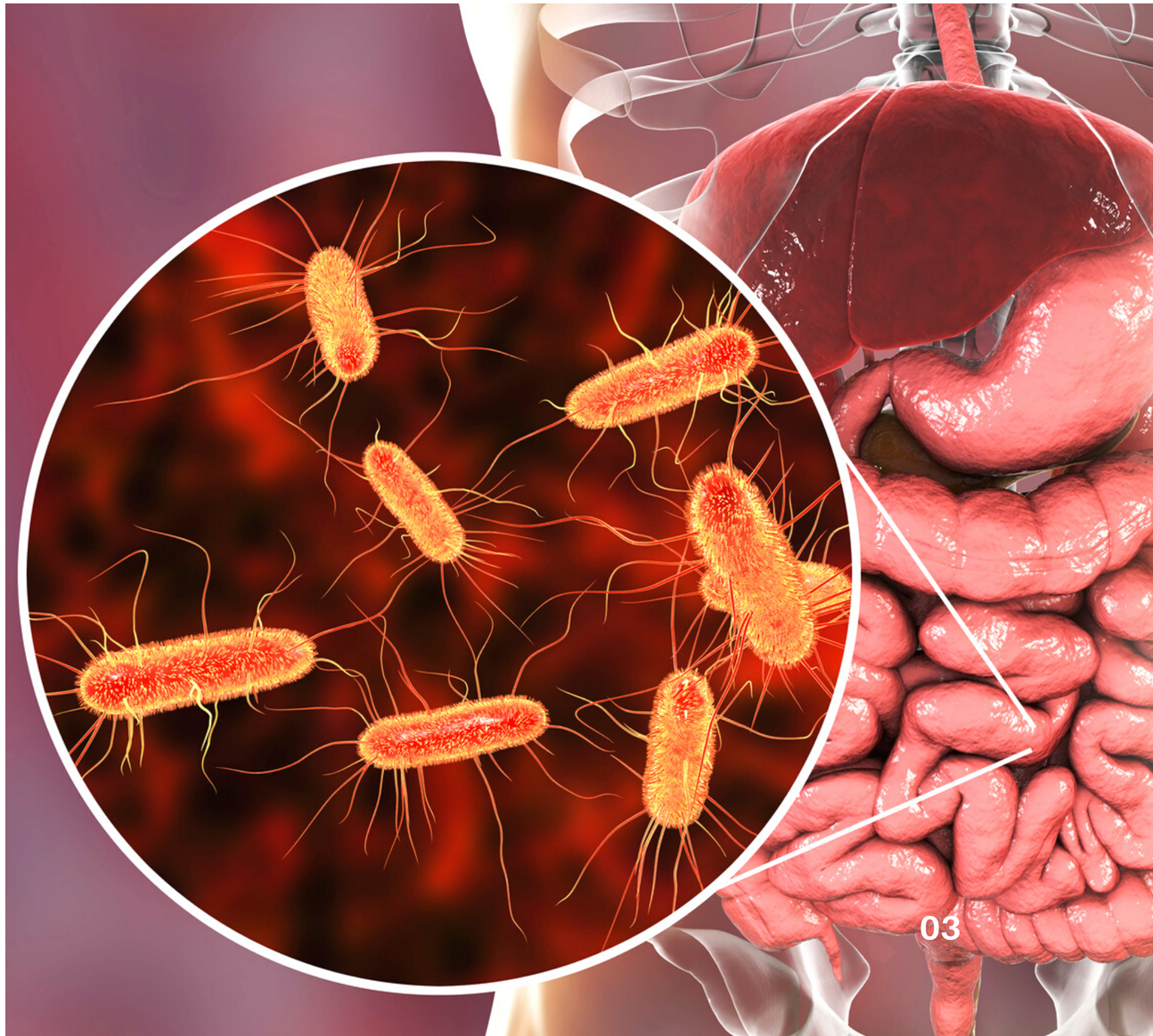
Key Discussion Points

WHAT IS IT?
FUNCTIONS OF GUT MICROBIOME
GUT-BRAIN CONNECTION
A HEALTHY MICROBIOME
INFLUENTIAL FACTORS
KEYS TO MICROBIOME DIVERSITY

Microbiome

What is it?

There are trillions of bacteria, viruses, fungi on + inside of us (good + bad) - equalling about 5 lbs worth of bugs in the body + about 1-2 lbs in our gut. They have a direct connection with our genetic material + affect how we react to our environment, diet + lifestyle. It is extremely important to keep the ecosystem balanced in order to keep the body in homeostasis.



FUNCTIONS OF THE GUT MICROBIOME

1 DIGESTION

Helps break down macronutrients + protects the lining of the small intestine. Direct affects on motility + hormones.

2 NUTRIENT PRODUCTION

Not only absorb micros, but also produces them, like b vitamins, vitamin k + other minerals.

3 IMMUNE SYSTEM

Regulates immune response, moderates tolerance of pathogens + reduces overall inflammation.

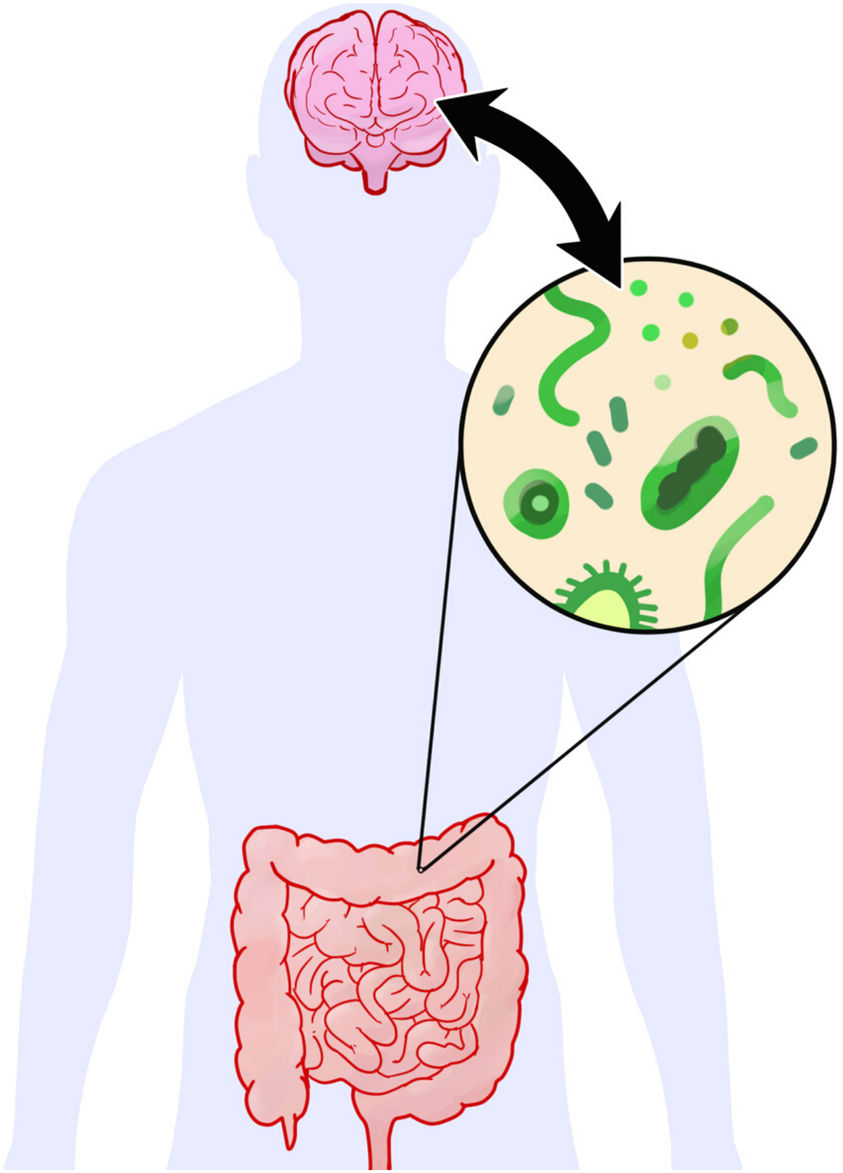
4 MENTAL HEALTH

Helps produce serotonin + dopamine in the gut, as well as moderating stress responses.

Gut-Brain Connection

A Direct Relationship

Not only do the bacteria in our gut help to produce certain hormones that assist in our health + happiness, but they are also directly connected to our brains via the vagus nerve, allowing for constant communication + reaction between the two.



A HEALTHY MICROBIOME

The key to a healthy microbiome is *balance*. You need the good bacteria to outweigh the bad. To achieve this, we need a wide variety of nutrient-dense whole foods in the diet to feed the many species of good bacteria + minimal exposure to factors that inhibit the productivity of the good + support the bad.

Influential Factors

+ Their Affect on the Microbiome

Diet

Our food choices directly affect the microbiome by feeding + starving different strains of bacteria.

Antiobiotics + Other Drugs

While antibiotics can be beneficial for preventing the spread of harmful bacteria, they can eradicate the good bacteria. Other drugs can also manipulate the microbiome.

Birth + Early Life

Babies born vaginally are exposed to bacteria in the vaginal canal that promote good bacteria in the baby's microbiome. Breastfeeding also offers the best nutrients for a healthy gut.

Environment

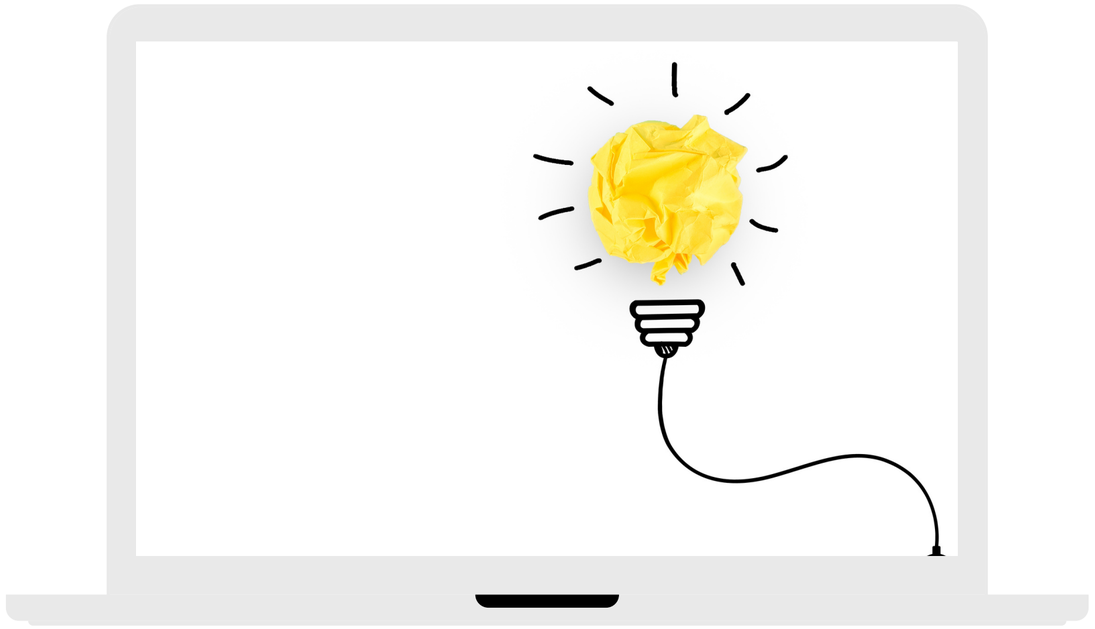
Toxins from air + water quality, beauty + cleaning products, fragrances, pesticides, heavy metals, stress, etc. all have the potential to disrupt the function of the microbiome.

Keys To Microbiome Diversity

THE MAIN GOAL

Fresh foods (raw, steamed + sautéed) w/ polyphenols (fruits, veg, tea, dark chocolate, some low sugar wines) + Probiotics from fermentation (low sugar yoghurt, low sugar kombucha, tempeh, sauerkraut, kimchi) = more diversity

Processed foods, trans + dairy fats + added sugars + stress + increased toxic load = less diversity



HOMEWORK

Watch this 5 minute video on the microbiome for a visual representation of what happens in the gut:

https://www.youtube.com/watch?v=1sISguPDlhY