

# EVIDENCE BASED TIPS FOR IMPROVING YOUR GUT HEALTH



## TIP 1- INCLUDE PRE & PROBIOTICS IN YOUR DIET

Probiotics are live microorganisms (bacteria or yeast) that we can find in some foods. They help by improving digestion functions or boosting immunity while also reducing inflammation levels when consumed regularly enough!

Examples of probiotics include:

- Yoghurt
- Fermented foods

A prebiotic on the other hand is fibre found mostly in vegetables like legumes, beans etc., which promotes gut health through helping create more natural bacteria habitats

Examples of prebiotics:

- Nuts
- Wholegrain cereals and bread
- Vegetables
- Fruit
- Legumes such as lentils and chickpeas



## TIP2- EAT A VARIETY OF PLANT BASED FOOD THAT IS HIGH IN FIBRE

All the supplements in the world won't get your digestion moving like having a fibre rich diet with plant foods.

## TIP 3- LIMIT ALCOHOL

Chronic alcohol consumption has been shown to result in gut dysbiosis. This affects your ability to keep fit and healthy by making you more susceptible towards illness, while also increasing inflammation levels - something we don't need! So limit yourself only on days where it's planned activities like dinner with friends.



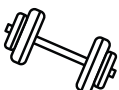
## TIP4- TRY TO REDUCE STRESS

Chronic stress can affect our gut health. The body prioritises pumping blood toward major organs like the heart and toward muscles (to assist with flight or fight during periods of high-stress because they need more nutrients than other areas in order for survival.) So, when we're stressed out those areas get priority over everything else including digesting food!



## TIP 5- EXERCISE OFTEN

Exercise is a great way for people who lead active lifestyles to maintain their health. It can help reduce inflammation and increase productivity of certain vitamins, minerals or other nutrients



# GUT HEALTH... WHAT IS IT EXACTLY

## What is the gut microbiome?

The human body is home to a vast community of microbes, known as the microbiota. The microbiome refers to all genes within these organisms and can be found in most parts of your gastrointestinal tract (aka 'the gut'). It mainly consists of bacteria, viruses, fungi or other microscopic life forms that live on our skin- oral cavity included!

Microbes perform many important functions in our bodies, including one that is just recently being discovered: regulating the immune system and reducing risks for allergic diseases. Recent studies have shown how these microbes also contribute to brain health by providing essential nutrients like B vitamins which help with memory retention or boosting serotonin production (a hormone associated primarily with feelings such as happiness). Research suggests good gut bacteria may regulate other parts of your body's systems like hormones.

## What makes our gut microbiome unique?

The research of the human internal ecosystem, otherwise referred to as "the microbe" or simply microbes has only recently begun. Our bodies contain thousands upon millions of cells that are home to these little creatures - but how do they affect us personally and what does this mean for future prospects in terms of health & wellness?? There's no current consensus yet about what exactly constitutes an ideal profile when it comes down to it.

## When things go wrong...

The alteration or imbalance of your gut microbiome can result from any number of reasons including poor diet, antibiotics stress and even a lack in physical activity. This dysbiosis has been linked to many health problems such as irritable bowel disease (IBS).

So, with that said, it's important to look after your gut health. But that doesn't mean going out and buying every supplement on the market. In fact, there's a lot we can do without any supplements.