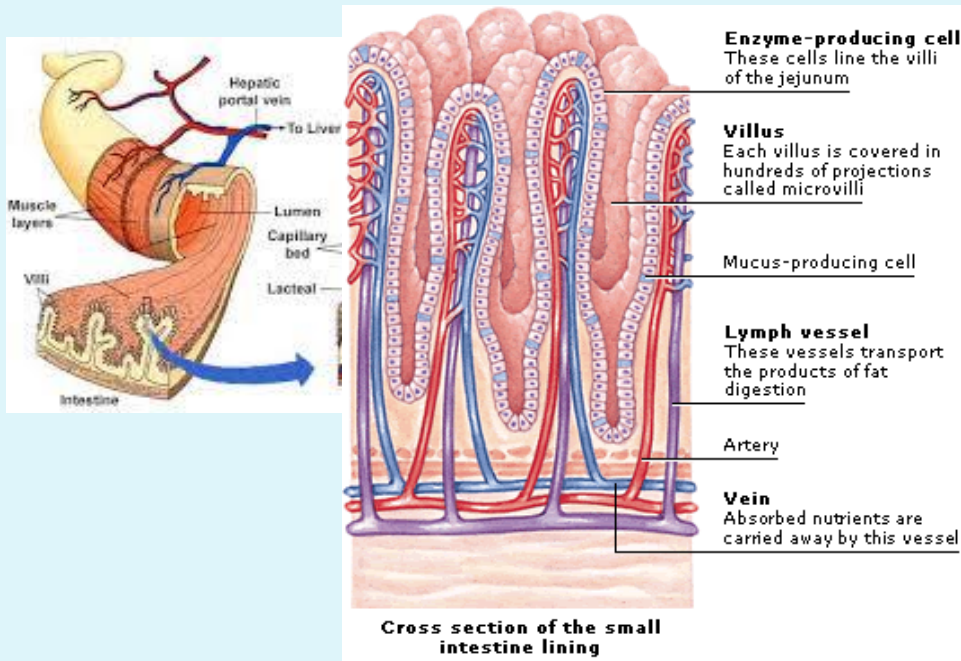


GUT HEALTH

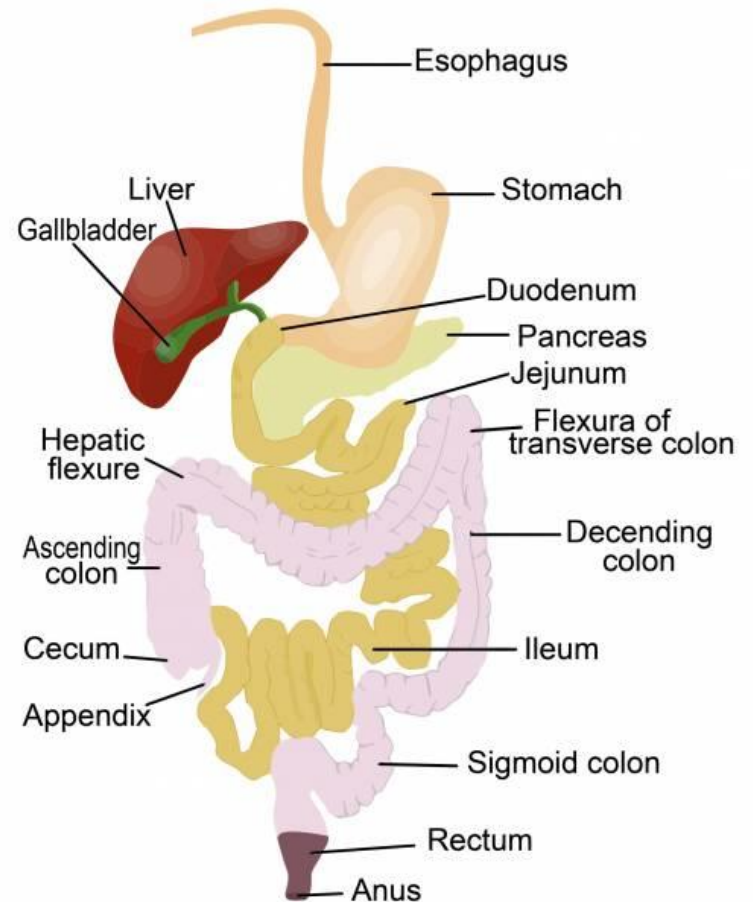
Joyce Cheng RN
Community Health Nurse
Bedford Board of Health
March 7, 2017

What is Gut?

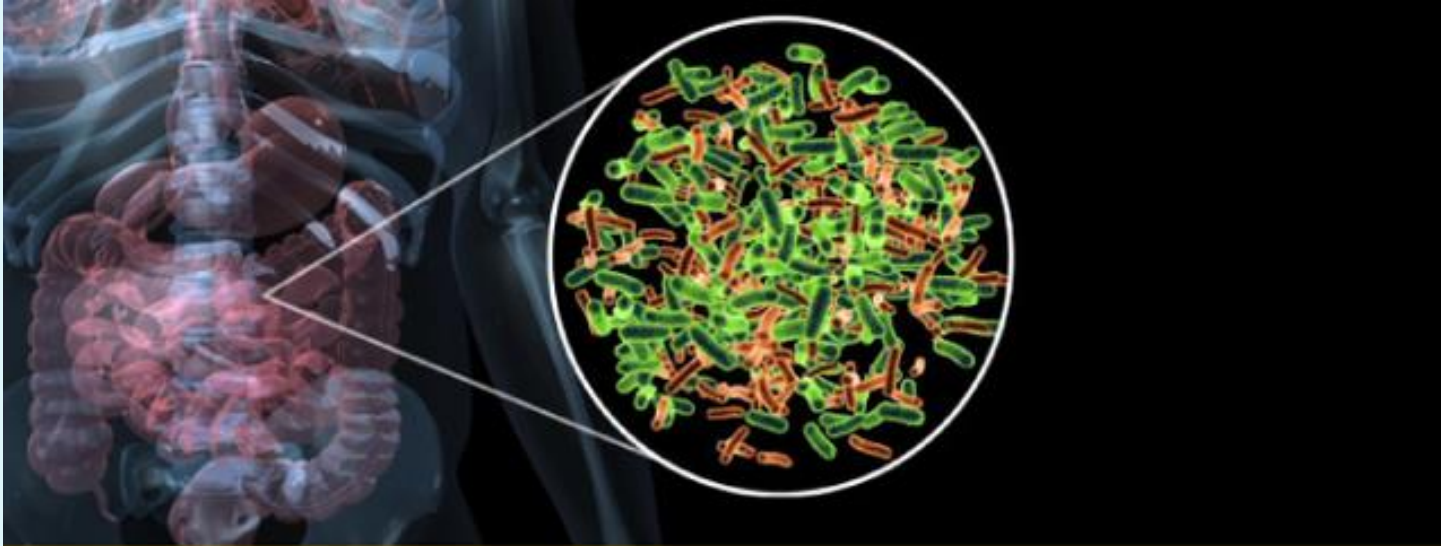
- Digestive system
- Gastrointestinal tracts



DIGESTIVE SYSTEM



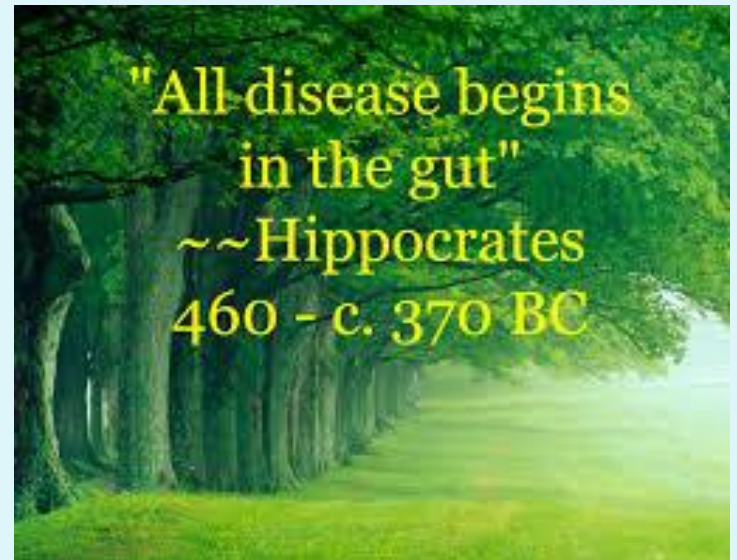
Gut Flora



“ 90% of your body is comprised of microbial organisms. Keeping them balanced is critical for maintaining not only your digestion, but the integrity of your skin, brain, and immune system. ”

Why is the Gut so Important To Overall Health?

- Beneficial bacteria(Probiotics)
- Studies have found enhancing the health of the gut can lead to an improvement in:
 - Immune function
 - Brain function
 - Obesity
 - Toxin levels in the body
 - Irritable bowel syndrome(IBS)
 - Allergies
 - Chronic fatigue syndrome



Is there a Brain-Gut Connection?

- Enteric Nerve System (ENS)
- Dr. Jay Pasricha, Johns Hopkins Center for Neurogastro-enterology
- The ENS may trigger emotional shifts with people coping with irritable bowel syndrome and functional bowel problem such as constipation, diarrhea, bloating, pain and stomach upset.
- For decade, it was thought that (anxiety and depression)-reason or result? contributed to these problems.
- Researchers are finding evidence that irritation in the GI system may send signals to the central nervous system that trigger mood changes.
- Higher-than-normal percentage of people with IBS and functional bowel problems develop depression and anxiety.

What is Hurting the Gut Flora?

- Antibiotic Use
- OTC Medicine- NSAID, Aspirin, Antacid,
- Antibacterial soaps, mouth wash
- Douches & excessive colon Cleanses
- Chlorinated drinking water
- Pesticide & Herbicide use (Roundup-Glyphosate)
- Heavy metals
- Artificial food coloring
- Smoking
- Alcohol

13 Ways To Boost Probiotics & Improve Gut Health

1. Eat Probiotic Rich Foods
2. Don't Forget the Prebiotics
3. Use Probiotic Supplements
4. Cut Out Sugar & Processed Foods
5. Eat More Vegetables
6. Open the Windows
7. Stress Less

Prebiotics Foods

- Prebiotics are non-digestible carbohydrates that feed the probiotics, encouraging them to grow and multiply in your gut
- Prebiotic rich foods include artichoke, asparagus, bananas, chicory, garlic, onions, tomatoes, and whole grains.

13 Ways To Boost Probiotics & Improve Gut Health

8. Laugh!

9. Consider if Antibiotics are Always Necessary

10. Exercise Regularly

11. Get Enough Sleep

12. Don't Be A Clean Freak

13. Starting Gardening

Food Rich in Probiotics

Yogurt

- The most famous probiotic food; Greek or regular, Low-fat or Full-fat, look for the phrase "**live active cultures**" on the label. Plain or less sugar added.



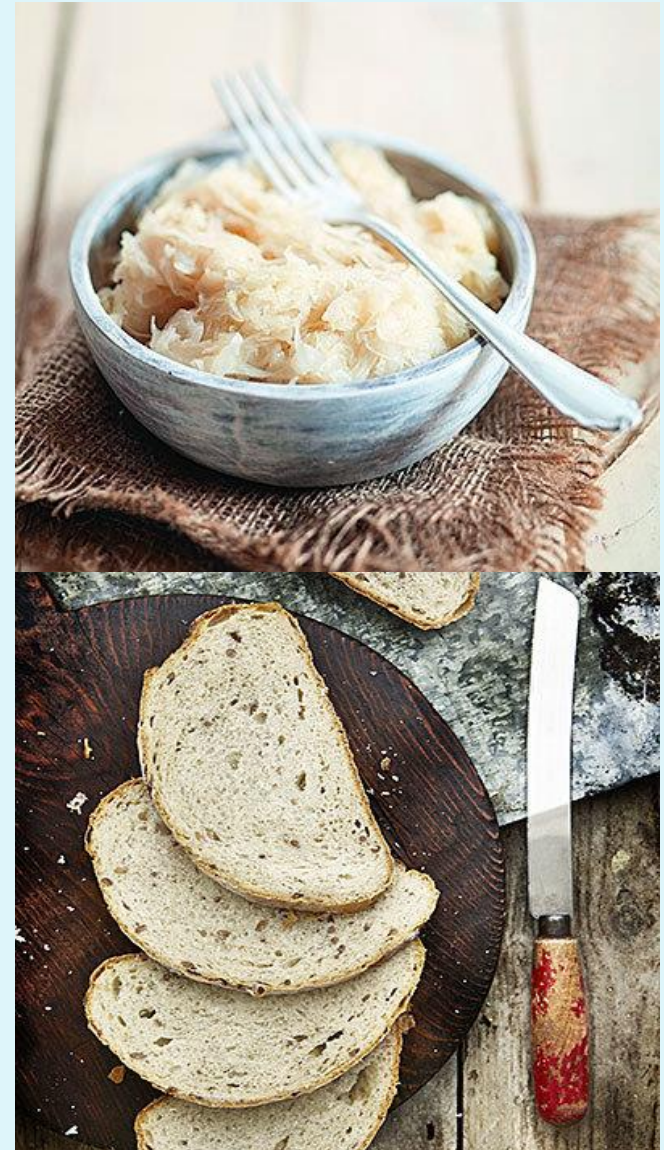
Kefir

- Smooth, slightly tangy, and drinkable yogurt contains “Live active cultures”, 99% lactose-free



Food Rich in Probiotics

- **Sauerkraut**
- eat fresh sauerkraut (look for live cultures on the label or buy it in the refrigerated section) or make it yourself at home.
- **Sourdough bread**
- This mildly sour, chewy bread is made with a lactic acid starter that contains strains of lactobacillus, a friendly type of bacteria that adds good microbes into the bakery one 2008 study found that people with [pre-diabetes](#) who ate sourdough bread had less of a blood sugar spike compared to when they ate bread made with baker's yeast.



Food Rich in Probiotics

Pickles

- Fermenting a cucumber into a [pickle](#) amps up a cuke's powers, infusing the crunchy veggie with probiotics. Look for those made with brine (salt and water) rather than vinegar. These brands will list "live cultures" on the label (like [Bubbies](#)).



Kimchi

- This Korean staple relies on lactic acid fermentation (also called lacto-fermentation) to turn cabbage or other vegetables into a spicy, pungent side dish that's packed with vitamin C.



Food Rich in Probiotics

- **Miso paste**

Made from aged, fermented soybeans, this paste is brimming with probiotics. You can buy miso paste in a bunch of varieties (white, yellow, red, brown) and the darker the color, the deeper the taste. Use miso to glaze fish or chicken before cooking, mix into a stir-fry recipe, or add to liquid to make a miso broth.

- **Chocolate**

Certain brands, like Attune (attunefoods.com; available at Whole Foods), have pumped up the dessert by adding probiotics. (Attune boasts 6.1 billion CFUs, or "colony forming units," a measure of live, active microorganisms per serving.



5 Important Probiotics

- ***L. acidophilus***—This is the most important strain of the *Lactobacillus* species and, it readily colonizes on the walls of the small intestine. It supports nutrient absorption and helps with the digestion of dairy foods.
- ***B. longum***—Like *L. acidophilus*, *B. Longum* is one of the most common bacteria found in the digestive tracts of adults, and it helps maintain the integrity of the gut wall. It is particularly active as a scavenger of toxins.
- ***B. bifidum***—This strain, found in both the small and large intestine, is critical for the healthy digestion of dairy products. This is especially important as you grow older and your natural ability to digest dairy declines. *B. bifidum* also is important for its ability to break down complex carbohydrates, fat, and protein into small components that the body can use more efficiently.

Secondarily:

- ***L. rhamnosus***—Known as the premier "travel probiotic," this strain can help prevent occasional traveler's diarrhea.
- ***L. fermentum***—This *Lactobacillus* strain helps neutralize some of the byproducts of digestion and promote a healthy level of gut bacteria.

Recommended by Dr. Williams



- **Crohn disease-** Inflammatory Bowel Disease (abd. Pain, severe diarrhea, fatigue, wt. loss, malnutrition)
- **Ulcerative Colitis-** IBD (diarrhea with blood or pus, abd. Pain, cramping, rectal pain, fatigue, wt. loss, urgency to defecate)
- **Cecelia Disease-** Immune reaction to gluten
- **Irritable Bowel Syndrome (IBS)**

- Leaky Gut Syndrome- Hypothetical , medical unrecognized condition, (chronic fatigue, RA, Lupus, migraine, MS, autism)
- Diverticulitis- infection or inflammation of Diverticula
- GERD- Gastro-esophagus reflux disease
- C-diff infection