



Ways to Support *your* **GUT HEALTH** *for* **Vibrant Energy**

The gut is the place where health or illness is born. Healthy gut is a key to balanced health and vitality. Unhealthy gut has been linked to plethora of health conditions, hence keeping your gut healthy, is a secret of vibrant energy.

Unhealthy gut is an imbalance in your gut's good microbes. When the number of healthy microbes in your gut is too low, or if your gut lacks diversity, a condition called dysbiosis occurs. Dysbiosis can also lead to overgrowth of harmful bacteria, yeast or parasites which makes dysbiosis more severe.

WHY DOES DYSBIOSIS OCCUR?

There are many causes for gut dysbiosis. Some of the common causes are:

- Overuse of antibiotics and/or antacids
- GI infections
- Chronic stress and/or emotional trauma
- A diet which is low in fiber and high in processed foods and sugar

It is important to know that even a small disruptive event can have a major negative impact on your gut microbiome and overall gut health.



HOW DO I KNOW I HAVE DYSBIOSIS?

Common symptoms associated with gut dysbiosis are:

- Bad breath
- Upset stomach
- Constipation and/or diarrhea
- Bloating
- Brain fog
- Skin rash, eczema, redness
- Anxiety and/or depression
- Poor quality disturbed sleep
- Weight gain and/or inability to lose weight

Our gut is the holding tank for our life energy and keeping our gut healthy is the key for optimal physical and mental health



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Simple, but powerful strategies to **SUPPORT** *your* **GUT**

1 NUTRITION: Healthy diet that is high in fiber plays a critical role in your gut health. Beneficial microbes in your gut feed on variety of fiber to be healthy which in turn keep you healthy.

Eat wide range of plant-based foods in your daily diet such as variety of beans, lentils, nuts and seeds. Make your plate colorful by adding different color fruits and vegetables. Include good quality proteins and healthy fats in your diet such as avocados, olives/olive oil, col water fish like salmon, sardines

2 MOVEMENT: Make sure to get some type of physical activity every day. Regular physical activity promotes healthy digestion and elimination, boosts your gut-immune system. Besides improving your overall gut health, research has shown regular physical activity is also effective for improving mood and reducing anxiety.

3 SLEEP: Sleep is the time when your body rests and repairs itself. When you don't get enough sleep, you weaken your entire system. Our gut microbiome seems to have an effect on how we sleep (the quality of sleep as well as hours of sleep). Studies have shown that insufficient and poor-quality sleep has negative impact on our gut microbiome.

Develop a good sleep schedule and let your body recover by getting 7 to 9 hours of restorative sleep each night.

4 STRESS MANAGEMENT: Stress increases your inflammatory response and results in immune system imbalance. Studies have shown that chronic ongoing stress can result in overgrown of bad bacteria in your gut causing an imbalance to your overall health. Stress makes the lining of your digestive tract weak and more permeable, a condition called Leaky gut, in which bad bacteria can seep into the body, causing an immune reaction and inflammation.

Practicing mindfulness and integrating relaxation into your daily life will help soothe your system.

5 REDUCE YOUR TOXIC OVERLOAD: We have been getting a daily exposure to various toxins through heavy metals, cleaning products, cosmetics, poor quality water, processed foods with added colors, flavors and preservatives. The daily toxin exposure affects our overall health, especially the gut health.

Choose organic foods as much as possible, stay away from processed foods and eat foods in their most natural form. Use good quality water filters, use natural cleaning products and buy cosmetics which are free from parabens and phthalate to reduce your overall toxic burden.

Treat the gut and you treat the illness. Heal the gut and you heal yourself. Maintain balance in the gut and you balance your body, mind and spirit.