

# Nutrition & Disease Prevention: Your Gut, Your Health Guardian

## Key Takeaways

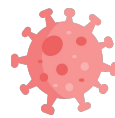
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### What makes up our gut microbiome?



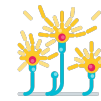
#### Bacteria

The most abundant microorganisms in the gut. They aid in digestion, synthesize vitamins, and protect against pathogens



#### Viruses

They kill the "bad bacteria" and improve immunity

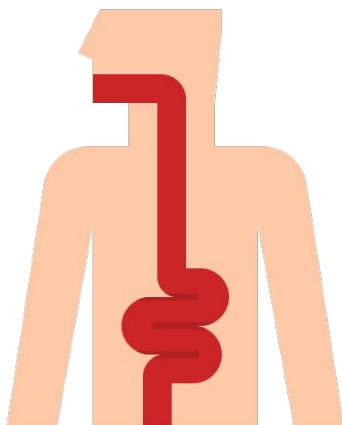


#### Fungi

Such as yeast, keep the numbers of "good bacteria" high and maintain microbiome balance

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### Common Gut Issues and Prevention



#### Leaky Gut

When the lining of the intestines becomes weak and allows unwanted substances pass into the bloodstream

#### IBS

No visible damage to the intestines but it can cause a lot of discomfort and symptoms

#### Constipation

Less than 3 stools per week or having difficulty passing stools

#### SIBO

Excess bacterial growth in the small intestine which can hinder normal digestion and nutrient absorption

#### Celiac Disease

Autoimmune disorder that impacts the small intestine when an individual eats gluten rich foods such as wheat, barley and rye

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### How to Reset Your Gut

#### Avoid ultra processed foods

Not only are they high in fat, sugar and sodium, studies show that regular consumption can increase bad bacteria in gut

#### Let sweets be treats

A diet high in sugar (artificial sweeteners are no better!) reduces the count of good bacteria

#### Regular meals

Ditching the late light snacking can help your gut rest and repair at night

#### Get more sleep

Some studies show that better sleep can increase gut bacteria diversity

#### Regular exercise

Exercising regularly can increase gut microbiome diversity!

#### Avoid smoking

Smoking can cause inflammation and decrease microbiome diversity

#### Eat a variety of plant foods

Eat a rainbow of fiber rich fruits and vegetables. The more colors the better! The fiber is the main food for your gut bacteria.

#### Snack on nuts and seeds

They are rich in omega 3 fats, which results in a more diverse gut bacteria. More bacteria = healthy gut

#### Eat legumes and whole grains

Chickpeas, soybeans, peas, kidney beans etc have a lot of fiber that feed the good bacteria.

#### Eat probiotic rich foods

Fermented foods like yogurt, miso, tempeh, aged cheese, kimchi are full of live bacteria and increase gut bacteria diversity.

#### Drink coffee

The antioxidants in coffee can make your microbiome healthy. Just don't add a lot of sugar.

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