

Nutrition & Disease Prevention: Your Gut, Your Health Guardian

Did you know that your gut is home to trillions of tiny microbes that have a huge say in how you feel every day? From keeping your digestion smooth to boosting your mood and immune system, your gut microbiome is basically the unsung hero of your body. In this session, we're pulling back the curtain on your "second brain" and showing you how to keep these little helpers happy for a healthier, more vibrant you.

Ever wonder why some people seem to eat anything without a problem while others face constant bloating or stomach issues? We'll break down the mysteries of common gut struggles, like IBS, and give you simple prevention tips that actually work.

But we're not stopping there – resetting your gut is like hitting the refresh button on your health! You'll learn easy, fun ways to feed your gut the good stuff, from delicious foods to small lifestyle tweaks. By the end of this session, you'll be ready to give your gut the love it deserves and feel amazing from the inside out!

Learning Objectives

- Understanding the gut microbiome and the role of gut in overall health
- Discovering common gut issues and ways to prevent them
- Learning way to reset your gut health

Content Outline

Let's Understand the Gut Microbiome

- What Makes Up Our Gut Microbiome?
- How the Gut Microbiome Develops
- Factors that Impact Gut Microbiome in Childhood and Adulthood

Role of Gut in Overall Health

- Gut-Brain Axis: Physical and Chemical Connection between Gut and the Brain
- Nutrient Absorption & Digestion
- Immune System

Common Gut Issues & Prevention

- Leaky Gut: Unhealthy Gut Lining
- Irritable Bowel Syndrome (IBS), Small Intestinal Bacterial Overgrowth (SIBO), Constipation, Celiac Disease

How to Reset Your Gut Health

- 11 Tips to Reset Your Gut