

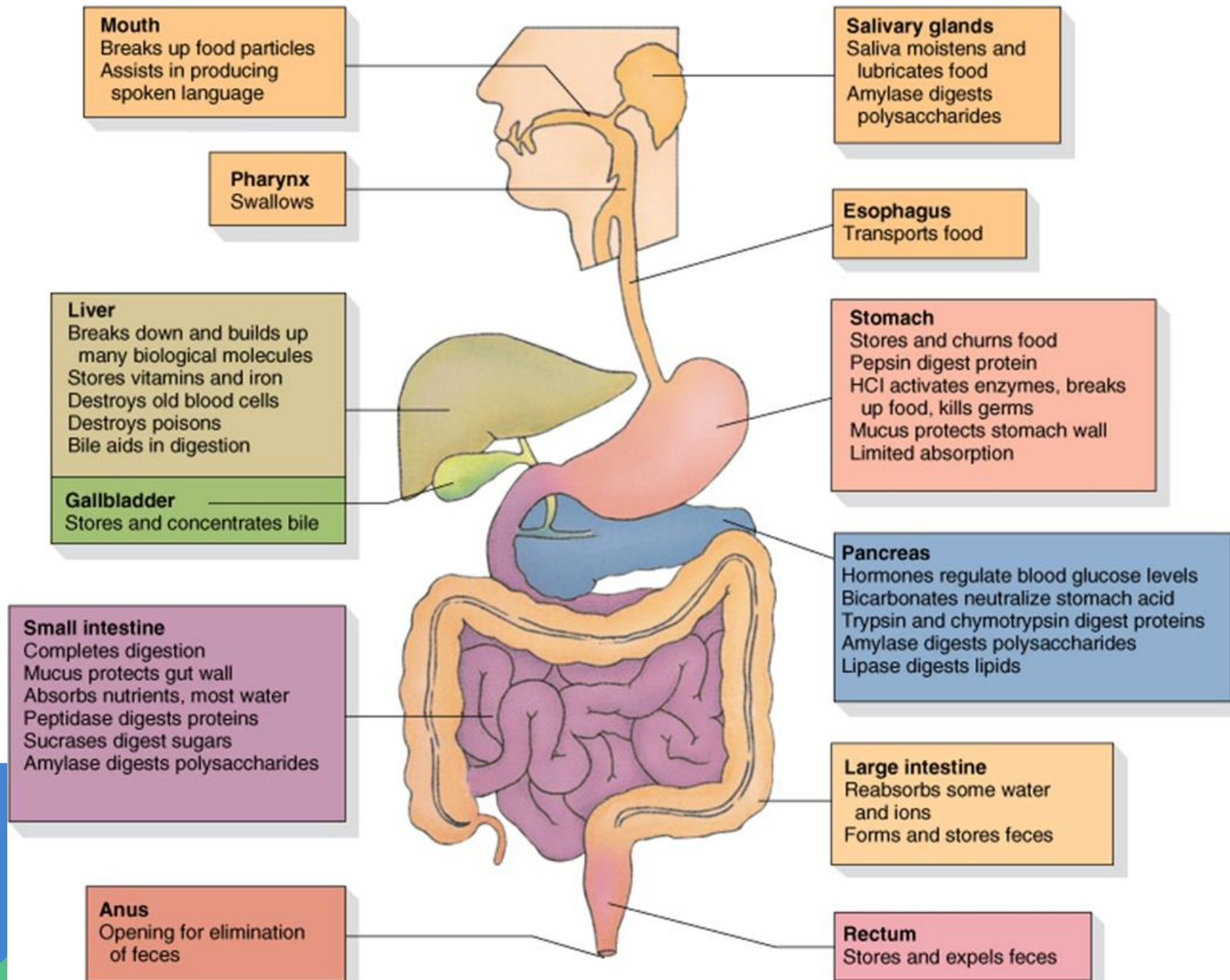
HOW TO TAKE CARE OF YOUR GUT ... SO IT CAN TAKE CARE OF YOU!

DR NIIKEE SCHOENDORFER
WWW.VITALITYTIME.COM.AU



THE DIGESTIVE SYSTEM AND HOW IT WORKS





GUT BACTERIA - MICROBIOME



GOOD AND BAD BUGS

Good gut bacteria →

- Increased by fibre, naturally fermented foods
- Decreased by antibiotics, sugar based diets, heavily processed foods, inflammation



BENEFITS OF GOOD BACTERIA

Good gut bacteria →

- Produce short chain fatty acids and vitamins such as B12 and K
- Neutralise toxins and cancer promoting substances
- Decrease bad bacteria and other pathogens

Tedelind F, et al (2007) Anti-inflammatory properties of short chain fatty. World Journal of Gastroenterology, 13:20



FUNCTION OF PREBIOTICS AND FIBRE

- Feed good bacteria - prebiotics
- Helps to remove waste from the body
- Binds cholesterol to be excreted from the body
- Regulates hunger
- Regulates blood sugar levels

Lattimer JM, et al (2010) Effects of dietary fibre and its components on metabolic health. *Nutrients*, 2:1266



BENEFITS OF HIGH FIBRE DIETS

Decrease –

- Appetite
- Blood sugar levels
- Cholesterol
- Risk of type 2 diabetes
- Risk of heart disease
- Risk of obesity
- Risk of other chronic disease



McCarthy M, (2015) High fibre diet may be good alternative to complex weightloss regimen, US study finds. British Medical Journal, 350:h965

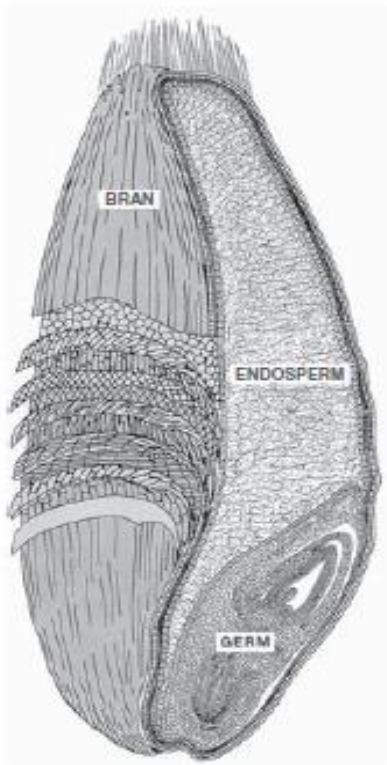


DIETARY SOURCES

- Legumes – lentils, beans, peas
- Fruit and vegetables
- Whole grains –
 - Gluten containing – wheat, barley, rye, couscous, semolina, spelt and oats
 - Gluten free – rice, quinoa, buckwheat, corn, amaranth, millet, sorghum, teff



WHOLE GRAINS



Bran

- “Outer shell”
- Fibre, B vitamins, trace minerals

Endosperm

- Provides energy
- Carbohydrate, protein

Germ

- Nourishment for the seed
- Antioxidants, vitamin E, B vitamins

www.wheatfoods.org



STARCHES

Resistant starches



- Release their sugars over several hours after a meal
- Legumes, beans and peas, whole and intact grains



FIBRE RECOMMENDATIONS

The World Health Organization recommends 12-24g of fibre per day for healthy people

25-30g/day of fibre is recommended to reduce the risk of diverticular disease, colorectal cancer, and breast cancer

Australian recommendations 25g/day for women and 30g/day for men



FIBRE FOOD VALUES

| Food | Serving | Fibre (g) |
|--------------------------------------|----------------------|-------------|
| Navy beans, ckd | 1 cup | 19.1 |
| 100% Bran cereal | 1 cup | 17.6 |
| Kidney beans, ckd | 1 cup | 16.4 |
| Lentils, ckd | 1 cup | 15.6 |
| Prunes | 1 cup, pitted | 12.1 |
| Quinoa, ckd | 1 cup | 9.3 |
| Artichoke hearts | 1 cup | 9.1 |
| Raspberries | 1 cup | 8.0 |
| Spinach, frozen, ckd | 1 cup | 7.0 |
| Oat bran ckd | 1 cup | 5.7 |
| Instant oatmeal, ckd | 1 cup | 3.7 |
| Rice, long-grained brown, ckd | 1 cup | 3.5 |
| Mushrooms | 1 cup | 3.4 |

(Adapted from Higdon, 2005)

FIBRE FOOD VALUES

Generally speaking →

- Fruit and vegetables contain 2g / serve
- Refined carbohydrates 1g / serve
- Whole grains 3g / serve
- Beans and legumes 8g / serve



WHAT CAN AFFECT THE GUT



WHAT CAN AFFECT THE GUT

- Poor quality diet
- Poor eating habits
- Stress
- Malnutrition
- Pathogens
- Underlying Diseases
- Food intolerance

→ Lowered digestive function vicious cycle



GUT-BRAIN CONNECTION

Research shows →

- Intestinal microbes influence depression and anxiety, and improve mental outlook both directly and indirectly.
- Affects levels of neurotransmitters
- Mental health is driven by inflammation
- ***Most chronic diseases are driven by inflammation!***

Selhub E, et al (2014) Fermented foods, microbiota, and mental health: ancient practice meets nutritional psychiatry. *Journal of Physiological Anthropology*, 33:2

Rogers GB, et al (2016) From gut dysbiosis to altered brain function, mechanisms and pathways. *Molecular Psychiatry*, 1-11



OTHER COMPLICATIONS

- Malnutrition NOT undernutrition
- Higher chronic disease risk from inflammation
- Oestrogen excesses and PMS
- High cholesterol
- Toxicity
- Leaky gut → Autoimmune conditions



OTHER COMPLICATIONS

- Diverticulosis
 - Most recent research suggests that people with this condition should not avoid high fibre foods, unless they are in an acute flare up
 - High fibre diets reduce the risk of developing the condition, as well reduces acute episodes
 - No research linking nuts and seeds with disease progression



OPTIMISING GUT HEALTH

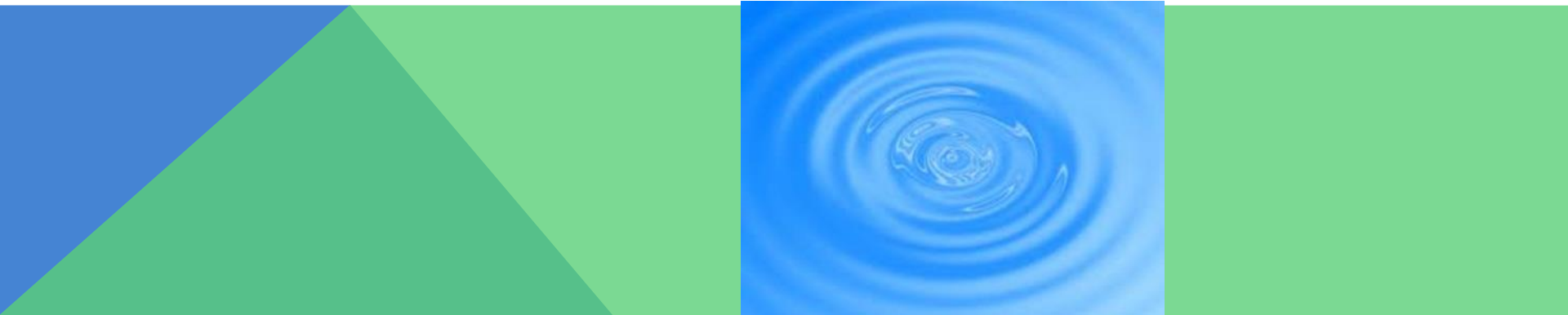


PROPER NOURISHMENT

- Whole food, plant based, varied diet
 - 5 & 2 Fruit and vegetables
 - High fibre whole grains and legumes
 - Naturally fermented foods
 - Water
 - Healthy fats
 - Quality proteins



PROPER NOURISHMENT



OPTIMISING GUT HEALTH

- Proper nourishment – by avoiding
 - Excess animal proteins
 - Simple sugars and refined carbohydrates
 - Processed and packaged food
 - Mono-dieting
 - Eating on the run or when doing other things



NUTRITIONAL BANG FOR YOUR BUCK

THAT
Sugar
FILM

THESE FOODS OFFER SIMILAR COST AND ENERGY VALUE. BUT WHICH DO YOU THINK WILL FILL YOU UP MORE, WHILST OFFERING LONG-TERM HEALTH BENEFITS?

HOW MUCH CAN YOU GET FOR 1000KJ?

53G MARS BAR

(1 AVERAGE MARS BAR)

\$2.00



800G OF CARROTS

(APPROXIMATELY 6)

\$2.00



500G APPLES

(APPROXIMATELY 3.5)

\$2.00



70G FRENCH FRIES

(SMALL MCDONALDS FRIES)

\$2.00



We are recommended on average to consume 8700kj per day. Cost per kg at April 2016: Carrots \$2.50/kg; Apples at \$4.00/kg

PRACTICAL SOLUTIONS



HELPING RESTORE GUT HEALTH

- Proper nourishment
 - High fibre
 - Healthy fats
 - Probiotic foods
- Adequate water
- Minimise stressors



Vitetta L, et al (2014) Probiotics, prebiotics and the gastrointestinal tract in health and disease. *Inflammopharmacology*, 22



HELPING RESTORE GUT HEALTH



- Additional support
 - Lemon juice or ACV after meals
 - Ginger root tea
 - Cabbage juice and bananas
 - Minimising caffeine and no coffee before food
- Eat mindfully
 - No working or watching TV
 - Chewing food properly
 - Be aware of what you're eating

Budak, NH et al (2014) Functional properties of vinegar. Journal of Food Science, 79:5



PRACTICAL SOLUTIONS TO HELP RESTORE GUT HEALTH

- If you have digestive issues, seek professional help from somebody adequately **trained in complementary and holistic medicine** like a naturopath or nutritional medicine practitioner.
- *Many Western medicine and other standard allied health professionals haven't quite caught up with the importance of gut health!*



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HIPPOCRATES (400 BCE)



*All disease
begins in the
GUT!*



30 DAY GUT RELIEF PROGRAM

- Initial one-on-one consultation with me to tailor your program to best help you succeed!
 - Your choice of progress timing
 - Options depending on tastes, lifestyle and other health conditions
 - Access to me throughout the 30 day program
 - Supplement recommendations *IF* required
- GUT relief program protocol and additional resources
- Introduction to Nutrition education module
- Your Creative Kitchen recipe compendium
- Private Health Fund rebates available

Website – www.vitalitytime.com.au

Facebook – Vitality Time Wellness

Email –

drniikee@vitalitytime.com.au



30 DAY GUT RELIEF PROGRAM

- This program is for you if you
 - experience any gut symptoms we've discussed
 - have chronic illness
 - are feeling tired or lethargic
 - need to put the spring back in your step
 - generally are not feeling your best

Special price of \$111 instead of \$188

if booked within next 2 weeks &

initial consultation scheduled up till Christmas 🎁🎄

www.vitalitytime.com.au/gut-relief-program

Website – www.vitalitytime.com.au

Facebook – Vitality Time Wellness

Email –

drniikee@vitalitytime.com.au



