

WHY SHOULD I CARE ABOUT GUT HEALTH?



Gut Affects Mood

Gut health is critical to reduce inflammation, regulate your mood, and allow your body to absorb nutrients in your diet.



The Microbiome

Antibiotics can destroy both good and bad bacteria in your gut and significantly alter your microbiome. The microbiome is the community of bacteria and microbes that live in your gut. Dysbiosis is the disruption or alteration of the human microbiome. It plays a role in many conditions including mental health, pain, fatigue, and even cancer.



Signs of Poor Gut Health

You may have an unhealthy gut if you experience:

- Frequent bloating, gas, or indigestion
- Constipation or diarrhea
- Unexplained fatigue
- Pain in multiple areas of the body
- Tenderness to touch in your muscles and tissues
- Food intolerances or sensitivities
- Skin problems (rashes, eczema, acne)
- Brain fog, mood swings, hyperactivity



Fecal Transfer

For some, lifestyle changes are insufficient to restore a healthy microbiome. One medical option is a fecal transfer (FMT). This is a medical procedure that involves transferring stool from a healthy donor to a patient to restore the balance of gut bacteria. A September 2024 research publication in the Journal of Pain by Fang et.al. demonstrated a 90% improvement in symptoms compared to 56% in the control group.

Tips to Improve Gut Health

1. Eat a Balanced Diet

- Fiber-rich foods (fruits, vegetables, whole grains, legumes)
- Fermented foods (yogurt, kefir, sauerkraut, kimchi, apple cider vinegar)
- Prebiotics (garlic, onions, bananas, asparagus)
- Drink plenty of water

2. Limit:

- Processed foods
- Sugary snacks and drinks
- Excessive alcohol
- Artificial sweeteners

3. Stay Active - Regular physical activity supports bowel movement and microbiome balance.

4. Sleep Well - Aim for 7-9 hours of quality sleep each night.

5. Manage Stress - Chronic stress can disrupt gut bacteria. Try deep breathing, meditation, or yoga

Eating a balanced diet is always optimal. Probiotics can help restore balance in your gut, especially after bouts of taking antibiotics. A high-quality probiotic should have a minimum of 10-20 PPB and refrigerated.