

Wellness Office Hours

Gut Health



Presented by
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Purpose of Presentation

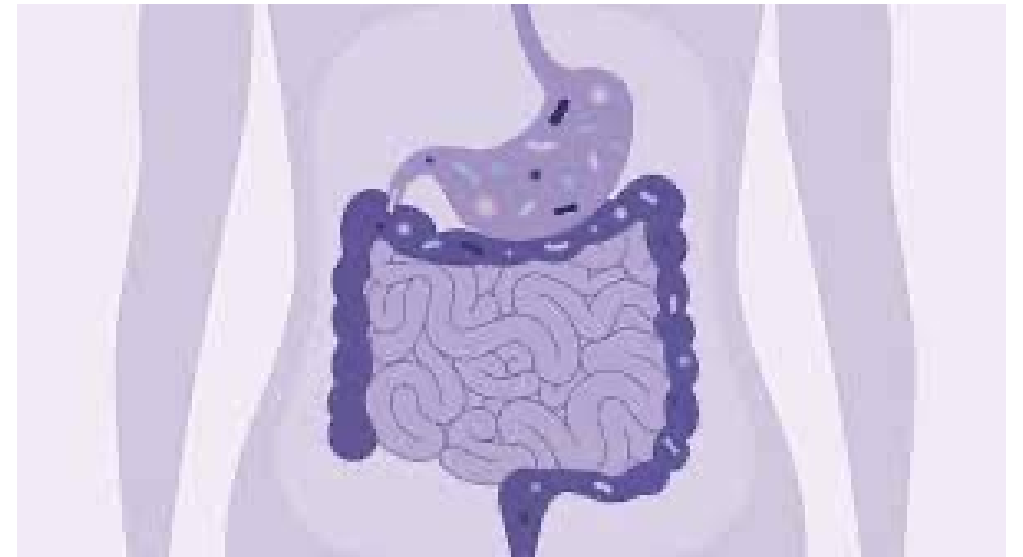


- Define Gut Health
- Discuss importance of Gut Health
- Provide the Luster community with tools to optimize their Gut Health
- Introduce the Wellness Challenge

Gut Background



- Your gut refers to your small and large intestines
- The gut is responsible for:
 - Breakdown of food
 - Absorption of nutrients
 - Water extraction
 - Excretion of waste



Gut Microbiome



- 100 trillion microbes (bacteria, fungi, viruses) live within your gut
- You host over 1,000 species of bacteria
- Your microbiome is responsible for:
 - Aiding in digestion of food
 - Regulating your immune system
 - Protecting you against bacteria that cause disease
 - Producing B vitamins
 - Producing vitamin K



Gut-Brain Connection



- Your gut and brain are connected by millions of neurons
- The microbes in your gut are responsible for producing serotonin (happy hormone) and GABA (calming hormone)
- Studies have found that people with anxiety/depression are more likely to suffer from gut dysfunction
- Scientists believe that altering your microbiome can improve brain and mental health

Gut and Inflammation



- Research suggests that having an imbalance of “good” and “bad” bacteria in the gut can trigger inflammation in the body
- Long-term inflammation in the gut is a factor in the development of dementia, heart disease, diabetes, and obesity
- Gut inflammation may be associated with joint pain, skin disorders, and asthma

What Leads to Poor Gut Health?



- Not eating diverse foods
- Lack of prebiotics in diet
- Excessive alcohol consumption
- Antibiotic use
- Lack of physical activity
- Smoking
- Poor sleep
- Stress



What Are Some Signs of Poor Gut Health?



- Upset stomach
- Difficulty losing or gaining weight
- Sleep disturbances/fatigue
- Skin irritation
- Autoimmune diseases
- Food intolerances



Improving Gut Health



Eat Probiotic Foods



- Kefir
- Yogurt
- Miso
- Sauerkraut
- Kombucha
- Pickles
- Kimchi



Eat Prebiotic Foods



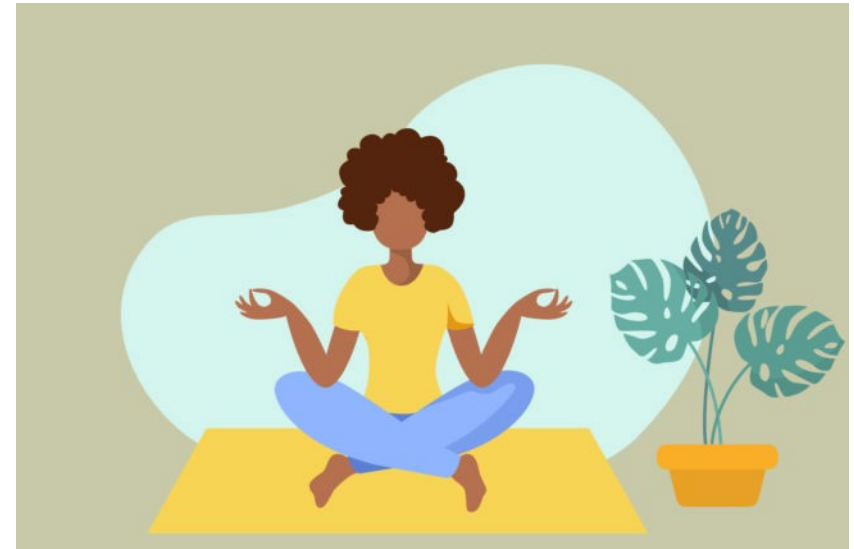
- Garlic
- Onion
- Cabbage
- Mushrooms
- Eggplant
- Chickpeas/lentils
- Watermelon
- Apples
- Bananas
- Oats
- Flaxseed



Stress Management



- Get enough sleep
- Engage in physical activity
- Meditation
- Deep breathing
- Boundary setting
- Talk with a therapist/counselor



Eat Fiber Rich Foods



- Fruits and vegetables
- Lentils
- Beans
- Quinoa
- Oats
- Popcorn
- Chia seeds
- Nuts
- Brown Rice

*women should aim to eat 21-25 grams of fiber per day

*men should aim to eat 30-38 grams of fiber per day

September Wellness Challenge



- Include fiber into all 3 meals one day a week for all of September
- Report to sluster@luster.com (me) at the end of the month

Meal Ideas



- Breakfast
 - Oatmeal
 - Berries
 - Nut butter
- Lunch
 - Veggie sandwich on whole wheat bread
- Dinner
 - Brown Rice
 - Chicken
 - Side Salad

Harmful Gut Foods



- Sugar
- Processed foods
- Alcohol
- Fried foods
- Red meat
- Soda



Point of Contact



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