

GUT HEALTH

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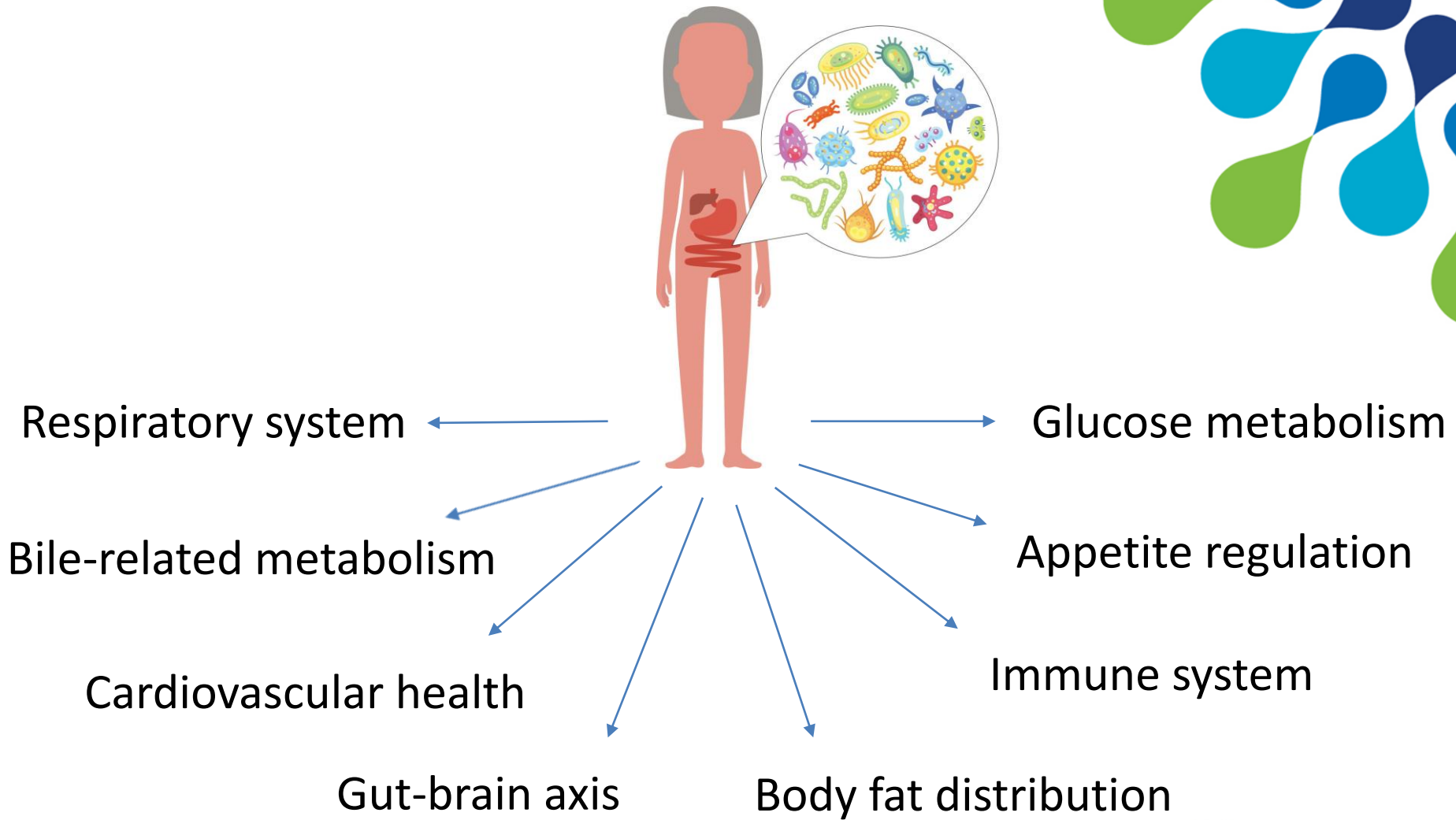


PRESENTATION OUTLINE

- What is gut microbiome and what are its functions?
- How does the gut microbiome develop?
- ‘Healthy Gut’ vs ‘Unhealthy Gut’
- How to promote a ‘Healthy Gut’

GUT MICROBIOME

- Made up from gut microbiota, including all the microorganisms in our digestive system.
- Diverse and comprises of trillions of microorganisms.
- Role in the digestion of food - supports the absorption and synthesis of nutrients.
- Many factors influence the type and amount of bacteria in our guts at any one time.



HOW DOES GUT MICROBIOME DEVELOP?



- The gut begins to populate with bacteria very early in life.
- At birth, various factors influence the development of our microbiomes.
- Diet also has an influence on the development and maintenance of the gut microbiome.

WHAT IS A HEALTHY GUT?



- There is no one definition of a 'Healthy Gut'.
- Certain **bacteria** are beneficial and others can be **harmful**.
- Barrier to prevent contents of the gut from entering the blood.
- Helping to fight infections
- Performing digestive and regulatory functions

WHAT IS DYSBIOSIS?



- **Defined as:** the imbalance or disruption of gut microbiome.
- Causes include:
 - Stress
 - Age
 - Illness and immune factors
 - Being overweight
 - Overuse of antibiotics
 - Diet quality

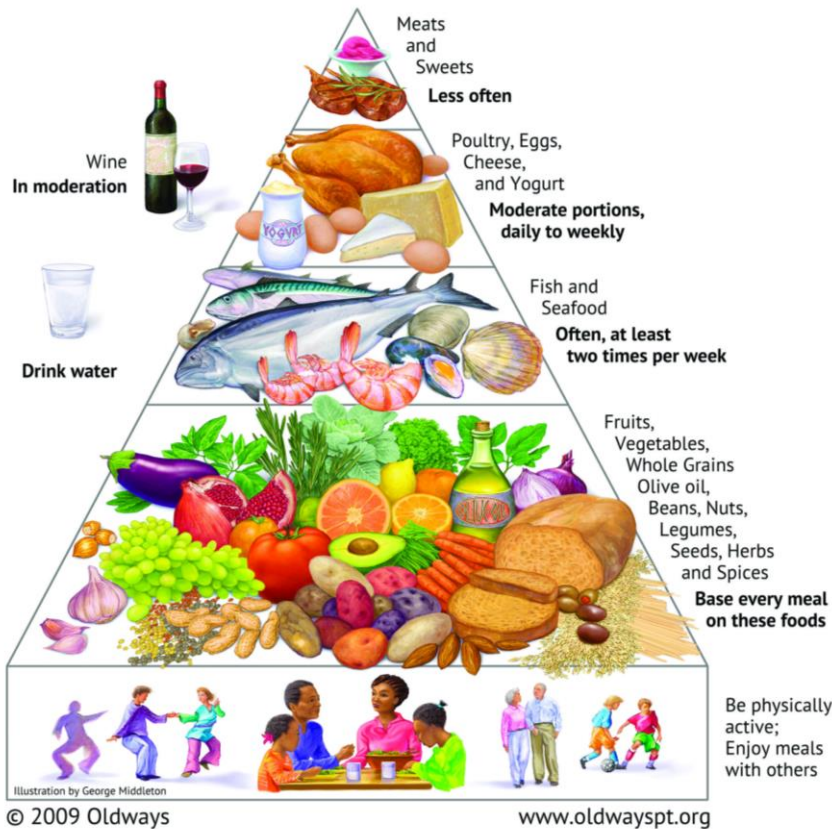
HOW CAN WE PREVENT DYSBIOSIS?



MEDITERRANEAN DIET



MEDITERRANEAN DIET



- High in fibre
- High in polyunsaturated fats
- High in antioxidants

PREBIOTICS



PREBIOTICS

- Food that your gut bacteria feed on.
- Sources include bananas, onions, garlic and legumes, fermented foods
- Microorganisms in the gut feed on these foods and convert them into components that our body will use.

PROBIOTICS



PROBIOTICS

- Microorganisms found within our guts.
- Yoghurt, fermented milk drinks, capsules and probiotic powders.
- Evidence for the use of probiotics in disease management, prevention and general wellness is very limited and should be interpreted with caution.

TO SUMMARISE

- Limited scope of evidence
- Individualised – everyone has different gut compositions related to various influencing factors
- Diet is likely the main modifiable factor, with most evidence surrounding the Mediterranean diet
- Pre/probiotics may have beneficial health effects but need to be interpreted with caution

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THANK YOU!
ANY QUESTIONS?

