Gut Feeling Nutrition

As a Gut feeling Nutritionist I focus on empowering individuals through education. Namely what the GUT is, how it affects HEALTH and how FOOD & lifestyle can improve its function. Health is not systematic, it is important to take a holistic approach to health. In our current world the largest threats to health are chronic illnesses. Especially autoimmune conditions that are often labelled as irreparable. Diseases such as Multiple Sclerosis, Rheumatoid Arthritis, Coeliac Disease, Hashimoto’s and Diabetes. However, diet and lifestyle is showing to play a key roles in improving symptoms of autoimmune conditions dramatically.


HOW does the GUT interaction with these three aspects of HEALTH...

1. EMOTIONAL
   80% of serotonin is produced in the GUT. Serotonin is converted into the happy drug tryptophan in the brain.

2. PHYSICAL
   Certain Gut Microbes produce a greater caloric output from the same food compared to other Gut Microbes.

3. IMMUNE
   Autoimmune diseases are on the rise. In response to high inflammatory diet & reduced beneficial gut bugs.

WHY Do you EAT?
Are you hungry?
Is it because that is the time you are told to eat?
Is it to satiate a craving?
Is it to support you emotionally?
Stress eating?
Eating to punish?
Do you feel faint?
Are you eating to NOURISH?

HOW do you EAT?
Are you rushing?
Do you chew until it’s moosh?
Do you scull water with your meals?
Do you eat a cooked with raw foods?
Do you eat while watching television?
Do you experience the sensation of salivation before a meal?
Do you eat with your family and friends?
Do you eat Mindfully?

WHAT do you EAT?
Are you eating what your body recognises as food … ?
You are what you Eat.
You are what you ABSORB!

THE GUT WALLS
The lining of the Gut is highly susceptible to diet & lifestyle induced damage.

The lining of the gastrointestinal system are mostly epithelial cells and mucosal cells held together by tight junctions. The lining of the gastrointestinal tract changes as it travels around the torso. This is because every single section of the serpent-like tract has a different purpose and function.

The Gut wall has to be strong and impermeable to foreign particles. The Gut is lined with all sorts of cells that produce all sorts of enzymes and ingredients vital for digestion and absorption. Zonulin is a protein that determines the permeability of your GUT. Zonulin has been shown to be released in excess in response to a modern western diet. Thus causing an increase in permeability in the gut wall.

This also allows larger particles into the blood stream before they have been broken down to a form that the body recognises as food.

THE GUT “HOT POT”
This is Enzymes & Hydrochloric Acid concentration of the GUT.

Enzyme deficiency is what we call food intolerance. Everyone has an intolerance these days! A friend of mine says he is “gluten free intolerant!”. Most food intolerances are the bodies inability to break down protein components of foods.

Hydrochloric acid needs to be HOT & strong to break down food in the stomach & destroy pathogens before they reach the small intestine.

Enzymes have many hats and are produced in the lining of the GUT and are also produced by Microbes that exist in the GUT. We become deficient when we eat too much of a single type of food and use up all the enzymes. Deficiencies also arise when we have an inadequate microbial population to create diverse enzymes.

So basically the bacteria that live in and on us decide our health. These bacteria influence how we smell, what we like to smell, what we crave and even our will to live. The role these critters play in the GUT is vital to who we are and can be the key to unlocking health. They decide what we absorb into our blood stream, how well we digest foods, what we are allergic to and how much weight we put on. They are so diverse, there are over 10 trillion recognised species in the human large intestine. Each and every single one of us have a completely different bacteria cloud existing in, on and around us.

Even bacterias that have been labelled as harmful can be beneficial. It is only when these bacterias start to multiply into large number and take over. Many of us live with salmonella, listeria and candida in small diverse amounts.
Having GUT WALLS, GUT “HOT POT” & GUT GARDEN all coexist together. If one aspect of the gut health is impaired the other will be put out of balance. In addition, they nourish and care for each other.

**How your GUT influences your HEALTH**

**Emotional Wellbeing**

The highest prevalence of death among 14-44 year olds in Australia is suicide. Mental health does require an all-encompassing therapeutic approach involving the individual, the community and society.

However, the chemicals in our body that influence our mood are namely serotonin which converts to tryptophan in the brain. 80% of serotonin is produced in the GUT by microbes. These are our happy drugs, this is what is released when we feel happy. If there is any disturbance in Gut health, the release of serotonin will be impaired.

There is a strong link between the GUT and the BRAIN. This is referred to as the Gut Brain Axis. The Gut is controlled by the Enteric Nervous System which houses more neurones than the Central Nervous System. This is how the GUT & BRAIN communicate.

Just as much as beneficial bacteria can improve your mood, pathogenic non beneficial bacteria can impair your mood. Have you ever noticed kids that get worms become moody and irritable?

**Physical Wellbeing**

What is your main health concern? A lot of westerners are obsessed with either being fat or skinny. The Nutrition world makes a killing from “weight loss dieting”.

The current obesity epidemic in Australia is proof that we no longer eat to NOURISH. There is a massive miscommunication and disconnection between food and health in this society.

Gut microbes either exist or die out depending on whether they are needed in our gut to digest our usual diet. If a diet is low in a diverse range of plant foods many microbes die as they are no longer needed. This allows for other microbes to take over the gut environment. This often happens in a highly processed white bread diet low in vegetables. The microbes analysed in overweight people have shown to have a higher caloric output than the microbes in non overweight people.

This is often the reason people struggle to loose weight, even when they reduce their caloric intake. Their GUT bugs are keeping them fat.

On the flip side certain microbes have shown to produce less energy (calories) and more nutrients and minerals. Other microbes have shown to assist with fitness level and muscle recovery.

**Immune Wellbeing**

Autoimmune conditions have often been explained as being unavoidable and hereditary. Autoimmune is when self cells start attacking self cells. These conditions are when the body is in an inflammatory state. There are links between “leaky gut” - Gut hyper permeability and autoimmune conditions.

1 in 6 Americans are living with autoimmune conditions. Symptoms of autoimmune conditions affect all aspects of health from mental wellbeing, to energy to weight gain.

70% of the immune system resides in the gut. Microbes train immune cells either for the better or for the worse depending on their intentions. Beneficial microbes can improve the immune system and assist with reducing inflammation.

“Leaky Gut” is a common name for when the walls of the Gut become weak. Allowing pathogenic matter into the blood stream prematurely which travel the body causing systemic damage.

**How you can heal your Gut to heal your health?**

**FIRST, WHAT IS HURTING YOUR GUT HEALTH?**

You must understand, every single tiny molecule we ingest or put on our skin has to be dealt with by our digestive system.

- Excessive Antibiotic use - antibiotics are fabulous when you have a bacterial infection that is specific to that particular antibiotic. However, we are now taking “preventative antibiotics” which are non specific and kill beneficial bacteria. Antibiotics are also fed to our animals, therefore a lot of meat and dairy products now contain antibiotics.

- Preservatives - In food preservatives ensure a sterile environment, where microbes cannot live. Preservatives are not food, the body does not recognise them. There are no enzymes to catch them and break them down. They sit in the gut and make the environment hostile to microbes (especially the beneficial bugs). Aluminium is often used as a preservative in food.

- Anti-nutrients - plant foods such as seeds and grains are encased in substances such as phytates that block and inhibit enzymes and nutrients required in the body.

First Consult your Health Practitioner

Soaking, cooking and fermenting are great ways of preparing food to be eaten.

• Stress - Have you ever noticed in the lead up to a stressful event you feel nauseous, your bowel motions may speed up and your hunger disappears. Some people even vomit. This is the Sympathetic Nervous System kicking into action. Where blood and nutrients rush towards our skeletal muscles, away from the digestive system. Well, today… most of us are chronically stressed. And the body has not yet evolved to differentiate perceived stress and actual stress. Therefore, whenever stress is felt blood and nutrients rush AWAY from the digestive system.

NOW, LETS HEAL YOUR GUT !!!

• Cut the Crap for Good! - Products that have been made in a factory are not food. The ingredients are not prepared in a way that the body can recognise them as “food” that will nourish us. “Humans are the only species clever enough to make their own food and stupid enough to eat it.”

• Eat Living Food - and by living I mean FERMENTING. Eating foods that contain living microbes is essential for health. Before refrigerators and before food was made by corporations. All our food was fermented as part of its preparation to be eaten. Everything from bread, to yoghurt, to beer and back was fermented, mostly by accident. In the early 20th Century we discovered that the longevity of Bulgarian Mountain people was due to the sour milk they consumed. The fresh whole raw milk would sit in bladders and go sour, this processed would allow bacterias to grow. These bacterias were nourishing the Bulgarians to live well into their 100s. Unfortunately, at the same time we discovered that bacterias also cause severe illness. It’s easier to sell death, so food and environments had to become sterile.

• Increase Fibre - gut microbes love fibre. This is the indigestible parts of plants. Fibre keeps diverse Gut bugs in business. Ensuring your gut microbial environment is DIVERSE. The key to health and prevention of chronic illness is gut microbial DIVERSITY.

• EAT FAT - for the last 30 years FAT has been frowned upon. However, our first food is breast milk which is a high SATURATED FAT! Fats help heal the Gut Walls, provides energy, helps unlock nutrients from plant foods and slows the uptake of sugar into the blood. Omega 3s and Omega 9s are best! They are found in Walnuts, chia seeds, oily fish and Grass Fed meats and dairy.

• Prepare food properly - activating nuts may sound excessive… however, raw nuts, seeds and grains contain components that can inhibit and irritate digestions. Sprouting, fermenting and slow cooking all assist in preparing food for digestion.

• Mindful eating - before eating a cooked meal - get your gut ready for digestion. Bitter foods are best for this, the heat up your Gut “HOT POT”. Foods such at 1/4 slice of fresh lemon in 1/2 cup of water, radicchio, dark leafy greens and apple cider vinegar are a few examples. Eat like the Italians! A small radicchio salad with a drizzle of apple cider vinegar and olive oil should do the trick.

• And J-E-R-F - JUST EAT REAL FOOD!

...most importantly, everyone is a unique individual. you must find what works for you...

<table>
<thead>
<tr>
<th>Food</th>
<th>High In</th>
<th>Great for</th>
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<tbody>
<tr>
<td>Zucchini</td>
<td>Collagen</td>
<td>Healing the Gut wall</td>
</tr>
<tr>
<td>Ghee (Grass Fed)</td>
<td>Vitamin K, Omega 3 &amp; Vitamin A</td>
<td>Healing epithelial cells. Great for skin &amp; gut walls. Hormone synthesis</td>
</tr>
<tr>
<td>Fermented Vegetables</td>
<td>organic acids &amp; probiotics</td>
<td>balance intestinal pH and provides probiotics</td>
</tr>
<tr>
<td>Sprouted seeds - chia &amp; hemp</td>
<td>omega 3s &amp; fibre</td>
<td>gut walls &amp; feeding gut microbes</td>
</tr>
<tr>
<td>Kefir - dairy, coconut or water</td>
<td>good fats &amp; probiotics</td>
<td>Gut healing &amp; support food intolerances</td>
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<tr>
<td>pineapple</td>
<td>bromelain enzyme</td>
<td>digesting proteins</td>
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<tr>
<td>Coconut oil</td>
<td>good fats &amp; antimicrobial</td>
<td>gut wall strength &amp; gut bugs</td>
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To conclude…The gut is connected to the brain. The brain is connected to the Gut. Everything you think it hears. Be kind to your Gut. Be kind to yourself. Remove guilt, punishment and stress around meal times. NOURISH and love your body. And be grateful for every single meal you consume. Don’t focus on your weight. Focus on the hard work your gut and its critter friends go to to ensure your health!
RESOURCES

Books

Michael Pollan - Cooked, In Defence of Food, Omnivorse Dilemma.

GUT by Guilia Enders

Nourishing Traditions by Sally Fallon

The Art of Fermentation by Sandorkraut

Watch

FMTV - Food Matters 1 & 2, Food as Medicine

Online Information

Chris Kresser

Dr. Josh Axe

Weston A Price

Practitioners

Jason Hawrelack - herbalist & Gastroenterologist

And LEARN TO LOVE YOUR GUTS !!!