

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

GUT CHECK

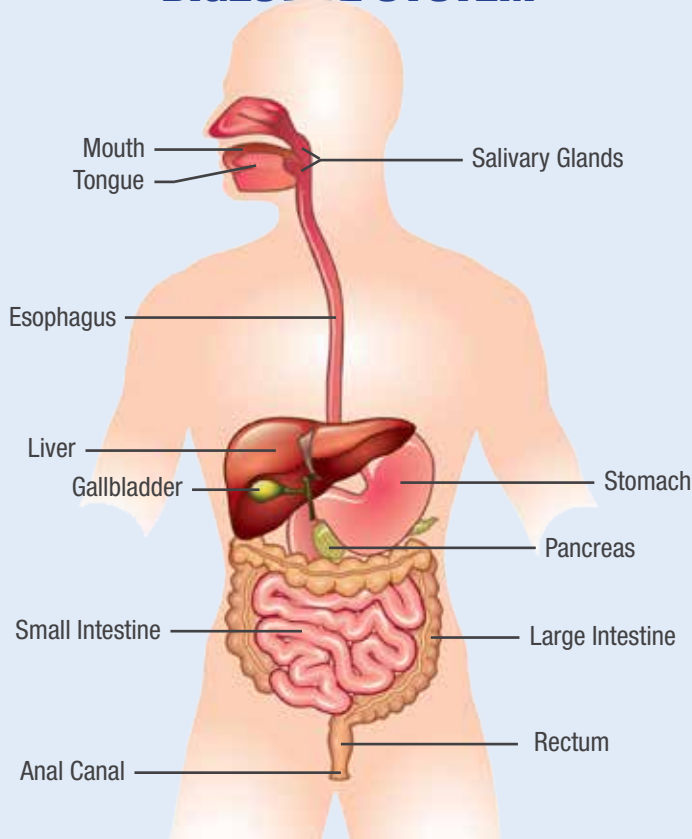
HEALTH BEGINS IN THE GUT

Digestive health starts with what we decide to eat. Consuming foods high in trans fat, sugar, sodium, and preservatives can cause digestive issues and disorders. Common symptoms include:

- Bloating
- Fatigue
- Burning sensation in the gut
- Nausea
- Vomiting
- Excessive or infrequent bowel movements

Fortunately, eating foods high in fiber can help eliminate most of the symptoms associated with the disorders. Other factors like managing stress, getting adequate sleep, and exercising will also play key roles to manage these symptoms.

DIGESTIVE SYSTEM



COMMON CONDITIONS

- **Heartburn/GERD:** condition associated with regurgitation of stomach acid
- **Lactose Intolerance:** impaired ability to digest lactose, a sugar found in milk and other dairy products
- **Irritable Bowel Syndrome (IBS):** a common disorder that affects the large intestine
- **Crohn's Disease:** chronic inflammation of the small intestine and the colon
- **Diverticulitis:** inflammation of the diverticula, which are small pouches in the large intestine

Self Check

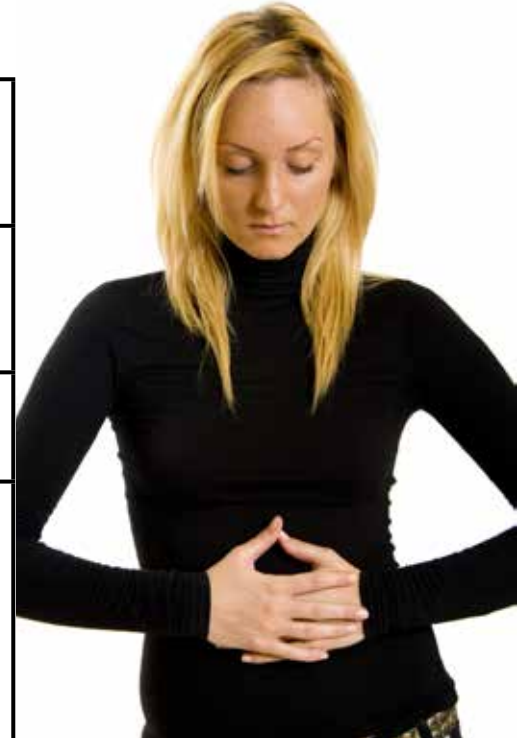
What do you do to maintain a healthy gut?

Check off the factors that apply to you.

- I eat 9 servings of fruits and vegetables per day.
- I drink at least ½ of my bodyweight in ounces of water each day.
- I eat at least 3 meals a day.
- I exercise at moderate intensity at least 30 minutes a day.
- I limit my caffeine intake to 200 mg a day.
- I drink little or no alcohol.
- I manage my stress very well.

FOODS THAT HARM THE DIGESTIVE PROCESS

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| Processed Foods | Processed foods contain additives, preservatives, nitrates, etc. These chemicals can disrupt your digestive system causing a decrease in absorption of nutrients. |
| High-Fat Foods/ Fried Foods | Foods high in fat can produce pale-colored stool, which is essentially excess fat in the feces. A lot of people with irritable bowel syndrome need to stay away from foods high in fat. |
| Spicy Foods | Spicy cuisine can irritate the esophagus and lead to pain from heartburn. |
| Alcohol and Caffeine | Alcohol and excessive caffeine consumption can lead to acid reflux or heartburn. Drinking alcohol can inflame the stomach lining, impairing certain digestive enzymes and preventing nutrients from being absorbed. The acidity of caffeine can irritate the intestines, which can cause stomach acid to pass through the intestines too soon. |



FOODS THAT ASSIST THE DIGESTIVE PROCESS

Digestion starts the moment you put a food in your mouth. Foods that are good for digestion are generally those that make the digestive process easier.



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| Yogurt | Yogurt contains different types of bacteria, called “probiotics” which help the gut digest food. |
| Fruits and Vegetables | The fiber in vegetables helps push waste through the intestinal tract. This helps decrease any toxic buildup that can occur from the waste that your body does not excrete. The vitamins and minerals in fruits and vegetables will also help your body to absorb the nutrients your body needs. |
| Whole Grains | Whole grains, such as whole-grain bread, oats, and brown rice, are a good source of fiber, which helps digestion. |
| Ginger | This spice has been used for thousands of years as a safe way to relieve nausea, vomiting, motion sickness, morning sickness, gas, loss of appetite, and colic. (No more than 2 to 4 grams a day) |
| Water | Water is an invaluable nutrient. Every function in your body depends on water, including your digestion. Strive to drink half of your bodyweight in ounces of water each day (e.g. 100lbs = 50 oz. of water). |
| Enzymes | Foods that are processed and we are intolerant to can deplete our digestive enzymes, making it harder to break down foods in the gut. Supplementing with enzymes for a period of time can be helpful. |

RESOURCES

digestive.niddk.nih.gov

www.health.com

health.usnews.com

For More Information visit
www.WellnessCoachesUSA.com