



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

What's Up With Your Gut?

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Ashlen studied Nutrition Sciences at the University of Nevada, Las Vegas where she obtained both her bachelor's and master's degree. Her experience includes working with collegiate athletes to optimize their performance, practicing medical nutrition therapy in the clinical setting, and providing one-on-one nutrition counseling to promote healthy living. Her interest in gut health started during her graduate program where she studied exercise and its impact on the gut microbiome.



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Session Disclaimer

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What's Up With Your Gut?

Interesting facts about our gut:

- The length of our small intestines if stretched out is about 22 feet
- Our large intestine is about 5 feet long when stretched out
- Healthy gut bacteria protects us from disease, keep inflammation low, and can promote mental health



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What's Up With Your Gut?

Gut Microbiome



Our gut has its own community of microorganisms which is referred to as our gut microbiome



Most of our gut microbiome resides in the large intestines



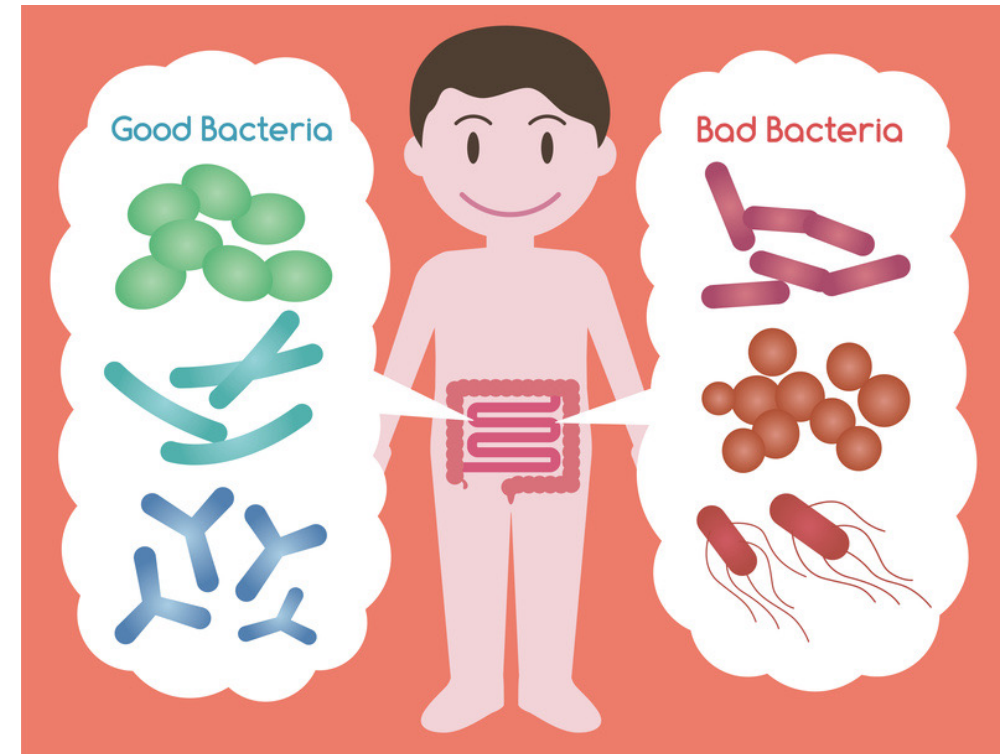
Balance of “good” versus “bad” bacteria is crucial

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Role of Gut Microbiome

- Promotes digestion and absorption, supports immunity, and breaks down toxins.
- Dysbiosis = an imbalance of “good” versus “bad” bacteria



[good vs bad gut bacteria - Bing images](#)

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What's Up With Your Gut?

Symptoms Associated with Gut Imbalance

- Gas
- Diarrhea
- Constipation
- Bloating
- Headache
- Fatigue
- Immune dysfunction



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What's Up With Your Gut?

Factors influencing gut health

- Birth delivery
- Nutrition
- Alcohol
- Exercise
- Stress
- Antibiotics
- Illness/disease
- Age



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What's Up With Your Gut?

Foods That Can Cause Gut Imbalance



Red meat
in excess



High-fat
dairy foods



Fried foods



Highly processed
foods

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How to Improve Gut Balance

- Eat more plant foods
 - Fruits
 - Veggies
 - Nuts/seeds
 - Legumes/beans
 - Grains
- Aim for the nutrition rainbow!



[nutrition rainbow - Bing images](#)

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Foods to Improve Gut Health

Probiotic Rich Foods:

- Sauerkraut
- Miso
- Tempeh
- Kefir
- Kimchi
- Olives
- Kombucha
- Sourdough

Prebiotic Rich Foods:

- Leafy greens
- Beans
- Artichokes
- Onions
- Garlic
- Mushrooms
- Radishes
- Eggplant
- Asparagus
- Oats
- Soybeans
- Bananas
- Leeks

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Fiber

- Aim for 25-38 g/day
- All plant foods contain fiber:
 - Fruits
 - Veggies
 - Whole grains
 - Legumes/beans
 - Nuts/seeds

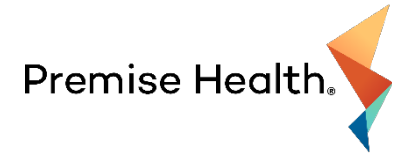
What 3-6 grams of fiber looks like:

- 1 Slice of whole wheat bread
- 1 tbsp chia seeds
- 1 apple
- ½ cup beans

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Gut Friendly Snacks:

- Nuts/trailmix
- Apples and peanut butter
- Veggies and hummus
- Greek yogurt



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Aim for Plate Balance

- $\frac{1}{2}$ filled with colorful fruits and veggies
- $\frac{1}{4}$ filled with whole grains
- $\frac{1}{4}$ filled with lean protein sources

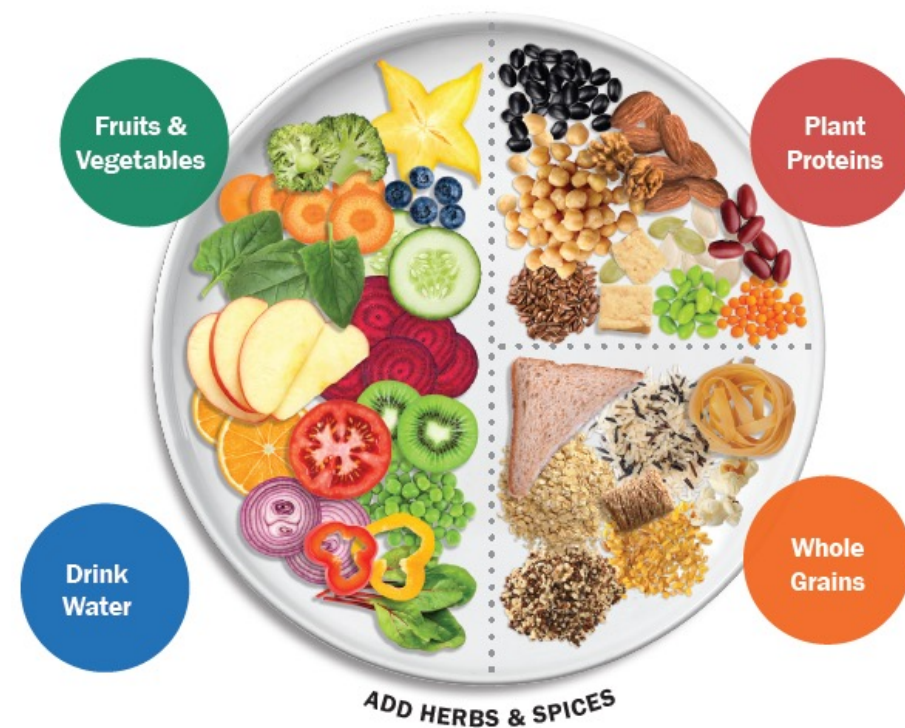


Photo Credit: lifestylemedicine.org

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What's Up With Your Gut?

Gut healthy meal ideas:

- Fresh fruit in whole grain cereal
- Overnight oats w/ chia seeds
- Fresh salad w/ fiber-rich carbohydrate
- Veggie stir-fry
- Tuna sandwich on whole wheat bread
- Chili w/ beans and veggies

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Make a Nourish Bowl!

- Choose:
 - Leafy Green
 - Additional Veggie
 - Protein
 - Carbohydrate
 - Fat
 - Topper
- Burrito Bowl: romaine, roasted peppers, roasted sweet potato, black beans, salsa, cilantro, lime juice
- Mediterranean Bowl: arugula, tomato, cucumber, red onion, garbanzo beans, quinoa, avocado
- Asian Bowl: kale w/ lime juice, cucumber, shredded carrots, edamame, brown rice, chopped peanuts
- Tahini Bowl: spring mix, roasted broccoli/cauliflower, farro, lentils, mint, lemon tahini dressing

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Gut Brain Connection

- Nutrition and mental health been shown to impact each other
 - Bacteria may influence our stress response and our stress response may alter our levels of bacteria
- Gut bacteria impact many brain functions
 - Sleep regulation
 - Mood
 - Pain sensitivity
 - Maybe even our appetite signals

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Takeaway Tips:

- Self-care is very important and can help promote a balanced gut:
 - Stress management
 - Sleep
 - Exercise
- Eat the nutrition rainbow
- Eat plenty of fiber rich foods to keep the good bacteria happy and healthy
- Limit the foods that favor the bad gut bacteria like red meats, high fat fried foods, processed foods and artificial sweeteners.
 - Amount and frequency matter

Thank you for attending!



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References

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