



PROTECTING YOUR ENERGY

Your Gut & your Brain

Easy guidance and tips
to support you to get
the best out of your
days at work



The importance of GUT HEALTH

YOUR ENERGY & HEALTH

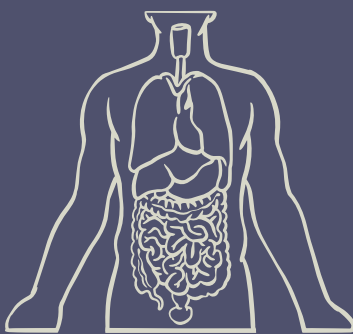


Protecting & Cultivating our gut microbiome is key to our health

A large variety of bacteria in the gut may help reduce the risk of conditions like diabetes and inflammatory bowel disease

LINKS

Research over the past few decades has found links between gut health and:



Mental health disorders
Autoimmune diseases
Endocrine conditions
Gastrointestinal disorders
Cardiovascular disease
Cancer

Key benefits to good GUT HEALTH



Improved Cognitive Function
Reduced Fatigue
Reduced Inflammation
Improved Skin health/complexion
Improved Weight management
Improved Health outcomes

Helps with energy slumps
Helps with bloating
Helps with stomach conditions
Maintains healthy weight



EATING WELL FOR GUT HEALTH

PROBIOTICS

Probiotics are live bacteria and yeasts promoted as having various health benefits and are often described as "good" or "friendly" bacteria.

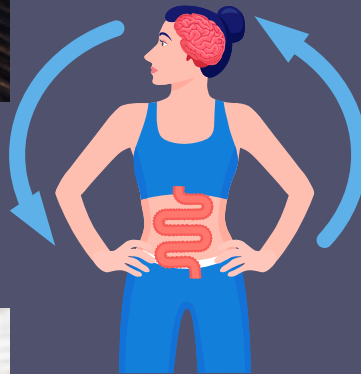
Probiotics are thought to help restore the natural balance of bacteria in your gut (including your stomach and intestines) when it's been disrupted by an illness or treatment.



EATING WELL FOR GUT HEALTH

PROBIOTIC FOODS

Yoghurt
Kefir
Sauerkraut
Kimchi



EATING WELL FOR GUT HEALTH

PREBIOTICS

Prebiotics function as a food source for your gut's microorganisms — and they need to bypass digestion and make it all the way to your colon.



EATING WELL FOR GUT HEALTH

PREBIOTIC FOODS

Artichokes
Asparagus
Bananas
Berries
Tomatoes
Garlic
Onions
Legumes

Green vegetables
Wholegrain cereals



KEY TIPS



Your gut is made up of thousands of bacterial species often referred to as Gut Microbiome. Protecting and cultivating this diverse microbial garden is key to our health.

1 Have lots of fibre – Fibre contains Prebiotics

Prebiotics are the "fuel" that nourishes the beneficial microorganisms in your gut. An adult needs 30 – 35g grams of fibre a day. Fibre also controls blood sugar, weight management, heart health and digestion!

2 Eat Fermented foods – They contain Probiotics

Consuming live beneficial bacteria or yeast, can help improve the balance of gut microbiome.

3 Eat foods rich in Polyphenols

Good gut bacteria love Polyphenols. They are found in plants to protect the plant against weather and disease. The darker in colour or the harsher the growing environment the higher the polyphenol count.

4 Diversity

Eating a large variety of plant foods regularly is highly beneficial to your gut microbes. Challenge yourself to increase your diversity. Include seeds, nuts, herbs and spices, not just fruit and vegetables.

5 Protection

Avoid Emulsifiers, Preservatives and Artificial sweeteners to protect those microbes that are already present.