



Gastrointestinal System

The gastrointestinal system or “the gut” as it is more commonly referred to now, contributes to more than 80% of bodily functions. Ensuring the gut is functioning optimally is important as your immunity, brain and fertility are supported by the health of the gut. Additionally, optimal gut function helps to support obesity and other chronic illnesses.

The types of foods and nutrients we eat as well as the environment we surround ourselves with greatly impact our individual gut health. It is important that you choose foods which positively affect your gut to maintain your gut and overall health.

Often the diets we consume nowadays are unbalanced in terms of the nutrients they contain as well as containing harmful chemicals. Additionally, it is becoming more and more common for our environments to be high in air and water pollutants.

The combination of our diets and environmental exposure can increase the toxic load on your gut and negatively affect your internal gut environment. This can increase the pressure on the functioning of your gut, negatively affecting digestion, immunity, and natural detoxification systems.

When your gut becomes overloaded or stressed with toxins, this can cause ‘leaky gut syndrome’. Symptoms often caused by leaky gut syndrome can include typical gastrointestinal symptoms including indigestion, stomach cramps, bloating, diarrhoea, constipation, nausea, poor appetite, or unnatural hunger.

However, more complicated gastrointestinal concerns such as irritable bowel syndrome (IBS), ulcerative disease, chron’s disease, coeliac disease, or gastroesophageal reflux disease. Additionally, other chronic illnesses such as autoimmunity, systemic inflammation, asthma, adrenal fatigue, hormonal imbalances, high blood pressure and diabetes.

If you do experience any of the above symptoms, including some of the tips from the table on the next page may help to alleviate some of your symptoms. However, including these in your daily routine whether you have symptoms of concern will be beneficial in helping improve and maintain the health of your gut.

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Tips to Include to Help Improve Your Gut

Avoid allergenic and epigenetic underlying food intolerances.

Detoxification can be optimised by using fresh juices. E.g. green apples, celery

Include cruciferous vegetables in your diet to help improve your intestinal health. E.g. broccoli, cauliflower, brussels sprouts, kale and cabbage.

Try to balance your nutrient intake, vitamins, and short-chain fatty acids as this can help to improve your immune function, decrease inflammation and protect against obesity.

Try to consume fermented pre- and pro-biotic foods. E.g. sauerkraut, kimchi, tempeh, kefir pickles.

It is important to note that fermented foods can worsen symptoms in some individuals

Increase your food fibre intake – this is one of the most effective ways to improve gut health.

Soluble fibre: helps to lower blood glucose levels and LDL cholesterol. Soluble fibre can be found in oats, legumes and some fruits and vegetables.

Insoluble fibre: has more of a cleansing effect on your digestive system. Insoluble fibre can be found in whole grains, kidney beans, fruits, and vegetables.

We recommend that you get your epigenetics tested regularly to prevent gastrointestinal and wellbeing challenges.