

NEWSLTR



The Workplace Wellness Conference and Exhibition

In this issue

Healthy gut

Speaker highlight:

Joel Robbins, ND, DC

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JOEL ROBBINS, DC, ND

Dr. Joel Robbins has made a career-long study in the field of nutrition as it relates to health. He holds both chiropractic and naturopathic degrees, offering his patients alternatives to their health problems through natural treatment methods and nutrition.

Wellness is the state of complete physical, mental, and spiritual well-being.

Gut Health

There are around 40 trillion bacteria in your body, most of which are found in your gut. Collectively, they are known as your gut microbiome, and they're incredibly important for overall health. However, certain types of bacteria in your intestines can also contribute to many diseases.

Many factors, including the foods you eat, can affect the health of your gut, including the type of bacteria it contains. The best way to get a healthy gut is to eat a fresh, balanced diet. Here are a number of ways to improve your gut bacteria.

Eat a diverse range of foods. There are hundreds of species of bacteria in your intestines, each of which plays a specific role in health and requires different nutrients for growth.

Eat lots of vegetables, legumes, beans, and fruit. Fruits and vegetables are the best sources of nutrients for a healthy microbiome. They are high in fiber, which your body can't digest. However, certain bacteria in your gut can digest fiber, which stimulates their growth.

Eat fermented foods. Fermented foods have undergone fermentation, a process in which the sugars they contain are broken down by yeast or bacteria.

Eat prebiotic foods. Prebiotics are foods that promote the growth of beneficial bacteria in the gut. They are mainly fiber or complex carbs that human cells cannot digest. Instead, certain species of bacteria in the gut break them down and use them for fuel.

If you can, breastfeed for at least 6 months. A baby's microbiome begins to properly develop at birth. However, studies suggest that babies may be exposed to some bacteria even before birth.

Eat whole grains. Whole grains contain lots of fiber and non-digestible carbs, such as beta-glucan.

These carbs are not absorbed in the small intestine and instead make their way to the large intestine to promote the growth of beneficial bacteria in the gut.



Eat a plant-based diet. Diets containing animal-based foods promote the growth of different types of intestinal bacteria than plant-based diets do.

Eat foods rich in polyphenols. Polyphenols are plant compounds that have many health benefits, including reductions in blood pressure, inflammation, cholesterol levels, and oxidative stress.

Increase your intake of probiotics. Probiotics are live microorganisms, usually bacteria, that provide a specific health benefit when consumed.

Probiotics don't permanently colonize the intestines in most cases. However, they may benefit your health by changing the overall composition of the microbiome and supporting your metabolism.

We cannot exist apart from the biology of the microbiome. So, how could we possibly rise to a high level of awareness without the connection to this rudimentary source of intelligence?

As we become aware of the invisible life within and around us we can seize new opportunity to move our species toward a healthier future.

The following foods are great options for improving your gut health:

- Vegetables: broccoli, [Brussels sprouts](#), cabbage, arugula, carrots, kale, beetroot, Swiss chard, spinach, ginger, mushrooms, and zucchini
- Roots and tubers: potatoes, sweet potatoes, yams, carrots, squash, and turnips
- Fermented vegetables: kimchi, [sauerkraut](#), tempeh, and miso
- Fruit: coconut, grapes, bananas, blueberries, raspberries, strawberries, kiwi, pineapple, oranges, mandarin, lemon, limes, passionfruit, and papaya
- Sprouted seeds: chia seeds, flax seeds, sunflower seeds, and more
- Gluten-free grains: buckwheat, amaranth, rice (brown and white), [sorghum](#), teff, and gluten-free oats
- Healthy fats: [avocado](#), avocado oil, and extra virgin olive oil
- Fish: salmon, tuna, herring, and other omega-3-rich fish
- Meats and eggs: lean cuts of chicken, beef, lamb, turkey, and eggs
- Herbs and spices: all herbs and spices
- Cultured dairy products: [kefir](#), yogurt, Greek yogurt, and traditional buttermilk
- Beverages: bone broth, teas, coconut milk, nut milk, water, and kombucha
- Nuts: raw nuts, including peanuts, almonds, and nut-based products, such as nut milks