



DIGESTION & GUT HEALTH

UNDERSTANDING THE FOUNDATION OF HEALTH



WHY DIGESTION MATTERS

Your digestive system does far more than simply break down food.

It is responsible for:

- ✓ Absorbing nutrients
- ✓ Supporting immunity
- ✓ Producing neurotransmitters
- ✓ Regulating inflammation
- ✓ Hormone metabolism
- ✓ Protecting against pathogens
- ✓ Communicating with the brain

Approximately 70% of immune tissue resides within the digestive tract.

THE DIGESTIVE JOURNEY



MOUTH

- Chewing begins digestion
- Saliva contains digestive enzymes.



STOMACH

- Hydrochloric acid.
- Protein digestion
- Protection against pathogens



SMALL INTESTINE

- Main site of nutrient absorption.
- Pancreatic enzymes
- Bile from the liver and gallbladder.



LARGE INTESTINE

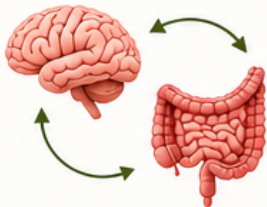
- Home to trillions of microbes.
- Water absorption
- Short-chain fatty acid production.

COMMON SIGNS YOUR GUT MAY NEED SUPPORT

- ✓ Bloating
- ✓ Excess wind
- ✓ Constipation
- ✓ Diarrhoea
- ✓ Acid reflux
- ✓ Food sensitivities
- ✓ Fatigue
- ✓ Brain fog
- ✓ Skin issues
- ✓ Frequent infections
- ✓ Poor mood



THE GUT-BRAIN CONNECTION



The gut and brain communicate continuously through:

- ✓ Vagus nerve
- ✓ Immune signalling
- ✓ Hormones
- ✓ Gut microbes



Stress can influence digestion.



Digestive health can influence mood.

WHAT SUPPORTS GOOD DIGESTION?



EAT MINDFULLY

- Slow down
- Chew thoroughly
- Sit down to eat
- Avoid rushing meals



HYDRATE WELL

- Aim for adequate fluids throughout the day.



MOVE DAILY

- Gentle movement supports digestive function.



DID YOU KNOW?



You have around 100 trillion microbes living in your gut – more than the number of human cells in your body!



Around 90% of your body's serotonin (a key 'feel good' chemical) is produced in the gut.



A diverse gut microbiome is linked to lower inflammation and better protection against disease.



GUT HEALTH IS UNIQUE

Your gut microbiome is as unique as your fingerprint. Feed it well and it will support you for life.



NOURISH. BALANCE. THRIVE.

A HAPPY GUT, A HEALTHY YOU



NOURISHING YOUR GUT MICROBIOME

FIBRE RICH FOODS



- ✓ Vegetables
- ✓ Fruit
- ✓ Beans
- ✓ Lentils
- ✓ Oats
- ✓ Nuts
- ✓ Seeds

Fibre feeds your good bacteria and keeps your digestion moving.

FERMENTED FOODS



- ✓ Live yoghurt
- ✓ Kefir
- ✓ Sauerkraut
- ✓ Kimchi
- ✓ Miso

Provide beneficial bacteria that support digestive balance.

POLYPHENOL RICH FOODS



- ✓ Berries
- ✓ Herbs
- ✓ Spices
- ✓ Green tea
- ✓ Cocoa

Polyphenols act as prebiotics and reduce inflammation.

HEALTHY FATS



- ✓ Extra virgin olive oil
- ✓ Avocado
- ✓ Nuts
- ✓ Seeds
- ✓ Oily fish

Support nutrient absorption and help reduce inflammation.

FOODS THAT MAY CAUSE PROBLEMS FOR SOME PEOPLE (Not everyone)

- ✗ Ultra-processed foods
- ✗ Excess alcohol
- ✗ Excess sugar
- ✗ Highly refined carbohydrates

These can disrupt gut bacteria and contribute to inflammation.



LIFESTYLE FACTORS THAT INFLUENCE GUT HEALTH



STRESS

Long-term stress can:

- Alter gut motility
- Affect digestion
- Influence gut microbes

Chronic stress increases cortisol, which can damage the gut lining and disrupt healthy bacteria.



SLEEP

Poor sleep is linked to:

- Increased inflammation
- Changes in appetite regulation
- Altered gut flora

Aim for 7–9 hours of quality sleep each night.



EXERCISE

Regular movement supports:

- Gut motility
- Microbial diversity
- Metabolic health

Even a daily walk can significantly benefit your gut.

SIMPLE DAILY HABITS

- ✓ Eat a variety of plant foods
- ✓ Include fibre at most meals
- ✓ Stay hydrated
- ✓ Manage stress
- ✓ Prioritise sleep
- ✓ Move daily
- ✓ Spend time outdoors
- ✓ Eat slowly and mindfully



SAMPLE GUT-FRIENDLY DAY



Breakfast
Greek yoghurt, berries, flaxseed



Snack
Apple and handful of walnuts



Lunch
Mixed bean salad with olive oil dressing



Dinner
Salmon, roasted vegetables and quinoa



REMEMBER

Healthy digestion is not about perfection.



Small, consistent habits can support your gut, your energy, your immunity and your overall wellbeing.

ADDITIONAL SUPPORT FOR YOUR GUT



Chew bitter foods like rocket, dandelion, lemon before meals to stimulate digestion.



Include bone broth for gut lining support and minerals.



Try gentle herbs like ginger, fennel and peppermint after meals.



Consider a quality probiotic if needed and always include prebiotics (fibre).



Limit unnecessary antibiotics and NSAIDs which can disrupt gut flora.

