



# Wellness Update February 2019

## by Susan Hanly - Naturopath

### Waging War on Gut Health and Immunity

#### The Microscopic army within you

The microscopic army within you If you experience digestive symptoms such as constipation, bloating and gas, or your immune system lets you down, you may be feeling the effects of imbalances within your gut microbiome. Describing the trillions of bacteria, yeasts and other microorganisms that colonise your digestive tract; these mini soldiers support health and wellness by regulating your digestive processes, bowel function and immune health. Restoring balance in the microbiome can help you get on top of your health again!

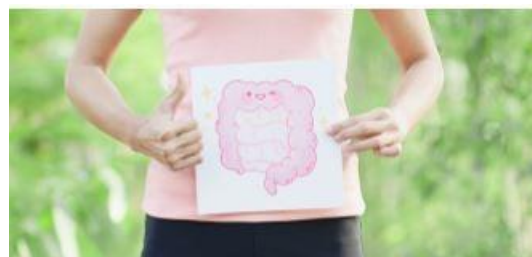
#### Infiltrating the area

Speaking of beneficial organisms, you may have heard that taking probiotics can have a positive impact on your health. A daily multi-strain probiotic formula that contains a handful of carefully selected organisms can have widespread benefits in maintaining optimal digestive and immune health. The following bacterial strains work synergistically to maintain everyday health:

- **Lactobacillus acidophilus (NCFM®):** reduces abdominal pain by influencing receptors within the gut, and supports healthy immunity.
- **Lactobacillus rhamnosus (HN001™):** has immune boosting properties to reduce chances of infection.
- **Bifidobacterium animalis ssp lactis (HN019™):** aids gut motility to relieve constipation and keep you regular.

#### The great battle of the bugs

Whilst some probiotic strains are effective in maintaining everyday health, there may be instances that require more of a 'guns blazing' approach. Poor diet, stress and overuse of antibiotics are some of the drivers that can alter the composition of the microbiome, leading to a myriad of digestive and immune ailments. In these instances, probiotic strains that influence resident gut bacteria and promote restoration of the microbiome can get you back to your fighting best.



Restorative probiotic strains include *Lactobacillus rhamnosus* (LGG®), *Saccharomyces cerevisiae* (boulardii) (SB) and *Bifidobacterium animalis ssp lactis* (BB-12®), which promote the growth and function of your own beneficial gut bacteria whilst preventing harmful pathogens within the gut.

#### Nourish your inner army

Whilst probiotics are invaluable in maintaining a healthy microbiome, the following diet and lifestyle measures also support optimal gut and immune health:

## KU-RING-GAI NATUROPATHIC CLINIC

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- **Minimise your sugar intake.** Eat less canned food, breakfast cereals, baked goods, desserts, sweetened dairy products, condiments, fruit juices, lollies,
- chocolate and fast foods – these often contain sugar which encourages the growth of harmful pathogens in the gut.
- **Keep on top of your stress.** Have you ever noticed your digestion plays up during stressful periods? Through a complex network of nerves and tissue, it's a two way street as the gut and brain communicate with each other; also



influencing your digestive and immune function. Stress busting techniques include gentle exercise such as yoga and Pilates, regular meditation and ensuring you achieve 7 to 8 hours of restful sleep each night.

- **Be mindful of pharmaceutical overuse.** Whilst over-the-counter medicines may be required in some circumstances, unnecessary overuse of these agents may compromise the microbial balance within the gut.

### **To ensure victory, strike while the iron is hot!**

Investing in good quality probiotics that are specific to your wellbeing can make all the difference in winning the battle when it comes to gut and immune health. Daily use of a multi-strain probiotic to maintain optimal balance may give you the fighting-edge to improve digestive health, reduce gut pain and constipation, and enhance immunity. Whether you need to wage war and restore the microbiome or wave the white flag for peace and health maintenance, talk to me today about which probiotic is most suitable for your individual circumstances.

## ***Ku-ring-gai Naturopathic Clinic is now mobile!***

Consultations are now available in three different locations:

Gordon

Neutral Bay

and

Macquarie Street Sydney.

Skype consultations are also available!

In 'special circumstances' a home visit can be arranged.

**Make an appointment on**

**94994244**

**or**

**0416092088**

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