

S.M.A.R.T Life
Real Food



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BUTE HOUSE MEDICAL
CENTRE
HATTERS HEALTH NETWORK



Gut Health

Healthy Gut, Healthy Mind.

K2 SMART life

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Quiz



Agenda

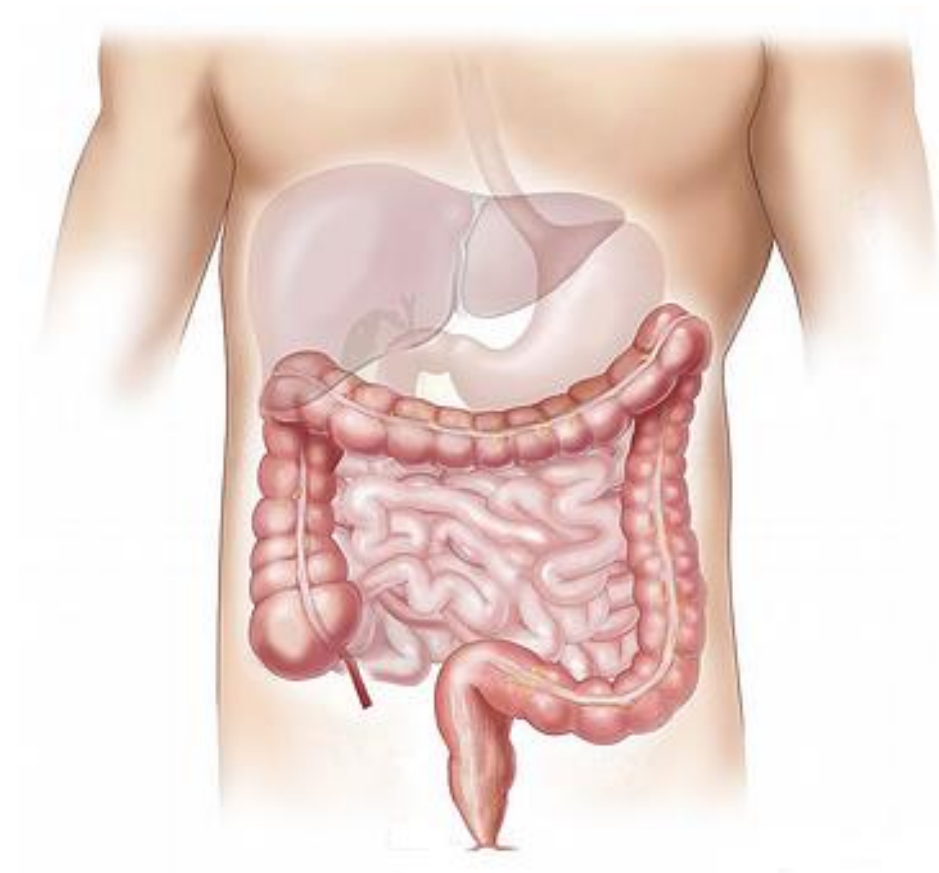
What is GUT

Why does it matter

How to look after it



GUT



Gut is a unique organ.

- Own nervous system
- 99% of bodies bacteria.
- 80% of immune cells.

Gut Health

- Indigestion
- Bloating
- Acidity
- Diarrhoea
- Abdominal pain
- Constipation
- Mood
- Alertness
- Allergy
- Food cravings
- Weight gain
- Nutrient absorption

Food Journey



- External senses.
- Urge to buy it!
- Brain is a bystander

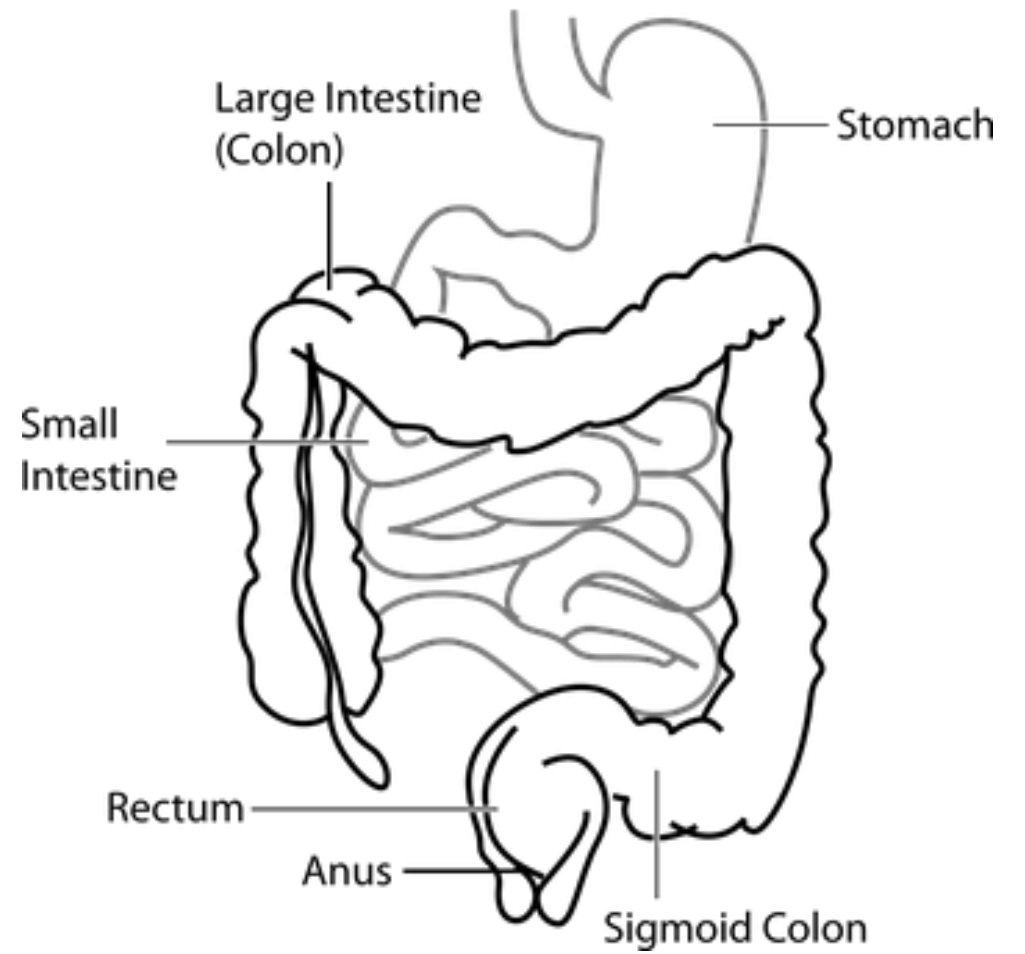
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*What
happens
when we eat*

Once we
swallow, we can't
feel our food!

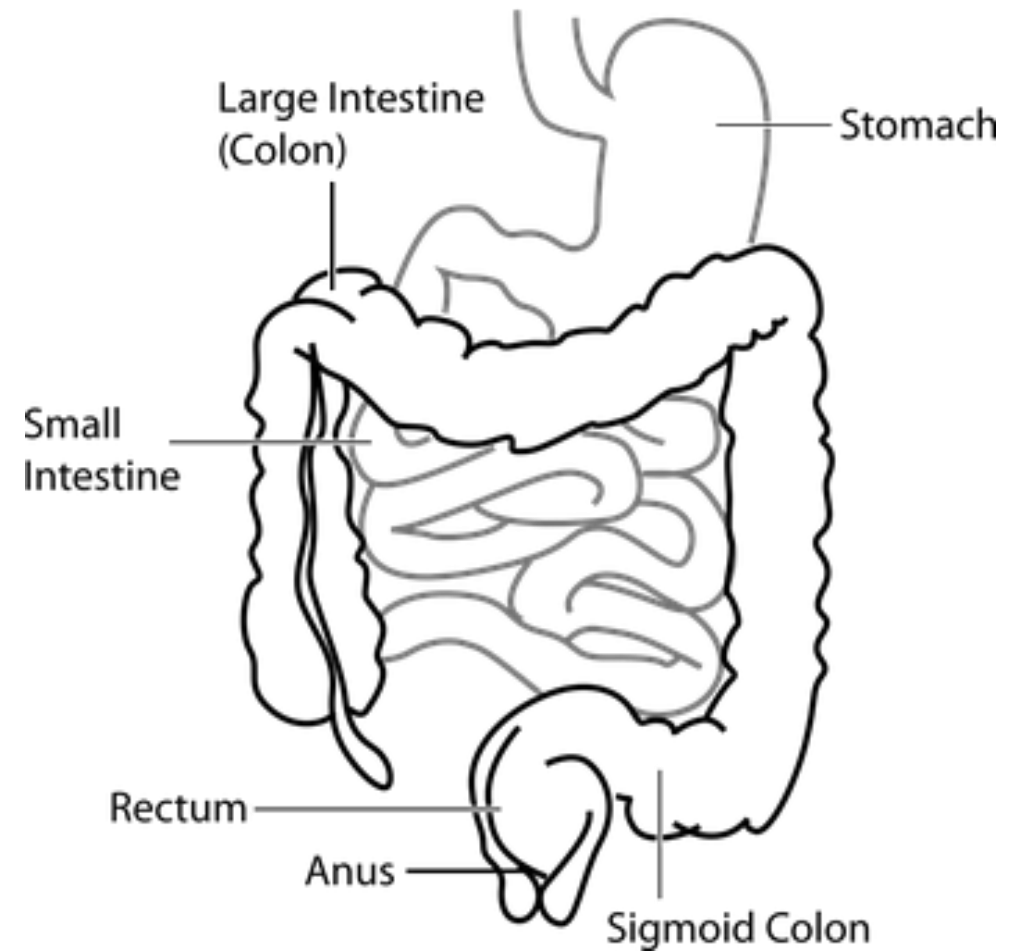
Gut uses own
nervous system.

GI Tract

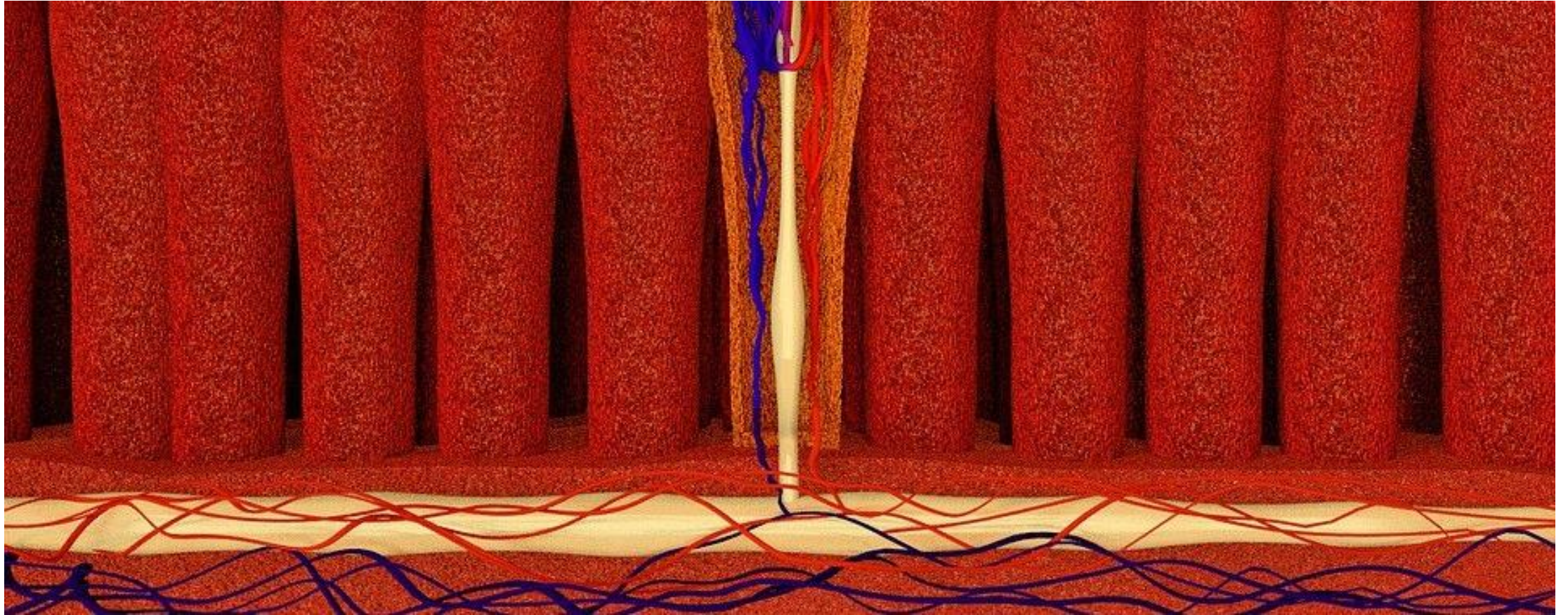


*2 hours in stomach
1 hour in small intestine
10 hours in total for
Digestion*

*Important nutrients
absorbed when food is in
small intestine*



Intestinal Villa



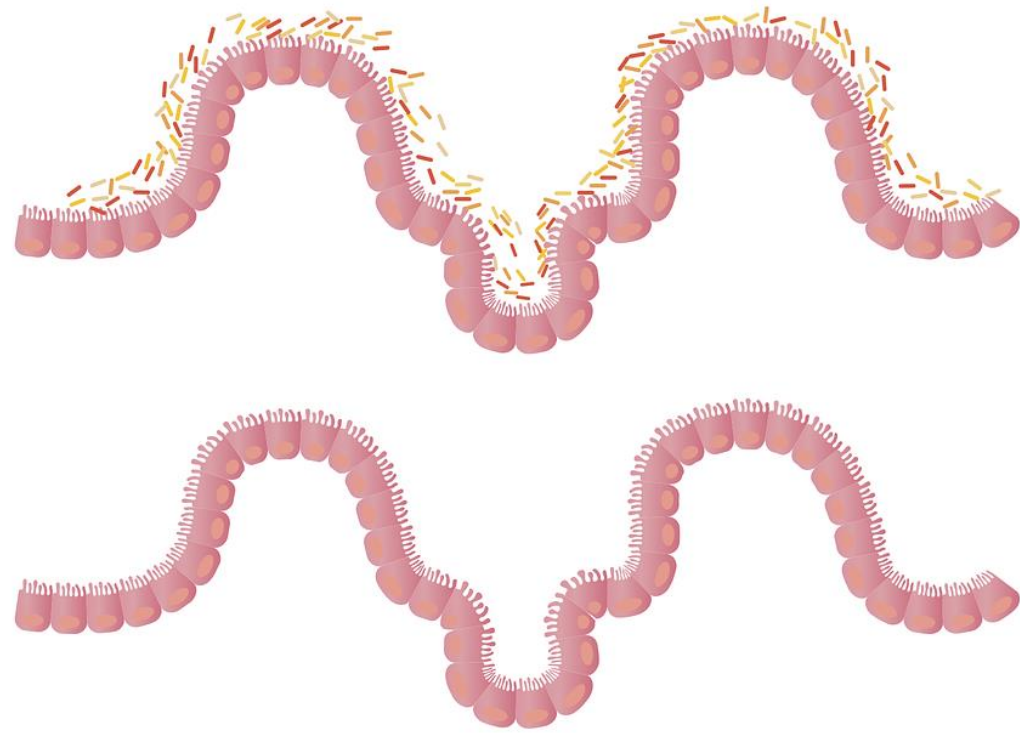
Stress & Anxiety

- Affects stomach's flexibility and secretions.
- Movement of food from small intestine to large intestine.
- But it's a two way communication, so gut also influences our emotions.
- Brain for outer senses & gut for inner senses.

Feeding a baby

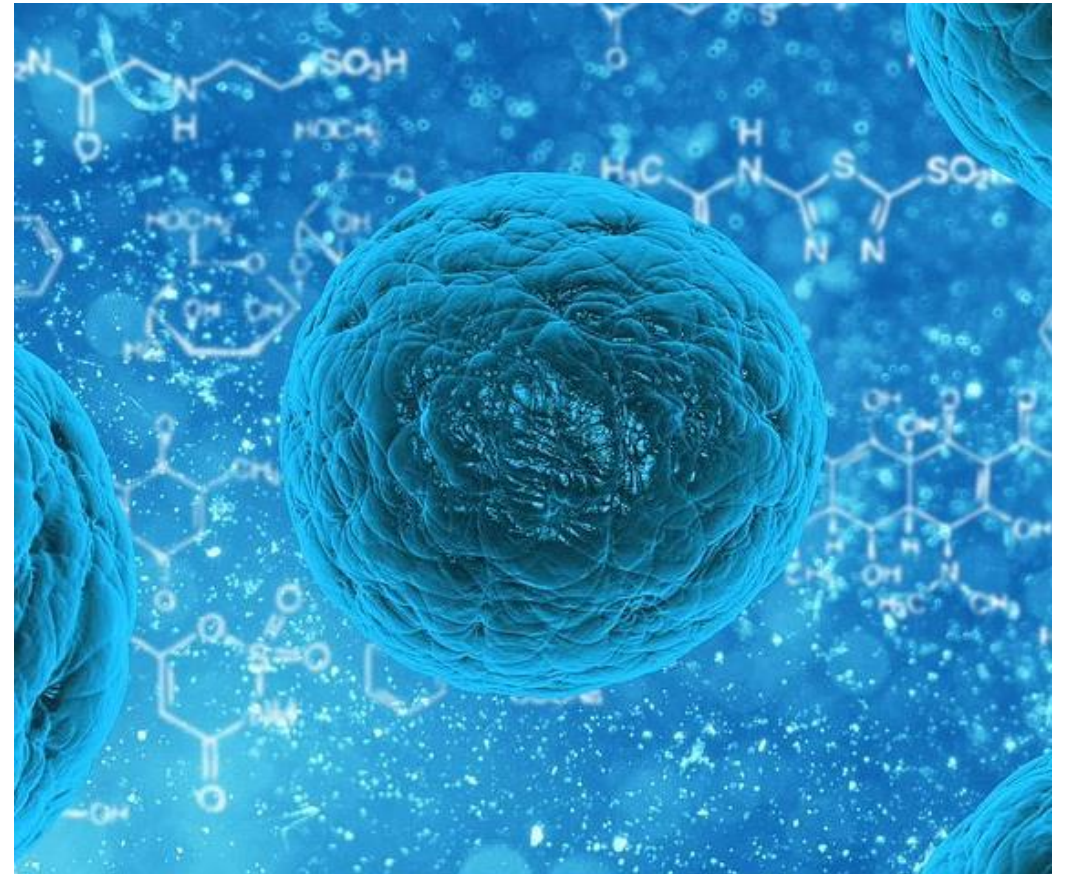
- One spoon for the mommy
- One spoon for the daddy
- One spoon for little yourself.....

GUT Flora

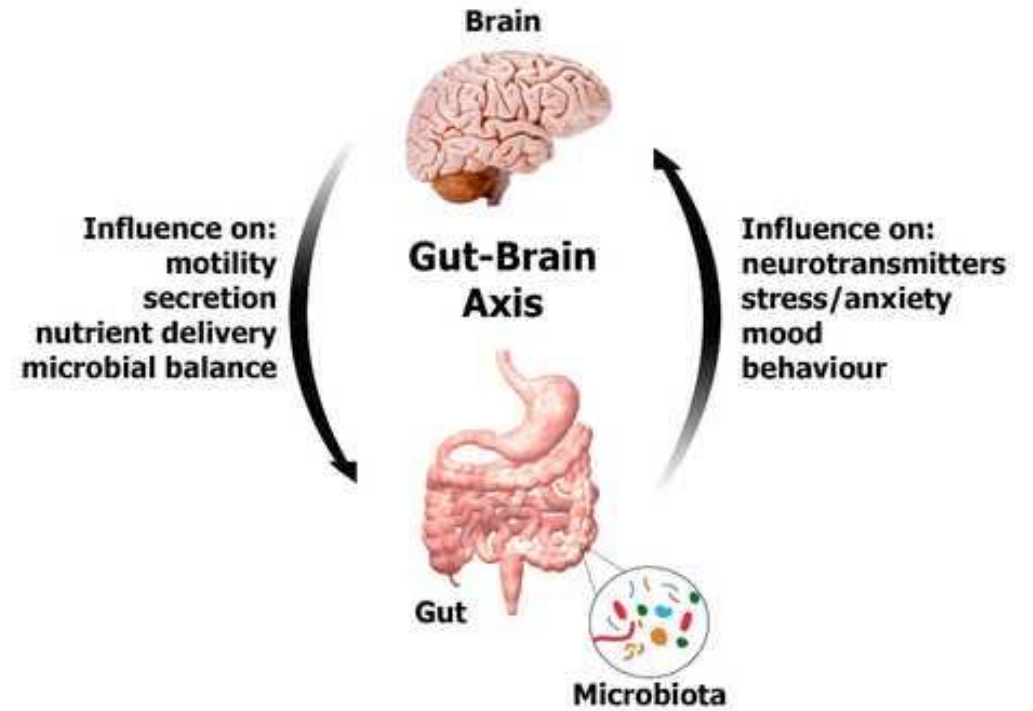
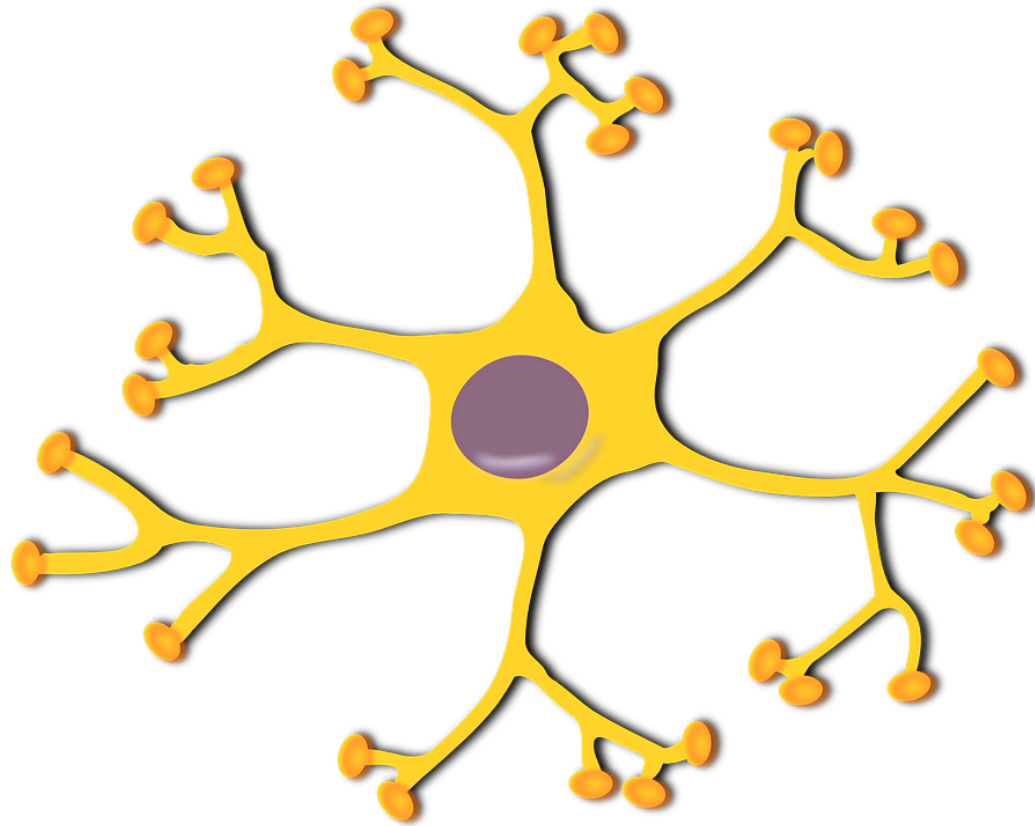


Gut Flora – Friendly bacteria

- 100 billion bacteria.
- 99% of all the bacteria in our body
- Called Microbiomes
- Mainly in large intestine.



GUT Brain pathway – 500 Neurones



Microbial Fingerprint



- We have 10 times more DNAs from microbes as compared to our own DNA.
- Makes us all unique
- Can identify any particular person with 90% accuracy.

Bacteria produces amino acids

- Tyrosine & Tryptophan
- Happy & Drowsy

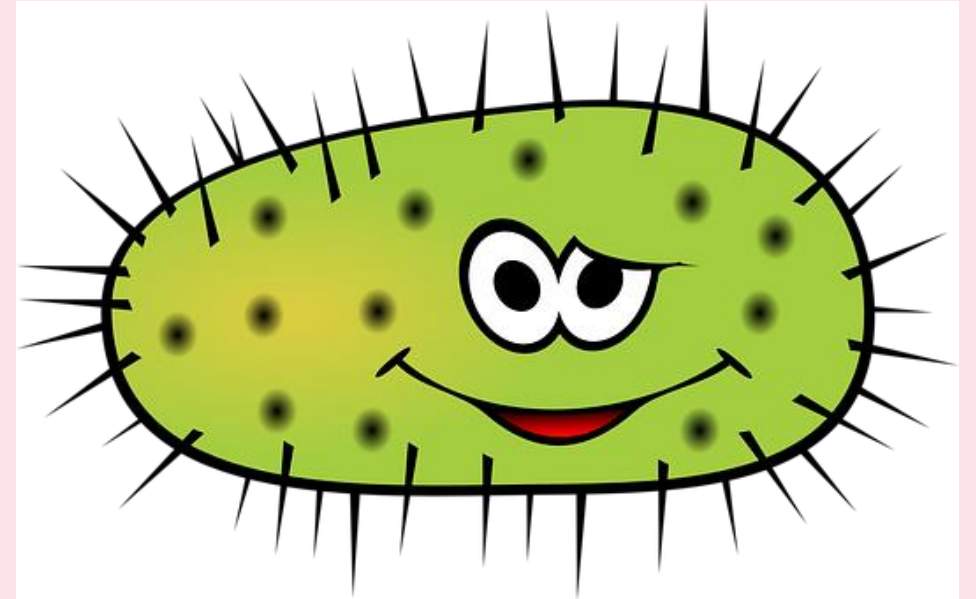
Healthy Gut Flora

Reduce infection – first line of
defence

Reduces inflammation

Improves vitamin absorption

Moderate calorie absorption



How to look after your GUT

PAMPER it!

- Prebiotic
- Avoid
- Mix & Match
- Probiotic
- Environment
- Rest

Prebiotics

Artichokes

Asparagus

Green
Banana

Garlic

Onions

Leeks

Parsnips

Complex
grains – Oats,
rye, millets.

Avoid



SUGAR



PROCESSED FOOD



MEDICATIONS

Harmful medications when taken in excess

Antibiotics

NSAIDs- Ibuprofen

PPI – Omeprazole, lansoprazole.

Mix & Match



Probiotics

**Fermentation – live
bacteria**



Probiotics

It converts carbohydrates like sugars into acids



Increases vitamin contents of the food



Probiotics

Kombucha



Kimchi



Saeurkraut



Probiotics

Kefir



Sourdough



Tempeh



Probiotics

Pickled cucumber



Miso soup



Cheese



Environment

- Sitting down
- Stress free
- Distraction free
- Enjoy the food



Rest

Intermittent Fasting



GUT health is key to overall health



I have never gone wrong trusting my gut.



Listen to your gut.



The only time I waste, is the time I spend doing something that, in my gut I know I shouldn't.

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Thank you