

South Central's Health on Blast

Good Health Starts In the Gut

Did You Know?

- **ALL** Diseases Start in the Gut (Intestines)
- 70- 80% of the body's immunity is found in the Gut
- Most Diseases can be managed, controlled or cured by changing the Gut Flora (micro-organisms in the Gut)
- The human body has 100 Trillion micro-organisms in the Gut
- Diseases start when the Gut's flora is off balance or has what is known as Leaky Gut Syndrome
- Leaky Gut Syndrome happens when the intestinal barrier is compromised or impaired, usually caused by poor nutrition, chronic stress and chemicals, such as medications or pesticides

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Factors negatively Impacting Gut Health

- Poor Diet (high fat, sugar and sodium in diet)
- Antibiotics
- Stress
- Smoking
- Medications, such as Birth Control pills or NSAIDS (ie. Ibuprofen)
- Inadequate Sleep (less than 7-8 hours/night)
- Sedentary Lifestyle
- Chronic Infections
- Low Fiber Intake

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Heal Your Gut, Improve Your Health

- Good Health is as close as your refrigerator & kitchen cabinets
- Eat fermented foods like kefir, yogurt, sauerkraut, kim chi, etc., and/or take high-quality probiotics
- Limit or Avoid any processed foods (if it comes in a box, bag or can, it is processed and should be avoided)
- Increase Fiber in diet
- Manage Stress
- Get adequate sleep (atleast 7-8 hours/night)
- Exercise
- Eat fresh, whole foods grown without pesticides or chemicals
- Decrease sugar, salt and fat intake in diet