



GUT BUGS AND PROBIOTICS

Café talk

Research in the last ten years has shown there is a link between strain specific probiotics and their health benefits. We are now able to see how probiotics modulate the quantity, diversity and function of our microbiome.

So what is the Microbiome?

It is unique to each individual, like a fingerprint and made up of 38 trillion organisms, mostly residing in the large intestine.

It is involved in the synthesis of vitamins and hormones, regulation of immunity, detoxification, metabolism and also behaviour.

What influences our beneficial bacteria negatively?

Antibiotics, lack of wholefoods, stress, lack of activity, artificial and processed foods (artificial sweeteners, fast food)

In the absence of disease, a varied plant based diet, exercise as well as contact with nature and animals help to improve the microbiome function and increase its diversity. The loss of diversity and reduction of our beneficial gut bacteria allows for overgrowth of less beneficial bacteria therefore reducing our microbiome function.

Consider this – The loss of biodiversity in our environment and the impact it has on the plants, animals and humans.

Scientists have also observed a strong connection between mood disorders and the health of our microbiome. They discovered it can also influence our food choices.

What role do strain specific probiotics have on our health?

Probiotics don't colonise but rather reduce the overgrowth of non-beneficial bacteria, they promote the restoration of beneficial bacteria and also the function of our microbiome.

https://www.youtube.com/watch?v=YB-8JEo_0bl&feature=youtu.beMicrobiome

The role of fermented foods



Miso, Kimchi, Sauerkraut, Tempeh, Kefir, Kombucha, yoghurt and cheese Unfiltered vinegars are all fermented foods that contain beneficial bacteria and/or yeast promoting our own beneficial microbes.

Our chef recommends making your own kimchi in summer with radishes and sauerkraut in winter with cabbage when its Vitamin C levels are at the highest.

Another great way to make an abundant summer crop last is to pickle your own vegetables with unfiltered vinegar.



Not all fermented foods are pickled and not all pickles are fermented!

NATURAL TREATMENTS

Elimination diets such as the FOD-map diet and in more extreme cases elemental diet are temporary diets to help reset our microbiome. Some foods can be reintroduced in a controlled and supervised manner.

Key Herbs and Nutrients

Prebiotics

Compounds, which modify the environment of the gut to provide a fuel source for our beneficial intestinal bacteria.

Examples

Fibre: Slippery Elm
Pectin: Apples
Oligofructose such as Inulin: Chicory root, rye, oats, burdock, leeks, onion, garlic, tomatoes, asparagus

DID YOU KNOW

- We are made up of 30 trillion human cells vs. 39 trillion microbial cells and around 20'000 human genes vs 2-20 million microbial genes. This means we are approximately 1% human.
- Being bitten by insects depends on volatile compounds produced by skin microbiome.
- Our drug responsiveness depends on our intestinal bacteria.
- Microbiome bacteria bind to toxins for excretion.

Promising results: allergies & antibiotic resistance

Current studies have shown improved long-term benefits of probiotic oral immunotherapy compared to oral immunotherapy alone (Prof Mimi Tang, The Royal Children's Hospital Melbourne University). Significant benefits have also been shown when taking antibiotics with probiotics. Probiotics not only improved the effectiveness of antibiotics they also reduced resistance and side effects.

Hippocrates quotes " all disease begins in the gut."

OPENING HOURS

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Saturday 10.00am – 4.00pm

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Mon- Fri 8.00am – 5.00pm
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