



Gut Health: The Connection Between Digestion and Well-Being

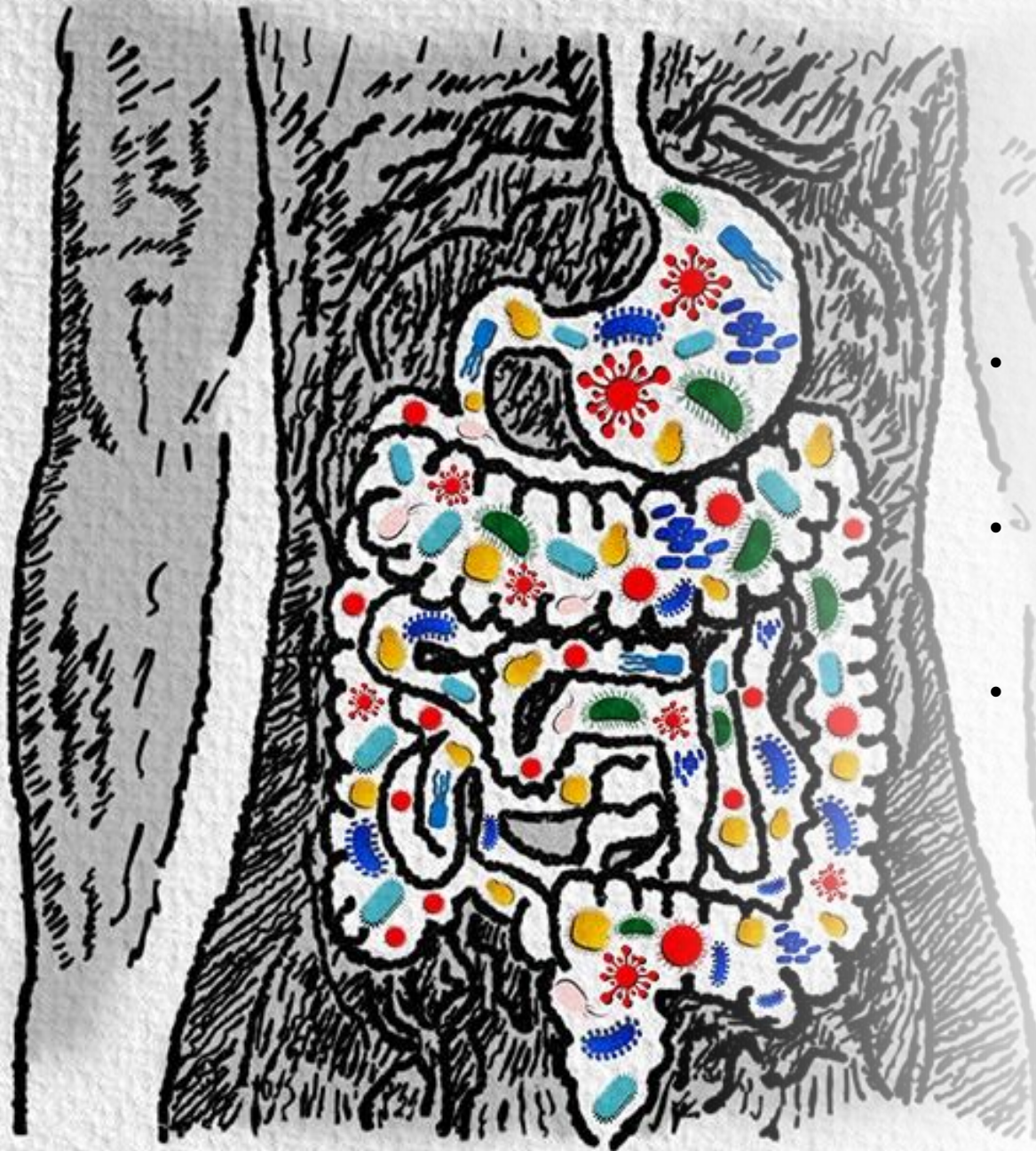
Nourish your gut, nourish your life

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Why Gut Health Matters



- The gut is known as your “second brain”
- Impacts: digestion, immunity, mood, and energy
- 70% of immune system lives in the gut



Meet Your Microbiome

- Trillions of bacteria, fungi, and microbes live in your gut
- A balanced microbiome = better digestion & resilience
- Dysbiosis (imbalance) linked to fatigue, inflammation, and mood issues

The Gut–Brain Axis

The **gut–brain axis** is the two-way communication system between your digestive tract (the gut) and your brain. It links the **nervous system, immune system, hormones, and gut microbiome** in a way that allows each to influence the other.

Gut communicates directly
with the brain through
nerves & hormones

Stress and anxiety affect
gut function

A healthy gut helps
regulate mood & mental
clarity

Signs of Poor Gut Health



Bloating, constipation,
or diarrhea



Food intolerances



Low energy and brain
fog



Frequent colds or
weakened immunity

Signs of a Healthy Digestive System



Regular Bowel Movements



No Bloating or Gas



Steady Energy Levels



Clear Skin



Good Appetite



Foods That Support Gut Health

- Fiber-rich foods: fruits, veggies, whole grains, legumes
- Fermented foods: yogurt, kefir, kimchi, sauerkraut
- Prebiotics: garlic, onions, bananas, asparagus
- Probiotics: live cultures in fermented foods/supplements

Probiotics=The good bacteria

- **What they are:** Live, beneficial bacteria (and sometimes yeasts) that help keep your gut microbiome balanced.
- **Sources:** Yogurt with live cultures, kefir, sauerkraut, kimchi, miso, tempeh, kombucha, probiotic supplements.

Role:

- Restore healthy bacteria in the gut.
- Support digestion and nutrient absorption.
- May improve immunity and reduce gut inflammation.



Prebiotics= Probiotics' food



- **What they are:** Types of dietary fiber that *feed* the good bacteria in your gut. They're essentially "fertilizer" for probiotics.
- **Sources:** Garlic, onions, leeks, asparagus, bananas (especially slightly green), oats, apples, chicory root, flaxseeds, legumes.

Role:

- Nourish beneficial microbes.
- Help produce short-chain fatty acids (like butyrate) that support gut lining health and reduce inflammation.
- Improve mineral absorption and gut motility.

Foods to Limit

- Processed foods & refined sugar
- Excess alcohol
- Artificial sweeteners
- Highly processed fats



Why Limit Processed Food For Gut Health?

Low in Fiber

- The gut's beneficial bacteria feed on dietary fiber (prebiotics).
- Highly processed foods (white bread, chips, sugary snacks) are stripped of fiber, leaving gut microbes "starved."
- This reduces microbial diversity, which is linked to poorer digestion and immunity.

High in Added Sugars & Refined Carbs

- Excess sugar feeds less beneficial bacteria and yeast, which can crowd out the "good" microbes.
- This imbalance (dysbiosis) may contribute to inflammation, bloating, and even mood disturbances through the gut-brain axis.

Artificial Additives & Preservatives

- Some emulsifiers, sweeteners, and preservatives can disturb the gut lining or microbial balance.
- Research suggests certain additives may make the gut barrier "leakier," allowing inflammation-promoting compounds into the bloodstream.

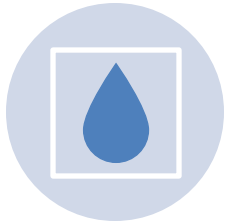
Unhealthy Fats

- Trans fats and some refined vegetable oils promote inflammation, which can irritate the gut.
- Contrast this with healthy fats (olive oil, omega-3s), which support gut and brain health.

Reduced Microbial Diversity

- A diet heavy in processed foods limits exposure to the variety of nutrients that feed different gut microbes.
- Lower diversity is linked to digestive issues, immune dysfunction, and even metabolic diseases.

Lifestyle Habits for a Healthy Gut



STAY HYDRATED



MANAGE STRESS
(YOGA, MEDITATION,
WALKING)



GET QUALITY SLEEP



MOVE YOUR BODY
DAILY



AVOID OVERUSE OF
ANTIBIOTICS

Practical Daily Tips

- Start your day with water
- Add one new fiber-rich food per week
- Include fermented foods in meals
- Eat slowly & mindfully



Key Takeaways

- Your gut = foundation of health
- Balance your microbiome with food & lifestyle
- Small, consistent habits = big impact
- Nourish your gut → boost digestion, immunity, and mood



Q&A

What's one simple change you could make this week to support your gut?

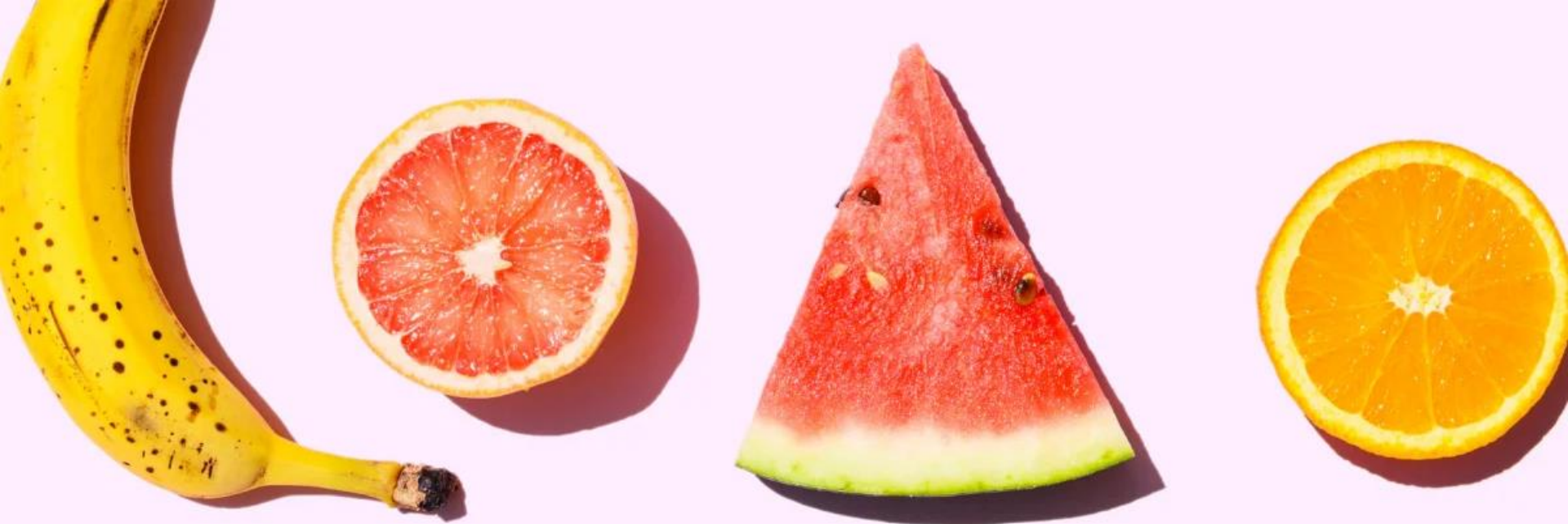
Which of the foods we discussed would be easiest for you to add into your meals?

What daily habits might be harming your gut without you realizing it?

Have you noticed how your digestion affects your energy or mood?

What foods make you feel your best — or your worst?

Has anyone here tried adding fermented foods into their meals? How did it go?



THANK YOU!

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