

WHY GUT HEALTH IS IMPORTANT?

Healthy Gut =Happy GUT
CHANGE FOR GOOD



Gut health is the key to overall wellbeing

Do Not Let Digestive Issues Dictate Your Life ?

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One-third of general population complains of digestive issues like constipation, flatulence or gas, acidity, uncontrolled urge to rush to the toilet after every meal, bloating, food intolerance, nausea and abdominal pain. Often these symptoms occur even when there is not serious gastrointestinal disease is present.

We know that eating healthy diet plays a very important role, helps to have beautiful skin, prevent any lifestyle disorders, and loads more energy but there is more to it .It's not only the quantity or quality of meal we are eating, it's also about how healthy is our digestive system to absorb and assimilate these essential nutrients to support the wellbeing.

"You are not what you eat, you are what and how your food get absorb"

A paradigm shift in health shows that gut health plays an important role in overall health including physical and mental. Beside digestion and absorption of nutrients from food, gut plays significant role in providing immunity, weight management, energy levels, hormonal balance, mood and general wellbeing.

An Unhealthy Gut Leads to More than Just Digestive Problems.

All Diseases being in the Gut Fix digestion first!

Weight Loss and Energy

The bacteria in your gut help to support a healthy metabolism. Gut bacteria affect the way we store and metabolizes fat, how blood glucose levels are balanced and the hormones that make us feel hungry or full. The wrong mix of gut bacteria can even set the stage for obesity from the moment you are born.

Immunity and Skin

Poor gut health affects the body self healing ability and increase the predisposition to many diseases .It can also lead to skin problems like eczema, psoriasis, hives and acne through what is known as a 'leaky gut'.

Hormone Balance

Your gut health plays an important role in regulation of estrogen levels, and can impact your period too. Gut health plays a central role in the treatment of PCOS, Hypothyroidism,Diabetes, and Metabolic Syndrome.

Mood and Well-being

Gut bacteria makes neurotransmitters that regulate our mood and gives the general feeling of wellbeing. Gut health affect the brain functioning, ability to focus, concentration as well as memory.

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Inside gut there are trillions of bacteria, fungi, and viruses. When these gut flora or microbiome is balanced and healthy, it helps you to digest your food,regulate your immune system, and coordinate nerve signaling and brain function.

But these gut bacteria's doesn't always stay balanced. In fact, a variety of factors can lead it to become imbalanced, like an unhealthy diet, high stress, food poisoning, antibiotics, pollution, inadequate sleep, sedentary lifestyle and more.

In fact, up to 70% of your immune system resides in gut .As per the Hippocrates gut is being coined as the "Root system of the body" and unhealthy gut is associated with various health conditions like diabetes, hypertension,obesity,anxiety,depression, hormonal imbalances, and various skin related diseases like acne, eczema.

Over time, the introduction of antibiotics, packed processed sugar loaded foods, along with a lifestyle of constant stress; too little sleep has damaged our inner ecosystems. An unhealthy inner ecosystem can lead to fatigue, poor health, and a digestive tract that functions inefficiently. Food influences our mood, how we interact with others, it affects our sleep, our self healing ability or immunity.

It is important to feed the body in right way that optimizes our heath and creates the right internal environment o support your body and mind.



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www.nutricarewellness.com