

# **SUPPORT YOUR HEALTH**

**Inspired Chiropractic**

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## **Are You Looking For A Way To Stay Healthy? Eat More Bacteria**

We have millions of bacteria that live within our digestive system. They do a lot to help our body's function well and are vital to keep us healthy.

- They help digest food for example, by breaking down starches, fibre and sugars and helping to digest foods.
- They 'out compete' dangerous bacteria, reducing the numbers of bacteria that make us sick.
- They manufacture vitamins such as vitamin K, some B vitamins, folate and short-chain fatty acids.
- They stimulate our immune system so that it is in a better place to work against infections.
- They are also thought to be able to cleanse us from certain poisons.
- Some theories exist that they help us cognitively and in children possibly play a role in psychological and mental development.

These good bacteria form a living community in our digestive systems. This community, which is essential for life, can be damaged or can become out of balance if one type of bacteria takes over, reducing the variety and volume of good bacteria.



**INSPIRED  
CHIROPRACTIC  
HELPING CLIENTS  
FOR OVER 20 YEARS**

Dr Jonathan Wilson (Chiropractor) opened Inspired Chiropractic more than 20 years ago and has helped thousands of clients with health problems.

Many clients come with pain based issues that they have experienced for several years and are delighted to find that we can help them get better - permanently.

We are well known for helping clients find resolution to difficult problems.



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## **Our bacteria colony can be injured by the following:**

- Not being fed the correct food. Too many sugars and starches are an example of this, but also required are fibre and green vegetables.
- Antibiotics and many other medications can cause significant damage. For example the reproductive pill is thought to be a factor in damaging the bacteria colony.
- Preservatives in foods, especially the strong traditional ones used in spiced and salted meats, are designed to preserve food by creating an environment hostile to bacteria. This is good for preventing food from going 'off' but the chemicals continue to work as the food is digested. When entering your gastrointestinal tract (GIT) they will damage the healthy bacteria that you need.
- Certain alcoholic drinks are high in preservatives and can damage the gut bacteria by being high in sugars. They may also contain preservatives such as sulfites which create a challenging environment for bacteria. Some alcoholic drinks such as wine (without preservatives) and naturally brewed ales seem to have a much lower negative effect and some seem to be helpful.
- Stress results in stress hormones being released which are very damaging to the bacteria balance in the body.

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- A lack of physical activity. The exact reason for this is not clear but many studies have shown that active people have a significantly higher diversity of gut bacteria and in greater numbers in both men and women. There are known pathways to understanding why the mechanical effect of movement massages the gastrointestinal tract, changes the blood flow and creates different demand on the system.
- Smoking cigarettes is toxic. It alters the motility of the GIT, changes the blood supply and produces a large amounts of toxins.
- Poor sleep patterns. We need regular (same time) sleep, the right amount of sleep and good quality sleep.

## **What To Do To Improve Gut Bacteria**

1. Exercise regularly
2. Create a regular sleep pattern
3. Eat foods that are prebiotic (promote good bacterial growth and often contain some good bacteria). See the list below.
4. Supplement with probiotics. This helps to 'top up' good bacteria. These are available in capsule form and some foods are high in types of good bacteria. Ask your chiropractor or reception staff.
5. Avoid smoking altogether and reduce alcohol, especially those drinks with preservatives or that have been distilled.



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**PROBIOTICS**





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## What To Do To Improve Gut Bacteria

6. Vary your diet as studies show a good variety of foods can help with gut bacteria.
7. Eliminate or restrict the quantity of heavily processed foods you consume (TV meals, pizzas, oven chips, ready meals etc)
8. Review with your GP all medication and remove anything that is unnecessary.
9. Seek assistance with stressful activities and get help to manage them if necessary.

## Prebiotic Foods

Unlike probiotics which contain high levels of good bacteria, prebiotics provide the right environment for good bacteria and without them good bacteria will have trouble reproducing to the levels needed. Prebiotic foods may contain some good bacteria but it is the effect on your digestion and the environment that they create that is most helpful.

### Examples include:

Sauerkraut, sourdough bread, kefir, kombucha, miso soup, kimchi, yogurt, lentils, chickpeas, beans, oats, garlic, leeks, onions, nuts (not peanuts), bananas, asparagus and jerusalem artichokes.

Many people think that modern life is just too damaging on our gut bacteria and that supplementation is essential.

*Speak to our reception team for more details.*



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