Session Two
Factors That Affect GI Health

Classes featured: Factors That Affect GI Health

My reflections:

What I want to remember:

WHAT YOU NEED TO KNOW:

Your gastrointestinal system is sensitive to its environment.

- Factors That Affect Gut Health:
  - Food and beverage choices
  - Sleep
  - Physical activity
  - Medications
  - Surgery
  - Stress

- Potential Trigger Foods:
  - Alcohol
  - Beef
  - Caffeine (coffee, soft drinks, tea)
  - Chocolate
  - Corn
  - Dairy products
  - Sugar and artificial sweeteners

- Migrating Motor Complex: Your built-in gut housekeeper makes sure anything left behind moves through the GI system. It only works in between meals, so if you're grazing all day, you might not be giving it enough time to do its job.

- The 5R Approach to Gut Health:
  - Remove
  - Replace
  - Reinoculate
  - Repair
  - Rebalance

TIPS FROM THE PROS TO REMEMBER:

• If sleep is an issue, make improving it your number one priority, starting now.

• If sweetened coffee drinks are a current habit, try asking for less syrups/sugar or swapping in a green tea every other time.

• Tracking your food and beverage intake, along with when your symptoms happen, can help you identify patterns to pinpoint potential trigger foods.

Quick notes:

ASSIGNMENT

Which of the following do you think could use a little more focus and intention from you? Be honest with yourself. The one that seems the hardest to change is the one that will make the biggest difference for you.

Circle the factor you choose and which action you'll start right away. Feeling your best is worth it!

SLEEP

- Set an alert on your phone to remind yourself to go to bed at an earlier time.
- Find a guided meditation that is meant to put you to sleep. Play this out loud or with headphones when you lay down to sleep.
- Get a sleep mask if light is interfering with your sleep.

MEDICATIONS

- Reference the list of medications and potential nutrient depletion list on the next page.
- Check to see if any medications you're taking are listed. If so, make a plan to add foods that contain the nutrients listed.

PHYSICAL ACTIVITY

- Make movement a top priority every day— even if it's just 15 minutes some days.
- Every night, set out your exercise clothes and shoes for the next day so you're ready to go.
- Plan a weekly meetup, either in person or via video, with a friend to exercise together.

STRESS

- Identify times during your week when you may be in fight-or-flight mode. Next, identify any changes you can make to prevent or manage stress at these times.
- Practice deep breathing techniques when you're feeling stressed.

Medications & Potential Nutrient Depletion

Medication	Nutrients depleted
Antacids	Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron, Zinc
Antibiotics	B Vitamins, Vitamin K, Beneficial Intestinal Bacteria, Calcium, Zinc, Magnesium, Iron
Anti-depressants	Coenzyme Q10, Vitamin B12
Anti-diabetic drugs	Coenzyme Q10, Vitamin B12, Folic Acid
Anti-inflammatories	Vitamin C, Folic Acid, Iron, Potassium, Vitamin D, Calcium, Zinc, Magnesium, Iron, Selenium
Cardiovascular drugs	Coenzyme Q10, Vitamin B6, Melatonin
Cholesterol-lowering agents (Statins)	Coenzyme Q10, Vitamin A, Vitamin B12, Vitamin K, Beta-carotene, Folic Acid, Iron
Diuretics	Vitamin B1, Vitamin B6, Vitamin C, Magnesium, Calcium, Sodium, Zinc, Coenzyme Q10
Hormone Replacement Therapy (HRT)	Vitamin B2, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid, Magnesium, Zinc
Oral contraceptives	Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid, Magnesium, Selenium, Zinc
Ulcer medications	Vitamin D, Vitamin B12, Folic Acid, Calcium, Iron, Zinc, Protein

Interested in food sources of a certain nutrient?
You can find lists by nutrient at: https://www.nutrition.gov/topics/whats-food/vitamins-and-minerals

Wellbeats
Wellness

LAUNCH
my health

RESTORE GUT HEALTH

Deep Breathing Technique

Paced breathing helps your body switch out of fight-or-flight and into the "rest and digest" system. This system helps your body cool off and repair.

Before you start, find a comfortable place to sit or lie down.

STEP 1

Breathe in through your nose for **four** seconds

STEP 2

Hold your breath for **two** seconds

STEP 3

Exhale through your nose for **six** seconds