

10 Ways Transforming Your Gut Health Will Change Your Life

The Lean & Clean Challenge

fseap Now we're talking.

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Every year, over 15 million Canadians decide to improve their physical health as a New Year's resolution. It's no wonder why, with the sense of renewal driving us to kick off the year with a fresh start on what matters most to us; our health.

With this challenge, we offer you the kick-start you've been waiting for to finally improve your health and yourself! This includes increased energy, improved mood, better sleep, smooth digestion and weight loss. So, what's the secret to so much transformation in one challenge?

It's as simple as: **Gut Health.**

To help explain, here are 10 transformational facts about gut health that will give you butterflies:

- 1. Weight Management:** Research shows that the gut microbiome influences weight by affecting how you metabolize food and store fat. A diverse and balanced microbiome can support healthier weight regulation and reduce obesity risk.
- 2. Enhanced Immune Function:** Over 2/3 of your immune system is housed in the gut. A healthy gut microbiome plays a key role in protecting against infections and inflammation by regulating immune responses. We could all use more of that around this time of year!
- 3. Improved Digestion:** Maintaining a balanced gut microbiome supports optimal digestive function. A healthy gut helps break down food efficiently, absorbs nutrients, and reduces digestive issues like bloating, gas, and constipation.
- 4. Better Mental Health:** This may come as a surprise, but your gut health can directly impact mood and mental clarity via the gut-brain axis. Studies suggest that a balanced microbiome may reduce the risk of anxiety, depression, and even stress.
- 5. Reduced Inflammation:** Chronic inflammation is linked to many diseases, including heart disease, diabetes, and arthritis. A healthy gut microbiome helps reduce inflammation by regulating the production of pro-inflammatory molecules.
- 6. Better Heart Health:** The gut produces compounds that influence cholesterol levels and heart health. For instance, short-chain fatty acids (SCFAs), produced by gut bacteria, have been shown to lower blood pressure and reduce cholesterol.
- 7. Better Skin Health:** A healthy gut contributes to clearer skin. Conditions like acne, eczema, and rosacea can be linked to gut imbalances. Maintaining gut health can help manage these issues and promote a more vibrant complexion.
- 8. Stronger Bone Health:** Gut bacteria influence calcium absorption and bone health. A healthy gut microbiome may help reduce the risk of osteoporosis and bone fractures by enhancing calcium metabolism.

- 9. Prevention of Chronic Diseases:** An imbalance in gut bacteria has been linked to various chronic conditions like Type 2 diabetes, irritable bowel syndrome (IBS), autoimmune disorders, and even certain cancers. Supporting gut health can lower the risk of these conditions.
- 10. Improved Nutrient Absorption:** A well-functioning gut microbiome aids in the breakdown and absorption of essential vitamins and minerals (like B vitamins, magnesium, and vitamin D), supporting overall health and energy levels.

Ready to listen to your gut?

With the coaching of an FSEAP dietitian, you will receive the help, guidance and support you need to transform and elevate your gut health.



The Lean & Clean Challenge: A 30-Day Gut Health Transformation

This January, sign up for the Lean & Clean Challenge and collaborate with an FSEAP Registered Dietitian to kick off your journey to a healthier and happier you!

In this 30-day challenge, you will:

- Establish your S.M.A.R.T. goal(s) and learn how to work towards them in a sustainable way.
- Have regular 30min check-ins with your Registered Dietitian.
- Learn the current research about the gut and its impact on physical and mental health.
- Receive practical and personalized tips and recipes to support your gut health.

Got the guts to join? Call FSEAP to sign up for the Lean & Clean Challenge: A 30-Day Gut Health Transformation, or to find out about the Nutrition Counselling Services.

