



GET SMART Newsletter

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What Is Your Gut Telling You?

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We have always been told that bacteria are bad and can make you sick, but is that always true? Leading researchers are saying no. Bacteria in your stomach is beneficial for digestion and gut health!

New research found there are about 10 trillion bacteria in the human body, with more than 5,000 different species of gut bacteria¹. The pattern of gut bacteria is unique in every person. A lot of the good bacteria that are found in your gut are also in healthy foods. So it's important to nourish your body with healthy choices that will not only make your gut happy, but keep you healthy.



Photo by: <https://thetruthaboutcancer.com/gut-flora-cancer-link/>

What does your gut do?

Your gut is a key player in keeping you healthy. Gut bacteria break down nutrients from food and fight off nasty infections in the stomach. It also produces vitamin K, which helps bleeding stop faster.

Recent research found good gut bacteria can help with many diseases that affect people across the U.S. like heart disease. Investigators found that some gut bacteria prevent inflammation that cause plaque buildup in arteries². Other research found gut bacteria could be a possible treatment of rheumatoid arthritis². However, additional research is needed to better understand all the benefits of gut bacteria.

How to keep your gut healthy?

Eating a balanced diet with foods high in fiber and complex carbohydrates (whole grains, broccoli, beans, etc.) helps keep your gut healthy. Another big part of gut health is to not overuse antibiotics! Using antibiotics too frequently and inappropriately can deplete that good gut

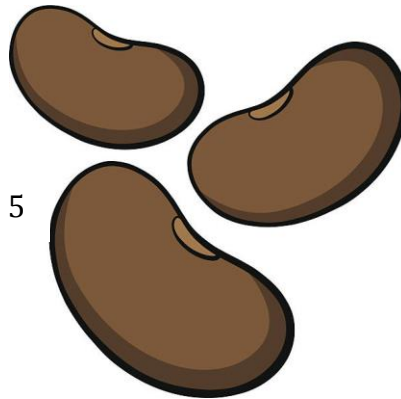
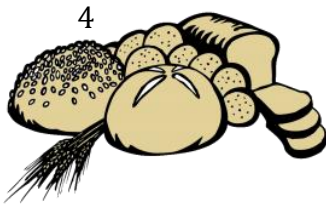
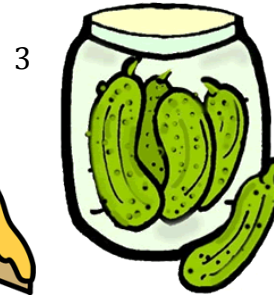
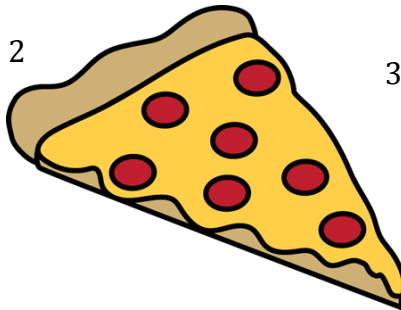
bacteria³. Don't be so eager to ask for antibiotics when going to the doctor for viral infections, like the common cold. Remember antibiotics are intended to be used for bacterial infections³.

Lastly eat fermented foods which have organic acids that are good for gut health (yogurt, kombucha, sauerkraut, pickles, etc.). Lastly listen to your gut! Figure out which foods make you feel the healthiest and keep you out of the doctor's office. A happy gut is a healthy life!

References:

1. <http://www.biorxiv.org/content/early/2016/01/06/036103>
2. <https://www.health.harvard.edu/staying-healthy/can-gut-bacteria-improve-your-health>
3. <https://www.theguardian.com/society/2014/jun/01/why-antibiotics-making-us-ill-bacteria-martin-blaser>

Kid's Corner:
Which pictures show foods that keep your gut happy and healthy?



Answer: 1, 3, 4, 5, 7

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