

GUT MODULE GUIDE

GOOD HEALTH BEGINS IN THE GUT

Most people hardly think at all about their gut unless there's a problem: constipation, diarrhea, pain, etc.

But if we focus more on proper gut health, we find that overall health tends to blossom. That's because the gut—more than the brain, the heart or any other organ—is deeply connected with many other body systems and functions.

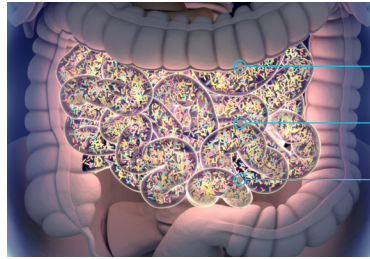
NATURE'S SUNSHINE®



WHAT IS THE GUT?

QUESTION: What do we mean by “The Gut” or “The Microbiome”?

- The gut is comprised of the small intestine and the large intestine (also called the colon or bowel). It’s approximately 34 feet of highly specialized “tubing” that performs a variety of functions and keeps us healthy.
- The term microbiome has also been used for the gut. Microbiome basically means tiny community or habitat.
- One of the gut’s primary functions is digestion (breaking down of foods into usable nutrients) and absorption of these vital nutrients.



About 34 feet of highly specialized “tubing”

Microbiome means tiny community or habitat

Digestion is a primary function

The gut is home to billions or even trillions of cells that live in a symbiotic relationship with us: we feed and house them, while they help break down food to release nutrients and assist with other functions (see below). Over the last several years, researchers have discovered amazing things about the importance of the gut and the many valuable functions these micro-organisms perform in our bodies.

DID YOU KNOW?

Our own body cells are outnumbered about 10 to 1. That means about 90% of the cells in our bodies are bacteria, fungi or other micro-organisms—foreign visitors that can either help or harm us.

TWIN STUDY ON WEIGHT

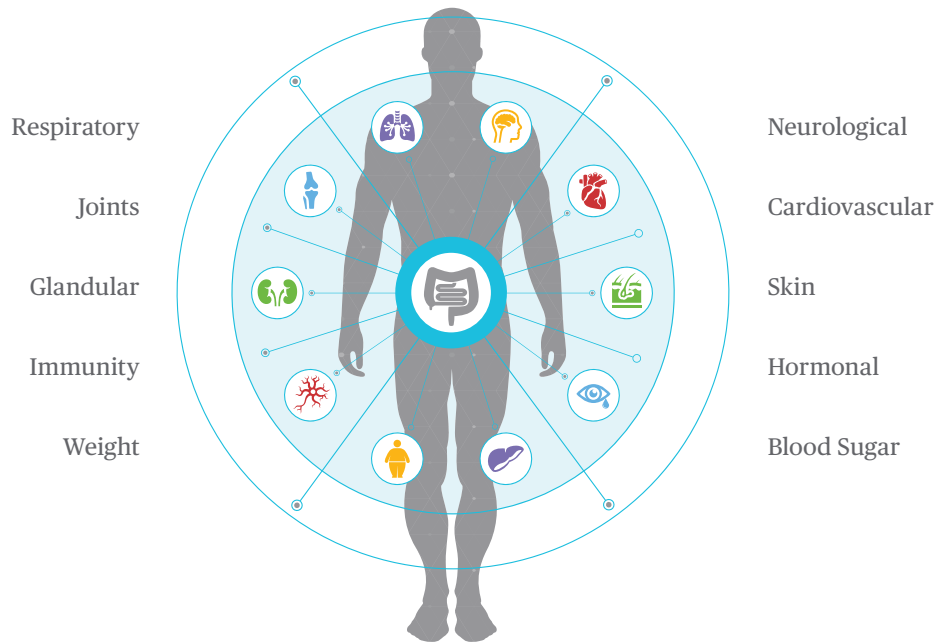
A recent study at the Washington University School of Medicine compared gut microbes from four sets of human twins, where one twin is overweight and the other one is slim. They found that the key difference was that the twins had a different microbial balance in their gut biome.

Scientists then introduced the microbes of each twin into different groups of mice that had been raised in a previously germ-free environment. They observed that the overweight human’s microbes resulted in overweight mice, even though the mice were fed an identical diet!

And a study published in the British Journal of Nutrition found that overweight women who were put on a calorie-restricted diet and given a probiotic supplement for 12 weeks showed significantly greater weight loss than those given a placebo.



GUT CHECK—MAJOR IMPACTS ON MANY AREAS OF HEALTH



The following examples demonstrate how gut imbalance can impact your health.

JUST WHERE IS YOUR IMMUNE SYSTEM?

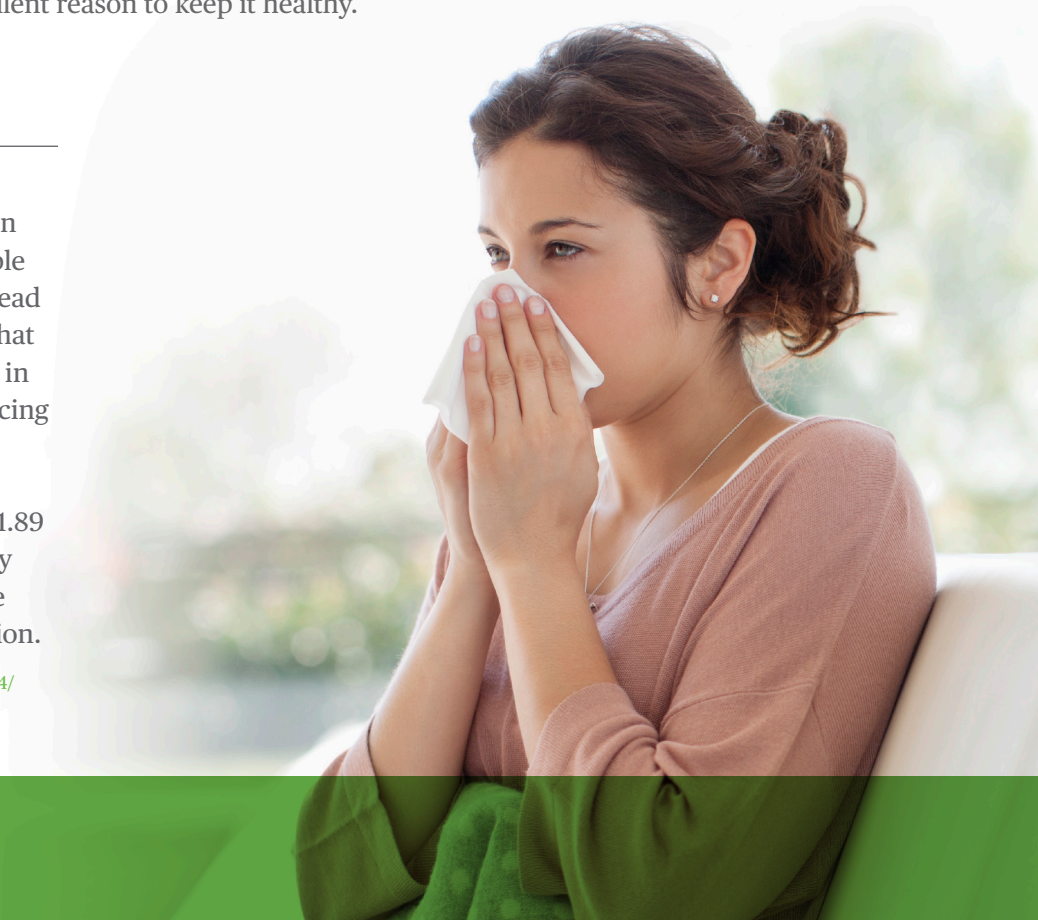
Scientists have also discovered that 70-90% of the cells that comprise your immune system are housed in the gut! These include T-cells, B-cells, macrophages and more. That means that your microbiome is really your first line of defense against pathogens—another excellent reason to keep it healthy.



RESPIRATORY

What's in my gut can affect my sinuses? In a word, yes. This is likely why some people avoid dairy products while they have a head cold. Research published in 2015 found that probiotics outperformed placebo by 47% in reducing the number of people experiencing acute upper respiratory tract infections (URTIs). They also helped reduce the duration of an episode of URTI by about 1.89 days. Additionally, probiotics may slightly reduce cold-related school absence. More trials are needed to confirm this conclusion.

<https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0015894/>





NEUROLOGICAL

In the past several years, researchers have discovered that neurotransmitters—brain chemicals that help relay information in the brain—are also found in the gut...and in a big way. In 2015, researchers at Cal Tech found that certain gut bacteria help produce peripheral serotonin (a natural mood stabilizer). In fact, up to 90% of the serotonin in your body is made in the digestive tract, not the brain.

<http://www.caltech.edu/news/microbes-help-produce-serotonin-gut-46495>

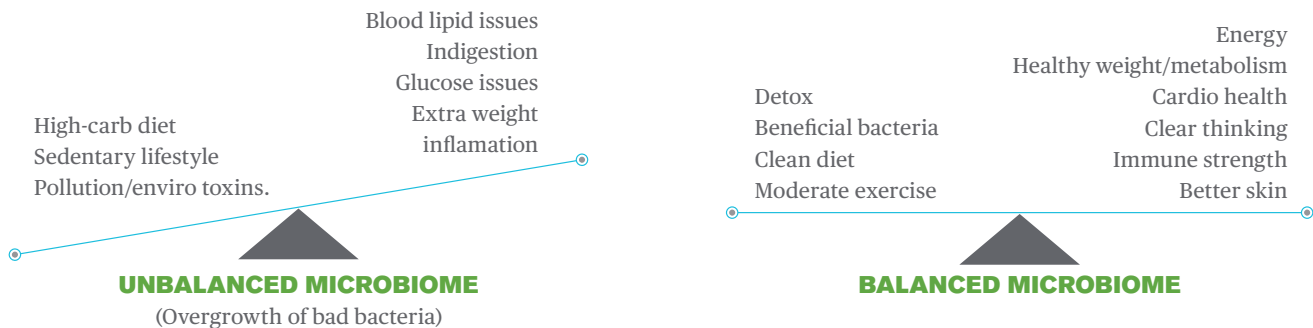


DID YOU KNOW?

- Your gut has its own nervous system.
- The small intestine has as many nerve cells as your spinal cord!
- Neurotransmitter in your brain are also found in your gut!

<https://www.ecowatch.com/how-good-gut-health-can-boost-your-immune-system-1882013643.html>

BALANCE IS CRITICAL!



The gut is super-sensitive to both our environment and our health habits. The air we breathe, the water we bathe in, personal care products we use, our food and beverages, and even a sedentary lifestyle can throw off the delicate balance of the gut microbiome. For instance:

- A high-carb diet changes the gut microflora, increasing the bacteria that produce endotoxins that tend to interfere with glucose metabolism.
- Consuming good sources of beneficial bacteria—like kefir, kimchi, sauerkraut, dark chocolate, green olives, miso/tofu and other cultured foods—can boost gut function and health, and increase well-being. Or, simply take a high-quality probiotic supplement daily to help replenish friendly bacteria.

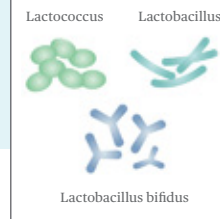
When the gut is out of balance, bad bacteria dominate, resulting in the production of excessive amounts of endotoxins that disrupt health and metabolism, leading to poor health and weight gain. Gut imbalance may also impact cardiovascular health, clear thinking, blood sugar issues, skin eruptions and more.

But when the gut functions optimally, good bacteria are free to help regulate and nourish vital systems, like the immune and nervous systems, leading to optimal health.

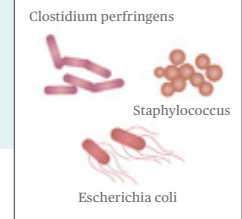
NO GUTS, NO GLORY. TIPS FOR A HEALTHIER GUT:

- 1. Activate.** Stimulate the body's energy systems.
- 2. Build.** Supply the body with friendly bacteria and protein to help restore balance and support metabolic functions.
- 3. Cleanse.** Remove waste and flush out harmful bacteria and fungi.

Good Bacteria



Bad Bacteria



IN.FORM PRODUCTS WE RECOMMEND

ACTIVATE

- **Berberine IR**—helps combat endotoxins (created by bad bacteria) that can interfere with gut health and supports blood sugar balance.
- **Digestive Enzymes**—enzymes that break down proteins, carbs and fats to jumpstart digestion and relieve occasional indigestion.

BUILD

- **IN.FORM protein shake**—provides essential nutrients, including 20 g protein per serving plus vitamins, minerals and phytosterols. Protein helps strengthen the gut lining. Available in pea or whey.
- **Probiotic 11**—replenishes 11 strains of friendly flora in the gut.

CLEANSE

- **Purify**—helps balance the microbiome, supports detoxification and elimination of heavy metals, supports energy and glucose response and more.
- **CleanStart Wild Berry**—supports the natural cleansing of waste, helps maintain energy levels and promotes a feeling of well-being.

