




Gut Health for the Active and Athletic Patient

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Disclosure

Dr. Scherger has nothing to disclose for this presentation




The Gut Microbiome is referred to as a new organ system. There are 10 times more organisms than human cells and 100 times more DNA

We are vessels for a rich
“garden” of microorganisms




The Gut is referred to as the second brain with more serotonin than in the CNS and many more neurotransmitters

<https://sitn.hms.harvard.edu/flash/2016/second-brain-microbes-gut-may-affect-body-mind/#:~:text=The%20second%20hypothesized%20method%20of,release%20small%20proteins%20called%20cytokines.>



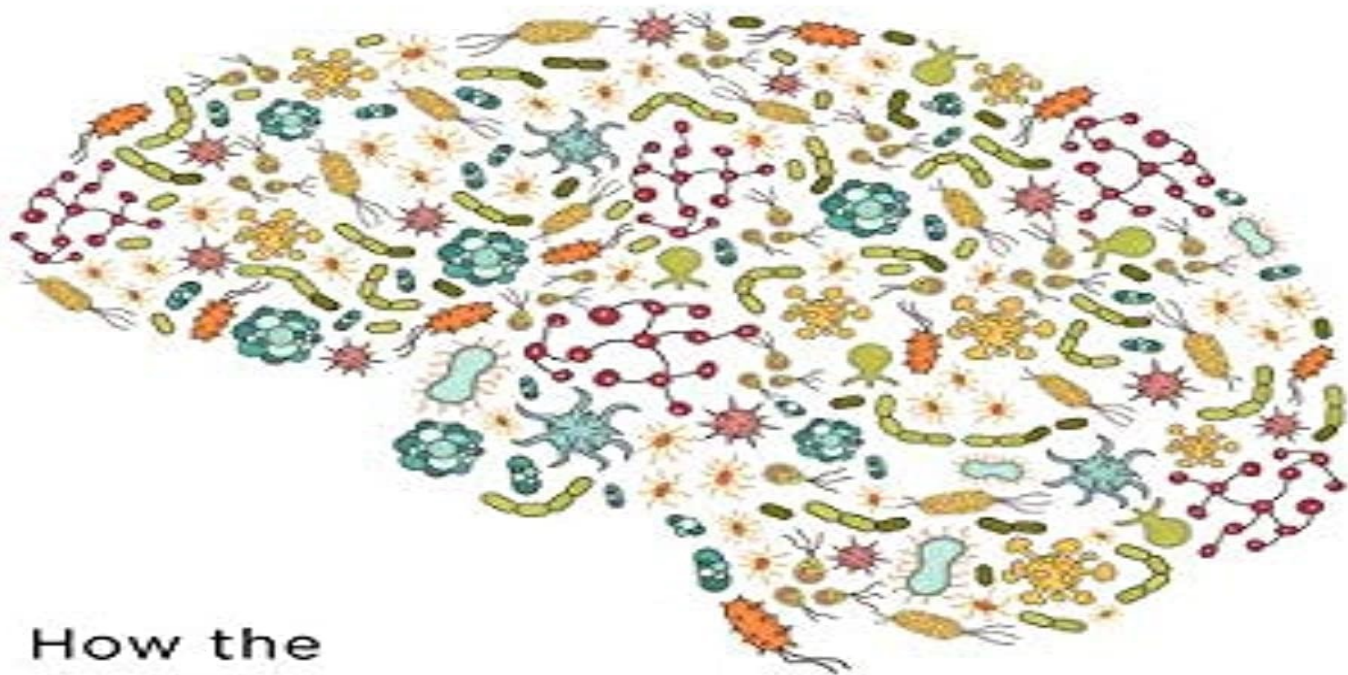
70-80 % of Immune Cells are
present in the gut

<https://pubmed.ncbi.nlm.nih.gov/33803407/#:~:text=With%2070%2D80%25%20of%20immune,the%20local%20mucosal%20immune%20system.>




Gut-Brain Connection has a
major impact on our mood,
energy and overall health

THE Mind-Gut CONNECTION



How the
Hidden Conversation
Within Our Bodies Impacts Our Mood,
Our Choices, and Our Overall Health

Emeran Mayer, MD




We start out sterile and our microbiome is begun at birth

C-section birth is a risk factor for an unhealthy microbiome. Exposure to vaginal organisms after an operative delivery has become common.



The health of our microbiome depends on our diet

Amazon natives have a rich microbiome. The fast food or heavily processed American diet results in a weak microbiome.



Exercise Modifies the Gut Microbiota with Positive Health Effects

[Oxid Med Cell Longev.](#) 2017; 2017: 3831972.

ROBYNN CHUTKAN

MD, FASGE, founder of the Digestive Center for Women, and author of **Gutbliss**

A woman with dark, wavy hair, smiling, wearing a white lab coat over a green top. She is standing with her hands in her pockets.

THE MICROBIOME SOLUTION

A Radical New Way
to Heal Your Body
from the Inside Out


ROBYNNE CHUTKAN, MD

author of *GUTBLISS*

The Anti-Viral Gut



Tackling Pathogens
from the Inside Out




Have protein at every meal.
Protein timing has not been
proven through careful
research

Stool Timing

- Every endurance athlete worries about stools during performance
- Stool timing is a learned skill and important habit.
- Fiber and caffeine are important factors
- Well hydrated fasting is optimal
- Even with 5% body fat, there are 80k calories of energy


Whenever you eat think of three things

- Do I like the food?
- What will the food do to my metabolism?
- Am I feeding my microbiome?



There is no such thing as a
food you do not like. There
are only foods you do not like
yet

For me it was pickles and
olives



Eat a variety of unprocessed
foods of nature

These will be high in nutrients
and fiber for the health of our
gut