

# Some Insight into Gut Feelings

## Gut Transit Time

How does food move through your gut

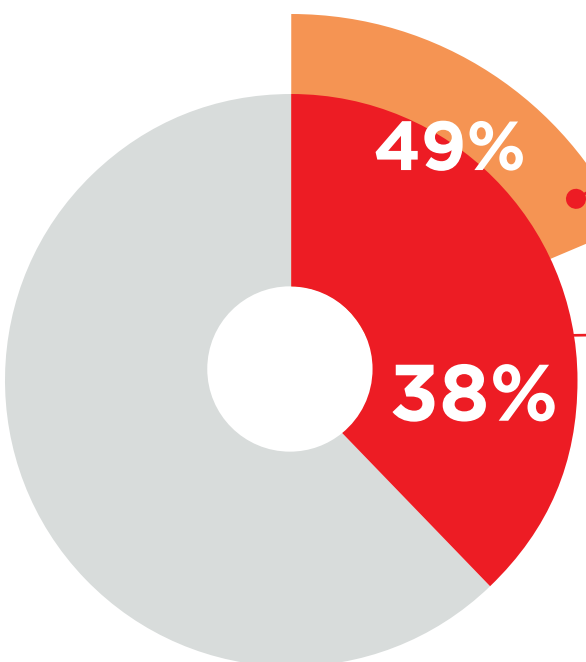
IN

100 trillion organisms living in the gut all combined

Size of Foot ball



38% of American Adults are trying to eat their way to stress relief



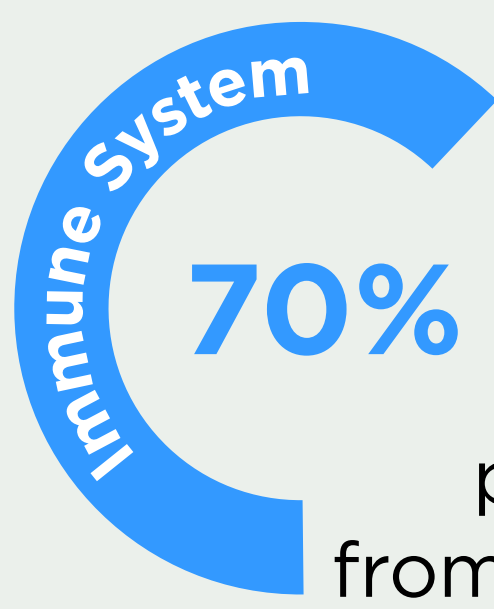
49% of those who eat badly do so weekly or more

38% of Americans over eat or eat unhealthy food due to their stress

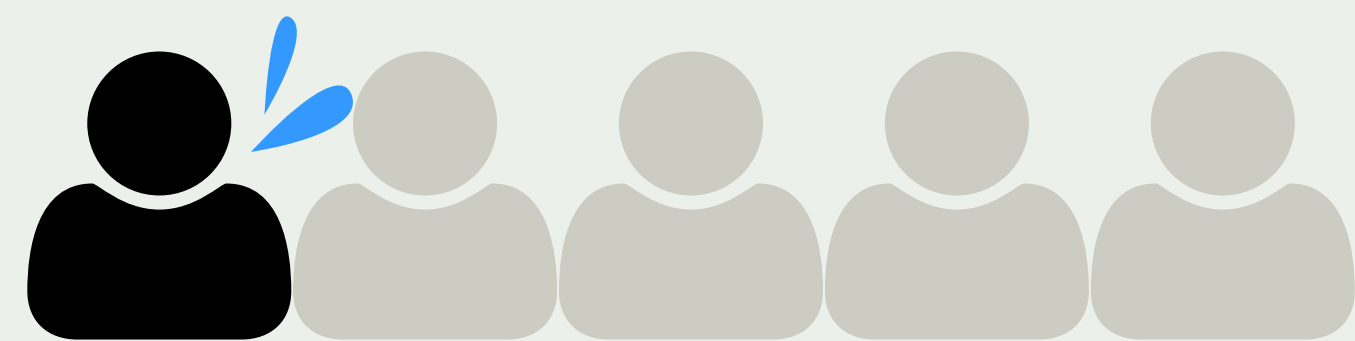
34% of them say it's a habit

33% of them say they do it to distract themselves from their stress

27% of them say it's a way to manage their stress



70% of immune system is located in your gut protecting your body from germs and diseases



1 in 5 Americans suffer from constipation

Upper muscle in stomach relaxes to let food enter

Lower muscle mixes food with stomach acid, breaks down protein

Small intestine breaks down starches, protein & carbohydrates with small intestine digestive juice

The walls of the small intestine absorb the digested nutrients into the bloodstream

Pancreas use Pancreatic juice to breaks down starches, fats, and protein

Large intestine absorbs water and any remaining nutrients

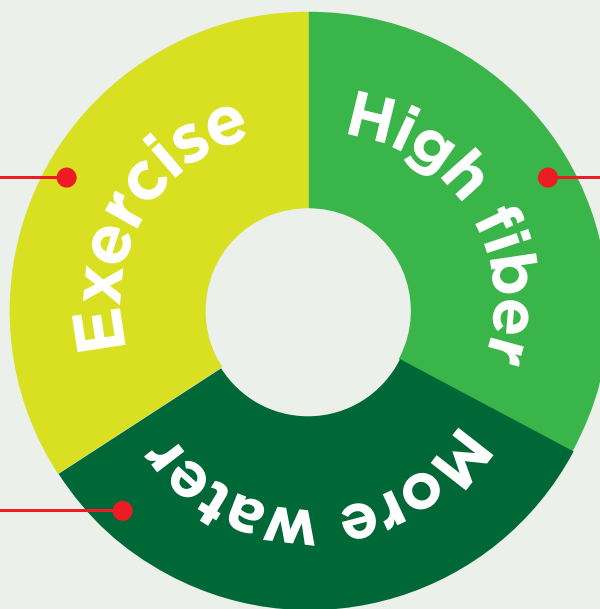
OUT

30 hours\* to pass through your digestive system

## Healthy gut needs good balance

Drink plenty of water and other liquids including clear soups & fruit or vegetable juice

20/30-minute walk everyday will help a lot



Whole grains, vegetable & fruit

