

FOOD & MOOD

COACHING

WEEK 8 – LOVE YOUR GUT: GUT HEALTH PART II

WELCOME TO **WORKSHOP 8**

“Good health begins in the gut.”

No doubt you have heard this saying before. Health professionals agree that the gut is fundamental to both physical and mental health.

When we talk about ‘gut health’, we are referring more broadly to the role of the gut as a whole system. Having an overall healthy gut supports immune health, metabolic health, weight management and as numerous studies are now uncovering, mood health, which by and large relate to a healthy gut microbiome.

For a refresher, check out the ‘Gut Health’ resource from week 2. One large determinant of gut health is our digestive health, how well we breakdown and digest our food, assimilate nutrients, and eliminate waste.

01. GUT HEALTH QUIZ

In pairs or a small group, have a brief discussion on the following statements and then answer the quiz below.

1. True or false, the ecosystem of microbes (including bacteria and yeast) that live in us and on us is collectively referred to as the microbiome?
2. The microbiome consists of how many microbes?
 - a) Thousands
 - b) Millions
 - c) Billions
 - d) Trillions
3. True or false, the foods we eat have no bearing on the health of the gut microbiome?
2. The microbiome consists of how many microbes?
4. True or false, fibre from fruits, vegetables, nuts, seeds, legumes, and wholegrains is a pre-biotic (food) for good bacteria?
5. Which numbered ‘types’ of stool in the Bristol Stool Scale are considered healthy?
 - a) 1 & 3
 - b) 2 & 3
 - c) 3 & 4
 - d) 5 & 6
6. True or false, bowel movements less than 3 times per week is healthy and normal?
7. True or false, Coeliac disease and wheat allergy are the same thing?
8. True or false, optimal digestion is a process that happens when the body is in a sympathetic (stressed/fight or flight) state?



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9. Digestion begins in the:

- a) Small intestine
- b) Stomach
- c) Liver
- d) Mouth

9. The cranial nerve that connects the brain and the gut and is involved in parasympathetic (rest and digest) activity is called the:

- a) Femoral nerve
- b) Sciatic nerve
- c) Vagus nerve
- d) Optical nerve

02. FORM FOCUS

The Bristol stool chart was developed in 1997 by the Bristol Royal Infirmary in the UK to classify stool health. For the Food & Mood program, this may only serve as an observational tool for your diet quality and fluid intake.

In pairs, work to match the Bristol Stool Scale stool type and description with its rightful image.



Type 1

Separate hard lumps, hard to pass. Indicates **constipation** and or slow movement in the bowel.

Type 2

Sausage shaped but lumpy, may be hard to pass. Indicates **constipation** and or slow movement in the bowel.

Type 3

Sausage shaped with cracks on the surface. Considered a **healthy** and typical stool.

Type 4

Sausage/snake shape, smooth and soft. Considered a **healthy** and typical stool.

Type 5

Soft blobs/pieces with clear-cut edges, easy to pass. May suggest diarrhoea and lacking fibre in the diet.

Type 6

Soft blobs/pieces with clear-cut edges, easy to pass. May suggest diarrhoea and lacking fibre in the diet.

Type 7

Watery, no solid pieces, entirely liquid. Suggests **diarrhoea** and **inflammation**.



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03. SLOW NOSTRIL BREATHING

Find a comfortable space to partake in this week's group breathing exercise. If time permits, note how you feel mentally, physically, and emotionally immediately following this exercise.

