

# WLOH Health Newsletter

September 2017

## What Your Gut Bacteria Say About You

For years, we thought of bacteria as organisms to avoid. It turns out our bodies are already loaded with trillions of bacteria. They help digest food and play an important role in your well-being.

Research suggests your gut bacteria are tied to your probability of things like diabetes, obesity, depression, and colon cancer.

### **What are Gut Bacteria?**

Living inside of your gut are 300-500 different kinds of bacteria containing nearly 2 million genes. Paired with other tiny organisms like viruses and fungi, they make what's known as the microbiota, or the microbiome.

Like a fingerprint, each person's microbiota is unique: the mix of bacteria in your body is different from everyone else's mix. It's determined partly by your mother's microbiota – the environment that you're exposed to at birth – and partly from your diet and lifestyle.

The bacteria live throughout your body, but the ones in your gut may have the biggest impact on your well-being. They line your entire digestive system. Most live in your intestines and colon. They affect everything from your metabolism to your mood to your immune system.

### **Gut Bacteria and Disease**

Research suggests the gut bacteria in healthy people are different from those with certain disease. People who are sick may have too little or too much of a certain type. Or they may lack a wide variety of bacteria. It's thought some

kinds may protect against ailments, while others may raise the risk.

Scientists have begun to draw links between the following illnesses and the bacteria in your gut:

**Obesity, type 2 diabetes and heart disease:**

Your gut bacteria affect your body's metabolism. They determine things like how many calories you get from your food and what kinds of nutrients you draw from it. Too much gut bacteria can make you turn fiber into fatty acids. This may cause fat deposits in your liver,

which can lead to something called "metabolic syndrome" -- a condition that often leads to type 2 diabetes, heart disease and obesity.

Inflammatory bowel diseases, including Crohn's disease and ulcerative colitis:

People with these

conditions are believed to have lower levels of certain anti-inflammatory gut bacteria. The exact connection is still unclear. But it's thought that some bacteria may make your body attack your intestines and set the stage for these diseases. **Colon Cancer:** studies show that people with it have a different gut microbiota, including higher levels of disease-causing bacteria, than healthy people.

**Anxiety, depression, and autism:** The gut is packed with nerve endings that communicate with the brain. Your doctor may call this connection the "gut-brain axis." Studies have suggested a link between gut bacteria and disorders of the central nervous system, like anxiety, depression and autism.

**Arthritis:** It's thought that people with rheumatoid arthritis may have greater amounts



of bacteria linked to inflammation than people without it.

### **What Can YOU Do?**

How can you get healthy guy bacteria?

Start by eating a nutritious diet high in fiber-rich foods, like fruits, vegetables, and whole grains.

A “western” diet that’s high in fat and sugar and low in fiber can kill certain types of gut bacteria, making your microbiota less diverse.

Exercise can also encourage the growth of a variety of gut bacteria. Having a more varied gut microbiota may promote better health, and in turn, reduce your risk of disease.



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You can't just take probiotics to stave off diabetes or treat arthritis. Experts say that more research needs to be done to pinpoint the exact types of bacteria that lead to certain

ailments.

You may soon be able to take a medication or supplement made of certain strain of gut bacteria to reduce your risk of – or even cure – certain diseases.

([www.webmd.com](http://www.webmd.com))

### **Happy Birthday!!!**

Ruben Cantin Jr	September 6
Evelyn Giles	September 8
Terri Favelle	September 17
Johnathon Hooper	September 18
Clayton Esquega	September 19
Leslie Munn	September 21
Shila Morin	September 24

### **Recipe of the Month Chicken Pot Pie**

What U Need

- 1 pound skinless, boneless chicken breast halves – cubed
- 1 cup sliced carrots
- 1 cup frozen peas
- ½ cup sliced celery

- 1/3 cup butter
- 1/3 cup chopped onion
- 1/3 cup all purpose flour
- ½ tsp salt
- ¼ tsp black pepper
- 1 ¾ cup chicken broth
- 2 (9 inch) unbaked pie crusts

What 2 Do!

- Preheat oven to 425 F
- In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 mins. Remove from heat, drain and set aside.
- In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.
- Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.
- Bake in the preheated oven for 30-35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

### **FYI....**

- Healthy Living Food Boxes – Septmeber 15<sup>th</sup>
- Recycle Day – September 19<sup>th</sup>

### **Eco Green Living Tip**

Replace disposables: wherever possible replace disposables products with reusable ones. (i.e. Razors, food storage, batteries, ink cartridges, coffer filters etc.)

([www.globalstewards.org](http://www.globalstewards.org).)

### **Weird but True Health Fact**

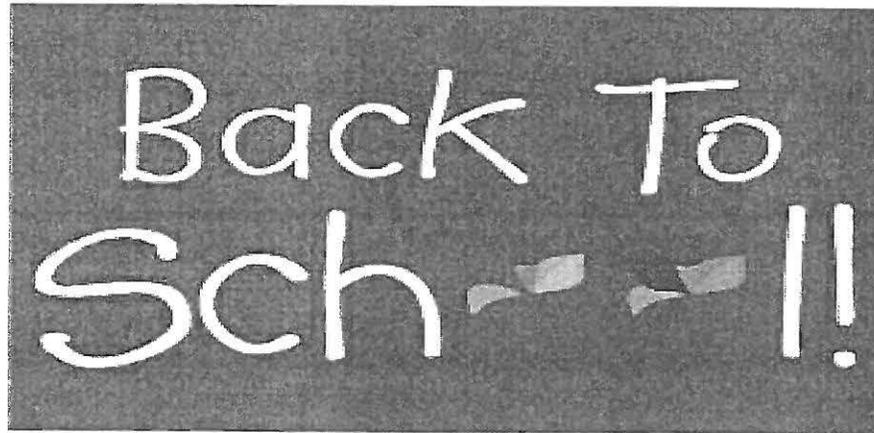
What makes you grow – as long as growth plates (the end of long bones in your arms and legs) stay open, you grow. The plates close in the late teens for boys and within 2 years of starting periods for girls.

[www.pinterest.com](http://www.pinterest.com)

### Quote of the Month

An ounce of prevention is worth of pound of cure.

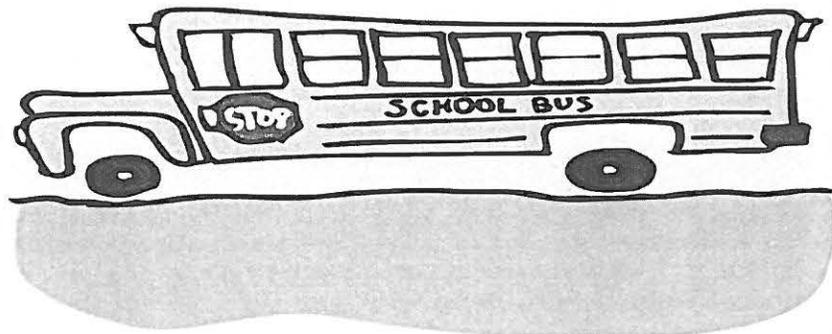
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## Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 WLON Pow Wow	2 WLON Pow Wow
3 WLON Pow Wow	4 Labour Day		5	6 Nutritional bingo @ 4 p.m.	7	8 9
10	11 Sewing 4-6 p.m.	12	13	14 Meals on Wheels @ 4 pm	15 Food Boxes – afternoon pick up	16
17	18 Sewing 4-6 pm	19 Recycle Day	20 FHT Clinic @ 10 am Elder's Gathering 4-7 p.m.	21 Crib @ 4 p.m.	22	23
24	25 Sewing 4-6 pm	26 Fall Harvest - Rice	27 Walking Derby @ 4 p.m.	28 Crib @ 4 p.m.	29	30