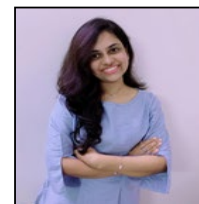


Role of holistic nutrition in gut health

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Abstract

Moringa leaf powder contains about 30% insoluble fiber that is needed for digestion. Moringa's antibacterial and anti-inflammatory properties improve gut bacteria and help with digestive disorders. Dietary fiber acted upon by gut microbes produces short-chain fatty acids that are absorbed into the circulation and show improved insulin sensitivity, weight regulation, and reduced inflammation which may reduce the risk of developing metabolic diseases.

Dietary fiber has the potential to change the gut microbiota and alter metabolic regulation in humans. Research shows that fermented foods containing probiotic strains like Bifidobacterium and Lactobacillus are associated with reduced risk of type 2 diabetes, cardiovascular diseases and improved weight management. A high simple sugar diet increases small intestinal permeability leading to leaky gut syndrome and gut microbiota dysbiosis associated with metabolic disorders and inflammatory bowel diseases (IBD).

Gluten is a group of proteins found in wheat, barley and rye leading to inflammation and leaky gut. When the barrier function of the small intestine is impaired, bacteria and toxins can leak from the gut and may lead to inflammation and disease. Food additives, advanced glycation end products by thermal treatment during food processing leads to gut dysbiosis. Exercise is an environmental factor that can determine changes in the qualitative and quantitative gut microbial composition with possible benefits for the host. Vitamin D deficiency has been shown to promote an inflammatory environment which leads to dysbiosis of the gut microbiota. Psychologically based approaches lead to greater improvement in digestive symptoms compared with only conventional medical treatment. Following circadian rhythm and having a gut friendly diet improves diversity of the gut microbiome and promotes healthier sleep. In this paper, I intend to shed some light over the role of Holistic Nutrition and wellness in promoting gut health.

Biography

Sushma Gumma holds masters in Holistic Nutrition and is now doing PhD in the same with a working experience of more than six years. She is the founder of Online Nutrition consultancy (www.nourishiawellness.com). She has authored three published books on Nutrition in Telugu.

Her Nutrition articles have been featured in The Hindu, Times of India, Eenadu, Andhra Jyothi and B Positive magazine. She delivered talks at various schools, colleges, corporates like Toyota, HPCL and also got featured on media like E-TV news, Doordarshan, Josh talks, All India Radio, Eenadu FM and Radio Mirchi. She's been awarded for outstanding services to the community and as Nutripreneur of the year 2020 by NEP Mumbai. She received Sadhana Young Nutrition Entrepreneur award from Honorable Telangana's Governor Dr.Tamilisai Soundarajan.



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