



Good Gut Health



Your gut health is a delicate balance between trillions of microorganisms—bacteria, viruses, fungi, and yeast — living together in your gastrointestinal (GI) tract.

Strong evidence supports the critical role that gut health plays in overall physical and mental health and well-being. Research has shown poor gut health to be linked to gastrointestinal, metabolic, and neurological disorders.

The gut is often called the “second brain” because of its two-directional communication with the brain and nervous system. When the gut microbiome is no longer balanced, diseases and illness may develop or symptoms may worsen. Many factors influence your gut health, including birth, where you live, and what you eat. Although you cannot change some factors, like your genetics, many other factors are within your control. Focusing on a fiber-rich diet, reducing stress, and getting adequate sleep are a few ways to support a healthy gut.

After participation in this program, participants will be able to:
Describe how their gut health may influence overall health. Participants will learn what diseases and conditions have been associated with poor gut health.
Be able to identify the difference between prebiotics and probiotics, and list foods in each category.

Prepare a day of meals and snacks that meet dietary guidelines based on their recommended intake.

Identify the various factors that influence gut health and determine which of those they can control and which of those they cannot control.

Identify other lifestyle behaviors that can influence gut health outside of diet.

Would you be interested in improving your overall health, or improving their gut health, or in learning how food impacts physical and/or mental health?

This program will be offered in:

Goodland, KS.

At the Sunflower Extension District Office work room on **May 4th from 12:00-1:00 p.m. (M.T.) Please sign up!!!**

St. Francis, KS.

At the Sunflower Extension District Office work room on **May 5th from 12:00-1:00 p.m. (C.T.) Please sign up!!!**

Sharon Springs, KS.

At the Senior Center on **May 13th from 11:30 -12:30, (M.T.) Please sign up!!!**

There will be some taste testing with probiotic and prebiotic foods. So if you want to bring a sack lunch with you, that’s great!

