



Let's try Again

Learn about Gut Health



The health of your gut plays a fundamental role in your overall well-being and is often overlooked as a contributor to illness and disease. Your gut health can influence everything from immune function to psychiatric disorders, autoimmune diseases, obesity, chronic diseases, and more.

You may wonder, how is the gut so powerful in influencing health? Your gut microbiome is home to trillions of microorganisms that work together to maintain homeostasis (perfect balance) in your gastrointestinal tract (GI). Disrupting this balance, often called dysbiosis, can lead to various issues and conditions.

Additionally, your gut and brain have a direct line for back-and-forth communication, known as the gut-brain axis, thus impacting your mental and physical health.

In this lesson, the authors will explore the importance of maintaining a healthy gut, factors that can affect gut health, and how to improve your gut health through diet and other health behaviors.

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.



This program will be offered in:

Sharon Springs, KS. at the Senior Center on **May 27th from 11:30-12:30, (M.T.)**

Goodland, KS,

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

St. Francis, KS.

At the Sunflower Extension District Office on **June 2nd from 12:00-1:00 p.m. (C.T.).**

Please sign up!!!