

WHY DO WE NEED TO FOCUS ON OUR GUT HEALTH?

Our immune system strengthens the lining of our gut & maintains tolerance of the food we consume.



Dr. Harpreet Kaur

Dr. Harpreet Arora (B.A.M.S., M.D.) is a general physician and an Ayurvedic consultant. A founder of Aahar Vihar, Amritsar, she has been spreading good health by prescribing comprehensive changes in diet, exercises and lifestyle to her clients across the globe in India, United States, United Kingdom, Singapore, Germany and UAE for over 20 years. Aahar Vihar, a culmination of hundreds of years of knowledge in Ayurveda, focuses mainly on debunking the existing dietary myths and creating a bespoke diet plan for its clients, serving their body and mind and still not depriving their tongue.

- Are you also a part of this rat race?
- Do mood swings affect you?
- Are you also struggling to lose weight?
- Does dry and dull skin bother you?
- Does thyroid pose a problem?
- Good shampoos and expensive conditioners still don't curb your hairfall?
- Does Constipation, Irritable bowel syndrome and IBD trouble you?

Well, there is no need to panic. You do not need a handful of medicines to resolve these issues. All we need is to understand gut health. Knowledge, they say is the foundation for understanding. Gut health refers to the balance of microorganisms that live in the digestive tract. Trillions of these organisms regulate our metabolism, protect us from infections and this, strengthen our immune system.

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There are 2 types of bacteria in our gut:

Good bacteria & bad bacteria. When it comes to great gut health, we are actually talking about healthy gut flora & we need to keep good bacteria alive & healthy. Reduction of good bacteria in our gut becomes the reason for our ill health.

Now let's understand the reason for the reduction of this good bacteria. Poor life style habits like consuming too spicy & oily foods, waking up late, sleeping for less than 7 hours, too much of stress and anxiety, our so called "weight loss" fad diets, Not taking seasonal diets, Consuming packaged, rather the "dead" food and consuming food at wrong timings and in an inappropriate manner.



Guilty? I could envision so many heads nodding at majority of the reasons. Well, no worries. A problem identified is a problem half solved. As they say it's never too late to improve. Ayurvedic dincharya i.e your daily routine, can improve your gut health.

Use this essential first step of digestion to improve gut health & immunity & believe it or not it will help in reducing weight. Yes its true CHEW your food. Chewing your food properly can help in the smooth digestion and nutrient absorption.

Sleep:- Sleep provides an essential support to the immune system. Poor sleep can lead to long term problems with memory, blood sugar ,blood pressure & obesity. Early rising: Ayurveda promotes rising up before sunrise to connect with nature, curb negativity and depression and increase mental clarity.

Moreover, certain other Ayurvedic tips to improve gut health include:

Stop the consumption of white sugar as bad bacteria thrives on refined carbohydrates and sugar.

Start consuming fresh & seasonal fruits and seasonal vegetables.

Freshly prepared legumes are desirable. It is desirable to take 50 to

100 GM's of fiber/day.

Stop believing in fad diets to reduce weight. Keep a check on your portion size. Eat until you are 80% full.

To sum it up according to Ayurveda, simple lifestyle changes and by eating seasonal and local food freshly

prepared in your kitchen with the help of digestive herbs improves your digestion and overall health. Remember, a good gut helps in improving your immune system. Enjoy your life. Enjoy your food. Enjoy your desserts. But all in a balance.

Lastly, a golden ayurvedic concoction to improve your gut health from my pandora box:

Take equal amounts of ajwain(Bishop's weed); Saunf (fennel seeds); Zeera (cumin seed).

Dry roast and grind. Now, add a bit of heeng (asafoetida) to the mixture.

Take a bit of this mixture with warm water after your lunch & dinner (40 mins after meal).

Make the changes, find the difference because we, in Ayurveda deliver side benefits and not side effects. Stay healthy. Stay happy.

