

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

## BACTERIA AND DEPRESSION

The human body is largely made up of bacteria. In fact, single-celled organisms, mainly bacteria, outnumber our own cells ten to one, and most of them make their home in our digestive system, or "gut." Most people are unaware your gut actually has the ability to significantly influence your mind, your mood, and your behavior.

The good news is that you can begin to cultivate a new population of bacteria and improve your mood by changing what you eat and how you live.



## GUT CHECK

So, how do you know if you could have an imbalance of gut bacteria? **Place a check mark next to the factors that may be relevant for you:**

- Bloating and indigestion
- Depression
- Irritable Bowel Syndrome (IBS)
- Diarrhea or constipation
- Excess fatigue
- Abnormal allergic reactions
- Joint pain
- Eczema or other skin disorders
- High stress
- Alcohol consumption (>1 drink/day)

*If you checked 2 or more factors, consider talking with your doctor or Wellness Coach.*

## GOOD BACTERIA

Though some bacteria, like candida, can cause negative symptoms, other kinds we would consider "good" bacteria. But what makes the good bacteria so good?

First, they perform some indirectly mood-affecting functions like:

- Synthesizing B and K vitamins
- Processing medical drugs and botanicals
- Decreasing autoimmune symptoms
- Helping to move food more quickly through the body

In addition, there is a link between higher populations of good bacteria and positive mood or less anxiety. How? Scientists are not certain, but possible mechanisms are through nervous system connections between the gut and brain.

## COMMON BENEFICIAL BACTERIA

Proprietary Probiotic Blend 200 billion CFU	1,000 mg
Bifidobacterium bifidum (Bb-02)	84.5 billion
Lactococcus lactis (Li-23)	32.5 billion
Lactobacillus acidophilus (La-14)	30 billion
Lactobacillus rhamnosus (Lr-32)	20 billion
Bifidobacterium longum (Bl-05)	10 billion
Lactobacillus casei (Lc-11)	10 billion
Bifidobacterium breve (Bb-03)	7.5 billion
Lactobacillus plantarum (Lp-115)	4 billion
Lactobacillus salivarius (Ls-33)	1 billion
Lactobacillus bulgaricus (Lb-64)	500 million

UPSET STOMACH?

## Coach's Quick Take

Every day you carry around billions of cells of "alien" life. In the battle between the "light" and "dark" sides, you can help the light side prevail by following our tips on page 2.

## HOW TO RESTORE A HEALTHY BALANCE OF GUT BACTERIA

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### GET MORE:

- Fermented dairy products - live culture yogurts, and kefir (milk drink flavored with salt or spices).
- Other fermented foods - sauerkraut, miso (a thick paste made from fermented and processed soy beans), and tempeh (a dish made from split soybeans and water).
- Prebiotics - foods that feed your good bacteria, like Jerusalem artichokes, onions, broccoli, and bananas.
- Probiotic supplements - these directly input good bacteria. However, supplement quality and variety can be lacking compared to whole foods.

### GET LESS:

- Stress – sleep well, practice deep breathing, and learn to say “no.” Talk to your Coach about more stress management strategies.
- Antibiotic consumption – these kill off all living bacteria, including good bacteria. They can also be over-prescribed. Talk to your doctor about other options. If you have taken antibiotics recently, repopulating your gut is especially important.
- Alcohol – higher alcohol intake is associated with higher populations of bad bacteria.
- Processed sugar – bad bacteria thrive on high amounts of sugar.

**What is one thing that you can do differently this week for your gut bacteria, which will also positively affect your mood?**

## TRY THESE RECIPES

### Tutti-Fruitti Muesli



**Makes:** 1 serving, 1 1/4 cups  
**Active Time:** 10 minutes  
**Total Time:** 10 minutes

#### INGREDIENTS

- 1/2 cup nonfat or low-fat plain yogurt
- 1/2 cup blueberries, fresh or frozen (thawed)
- 1/4 cup diced apple
- 1/4 cup diced banana
- 1/4 cup unsweetened muesli
- 1-2 teaspoons honey or pure maple syrup

#### PREPARATION

Stir together yogurt, blueberries, apple, banana, muesli and honey (or maple syrup) to taste in a bowl.

### Apple Sauerkraut and Cheddar Quesadilla

**Makes:** 2 main dish or 4 appetizer servings  
**Active Time:** 10 minutes  
**Total Time:** 30 minutes

#### INGREDIENTS

- 1 cup sauerkraut, rinsed
- 2 burrito-size flour tortillas
- 1 1/3 cups grated reduced-fat Cheddar cheese
- 1/2 cup water
- 1 small tart, juicy apple, peeled and very thinly sliced

#### PREPARATION

Put sauerkraut and water in a medium non-reactive skillet. Gently heat just until the liquid has evaporated but not so much that the sauerkraut begins to stick to the pan. Remove from the heat.

Gradually heat a large cast-iron pan over medium heat. Put one tortilla in the pan and immediately sprinkle 1/3 cup cheese over half of it. Quickly arrange about half the apple slices over the cheese, then top with half the sauerkraut, spreading it evenly. Sprinkle with another 1/3 cup cheese.

Fold the tortilla over the filled half and press gently on it with a spatula to seal. Heat the quesadilla until the bottom is golden, about 2 minutes, then carefully flip and lightly brown the other side. Slide the quesadilla onto a cutting board and cut it into halves or quarters. Prepare the second one in the same fashion. Variation: If you like, a little chopped ham tastes wonderful layered in with the other ingredients.



#### RESOURCES

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

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

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

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

For More Information visit  
[www.WellnessCoachesUSA.com](http://www.WellnessCoachesUSA.com)