Exclusive Webinar Presentation

Diversify your Gut:
Connecting Ancient Ayurvedic Wisdom to Modern Evidence of Gut Microbiome

Presented by Sapna Punjabi-Gupta MS, RDN, LD
on August 22nd, 2018, from 2-3pm ET
AFTER COMPLETING THIS CONTINUING EDUCATION COURSE, NUTRITION PROFESSIONALS SHOULD BE ABLE TO:

• Discuss the concept of digestive fire (agni) from an eastern perspective of ayurvedic medicine.

• Understand the state of evidence-based research supporting the healing aspects of spices and how to effectively use them to diversify the gut microbiome of adults and children.

• Provide practical suggestions on how to create mindful awareness and savor meals according to the season.

• Apply an integrated approach with eastern wisdom and modern science in helping adult and pediatric clients establish diverse gut microbiota to strengthen the overall immune health.

Learning Objectives
HEALTH & GUT MICROBIOME
GUT MICROBIOME

• Gut microbiota refers to microbe population in our intestine.
• Average human contain trillions of gut bacteria.
• Composition and diversity is unique to each individual.
• Begins to evolve at birth and influenced by multiple factors
  • Mode of infant delivery and feeding
  • Lifestyle Stages
  • Diet composition
  • Geography
  • Medications – Antibiotics and Gastric Acid Suppression
  • Stress – Exercise, Metabolic, Psychological
FUNCTIONS OF GUT MICROBIOME

- Metabolism – energy homeostasis, host digestion & nutrition
- Host Protection and Immune system development
- Gut Brain Axis
- Possible link to
  - Chronic gastrointestinal disease – IBS & IBD
  - Systemic metabolic disease – obesity & type 2 dm
  - Atopic eczema and other allergic disease
A 2008 report from the National Center for Complementary and Alternative Medicine (NCCAM) indicates that 38 percent of Americans are using some form of complementary or alternative medicine, including herbal supplements, meditation, Ayurveda, acupuncture, chiropractic, and yoga.

Source: CDC National Health Statistics Report #12
AYURVEDA

AYU = Life or daily living
VEDA = Knowing
SCIENCE OF LIFE

Practiced more than 5000 years

- To preserve health
- To promote health of the healthy
- To prevent and cure the disease of the ill person

The practical knowledge of self-healing may be acquired by anyone.

Each individual is capable of self-healing

Observing cycles of nature and align practices and routines is of fundamental importance

World Health Organization (WHO) – Ayurveda as Traditional Medicine (TRM)
National Institute of Medicine (NIH) – Ayurveda as Complementary and Alternative Medicine (CAM)
**AYURVEDA**

- Mind, Body, Spirit
- Prevents Disease, Treats the whole individual
- Importance to Qualitative and doesn’t ignore subjectivity
- Multiple Approach: Diet, Lifestyle, meditation, pranayama, detox
- Live in harmony with Nature

**MODERN MEDICINE**

- Physical Body, Recent Openness to Mind-Body Connection
- Treats the Disease, Quick fix the problem
- Focus on Objectivity and Quantitative in Nature
- Single Approach: Medicine, Surgery, (Diet and Exercise recent focus)
- No connection to Nature
INTEGRATIVE MEDICINE

• Integrative medicine – promising model of care

• Gaining acceptance in medical centers, hospitals and healthcare systems

• Integrative medicine shows great promise for chronic GI and digestive issues

• Ayurveda, Chinese Medicine, Use of Herbs, Spices, Food as Medicine
How to Incorporate Ayurveda into Modern Living

- Yoga / Pranayama
- Herbs/Spices
- Yoga / Pranayama
- Cooking - Dosha Balancing Diet
- Meditation
- Vedic Astrology
- Sound Therapy/Mantras
- Rasayana
- Aromatherapy
- Dinacharya - Daily Self Care
- Pancha Karma - Seasonal Cleanse
STUDY OF ELEMENTS

Energy of Movement
- Catabolic: SEASONS: Fall through Early Winter
- Balancing
- Anabolic: SEASONS: Late Winter through Spring
AYURVEDIC DAILY CLOCK

10 am
• Strong Agni
• Big Lunch
• Important Meetings
• Challenging Tasks

2 pm
• Creative Work
• Art
• Plan Task List

6 am
• Light Breakfast
• Exercise
• Follow - To Do List

6 pm
• Light Dinner
• Unwind
• Relax

2 am
• Dream
• Wake
• Eliminate
• Meditate
• Exercise

10 pm
• Sleep
• Digestion of Food and Thoughts
GUT MICROBIOME AND AYURVEDA
TRADITIONAL AYURVEDIC DIETS FOCUSES ON -

- Importance to how food is prepared, timing of meals, seasonal eating, food combinations, quantity and quality of meals.

- Plant Protein – high short chain fatty acids – increase gut barrier and reduces inflammation

- Diet high in plant based polysaccharides, resistant starch, dietary fiber – adding diversity to gut microbiota

- Spices and Herbs – contains phytonutrients, antimicrobial properties, polyphenols, prebiotics

- Fermented Foods – Yogurt, Buttermilk, Grains and Legumes – contains probiotics.
Intestinal Microbiota

- Regulated by
  - Time of Eating
  - Diet
  - Host Circadian Rhythms

- Disrupted by
  - Irregular eating patterns
  - High-fat diet* / high-sugar diet* (saturated fats, trans fats, safflower – polyunsaturated fatty acids)

Disruption = metabolic syndrome

Several studies demonstrate a clear link between disruption of microbiota rhythms with host metabolic syndrome and obesity
MEALTIMES & SEASONAL MINDFULNESS

MEALTIMES

✓ BREAKFAST
Light meal in summer or when agni is low, more substantial in winter time

✓ LUNCH
Main Meal. Eaten between 11 am and 1 pm. Do not snack between meals unless hungry and clear burp.

✓ DINNER
Light meal around sunset or earlier. 2 hours between dinner and bedtime.

SEASONS

✓ VATA (FALL/EARLY WINTER)
– Favor warming soups, herbal teas, easy to digest food

✓ PITTA (SUMMER/EARLY FALL)
– Favor foods that internally cool and hydrate, cooling spices, rice, easy to digest millets

✓ KAPHA (LATE WINTER/SPRING)
Favor pungent, bitter, warm foods, spiced foods, raw foods

Reference: textbook of Ayurveda – Vol 3 by Dr. Lad
“Agni is responsible for life span, complexion, strength, health, enthusiasm, lustre, immunity, energy, heat processes and prana. Agni is the root cause of both health and disease”

- Charaka Samihita, Chikitsa Sthana, Ch.15 v1-2
✓ Agni is metaphor for digestive system, sense perception and even cellular metabolism

✓ It corelates with digestive fire and associated with activities of hormones, enzyme and co-enzymes.

✓ It represents the metabolic function by which the food we eat is digested, ingested and the nutrition derived from it.

✓ Agni is the ignition switch for digestive enzymes to start work.

✓ Low Agni is the root cause of all disease
  ✓ Blocks nutrition
  ✓ Poor microbiome
  ✓ Lowers immune response
  ✓ Creates mental fatigue
SIMPLE WAYS TO KINDLE AGNI

✓ Eat a slice of ginger root, sprinkled with lime juice and rock salt
✓ Avoid drinking excess water, especially after meals
✓ Avoid ice cold or refrigerated drinks
✓ Avoid excessive consumption of caffeine.
✓ Do not eat unless hungry
✓ Eat and drink with awareness and mindfulness, so that overeating does not occur
✓ Drink digestive spiced teas before, with or after a meal.
✓ Walking improves circulation and enhances agni. Brief walk before and after eating.
DIVERSIFY GUT MICROBIOME — THE AYURVEDIC WAY
IMPROVE AND DIVERSIFY GUT MICROBIOME

✓ Include all six tastes in your diet each day.
  ✓ Sweet, Sour, Salty, Bitter, Pungent, Astringent

✓ Regular intake of vegetables, legumes, beans and fruits - best sources of prebiotics promotes healthy microbiota
✓ Include fermented foods: Yogurt, Kimchi, Pickled veggies, Lassi – probiotic rich spiced yogurt drink, Dosas – Fermented savory crepes
✓ Cut down on sugar and processed foods.
✓ Chew food thoroughly. Eat with no distractions.
✓ Fiber supports gut and microbiome. The more the better!
✓ Eight hours of sleep per night.
✓ Meditation and Deep Breathing – reduces stress which in turn influences gut health
Pungent taste of spices clarifies the senses, liquefies secretions and stimulates digestion.

Spices contain many antimicrobial, anti-inflammatory properties.

They are also a source of polyphenols which are beneficial for gut bacteria.

Cumin, Coriander, Fennel, Ginger, Black Pepper, Turmeric, Clove, Cinnamon are ideal spices for digestive health.
Hot water infusion of cumin, coriander and fennel seeds is a classic recipe in Ayurveda due to its *dipana* and *pachana* properties.

Ayurvedic Digestive TEA | New Take on CCF Tea

*Dr. Vasant Lad: Textbook of Ayurveda – VOL 3: General Principles of Management and Treatment*
Dosas are fermented rice and lentil savory crepe that is traditionally enjoyed as a staple in the Southern part of India.

Contains lactobacillus plantarum strain of probiotics shown to inhibit growth of a range of food-borne pathogens.
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QUESTIONS

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