

NEWSLETTER

GUT INSTINCT

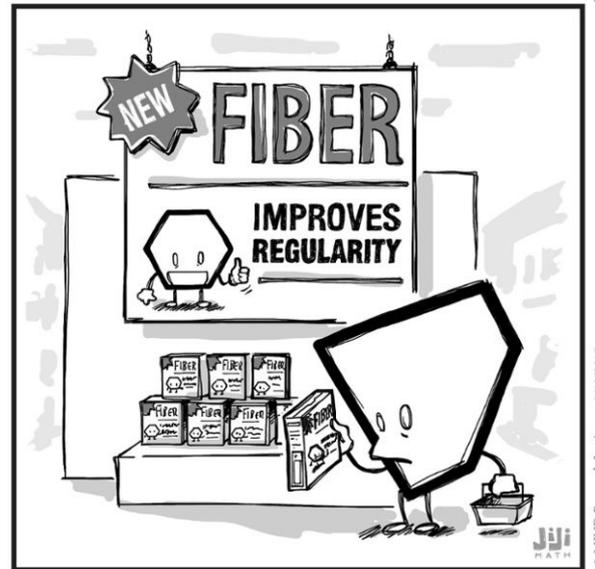
LET'S FOCUS ON FIBRE

A high fibre diet can help regulate bowel function and help prevent constipation. This in turn can help prevent conditions associated with constipation, such as haemorrhoids. A diet high in fibre is also associated with a lower likelihood of developing bowel cancer and can help regulate blood sugar & cholesterol levels. A diet high in fibre feeds, and allows our good gut bacteria to thrive, improving our overall gut microbiome.



HOW MUCH FIBRE ?

30-40g of fibre a day not only facilitates good gut function, but also boosts your overall health. There's no need to measure your fibre intake though. Eating a wide range of wholegrains, legumes, fruits and vegetables will do the trick. These foods are also usually low in fat & salt, and concentrated in nutrients and disease-fighting antioxidants.



RECIPE : EDAMAME HOMMUS

You'll need -

1/3 cup tahini

1/3 cup lemon juice

A clove garlic (chopped)

3/4 teaspoon salt

3 tablespoons extra virgin olive oil

1 1/2 cups frozen shelled edamame beans (boil for 5 mins & cool)

In a food processor, mix the first 5 ingredients until well blended. Then add half of the edamame beans & 2 tablespoons water and blend. Add remaining beans and blend again adding water as necessary - depending on the consistency you like.

Sprinkle with sesame seeds or pumpkin seeds & a drizzle of olive oil. A healthy dip containing approx. 15g dietary fibre!

WHAT IS HEPATITIS?

Hepatitis refers to inflammation of the liver. It is often caused by a viral infection, but it can also be caused by an autoimmune condition or occur secondary to medications, drugs, alcohol or toxins. In Australia, the most common viral hepatitis we treat is hep B and hep C.

In Australia there are over 230,000 people living with hep B but only 62% have been diagnosed. Over 180,000 people have hep C, with 80% diagnosed.

Thousands of
Australians have
hepatitis and
don't know it

WHAT ARE THE SYMPTOMS?

The symptoms of hepatitis B and C are not always obvious. Symptoms may only occur when damage to the liver impairs its function. People can experience flu-like symptoms, fatigue, dark urine, pale stools, loss of appetite, unexplained weight loss and yellow skin and eyes.



Blood tests do not routinely test for hepatitis. Chat to your doctor to see if you should be tested.

TREATMENT

Over time hepatitis B & C can cause damage to your liver. For hep B, monitoring and treatment is important as it can prevent liver complications. For hep C, there is **great news!** It can now be cured in 8-12 weeks. This therapy can prevent cirrhosis and if people already have cirrhosis, it can lower the risk of decompensation and liver cancer over time.

2020- LOOKING AFTER YOURSELF



There's no doubt 2020 has been tough year so far. The gut-brain connection is well documented and anxiety around COVID-19 may lead to people experiencing more gut symptoms. If you have persistent symptoms, and you are concerned, please see your doctor. Keeping your body and mind healthy is really important during such challenging times.

Each day, try to -

Be kind to yourself, go outside for a walk, connect with a friend, get enough sleep, ensure you have enough fibre in your diet... and importantly, treat yourself! (FYI, 4 squares of Lindt 70% dark chocolate provides 3g of dietary fibre 😊)