

NEWSLETTER

GUT INSTINCT

YOU ARE WHAT YOU EAT

Growing up, there was always the understanding that we should eat from the five basic food groups. We know now, that the way these foods are grown can make a difference to their nutritional value and therefore, your overall health.

In this issue, we would like to share something a little different with you, one of Dr Joshua Butt's passions - Regenerative Farming.



TELL US A BIT ABOUT YOUR FARM ..

My wife Jyoti and I, farm retired and grass fed dairy cows in the hills of South Gippsland on a small family run property that was first farmed by Jyoti's great grandfather in 1882. Our pastures are managed with regenerative methods including rotational grazing to build soil and animal health.

WHAT IS REGENERATIVE FARMING ?

Regenerative farming (or regenerative agriculture) uses a set of farming practices, not to just grow food, but to progressively improve the ecosystem in which the food is grown. There is a focus on revitalising soil health and increasing biodiversity to improve the general health of the environment. Farmers aim to leave the land in a better state than when they began.

WHY FARM THIS WAY?

Soils are often degraded in intensive tillage & chemical-based agriculture. Regenerative agricultural techniques depend on the location and type of farming but in general may include practices that cause minimal soil disturbance such as no-till seeding. They may also use perennial pastures or crops (that survive more than one growing season) as well as cover crops and crop rotations to build more fertile soils. Most regenerative farmers use minimal to no herbicides, pesticides and synthetic fertilisers. Grazing animals on pasture in a way that mimics natural herd behaviours helps to build soil fertility, soil health and store carbon. In this way, regenerative farming can mitigate and build resilience to climate change by increasing our soil's ability to sequester carbon from the atmosphere. Less CO₂ in the atmosphere means there's less warming of our planet.



HOW DOES THIS IMPROVE OUR HEALTH?

This farming system improves our health by producing healthy and nutrient dense food without harmful chemicals. By revitalising the soil, land will continue to be productive for future generations. Removing chemical fertilisers and pesticides from the farming, means that they are also removed from our environment and our diet. Some of these chemicals have been linked to disease such as gastrointestinal disease, autism, obesity, diabetes and cancer.

ARE ALL FARMERS KEEN ON MOVING TO REGENERATIVE FARMING?

Here in Australia, our soils are naturally low in fertility and we are also prone to extreme climatic events, such as recurring and prolonged droughts, intense flooding, bushfires and heatwaves, which place farmers at risk of soil degradation, crop failure, livestock death, insect plagues, and financial hardship not to mention the stress and mental health issues.

There is a growing understanding that we need to change the way we farm and improve our soils for the sake of both future production and to mitigate against the effects of climate change. In Australia there are increasing numbers of farmers changing to regenerative practices and reaping the rewards on an environmental but also personal, family, community and broader societal level.

NON GUT FRIENDLY FOOD ADDITIVES

POLYSORBATE 80 is an emulsifier. It is used to stabilise liquids that would normally separate. Think of bottled sauces, heavy cream, coconut milk. Over time, consumption of this additive may lead to a reduction in the good bacteria in your gut and can contribute to gut inflammation.

CARBOXYMETHYLCELLULOSE is also an emulsifier, sometimes used as a thickening agent. You'll find it in milk, cottage & cream cheese & dressings. This common food additive causes our gut bacteria to overproduce a gut irritating protein.



Finding additive free alternatives is possible and a good way to reduce the risk of gut inflammation.

DID YOU KNOW LYING ON YOUR LEFT IS BEST FOR DIGESTION?



Due to the position of our stomach in our body, lying on this side allows gravity to help move waste through to the large intestine. It is also theorised that lying on this side reduces reflux due to the stomach (& its acid) sitting lower than the oesophagus.