

WEEK 19- Gut Health & The Microbiome

Resources:

View YouTube video - how the food you eat affects your gut

<https://youtu.be/1sISguPDlhY>

&

YouTube video - what does Professor Tim Spector eat in a day

<https://youtu.be/xNQXeQ9KDW0>

[if you have time (!), there are also 2 lengthy Huberman Lab podcasts from Stamford University-

- Gut & Brain Health -How to Enhance your Gut Microbiome Podcast #61

YouTube <https://youtu.be/15R2pMqU2ok>

- Improve your Gut Health -how to Build, Maintain & Repair Gut Health Podcast #62 with Dr Justin Sonnenburg

YouTube <https://youtu.be/ouCWNRvPk20>

Questions/Considerations

Q1. Any suggestions of the best foods for gut health?

Q2. Why all the fuss about a healthy gut?

Q3. Which illness are/have been attributed to an unhealthy gut

&

Personal experiences

& Anything else that comes up.

Notes:

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