

# 1. GUT HEALTH AND WHOLE HEALTH: AN INTRODUCTION



## OBJECTIVES

*You have gained understanding on::*

- THE FOUNDATIONS OF GUT HEALTH
- A CHANGE OF APPROACH TO HOW YOU THINK ABOUT YOUR FOOD
- KEY FACTORS IN SOURCING GUT HEALTHY FOODS

## LEARNING OUTCOMES

*You will be able to:*

- RECOGNISE A NEW APPROACH TO WHOLE HEALTH VIA THE GUT
- DEFINE PLANT BASED EATING AND NUTRIENT-RICH FOOD
- USE & APPLY PRACTICAL FOOD-SOURCING TIPS FOR GUT HEALTHY FOODS

## FURTHER READING/ LISTENING

1. VALDES, A. M., WALTER, J., SEGAL, E., & SPECTOR, T. D. (2018). ROLE OF THE GUT MICROBIOTA IN NUTRITION AND HEALTH. *BMJ (CLINICAL RESEARCH ED.)*, 361, K2179. ([CORE LEARNINGS OF THE MICROBIOME](#)).
2. BLUM, W. E. H., ZECHMEISTER-BOLTENSTERN, S., & KEIBLINGER, K. M. (2019). DOES SOIL CONTRIBUTE TO THE HUMAN GUT MICROBIOME?. *MICROORGANISMS*, 7(9), 287. ([WHY WHERE OUR FOOD COMES FROM MATTERS](#)).
3. BERRY ET AL., (2020). HUMAN POSTPRANDIAL RESPONSES TO FOOD AND POTENTIAL FOR PRECISION NUTRITION. *NATURE MEDICINE*, 26(6), 964–973. ([FLEXITARIAN EATING](#)).