

Catchfitness Health & Fitness Solutions Great Bowel Health

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What's stopping you reach optimal health?

- Burping Bloating Gurgling stomach
- Nausea Abdominal cramps / pain
- Diarrhoea- frequent / urgent / loose bowel motions
- Constipation – few motions / hard to pass
- And often tiredness and a 'foggy' brain
- Altered body image– a feeling of 'fatness' due to bloating = loss of motivation and optimism

Irritable Bowel Syndrome (IBS)

- It is common
- 1 in 5 people have IBS
- 3 subgroups
 - Diarrhoea predominant IBS frequent / urgent / loose bowel motions
 - Constipation predominant IBS bowels move less than once every 3 days
 - Alternating diarrhoea and constipation IBS

Irritable Bowel Syndrome (IBS)

- Change in bowel motions associated with:
 - Abdominal cramps or discomfort
 - Bloating
 - Wind

And often:

- Fatigue
- Headaches
- Lower back pain

IBS Causes / Triggers?

- Infection
 - Bacteria e.g. campylobacter, salmonella
 - Virus e.g. Rotovirus, Norovirus
 - Parasites blastocystis, giardia
- Antibiotics
- Oral Contraceptive Pill
- Non Steroidal Anti inflammatories e.g. chronic use of Nurofen, Ibuprofen
- Endometriosis
- Stress

Your 1st Step to freedom from IBS Symptoms

Chew each mouthful at least 20 times...
and aim for 32 times. Count them!

Mix the food in your mouth with lots of saliva

Chew each mouthful to a liquid before you
swallow

Multitasking when eating
= MINDLESS Eating
= fewer chews
= IBS symptoms worsen

Your 2nd Step to freedom from IBS Symptoms

Why Mindful eating?

- Mindful eating
- = Relaxation
- = More blood flows to your intestinal wall
- = Improved digestion
- = Fewer symptoms of IBS

Your 3rd Step to freedom from IBS Symptoms

- IBS = extra sensitive to...
- Volume in your stomach
 - Size of your meal counts

Are you a lazy chewer?

- When drinking with food, it's easy to sip a drink and 'wash' the food down
- = lazy chewing

- STOP!
- Separate your drinks from food
- = fewer IBS Symptoms

How much to eat to reduce your IBS Symptoms

- Eat smaller meals to suit your tolerance
- Stop drinking with meals
 - Drink freely up to 10 minutes before eating
 - Eat
 - Wait 30 minutes to 60 minutes
 - Then drink again

Your 4th Step to freedom from IBS Symptoms

- Is too much fat and oil in your food a pain for you?
- Foods rich in fat and oil can trigger erratic contractions of the intestine
- And give you abdominal pain, discomfort
- And for some people diarrhoea

Choose lower fat foods

- Monitor how your IBS symptoms change
 - Use low fat cooking techniques
 - Limit the mayonnaise, sour cream, cream and ice cream
 - Replace full fat coffees with low fat / trim or 'skinny' coffees
 - Avoid the thick shakes

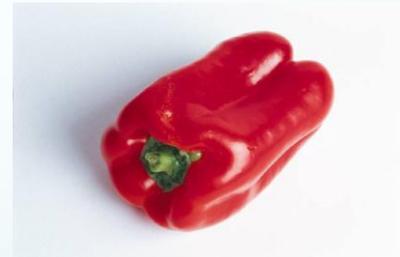
Your 5th Step to Freedom from IBS symptoms

Fibre Would it help you to eat more or less?

What is fibre?

Fibre is in PLANT foods

- Vegetables
- Fruit
- Nuts
- Seeds
- Legumes and pulses e.g. lentils, black beans, kidney beans, chick peas/ garbanzo beans



What does fibre do in us?

- Fibre is the part of the PLANT food that stays in the intestinal tract
- Fibre does not pass through the intestinal wall and enter the blood stream
- Fibre softens and swells with water
- This bulks and softens the bowel movement

How much fibre do we need?

- Most children need
 - 5 g fibre plus 1 g for every year of age
- Most adults need
 - 35 to 40 g of fibre each day

Would it help your IBS symptoms to eat MORE fibre?

- Do you have constipation?
 - If you answer 'YES'
- Trial a high fibre diet for 4 weeks
 - Slowly build up fibre over 2 weeks
- Monitor your IBS / bowel symptoms
 - Does this help your bowels move more often and more easily plus reduce your bowel cramps, bloating and wind?

**Still got IBS / bowel symptoms
and / or tired all the time?**

Do you have a food intolerance?

- An unwanted reaction in the body
- Symptoms can involve: skin, breathing, joints, muscles, digestive system
 - and can include eczema, asthma, hives, headaches, migraines, fatigue, behaviour changes, reddened eyes, runny nose, sinusitis, joint aches, muscle aches, reflux, abdominal pain bowel cramps, bloating, wind, diarrhoea, constipation

Which tests can be done to identify food intolerance?

- Coeliac disease: blood test for gluten antibodies.
- If positive, usually followed by gastroscopy and small bowel biopsy to confirm Coeliac disease
- Breath hydrogen and methane testing for fructose and lactose malabsorption.
- Elimination diet for all suspected foods followed by structured re challenges to confirm they trigger symptoms

Think your client has a food intolerance?

- Advise them to see a dietitian / nutritionist with a focus on intolerance and allergy

Calming the Irritable Bowel

It's not just about the food

50% of IBS symptoms can be triggered by stress

- Retrain the brain- to- gut connection with:
 - Cognitive Behaviour Therapy: replacement thoughts
 - Medical Hypnotherapy
- Relaxation techniques
 - Deep breathing
 - Guided visualisation
 - Progressive muscle relaxation

IBS reading, websites and useful people

- 'Breaking the bonds of Irritable bowel syndrome' by Barbara Bradley Bolen
- www.ibs.about.com an excellent website full of very accurate and up to date information
- www.ibsgroup.com a world wide support group
- www.ibs.co.nz NZ based support group
- IBS Specialist Nurse service (self referrals fine) to Judy Moore, Intus, Christchurch Phone 03 977 5977
- Dietary Specialists 03 378 6236
- Digestive Health Services for breath tests for lactose and fructose malabsorption 03 378 6236

Colorectal cancer
How can diet and lifestyle
reduce your risk

Vital statistics

- Weight
- Activity
- Diet

Lifestyle and diet estimated to
account for 70% of cancer

Healthy Weight and Waist Size

- BMI > 23
 - Risk increases above BMI 23
 - 15% increase in colon cancer with a rise of 5 points on BMI scale
- Waist size
 - Ideal < 90 cm for men and 82 cm for women
 - Convincing risk for all GIT cancers with increasing abdominal fatness

Foods that *increase* risk of colorectal cancer

- Red meat

- Higher risk with > 94g per day and less risk with <50 g per day



- Processed Meat i.e. bacon, sausages, salami, smoked meat containing nitrates and nitrites

- Nitrosamines

- Barbecued Meat

- Heterocyclic amines (HCA)
- Polycyclic aromatic hydrocarbons (PAH)



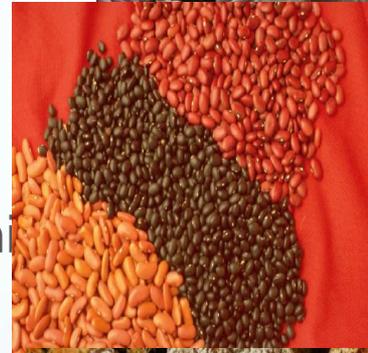
Top 10 Foods that *reduce* risk of colorectal cancer

- 1. Vegetables 3-4 cups /d
 - Colourful- beetroot, carrots ,spinach, tomato
Deeper the colour = more phytonutrients
20,000 various bioflavenoids and 800 carotenoids
- 2. Cabbage family
 - Cabbage, broccoli, cauliflower, brussel sprouts
 - Indole-3 and sulfurafane
- 3. Allium family – onion and garlic
 - Bioflavenoids incl s-allyl cysteine and selenium



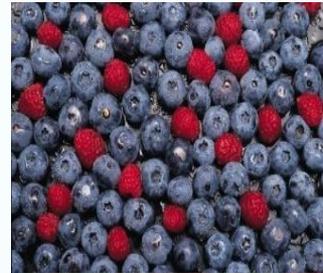
Top 10 Foods that *reduce* risk of colorectal cancer

- 4. Cold water fish
 - Salmon, cod, sardine, tuna
 - Omega 3 oils; reduce oestrodial
- 5. Legumes
 - Chickpeas, kidney beans, mung beans
 - Protease inhibitors; inositol hexaphosphate and gen
- 6. Wholegrains
 - Fibre breaks down into butyrate
 - SCFA induce apoptocis and cell cycle arrest



Top 10 Foods that *reduce* risk of colorectal cancer

- 7. Kelp and sea vegetables
 - Nori, Wakame, Dulse
 - Anti microbial compounds and fibre which in particular bind and excrete pro oxidants
- 8. Colourful berries and red grapes
 - Antioxidants inc ellagic acid and resveratrol
- 9. Low fat dairy foods
 - Yoghurt
 - Calcium and probiotic bacteria
- 10. Spices and herbs
 - Turmeric, rosemary, ginger, cinnamon, sage



In a nutshell

- Unprocessed & close to its natural state
- Vegetarian meals at least once weekly; based on lentils, chickpeas etc e.g. chickpea curry or bean burritos
- Fish 2 to 3 times weekly
- 3 to 4+ cups vegetables daily;
make each meal 50% vegetables and include green leaves
- Snack on raw fruit, raw nuts and seeds
- Curries and herbs in foods
- Optimise vitamin C and D status

- Key report

- “Food Nutrition and the Prevention of Cancer; a global perspective 2007” produced by the World Cancer Research Fund together with the American Institute for Cancer research.

www.dietandcancer.org

- Key books

- ‘Foods that fight cancer’ by Richard Beliveau
- ‘Beating Cancer with Nutrition’ by Patrick Quillin

Thank you

- Wishing you great health!
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