

# GUT HEALTH AND THE IMMUNE SYSTEM

## INTRODUCTION:

The gut plays a vital role in overall health and well-being, as it is home to a complex ecosystem of microorganisms known as the microbiome.

The gut microbiome is involved in numerous functions, including digestion, metabolism, and immune system regulation. Disruptions to the gut microbiome, known as dysbiosis, can lead to a range of health issues, including immune dysfunction and chronic disease.

In this session, we will explore the relationship between gut health and the immune system, and how we can support and improve gut health through diet and lifestyle choices.

**Length:** 60mins (presentation only), 90mins (includes practical exercises)

**Delivery Option:** Face-to-Face, Virtual

## Topics to be covered:

- 1. Introduction to gut health and the immune system:** We will provide an overview of the gut microbiome and its role in health and well-being. We will discuss the relationship between gut health and the immune system, and how disruptions to the gut microbiome (dysbiosis) can lead to immune dysfunction and chronic disease.
- 2. The gut-immune connection:** We will explore the mechanisms by which the gut microbiome influences the immune system, including the role of the gut-associated lymphoid tissue (GALT) and the gut-brain axis. We will also discuss the role of probiotics and prebiotics in maintaining gut health and immune function.
- 3. Supportive diet and lifestyle choices:** We will discuss the role of diet and lifestyle in supporting and improving gut health and immune function. This will include the importance of a diverse and nutrient-rich diet, the role of hydration, and strategies for managing stress.
- 4. Practical exercises:** We will provide a range of practical exercises to demonstrate how to support and improve gut health through diet and lifestyle choices. These exercises may include meal planning, recipe creation, and stress management techniques.

## Conclusion:

By the end of the training, participants will have a comprehensive understanding of the relationship between gut health and the immune system and how to support and improve gut health through diet and lifestyle choices.

They will have the opportunity to apply these principles through practical exercises, giving them the skills and knowledge to make informed and supportive choices for maintaining gut health and immune function.

