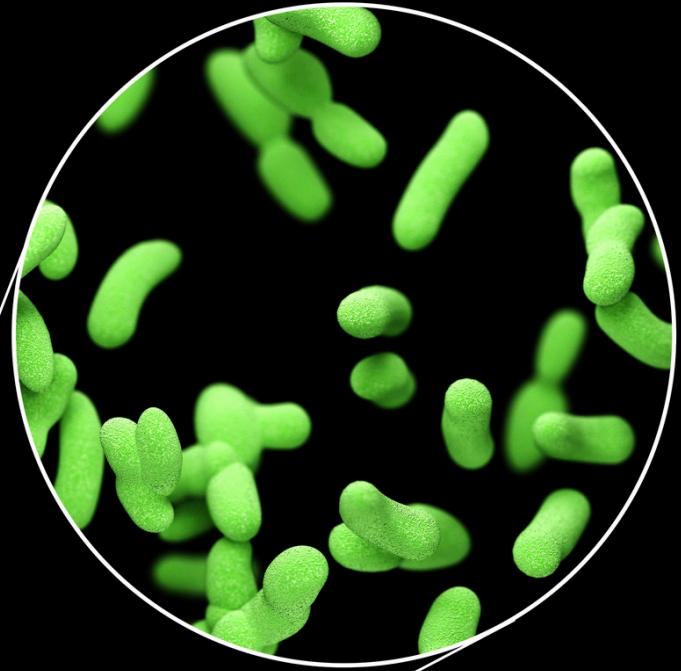




# Foreshore Nutrition

Melanie Dixon DipION mBANT CNHC, Registered Nutritional Therapist  
www.foreshorenutrition.co.uk

e-Magazine May 2021



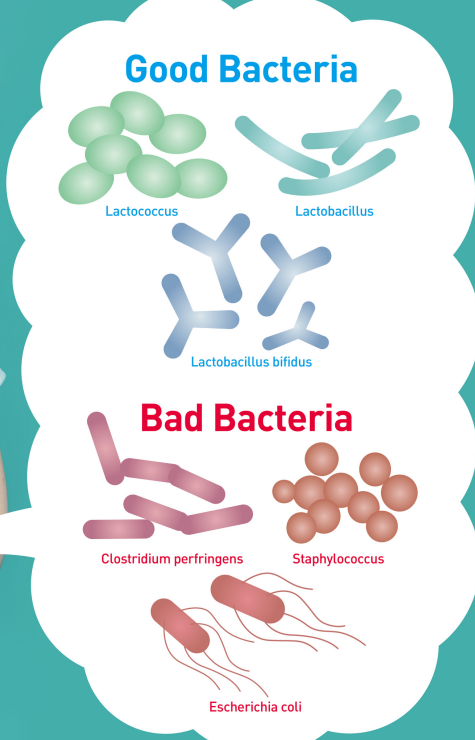
## YOUR MICROBIOME & DYSBIOSIS

Foreshore Nutrition explains the role of your gut bacteria and how it affects your health plus an overview of functional stool testing

EXCLUSIVE GUT-FRIENDLY RECIPES

## CLINIC NEWS

*including the introduction of a new client portal 'Swandoola'*



## What is the microbiome?

Our gut is home to a large population of bacteria which play very important roles in our immune system, in keeping our gut lining healthy, aiding digestive processes, supporting nutrient absorption, aiding metabolism and detoxification (essential biochemical processes in the body), as well as producing vitamin K and some vital B vitamins.

There are trillions of bacteria in our gut with hundreds of different species and strains. A healthy gut contains an abundance of beneficial (friendly) bacteria which prevent the overgrowth of potential harmful bacteria.

If the amount of healthy bacteria decreases significantly, the harmful bacteria start to dominate and this causes an imbalance in our gut bacteria, known as **dysbiosis**. This can lead to issues with our digestive system, problems with absorbing nutrients and vitamins, affects our metabolism and our immune system function.

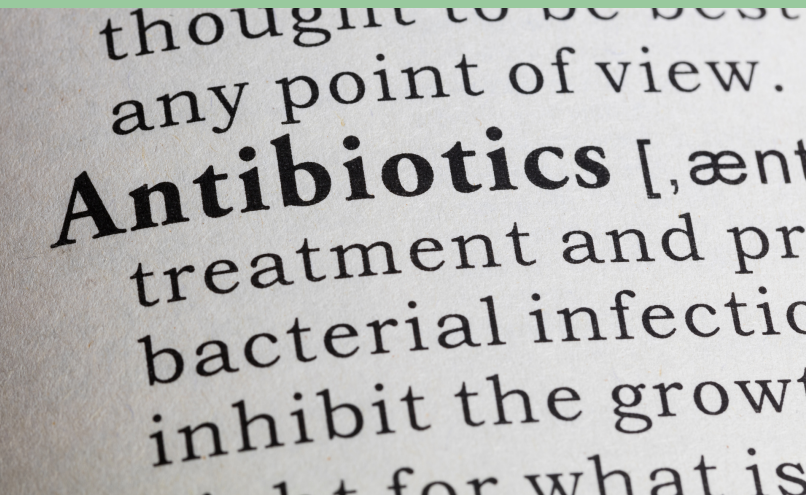
### What are the symptoms of dysbiosis?

**Common symptoms of dysbiosis** can include fatigue, constipation and/or diarrhoea, bloating and/or abdominal pain, excessive flatulence, nausea, heartburn/indigestion, difficulty concentrating, mood disorders, itching, bad breath (halitosis) and joint aches and pains.



## What conditions can be associated with dysbiosis?

Ulcers, obesity, diabetes, irritable bowel syndrome, inflammation gastrointestinal and rheumatological conditions, non-alcohol fatty liver disease, depression and neurological disorders, immune system dysfunction and auto-immune disease are often linked with dysbiosis.



**Antibiotics** are notorious for reducing the amount of healthy bacteria in the gut and disrupting the microbial balance to cause dysbiosis.

**Other causes** can include being born by caesarean section, food poisoning or gastrointestinal infection, stress and diet (particularly a Western diet high in refined carbohydrates, sugars and fats with low nutrient intake).

## How can I help to prevent dysbiosis?

Harmful bacteria feed off simple sugars and beneficial bacteria love probiotic foods and plant-based fibre. To reduce your risk of dysbiosis, reduce and avoid inflammatory foods such as saturated fats, processed foods, starchy carbohydrates, refined sugar, dairy, gluten, caffeine and alcohol.

Consume probiotic foods or take probiotic supplements, introduce prebiotic foods gradually, increase soluble fibre and nutrients and consume micronutrients.

Make sure you chew your food thoroughly to aid digestion, sleep well, take gentle exercise and manage stress levels.

## What do I do if I suspect I have dysbiosis?

As a nutritional therapist specialising in gut health, I can help you find the root cause of your issues and assess your microbiome. A **functional stool test analysis** done in the comfort of your home can show whether or not you have dysbiosis along with many other digestive markers. We will come up with a plan together to repair the gut, support a healthy bacterial balance and aim to alleviate the associated symptoms and conditions.

I offer a free, no-obligation 15-20 minute call to discuss your needs...contact details are at the end of this e-magazine!



# Stool test

## An overview of functional stool testing

There are many functional stool tests available through Foreshore Nutrition and your practitioner will discuss which one is most clinically relevant for you, taking into account your particular symptoms or health issues.

Comprehensive stool analysis provides reliable clinical information for the management of gastrointestinal health by using cutting-edge technologies and biomarkers. It gives a valuable clinical insight into digestive function, gut inflammation and the gut microbiome to help reveal clues as to the possible underlying root cause of symptoms such as gas, bloating, indigestion, abdominal pain, diarrhoea and constipation. Potential imbalances causing issues could include those related to dysbiosis, inflammation, maldigestion, metabolites or infection. For example, increased inflammatory markers can raise the possibility of inflammatory bowel disorders which would be referred on for further investigation, a low secretory IgA could indicate impaired immune function in the gut, some biomarkers can point towards low stomach acid which can affect digestion and absorption of nutrients - these are just a few of the many biomarkers which aid clinical assessment.

Once your nutritional therapy practitioner has identified functional imbalances or inadequacies that may be contributing to your symptoms, a targeted plan can be put in place which includes dietary, lifestyle, nutraceutical and/or pharmaceutical supplementation. This may be in the form of antimicrobial therapy, anti-inflammatory therapy, pancreatic/digestive enzyme therapy, prebiotic and probiotic therapy, dietary manipulation, botanical or natural therapies.

A sample report of a comprehensive stool analysis is available to download at <https://www.foreshorenutrition.co.uk/functional-testing-and-supplements>.

If you would like to find out more about functional testing, contact Mel at [foreshorenutrition@outlook.com](mailto:foreshorenutrition@outlook.com) or phone 07506 609711.



# Gut Friendly Stewed Apples with Cinnamon and Greek Yoghurt

Serves: 1 Prep & Cooking Time: 20 minutes



## Ingredients:

- 1 small apple
- 100 grams plain Greek live yoghurt
- 10 grams walnuts (crushed)
- 10 grams pecans (crushed)
- 1/2 teaspoon cinnamon

## Nutrition (per serving):

- calories 312
- fat 16g
- saturated 3g
- carbs 34g
- fibre 7g
- sugar 22g
- protein 13g

## Method:

- peel and chop the apple, add to a small saucepan with a dash of water and simmer until soft
- mash the stewed apple with a fork, add to a bowl with the cinnamon
- top with full fat Greek yoghurt and chopped nuts
- serve and enjoy!



# Pineapple Turmeric Smoothie

Serves: 2 Prep & Cooking Time: 5 minutes



## Ingredients:

- 2 cups unsweetened almond milk
- 2 cups pineapple (diced)
- 1 tbsp peeled and grated ginger
- 1/2 cup vanilla protein powder
- 1 tsp turmeric powder

## Nutrition (per serving):

- calories 204
- fat 3g
- saturated 0g
- carbs 26g
- fibre 4g
- sugar 16g
- protein 21g

## Method:

- place all the ingredients into a blender
- blend until smooth
- pour into a glass and enjoy!



# CLINIC NEWS

Foreshore Nutrition is in the process of switching to a new UK-based client software platform called 'Swandoola' to manage client appointments, invoices, share resources and store client records in full accordance with GDPR regulations.

Clients will be able to access their very own 'client portal' where everything will be easy to access including the facility to complete questionnaires & sign terms of engagement online, pay invoices, start video consultations, track progress and download resources and health & wellbeing plans.

## New gut health consultation programmes coming soon!

Keep an eye out for new consultation programmes that will soon be available for clients to support them with a focus on gut issues and digestive health.

Packages will include functional stool testing and/or SIBO testing to provide a specialist, bespoke programme of nutritional therapy with access to a wide range of professional supplements if clinically indicated.

It is also hoped to offer online group programmes in 2021 aimed at 'Gut Transformation'. Watch this space.....

If you'd like to know more or would like to place your name on the waiting list, contact Mel at [foreshorenutrition@outlook.com](mailto:foreshorenutrition@outlook.com)



**Melanie Dixon DiplON mBANT CNHC  
Registered Nutritional Therapist**

Foreshore Nutrition  
The Health & Wellbeing Innovation Centre  
Treliske  
Truro  
Cornwall  
TR1 3FF

**[www.foreshorenutrition.co.uk](http://www.foreshorenutrition.co.uk)**  
[foreshorenutrition@outlook.com](mailto:foreshorenutrition@outlook.com)  
07506 609711

