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A HAPPY GUT key TO improving mental HEALTH, well-being

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THERE'S wisdom in going with our gut. Prevailing research from the last 20 years has revealed how gut health connects to other aspects of our body. A healthy gut helps build immunity, mental health, and well-being. While the brain sends messages or "talks" to various parts of our body, studies show that the gut may be "talking back." The complex network of microorganisms in our gut, or the gut microbiome, needs to be in a state of balance in order to be healthy and happy.

When this balance is affected, our gut acts as a second brain and communicates this to the rest of our body by influencing our mood and emotions and affecting the way our brain manages information from our various senses.

That's why some researchers think that gut health can be linked to anxiety, depression, fatigue and chronic pain, among other health issues. The chronic stress and anxiety then affect our gut, even more, leading to belly pain, constipation, diarrhea, and even liver problems. It's a vicious cycle that can be stopped when we are more proactive in caring for our gut health.

A good diet and drinking a lot of water is crucial to keeping your gut healthy.

Eating fiber-rich food, fresh vegetables and probiotic-filled fermented or pickled foods and drinks—such as kefir, kimchi, sauerkraut, and yogurt—is a great way to keep your digestive system healthy and restore good bacteria in the gut.

No to sugar, processed food

MEANWHILE, high-sugar and processed food should be avoided as these can reduce the good bacteria in the gut.

good bacteria helps our digestion by transforming food into short-chain fatty acids (SCFAS). SCFAS are essential in producing the happy hormone serotonin.

Another way to keep your gut healthy is to act quickly when problems arise, and most of all, to be proactive. At the sign of problems such as lower abdominal pain, hilib, or an ipit or tusok feeling in your belly area, Hyoscine Nbutylbromide (Buscopan) is the go-to aid that provides relief within 15 minutes. For problems such as constipation (e.g., not being able to relieve yourself for two to three days), Bisacodyl (Dulcolax) provides the healthy bowel movement that you need.

you can also avoid such issues by being proactive and including probiotics in your regular routine. These increase the resilience of the gut and help with gut immunity. Erceflora Kiddie is the most recommended probiotic as it restores and strengthens gut health, and was uniquely made to ensure it delivers the protection you need. As we age and our lifestyle changes, we may often neglect our liver, causing us to feel sluggish and unhealthy. Phospholipids (Essentiale) support your liver's daily function and is the #1 recommended liver remedy.

Sanofi Consumer Healthcare Philippines has been advocating for better care of our gut health for years now and is leading the way when it comes to the role of gut health in ensuring healthier fuller lives. When it comes to the pursuit of gut happiness, Sanofi Consumer Healthcare has got you covered.