



## NUTRITION NEWSLETTER

# COMPLETE HEALTH

*of Lawrenceville*

## FEATURED SUPPLEMENT

I am sure you have heard of the many benefits of Fish Oil supplements, but did you know that there are plant-based sources of Omega-3 Fatty Acids as well? Alpha-Linolenic Acid (ALA) is a type of Omega-3 found in plants such as flaxseeds, chia seeds, walnuts and hemp seeds. Flaxseed oil is an excellent source of ALA and is a wonderful supplement to most diets. Just 1 tablespoon of Flaxseed Oil has over 7,000 mg of Omega-3 Fatty Acids! (Just to put this in perspective, 1 serving of salmon has around 4000 mg). Flaxseed Oil has been shown to improve heart health, lower blood pressure, improve bowel movements, hydrate skin and reduce inflammation. Talk to your provider about adding a Flaxseed Oil supplement to your diet.



## DR R'S RECIPES: FLAXSEED OIL VINAIGRETTE

This salad dressing is packed with Omega-3 Fatty Acids, Monounsaturated Fatty Acids, Vitamin C, and Antioxidants! Each ingredient is anti-inflammatory and adds delicious flavor! I love to drizzle this dressing over my favorite salad which is high in fiber, protein and healthy fats!

### Flaxseed Oil Vinaigrette

- 2 tablespoon Flaxseed Oil
- 2 tablespoon Extra-Virgin Olive Oil
- Fresh Lemon Juice from 1/2 Lemon
- 1/4 tsp ground white pepper
- Pinch of Pink Himalayan Salt

### Dr. R's Favorite Salad

- 2 cups Organic Spring Mix
- 1/2 cup cooked quinoa
- 1 apple - diced
- 2 oz. shredded organic rotisserie chicken
- 1/2 avocado
- 1 tablespoon chopped walnuts

### Instructions

- In a small bowl, add ingredients of vinaigrette and whisk until well combined
- Assemble salad and drizzle with desired amount of dressing

# THE GUT-BRAIN-AXIS: WHAT YOU EAT CAN DETERMINE HOW YOU FEEL

Our gut has great capacity for letting us know how we feel. You may have had a gut-feeling - a deep sense of what is right and wrong. Perhaps you have felt butterflies when you were excited or in love. Or even experienced a wave of nausea when you have been stressed or nervous. All of these feelings are evidence of the connection between our gut and our brain.

Our brain is bound to our gut through a number of physical and biochemical connections. Neurotransmitters are chemicals that are used in the brain to control feelings and emotions. Serotonin is a neurotransmitter known as the "Happy Chemical" because it is used in the brain as a mood stabilizer. Did you know that serotonin is primarily found in your digestive system? The bacteria in your gut produce another neurotransmitter called GABA-Aminobutyric Acid (GABA) which controls feelings of fear and anxiety.

Having a healthy gut with a balanced microbiome can significantly impact your mood and emotions.

## STEPS TO A HEALTHY GUT

- **Reduce Stress:** Stress and anxiety can trigger imbalances in intestinal bacteria and may contribute to the development of Irritable Bowel Syndrome (IBS). Relaxation techniques, meditation, and exercise can help you better handle stress
- **Omega-3 Fatty Acids:** Adding a fish oil and flaxseed oil to your diet can increase healthy gut bacteria and decrease your risk of brain disorders
- **Fermented Foods:** Foods like yogurt, kefir, sauerkraut, kimchi and kombucha are made using healthy microbes. They are high in vitamins and minerals, and also provide a great source of healthy probiotics
- **Boost your fiber:** Fiber is food for healthy bacteria in your gut. Adding foods like whole grains, nuts, seeds, fruits and vegetables can restore balance to gut bacteria and reduce stress hormones.
- **Probiotics:** A high quality probiotic can help replenish healthy gut bacteria. Look for supplements that have at least 12 strains of bacteria and at least 30 billion cultures.

