INGREDIENTS

1 CUP	water	1 TBSP	honey
1 CUP	coconut milk	1 TSP	turmeric
1 TBSP	butter or ghee		

DIRECTIONS

In a sauce pan pour in coconut milk and water and heat for 2–3min. Add butter, honey, and turmeric. Mix well and serve hot.

draxe.com

INGREDIENTS

1	onion, chopped	1	carrot, peeled and chopped
1 CUP	coconut flakes (shredded and unsweetened)	1	head of cauliflower, chopped
2	garlic cloves, crushed	2	tomatoes, chopped
1	jalapeno, seeded and cut	1 TSP	turmeric
2 TBSP	coconut oil	1 TSP	cumin
1	zucchini, chopped	1 CAN	coconut milk
2 CUPS	green beans	Sea salt to taste	

DIRECTIONS

Combine onion, coconut flakes, garlic, and jalapeno in a blender or food processor until finely shredded. In saucepan or wok, melt coconut oil and add onion mixture, sautéing 3-5 minutes. Add vegetables and spices, sauté additional 3-5 minutes. Add coconut milk and bring to a simmer. Cover and cook 10 minutes. Add sea salt to taste. Enjoy!

Primal Blueprint

FOR MORE articles, employee stories, quizzes, and recipes, please visit magnawellness.ca

CELIAC DISEASE vs. GLUTEN INTOLERANCE

Gluten is the name given to some proteins found in grains such as wheat, barley and rye. Oats have a protein similar to gluten and some people may react to this in the same way as they do to gluten.

Celiac disease and gluten sensitivity are not the same thing though many people may confuse the two.

HERE ARE THE FACTS ON EACH OF THESE CONDITIONS:

CELIAC DISEASE

Celiac disease refers to a diagnosed autoimmune condition that affects **up to 1% of the population.** Blood tests and samples from the bowel can prove the diagnosis.

Eating gluten triggers an immune response in the small intestine where antibodies from the immune system attach to gluten from food causing inflammation and damage to the lining of the small intestine. This damage then leads to symptoms including **abdominal pain, bloating, nausea, anemia, bone pain and rashes.**

This damage also affects absorption of essential nutrients such as protein, fat, carbohydrates, vitamins and minerals. All these effects can lead to serious complications if left untreated.

There is no cure for Celiac disease, however it can be well controlled with a **gluten-free diet**.

NON-CELIAC GLUTEN SENSITIVITY *(NCGS)*

Non-Celiac Gluten Sensitivity refers to a condition where the **body appears to be unable to tolerate wheat and other grains.** There are no blood tests or other ways to prove this condition exists.

To show that a person has NCGS, a combination of **an elimination diet and ruling out Celiac disease** need to be done.

Symptoms of NCGS **occur after eating** and may include **bloating, stomach pain, diarrhea, nausea, headaches and tiredness.** While many of the symptoms are similar to that of Celiac disease, NCGS does not have the same potential complications.

There is no cure for NCGS and controlling it means following a **gluten-free diet** just like those that have Celiac disease.

FACT *or* FAD?

A gluten-free diet has become popular amongst people without gluten-related medical conditions.

The 'claimed benefits' of a gluten-free diet are improved health, weight loss and increased energy. But it is not that simple; merely switching to a gluten-free alternative of cookies, pasta, and beer does not eliminate the calories and the high carbohydrate content of these foods. Sometimes a gluten-free alternative may be even higher in calories because of added fat and sugar.

It is important to note that most of our knowledge about gluten-free diets comes from research with people who have Celiac disease, as such there is little evidence about the health benefits of a gluten-free diet in the general population.

GOOD *for you*

Health and Wellness for Magna Employees

MAGNA

volume 6 *edition* 2

in THIS ISSUE

MEET

Justin Ferebee

When Justin was 16 years old, he learned he had Crohn's disease, an inflammatory condition of the bowel that is quite difficult to treat, often requires multiple surgeries, and can be life-threatening. Crohn's can be a very debilitating condition, physically and emotionally.

Justin Ferebee has been happily married to Megan for three years. He was born in Cleveland, Ohio but now makes his home in Louisville, Kentucky. For the past four years, Justin has been working at Louisville Seating Systems as a seat assembler.

He likes to spend his free time hanging out with friends, fishing, racing RC cars, visiting amusement parks and most of all traveling. But life hasn't always been so comfortable for Justin.

When he was 16 years old, he learned he had Crohn's disease, an inflammatory condition of the bowel that is quite difficult to treat, often requires multiple surgeries, and can be life-threatening. Crohn's can be a very debilitating condition, physically and emotionally.

> *Those with Crohn's often live their lives by tethering themselves to the closest available washroom. Abdominal pain, fatigue, weight loss and malnutrition are commonly experienced.*

Additionally, many may find themselves experiencing complex emotional responses such as depression and anxiety at the prospect of facing an incurable lifelong disease.

Justin had the experience of knowing family and friends battling Crohn's and was well aware of its impact. As a result, he found himself depressed and feeling bleak about his future. After a year of isolating himself from friends and family and placing blame on those closest to him, he decided that arming himself with knowledge about his condition was the best plan. Moving forward, he regularly met with a gastroenterologist who began to give him advice on how best to manage his condition.

Those with Crohn's face a difficult road to managing their condition. Trial and error of medications, diet, and even surgery may be required. What works for one will not necessarily work for another and this can make finding the right treatment plan difficult and highly individualized.

> *Justin tried a host of medications which were effective for close to eleven years. However, it is not unusual for treatments to stop working.*

When this happened to Justin, he experienced a terrible flare up of his disease, which led to scarring and a narrowing of his colon. Treatment meant invasive procedures, including a colonoscopy and the use of air balloons to widen the restrictions (strictures) in the bowel. Following this, Justin was placed on a medication called Humira, a biologic agent that has good results in reducing the inflammatory process of many immune disorders including Crohn's disease.

At the age of 29, Justin knows health must be his first priority. He knows keeping his condition under control requires a real commitment and resolve.

He needs to have a routine and has to be careful about taking his medication, watching his diet and keeping his stress under control. This means listening to his body and resting when necessary.

Despite the negative impacts of Crohn's Disease on Justin's life, he has been able to make positive changes from his experience.

> *"It has changed my life for the better", he states, by allowing him to relish in the things he enjoys most—seeing the world through travel and spending quality time with those he loves.*

JUSTIN FEREBEE
Louisville Seating Systems

WE WOULD LOVE TO HEAR FROM YOU!

Send your suggestions/comments to Magna Wellness at:

141 Staffern Drive, Concord, Ontario L4K 2R2

E wellness@magna.com
P (905) 726–7490

FOLLOW MAGNA WELLNESS on Instagram and YouTube
@magnawellness

GUT *feeling*

Remember the first time you got butterflies in your stomach? Ever felt like you were going to throw up before an exam or a presentation? Does the sight of blood make you queasy?

SO WHY DOES THIS HAPPEN?

The gastrointestinal tract (gut) is an emotional organ and sensitive to our feelings and thoughts. Whether we are aware of it or not, there is a distinct relationship between our gut and our brain.

> *The "belly-brain connection" shows itself whenever we experience any sort of "gut-wrenching" feeling.*

During both positive and negative experiences, our brains produce chemicals called neurotransmitters. Serotonin is one such neurotransmitter and can be thought of as nature's anti-depressant. It regulates sleep, appetite, mood, energy, and even reduces pain. Some serotonin is made in our brain but most is made in our gut. In fact 90% of the total serotonin is in our gut.

Serotonin impacts many of the general functions and activities of our nervous system. Serotonin from our gut is thought to play a role in the liver, pancreas and adrenal glands. Although the role of serotonin is different in the brain than in the rest of the body it has an important role in regulating how the rest of the body works.

> *It is for this reason that the gut is sometimes called our "second brain."*

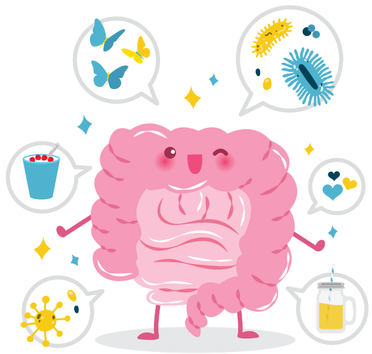
Stress, depression, anxiety, and other psychological factors affect movement and contractions of the gut. For example, people with irritable bowel syndrome seem to be particularly sensitive to anxiety which aggravates their symptoms. Researchers believe that the belly-brain connection is complex and involves a two way communication system between the two organs. This communication takes place through nerves, neurotransmitters like serotonin, immune system chemicals, and even the bacteria and yeast (microbiome) that is in the gut.

Our gut microbiome is like a large rainforest of microbes with each member having a different function. Our health is dependent on this microbiome, as we rely on it to digest certain foods, produce essential vitamins and hormones, respond to medication and infection, control blood sugar, assist with blood cholesterol levels, and even help to prevent risk of certain diseases.

> *Our gut has a large role in our immune system, which means any disturbance can cause immune reactions all around the body.*

Modern diets and lifestyles have a large impact on this belly-brain relationship. It's important we keep our "second brain" healthy with food rich in probiotics, essential vitamins and minerals. The food we eat, the exercise we get, and the lifestyle we live can all change the types of bacteria that reside in our gut which we know impacts our brain. By adopting a gut-friendly diet, we may be able to support the microbiome inside of us and improve our overall health.

In the past, the connection between humans and gut bacteria was looked at in the wrong way—we thought that the bacteria in our gut was part of a "toxic" system. We now know our microbiome is critical to our well-being and that we need to keep it as healthy as we keep our hearts.



health.harvard.edu/diseases-and-conditions/the-gut-brain-connection

health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626

INFLAMMATORY Bowel Disease *vs.* IRRITABLE Bowel Syndrome

INFLAMMATORY BOWEL DISEASE (IBD)

Ulcerative Colitis and Crohn's Disease both fall into the category of Inflammatory Bowel Disease (IBD). The cause of IBD is unknown, but some research suggests that the body's immune system attacks healthy cells of the digestive tract by mistake.

Ulcerative Colitis causes inflammation and sores in the lining of portions of the large intestine, including the rectum and colon. Crohn's disease also causes inflammation and sores, but can affect any organ in the digestive tract including the mouth, stomach, esophagus, rectum, colon, and/or intestines. With IBD the inflammation and sores penetrate through the layers of the inner and outer lining of the digestive tract.

Symptoms of IBD can include diarrhea, abdominal cramping/pain, bloating, nausea and vomiting, anemia, blood in the stool, loss of appetite, involuntary weight loss, malabsorption, fatigue, and/or fever.

IRRITABLE BOWEL SYNDROME (IBS)

Irritable Bowel Syndrome's affects people who suffer from a hypersensitive colon that can be triggered by food, stress, and environment. The cause of IBS is still unknown, but it can be managed by avoiding foods that trigger inflammation and stomach upset, and by decreasing stressors in your environment.

Symptoms of IBS can be similar to those of IBD and can include abdominal cramping/pain, bloating, nausea/vomiting, sudden changes in bowel habits such as diarrhea or constipation (a symptom not seen with IBD). Any severe pain or blood in the stool are not symptoms of IBS and may indicate another issue.

IBD VS. IBS

Inflammatory Bowel Disease such as Ulcerative Colitis or Chron's, are chronic conditions where you experience flare ups, and healthy periods without having any symptoms. With IBD, over time damage can be caused to the cells in the lining of the organs in your digestive tract, and issues with nutrient and mineral absorption can arise. It is important to manage your IBD through diet and environment, but you may also need anti-inflammatory medications. It is recommended to track what foods trigger flare ups and eat nutrient dense foods whenever possible.

Irritable Bowel Syndrome is also a chronic condition where you experience periodic flare ups. The difference is the symptoms usually subside after a bowel movement. Managing stressors in your environment and avoiding trigger foods is the main treatment to alleviate symptoms.

Remember that everyone's body will respond to food in a unique way, so it is important to eat the foods that work for you! It is important to speak to your healthcare provider if you have new or worsening symptoms, or believe you are suffering from IBD or IBS.

INFLAMMATORY foods VS. ANTI-INFLAMMATORY foods

Inflammation is a natural response in the body when the immune system recognizes something as foreign, such as bacteria, viruses, allergens, and chemicals.

The inflammatory response can be beneficial as it reduces potential harm to the body. However, prolonged inflammation can be harmful. Chronic inflammation leads to increased risk of blood clots and autoimmune diseases like rheumatoid arthritis, heart disease and diabetes.

Convenience foods are high in refined sugars, starches, food additives and saturated and trans-fats, all of which cause inflammation. Other culprits include foods that contain or form Advance Glycation End (AGE) compounds when they are cooked. Red meats that are grilled, roasted and broiled have higher amounts or of AGE. Prostaglandins are another chemical that cause inflammation. Small amounts of prostaglandin are a natural part of the inflammatory response. However, too much can cause cell damage. Fatty oils, such as vegetable oil, contain omega-6 and omega-3 fatty acids. High levels of omega-6 alone can be inflammatory but in the right proportion to omega-3 it seems to be anti-inflammatory. The right balance of these fatty acids is believed to be a 4 to 1 ratio.

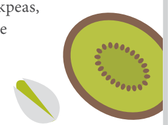
The good news is that many foods contain specific anti-inflammatory compounds and will counteract the body's inflammatory response and reduce the risks of chronic inflammation. Some compounds found in anti-inflammatory foods include antioxidants and carotenoids. Antioxidants protect your body from cellular damage that can be caused by pollutants in our environment, smoking and unhealthy diets. Carotenoids help your protector cells produce enough inflammation to fight invaders, but prevent an excess amount that would increase the risk of health diseases and disorders. Fruits and vegetables that are bright yellow, orange, and dark red are high in carotenoids.

ANTI-INFLAMMATORY

VEGETABLES (ALL KINDS):
Dark leafy greens (spinach, kale), beets, broccoli, cauliflower, cabbage, onions, peas, squashes, bell peppers, carrots and brussel sprouts

WHOLE FRUITS:
Apples, blackberries, blueberries, cherries, nectarines, oranges, pears, pink grapefruit, plums, pomegranates, red grapefruit and strawberries

GRAINS & LEGUMES:
Black beans, black-eyed peas, chickpeas, lentils, quinoa and whole grain rice



NUTS & SEEDS:
Chia, flax, hemp, almonds, pistachios and cashews

HEALTHY FATS:
Avocados, extra virgin olive oil, sunflower seeds and walnuts

ORGANIC OR GRASS FED: Meat, poultry, eggs, turkey

WILD CAUGHT FISH: Salmon, trout, pickerel

HERBS, SPICES, SUPPLEMENTS & TEAS:
Turmeric, ginger, cinnamon, basil, oregano, thyme, omega-3 fatty acids, vitamin, C D and E, and chamomile tea

PROBIOTICS:
Yogurt, kombucha, kefir and other fermented foods

INFLAMMATORY

ADDED SUGARS:
Packaged snacks, breads, condiments, canned items and cereals

REFINED CARBOHYDRATES & PROCESSED GRAINS:
White bread, white rice, pastries, soda and pie crust

FOOD ADDITIVES & ARTIFICIAL SWEETENERS:
Fruit juice, frozen meals, processed foods, candy and food dyes

CERTAIN DAIRY PRODUCTS:
Milk, cream and cheese

HYDROGENATED OILS & TRANS-FAT:
Margarine, shortening, fried foods, microwave popcorn and packaged & processed foods

MEAT & POULTRY:
Factory farmed meats and poultry

ALL FAST FOOD
Fried and fatty foods

ALCOHOL

DID YOU know?

Food intolerance or food sensitivity is common, affecting **15–20%** of the population.

Food allergies and sensitives are similar but they are not the same thing. With allergies the reaction is obvious and immediate. Food intolerance or sensitivity are difficult to identify as symptoms may not arise for many hours or days. People with sensitivities and intolerance report gut symptoms such as gas, bloating, indigestion, diarrhea, fatigue, headaches and eczema.

If you have any of these symptoms you may have a food sensitivity.

An IgG test (finger prick) or an elimination diet may help identify which foods you should avoid.

IgG antibodies are produced by the body when some foods (antigens) are consumed. The IgG test may help identify foods to which you have a sensitivity. Over 200 different types of foods are tested. However, this test has not been fully validated by research and it is possible that the test just shows us the foods that we eat most often since we produce more antibodies to the foods we eat regularly.

To avoid a false diagnosis with the IgG test you can consider using the elimination diet instead. It is cheaper and easier. If your symptoms improve by eliminating a food that you identified as a problem, you should continue avoiding it. If however symptoms continue even after you stop a certain food, then it is unlikely that it is a problem. Talk to your family doctor about what food sensitivity and food allergy testing options are best for you.

One study* showed that **76% of people** who eliminated intolerant foods from their diet saw a significant improvement in their symptoms and 92% saw their symptoms return if the intolerant foods were added back to their diet.

* (Hardman G, Hart G. NFS. 2007;37(1):16-23)

PROBIOTICS

WHAT ARE PROBIOTICS?

We may think of bacteria and fungus as germs that can make us sick. The reality is that our bodies are full of bacteria and yeasts that line our digestive tract and support our body's ability to absorb nutrients and fight off infection. Probiotics are live bacteria and yeasts that actually help keep us healthy. They are found in foods like yogurt and supplements bought in stores.

HOW DO PROBIOTICS WORK?

We don't know exactly how probiotics work but we know that antibiotics, certain foods, stress and other factors can disrupt the natural balance of good and bad bacteria in our gut. Since 70% of our immune system is located in our gut, disrupting this bacterial balance can have negative effects on our bodies. Probiotics help replenish the good bacteria to keep your body working the way it should.

Having a healthy number of good bacteria in our gut can help improve immune function, protect against bad bacteria, and improve the digestion and absorption of nutrients.

TYPES OF PROBIOTICS

There are many bacteria that are classified as probiotics. The two most common are Lactobacillus, which is found in yogurt and Bifidobacterium which is found in some dairy products.

BENEFITS

Prevent and Treat Diarrhea

The purpose of antibiotics is to kill off all bacteria which can cause diarrhea. Research has been conducted that suggests probiotics can help reduce the severity and duration of infectious diarrhea.

Digestive Health

Probiotics help with digestion and absorption. As a result, they can reduce cramping, bloating, constipation, and other side effects of inflammation.

Decrease Antibiotic Resistance

Probiotics help rebuild the good gut bacteria that are destroyed by antibiotics. They may help prevent the bacteria in our body from becoming resistant to the antibiotics. Probiotics have been linked to reducing the severity of antibiotic associated diarrhea.

May Improve Mental Health

Our gut has a direct link to our brain, and therefore, is connected to mood, and overall mental health. More research is currently being done to better understand the relationship between the gut and brain.

Boost Immune System

Chronic inflammation is a component of some diseases and health conditions. Probiotics are thought to help reduce inflammation by changing the immune environment in the gut. Since a large portion of the immune system lies in the gut it seems that there is some influence of probiotics on this.

Creating a healthy good-to-bad bacteria ratio in the gut may help boost your immune system, reduce inflammation, and inhibit the growth of harmful gut bacteria.

Additional Benefits

Many other claims have been made regarding the benefits of probiotics. These include, but are not limited to, reducing the severity of skin conditions like acne and eczema, reducing food allergy symptoms, improving vaginal health, and lowering blood pressure and cholesterol. Unfortunately we don't have enough research yet to support these claims.

FOODS CONTAINING PROBIOTICS:

- **Yogurt** (must contain live or active cultures)
- **Kefir:** Fermented milk drink
- **Tempeh:** Soybean patty
- **Kimchi:** Korean cabbage dish
- **Miso:** Japanese seasoning
- **Sauerkraut**
- **Kombucha:** Fermented tea drink
- **Pickles** (excluding pickles fermented by vinegar)

BOTTOM LINE:

The secret to digestive health is all about balancing the good and bad bacteria in our gut. Make sure to consult your doctor before taking a probiotic supplement.