

ANTECEDENTS

Short chain fatty acids are the byproduct of the fermentation by the organisms in ones colon preferably from starches

Butyrate is the most abundant SCFA

Due to diet and choices, each generation is more compromised than the last in microbial diversity

TRIGGERING EVENTS

Lack of fiber in the diet becomes a trigger for decreased food for the good bacteria and decreased byproducts such as SCFA

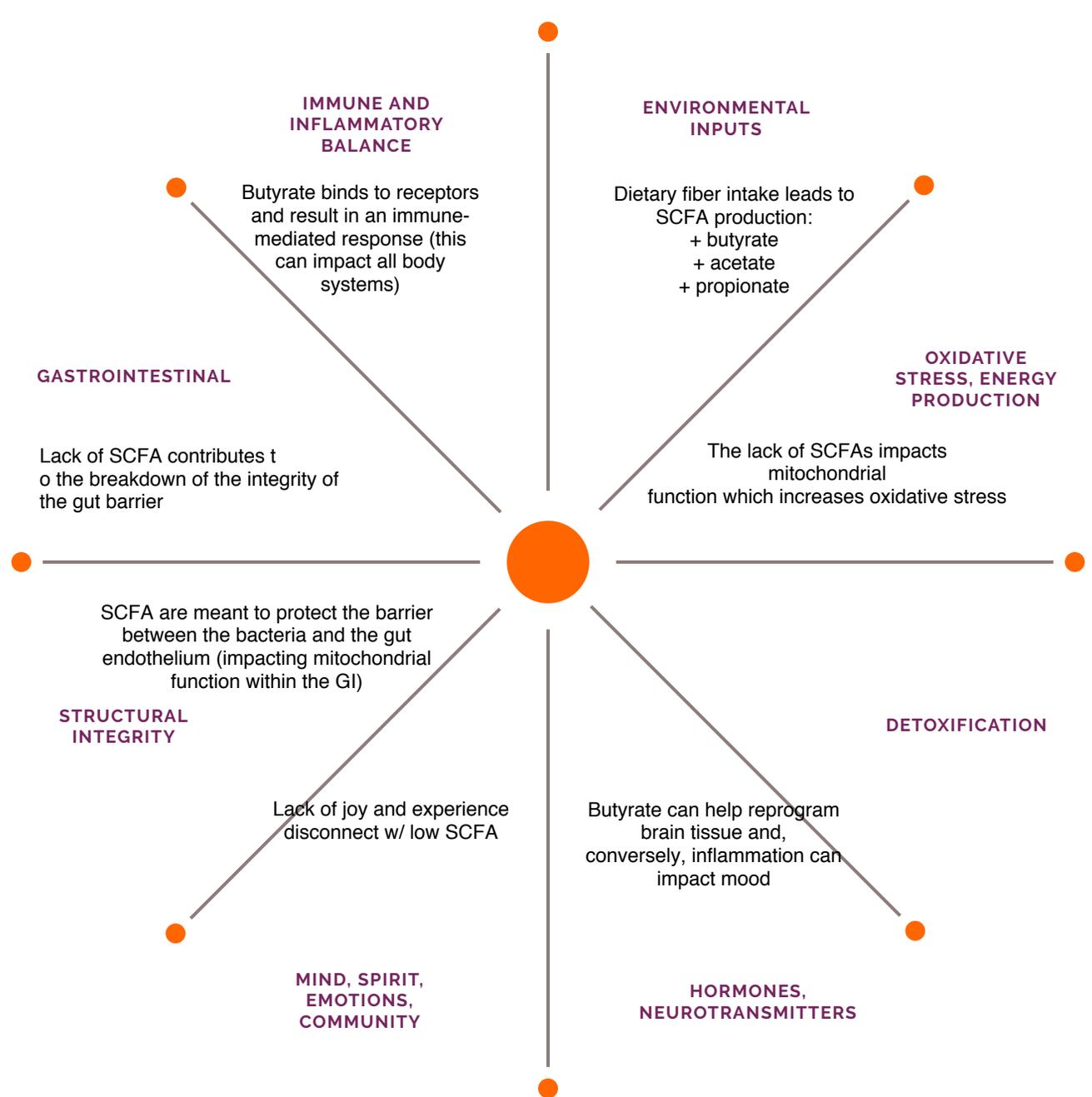
MEDIATORS

Create a connection between client and their food; what drives their commitment?

Appropriate nutrition choices and change; one has to change!!

Fiber in diet is key for SCFA production

+ nutrition intervention
+ change!



SLEEP/RELAXATION

As a consequence of eating less fiber we experience alterations in our sleep patterns

EXERCISE/MOVEMENT

As a consequence of eating less fiber results in a reduction of our exercise and movement

NUTRITION/HYDRATION

By consuming less fiber we have become less efficient at managing the fiber we take in
+ Stewed apples w/ cinnamon (2 apples per day!)
+ Chickpeas (raffinose)
+ green/black olives

STRESS/RESILIENCE

A consequence of less fiber is a reduction in our resilience to stress

RELATIONSHIPS/NETWORKS

Clinicians!: Remember the power of repetition, the connection of WHY, and rewrite their story