



THE LONGEVITY PROJECT

Gut Health with Rosie Millen



Link: <https://youtu.be/Di1mMWEBTrA>

Digestive health underpins almost every system in the body.

Energy.

Immunity.

Nutrient absorption.

When digestion is **impaired**, symptoms often appear as:

- Bloating
- Gas
- Fatigue
- Food sensitivities
- Indigestion

Many people accept these symptoms as normal.

But they are signals.

Your gut may need support.

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Factors Affecting Digestion

Several factors influence how efficiently your **digestive system works**.

These include:

- Diet and food intolerances
- Medications such as antibiotics
- Gut microbes (yeast, bacteria, parasites)
- Low stomach acid
- Poor enzyme production
- Insufficient fibre intake

When these factors are disrupted, digestion can become inefficient and uncomfortable.

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Food Intolerances

Certain foods are harder to digest and may **irritate the gut lining**.

The most common are:

- Wheat
- Dairy

Research suggests **1 in 3 people may have a food intolerance to one of these foods**.

If you suspect a sensitivity, the gold standard approach is an elimination diet, temporarily removing the food and monitoring symptom improvement.

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Gluten

Gluten is a **protein** found in:

- Wheat
- Barley
- Rye

Many individuals experience digestive symptoms when consuming gluten—**even without coeliac disease.**

This condition is known as **non-coeliac gluten sensitivity.**

Many people notice **significant improvements** in digestion after **removing gluten temporarily.**

Gluten-free alternatives include:

- Rice
- Lentils
- Chickpeas
- Corn
- Quinoa
- Buckwheat

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Dairy

Dairy products can cause **digestive symptoms** including:

- Bloating
- Sinus congestion
- Mucus formation

This occurs because many people **lack lactase**, the enzyme required to **break down lactose**.

Alternatives include:

- Oat milk
- Soy milk
- Almond milk
- Coconut milk
- Rice milk



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Medications and Gut Health

Certain medications can **disrupt digestive balance**.

For example:

- **Antibiotics** remove beneficial gut bacteria
- **Anti-inflammatory drugs** may damage the stomach lining
- **Alcohol and recreational drugs** inflame the gut

These disruptions can lead to **digestive discomfort** and **microbiome imbalance**.

Gut Microbes and Digestive Issues

The gut is home to **trillions of microorganisms**.

However, imbalances **can occur**.

Potential culprits include:

- Candida **yeast overgrowth**
- **Harmful bacteria**
- **Parasites** such as *Helicobacter pylori*

These organisms may contribute to symptoms like **bloating, gas, and IBS-like discomfort**.

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Digestive Enzymes

Digestive enzymes are essential for breaking down food.

Key enzymes include:

- **Amylase** – breaks down carbohydrates
- **Lipase** – breaks down fats
- **Protease** – breaks down proteins

A deficiency in these enzymes can lead to poor **digestion and fermentation in the gut.**

Fibre and Gut Health

Fibre plays a critical role in **digestion** and **gut health.**

There are two main types:

Soluble Fibre

Forms a gel-like substance in the gut and slows digestion.

Sources include:

- Oats
- Lentils
- Chickpeas
- Nuts
- Barley

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Insoluble Fibre

Supports elimination and helps **remove toxins**.

Sources include:

- Fruits
- Vegetables
- Sweet potatoes
- Carrots
- Cucumber

The average adult should aim for around **25 grams of fibre per day**.

Practical Digestion Tips

Simple habits can significantly **improve digestion**.

- Chew food thoroughly (**around 30 times per mouthful**)
- Eat **slowly and mindfully**
- **Avoid eating on the run**
- **Pause** between bites
- Allow **20 minutes for fullness** signals to reach the brain

Digestion **begins in the mouth**—not the stomach.

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Digestive Support Supplements

Certain **supplements** can support gut function.

Digestive Enzymes

Assist with breaking down food and **improving nutrient absorption**.

Probiotics

Friendly bacteria that support microbiome balance and gut health.

Psyllium Husk

A soluble fibre that supports bowel regularity and healthy elimination.

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The Key Takeaway

• Gut health is foundational to overall wellbeing.

When digestion functions optimally:

- Nutrients are absorbed effectively
- Energy improves
- Digestive discomfort decreases

Supporting the gut through diet, lifestyle, and targeted supplementation can have a profound impact on long-term health.

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