

You
are
What
you
eat

LISTEN TO YOUR GUT
(Volume 2)



Yakult

The Gut or Digestive System – our Natural Defense force.

Why is the Gut called our natural defense force?

The Gut is constantly exposed not only to food but also to external enemies such as harmful bacteria, viruses and parasites.

The role of the gut in addition to digesting food and absorbing nutrients is also to protect us from enemies and cancer cells since most of the immune cells are present in the gut.

Several thousand cancer cells are generated everyday even in a healthy person. They are destroyed by the immune cells.

Bacteria/Viruses vs. Immunity

Many bacteria and viruses are present around us.



They easily enter our body.



IMMUNITY

Don't worry! If your immune system is functioning normally, they will be destroyed.

Let's strengthen our immunity and be ready for attack from the enemy.

More than 70% of the immune cells reside in the GUT



tips to Strengthen your immune system



The odour of raw onions that makes your eyes tear up stimulates your immune system to fight infection

1. Laughter

Only human beings have the ability to laugh. Laughter can lower the level of stress hormone and strengthen immunity.



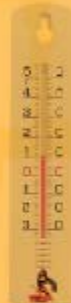
2. Regular Exercise

Some form of physical activity such as walking, running or sports in our daily routine helps boost our immune system.



3. Body Temperature

It is believed that low body temperature is the origin of all diseases. So wear warm clothes to maintain the right body temperature and keep yourself protected during the changing season.



4. Balanced Diet

Take care of your gut health by consuming a balanced diet every day.



5. Adequate Sleep

Lack of sleep is linked to a weak immune system. At least 7-8 hours of sleep is necessary for a healthy immune system.



6. Probiotics

Probiotics help to boost immunity when consumed regularly.

Since most probiotics need to be refrigerated, you can keep them out and consume after sometime.



Star Foods to Protect you from the threats of seasonal change

Flu or Common cold is the most widespread illness caused by viruses which are active in the winter season.

If not treated this can lead to pneumonia especially among children and the elderly.



Frutiticious – Oranges, Lemons, Plums and Berries are rich sources of Vitamin C that prevent injury to cells and boost the immune system.



Green is in - Green vegetables like spinach, broccoli are packed with vitamins and nutrients that keep the body running well.



Carrots And Papaya -

Contains betacarotene that boosts the white blood cells in the immune system.



Nuts about Nuts - Full of antioxidants, vitamins and a good source of zinc, nuts lower the risk of infection. Almonds are a great source of Vitamin E.



Ginger it Up – Laden with antibacterial properties, a spoon of honey and ginger, before going to bed protect you from infection.



Cocoa - A hot cup of cocoa is an amazing immunity booster.



Power up on Probiotics -

Friendly bacteria or probiotics boost immunity and keep you protected.

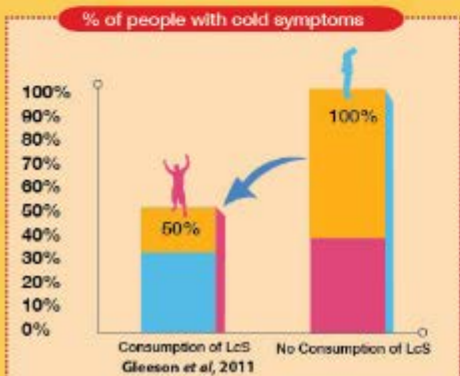
**11% adults and 24 % Children
under 5 Years have Common
cold every year**

Scientific Evidence

Probiotics Protect from Common Cold

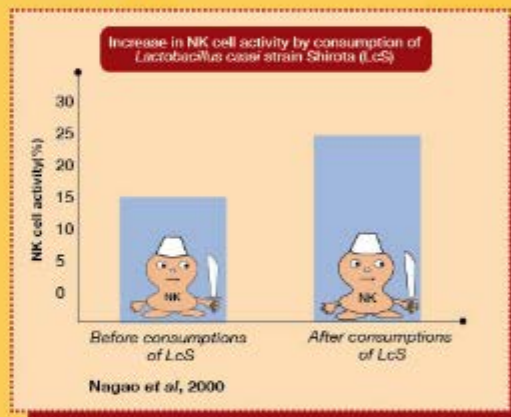
STUDY 1

Sportsmen such as swimmers, long distance runners, cyclists and sports trainers easily get infections like common cold and cough because intense exercise weakens their immune system. A recent study done at the Loughborough University in UK showed that sports men who consumed a probiotic drink that contained 6.5 billion *Lactobacillus casei* strain Shirota twice a day for 16 weeks had 50% lesser incidence of common cold and flu as compared to the group those did not receive the probiotic.



STUDY 2

Healthy people with low NK cell activity who consumed *Lactobacillus casei* strain Shirota for 3 weeks showed an increase in NK cell activity.



What are Natural Killer cells?

Natural Killer cells are an important defense force of the body that constantly patrol throughout our body and kill viruses infected cells and cancer cells.

It is known that people with high NK cell activity do not catch cold easily.

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Let's check your Immunity!!!




A. Physical check.

- Do you often catch a cold ?
- Do you often cough ?
- Do you often have a headache ?
- Do you sometimes have a canker sore(or mouth ulcer) in the mouth ?
- Does it take a long time to recover after you catch a cold ?
- Does it take a long time for the cut on your skin to heal ?
- Do you often suffer from diarrhea or constipation ?
- Do you have a lack of appetite ?

B. Life style and Mental check.

- Do you often feel stress or pressure ?
- Do you think you lack sleep ?
- Do you exercise enough ?
- Do you eat enough fresh fruits and vegetables ?
- Do you get tired easily ?
- Do you often feel cold in your neck or body ?
- Do you seldom laugh ?
- Are you seldom happy ?

Results

Number of Check:	Evaluation	Comments
0-2		Your immune system is in shape. Please continue your good lifestyle.
3-5		Your immune system is slightly weak. Please improve your lifestyle.
More than 6		Please change your lifestyle so that you can avoid lifestyle related diseases in future.

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