

Microbiome Makeover



- 87+ years, started by Railway Mail Carriers
- 2+ million members worldwide
- One of the largest carriers in the FEHB
- Exclusively Federal / Postal / Annuitants
- Extensive nationwide network of doctors, dentists, hospitals and other providers
- Your friend in federal

Webinar Tips

- You will find a PDF of the slides in the Resources list
- Closed captioning will be available during the webinar
- The webinar audio will be played through your computer — no need to mute your device.
- Technical issues:
 - Try refreshing your browser
 - Use Chrome browser for the best viewing experience
- Non-technical questions? Email wellnesswebinars@geha.com

Agenda

- What is the microbiome?
- Why should we care?
- Microbiome maintenance
- Boosting your microbiome
- Microbiome & lifestyle



What is the microbiome?



Microbiome & health



Microbiome maintenance





Prebiotics

- Food for bacteria
- Fiber = prebiotics

Gut Goal:

- Daily fiber: 25-34 grams

Source: [Cleveland Clinic: What are Prebiotics and What Do They Do?](#)

Shopping for prebiotics

Produce

- **Vegetables:** artichokes, **asparagus**, broccoli, carrots, collard greens, lima beans, fall squash, **garlic**, **onions**, peas
- **Fruit:** avocados, **bananas**, blackberries, guava, passionfruit, pomegranate, raspberries

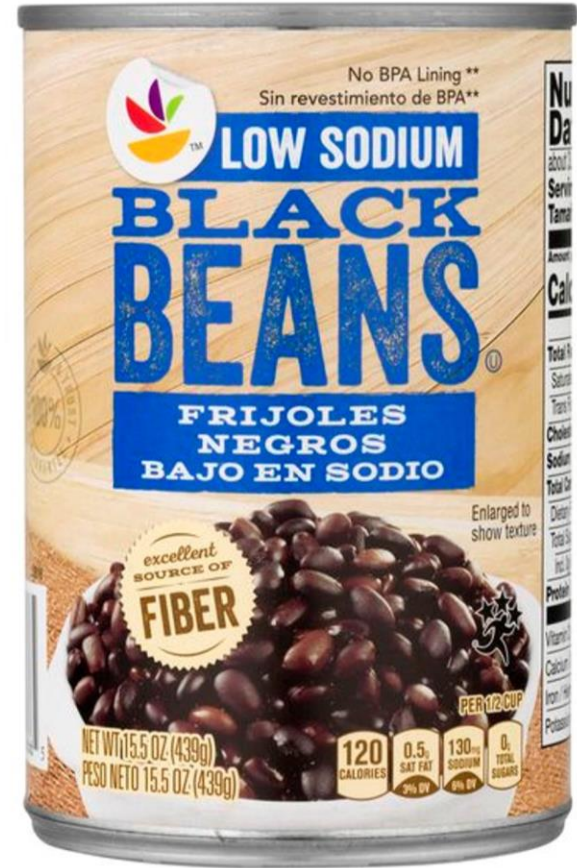


Shopping for prebiotics



Plant-based:

- **Beans & legumes:** split peas, lentils, black beans, white beans
- **Whole grains:** whole wheat pasta, barley, quinoa, oatmeal
- **Nuts & seeds:** almonds, chia, pistachios, flax (ground)





Prebiotic Polyphenols

- Antioxidants that promote bacterial growth

Gut goal

- Use more spices
- Green tea for hydration

Source: [NLM: Polyphenols – Gut Microbiota Interrelationship](#)

Shopping for Polyphenols

- **Coffee:** medium or light roast
- **Tea:** green, black, oolong
- **Dark chocolate:** 70% cacao
- **Spices:** cloves, dried peppermint, star anise
- **Red wine:** in moderation



Boosting your microbiome



Probiotics

- Live active bacteria

Gut goal:

- Include at least one bacteria rich food each day

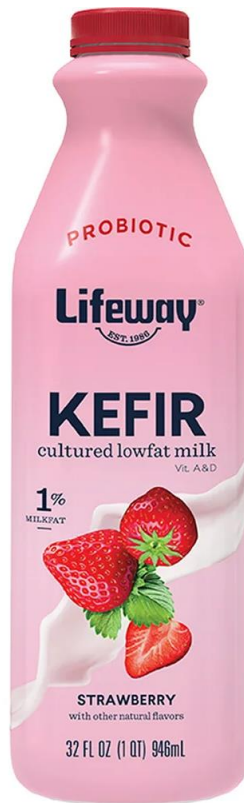


Shopping for probiotics



Dairy department

- Yogurt
- Kefir
- Cottage cheese
- Plant-based yogurt
- “Live active cultures”



Shopping for probiotics



Fermented foods

- Sauerkraut, pickles, kimchi
- Tempeh, miso
- Kombucha, juices, live sodas
- Boxed teas



Shopping for probiotics



Supplements should have:

- A wide variety of strains
- A large number of colony forming units

Supplement Facts

Serving Size 1 vegetarian capsule

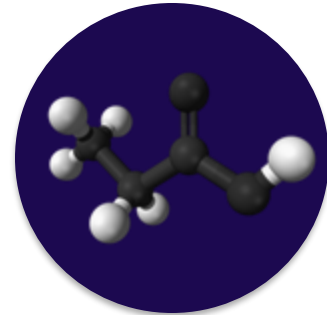
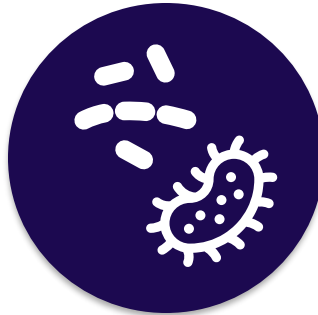
Servings Per Container 100

Amount Per Serving		%DV
L. Acidophilus (DDS-1)	1.150 Billion CFU	*
L. Rhamnosus	1.150 Billion CFU	*
L. Rhamnosus (Type B, Bifidus)	775 Million CFU	*
S. Lactis	275 Million CFU	*
Bifidobacterium Longum	275 Million CFU	*
B. Bifidum	275 Million CFU	*
S. Thermophilus	150 Million CFU	*
Proprietary Blend	215 mg	*
FOS (fructooligosaccharides) and ulmus fulva (inner bark).		

Postbiotics: beneficial “waste”

Postbiotic nutrients include:

- **Antimicrobial peptides:** vitamins B and K, amino acids and antimicrobial peptides that help to slow down the growth of harmful bacteria
- Short-chain fatty acids that help healthy bacteria flourish



Microbiome & lifestyle



Gut disrupters

- Alcohol, smoking
- High salt, fat sugar diets

Gut goal:

- Drinks & treats in moderation
- Quit smoking

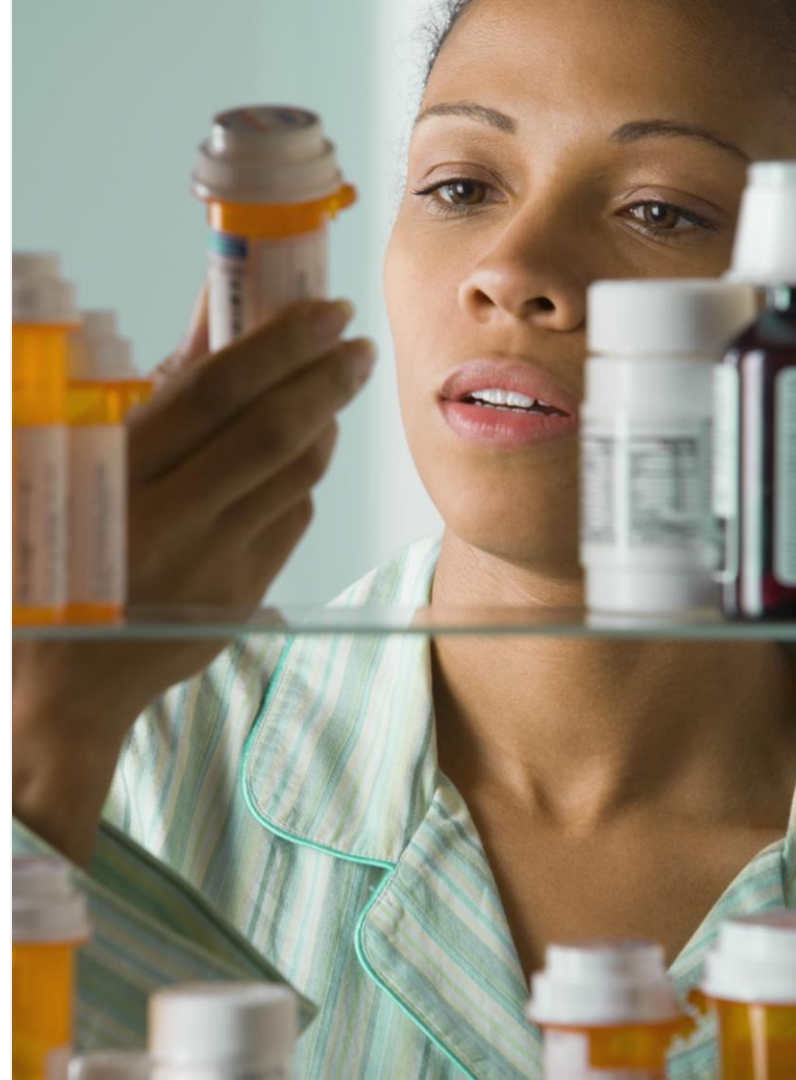


Gut disrupters

- “Anti” biotics

Gut goal:

- Confirm you need antibiotics
- Have a plan to boost afterward





Gut builders

- Quality R&R

Gut goal:

- Stress reduction
- 7 to 9 hours of sleep per night

Source: [Healthline: How Does Your Gut Microbiome Impact Your Overall Health?](#)



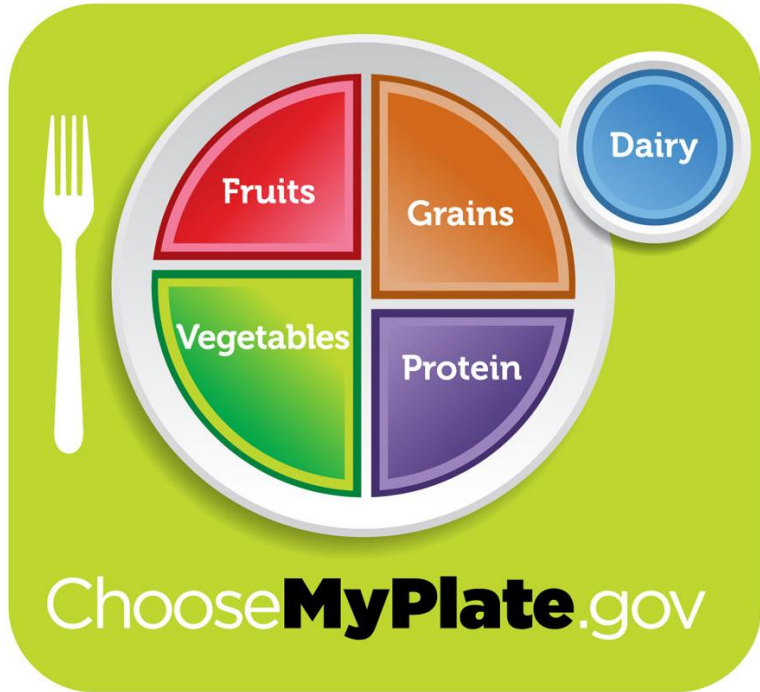
Gut builders

- Physical activity
- Increases the number and diversity of beneficial bacteria

Gut goal:

- Moderate activity, 30 mins x 5 days/week

Source: [Dietary Guidelines for Americans 20-25](#)



Gut builders

- Balanced, plant-based eating

Gut goal:

- $\frac{1}{2}$ plate produce
- $\frac{1}{4}$ plate high fiber grain
- $\frac{1}{4}$ plate lean protein
- Probiotic-rich dairy

Wrap-up

Add prebiotic fiber

- Produce, grains, nuts, seeds

Add probiotics

- Yogurt, kefir, fermented foods like kimchi, miso

Build healthy habits

- Balanced eating, exercise, sleep, stress reduction



GEHA member resources

- Elevate and Elevate Plus plans
 - Rally digital health platform
 - Learn more at geha.com/WellnessPays
- High, Standard and HDHP plans
 - GEHA Well-Being portal
 - Learn more at geha.com/HealthRewards
- All GEHA plans
 - Healthy recipes and health and wellness articles
 - Learn more at geha.com/geha-blog
- GEHA website for benefit information geha.com

Thank you

Scan the QR code to
register for future events



For more information

geha.com | geha.com/Blog



This is a brief description of the features of Government Employees Health Association, Inc.'s medical plans. Before making a final decision, please read the GEHA Federal brochures which are available at geha.com/PlanBrochure. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

The information contained herein is for informational and educational purposes only. This information is not a substitute for professional medical advice and if you have questions regarding a medical condition, regimen, or treatment you should always seek the advice of a qualified health care provider. Never disregard or delay seeking medical advice from a qualified medical professional because of information you have read herein.

© 2024 Government Employees Health Association, Inc. All rights reserved.

GEHA Government Employees
Health Association

Thank you

Scan the QR code to
register for future events



Q&A chat will go on through 1 p.m. Eastern time

For more information



geha.com | geha.com/Blog

This is a brief description of the features of Government Employees Health Association, Inc.'s medical plans. Before making a final decision, please read the GEHA Federal brochures which are available at geha.com/PlanBrochure. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

The information contained herein is for informational and educational purposes only. This information is not a substitute for professional medical advice and if you have questions regarding a medical condition, regimen, or treatment you should always seek the advice of a qualified health care provider. Never disregard or delay seeking medical advice from a qualified medical professional because of information you have read herein.

© 2024 Government Employees Health Association, Inc. All rights reserved.

GEHA Government Employees
Health Association