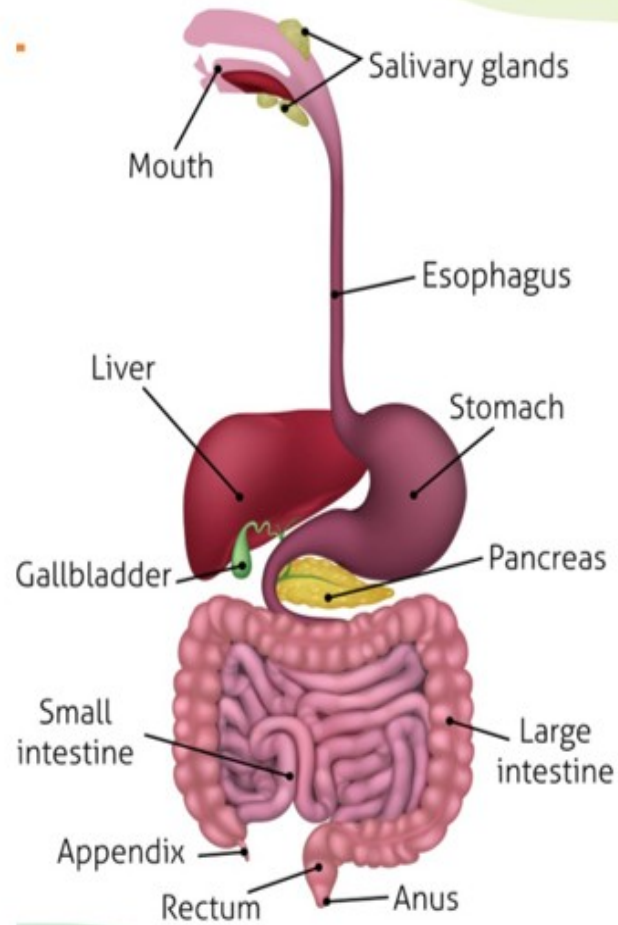


A stylized, semi-transparent illustration of a human torso from the waist up, focusing on the digestive system. The stomach and intestines are depicted in a light blue, almost ethereal style. Surrounding the organs are various green and blue microorganisms, including bacteria and viruses, suggesting a focus on gut health and microbiome. The background is a soft, light blue gradient.

The Gut–Body Connection: From a Healthy Gut to a Healthy Mind, Metabolism & Overall health

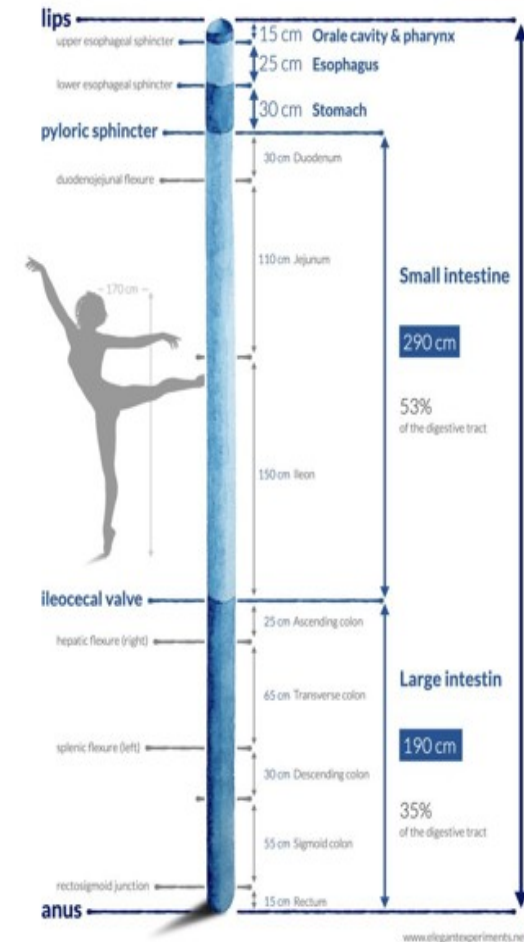
Dr Palaniyamma Durairaj., MBBS., MD.,
Senior Manager - Clinical Affairs and Nutrition,
Research and Development,
Amway Global Services Pvt Ltd
palaniyamma.durairaj@amway.com

Know your Gut



Digestive tract length

5.5 m



KNOW YOUR GUT MICROBIOME

Types of Gut Microbiome:



Bacteroidetes

Responsible for weight loss

Healthy Gut



**The Good Guys
(Bacteroidetes)**



**The Bad Guys
(Firmicutes)**



Firmicutes

Responsible for weight gain

Obese-Diabetic Gut



**The Good Guys
(Bacteroidetes)**



**The Bad Guys
(Firmicutes)**

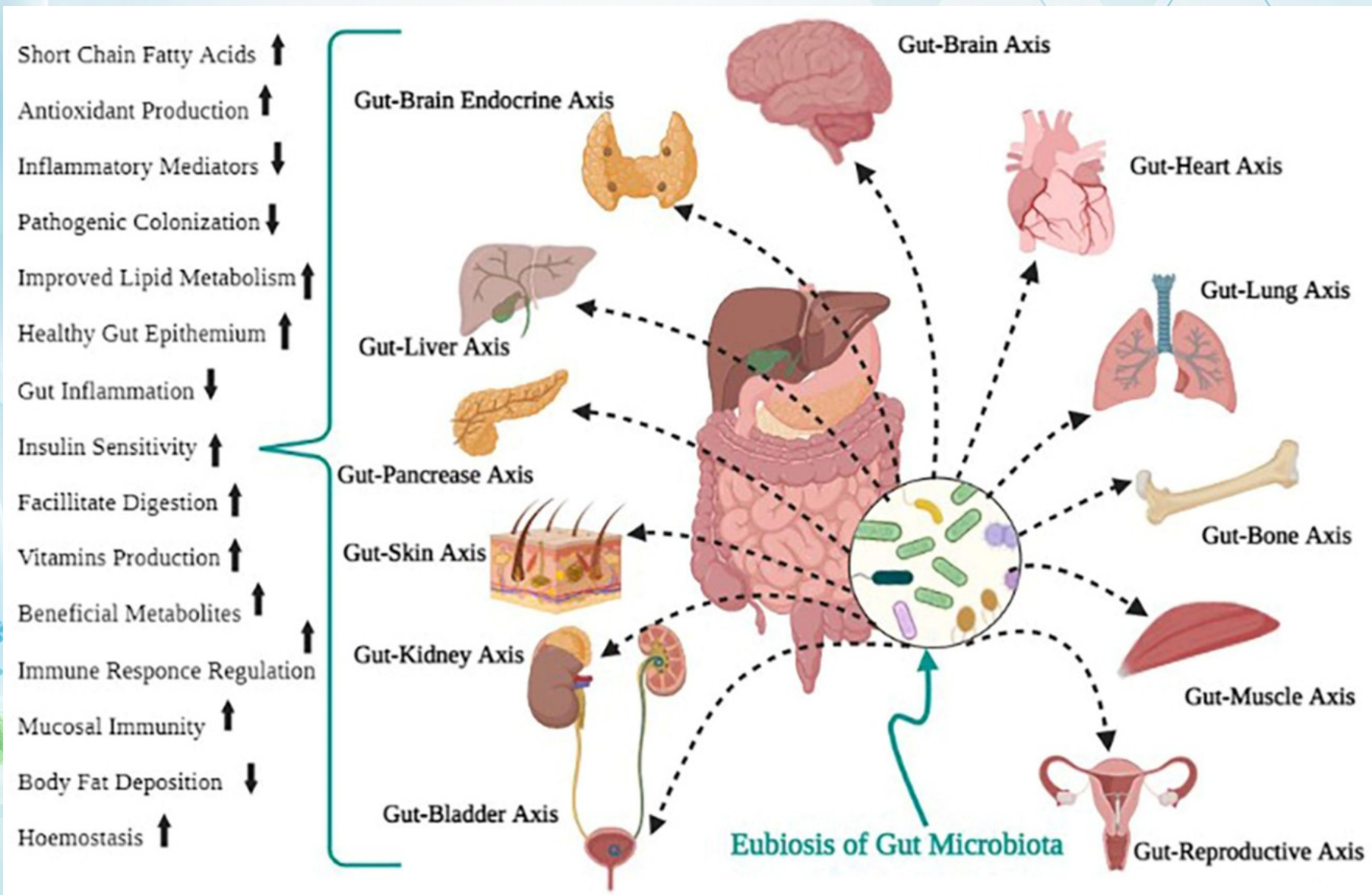


The background of the slide features a stylized illustration of a human digestive system, including the stomach and coiled intestines, rendered in a light blue, translucent style. Surrounding the organs are various representations of gut bacteria, such as green and blue rod-shaped and spherical microbes. The overall aesthetic is clean and scientific, with a light blue and green color palette and decorative hexagonal patterns in the corners.

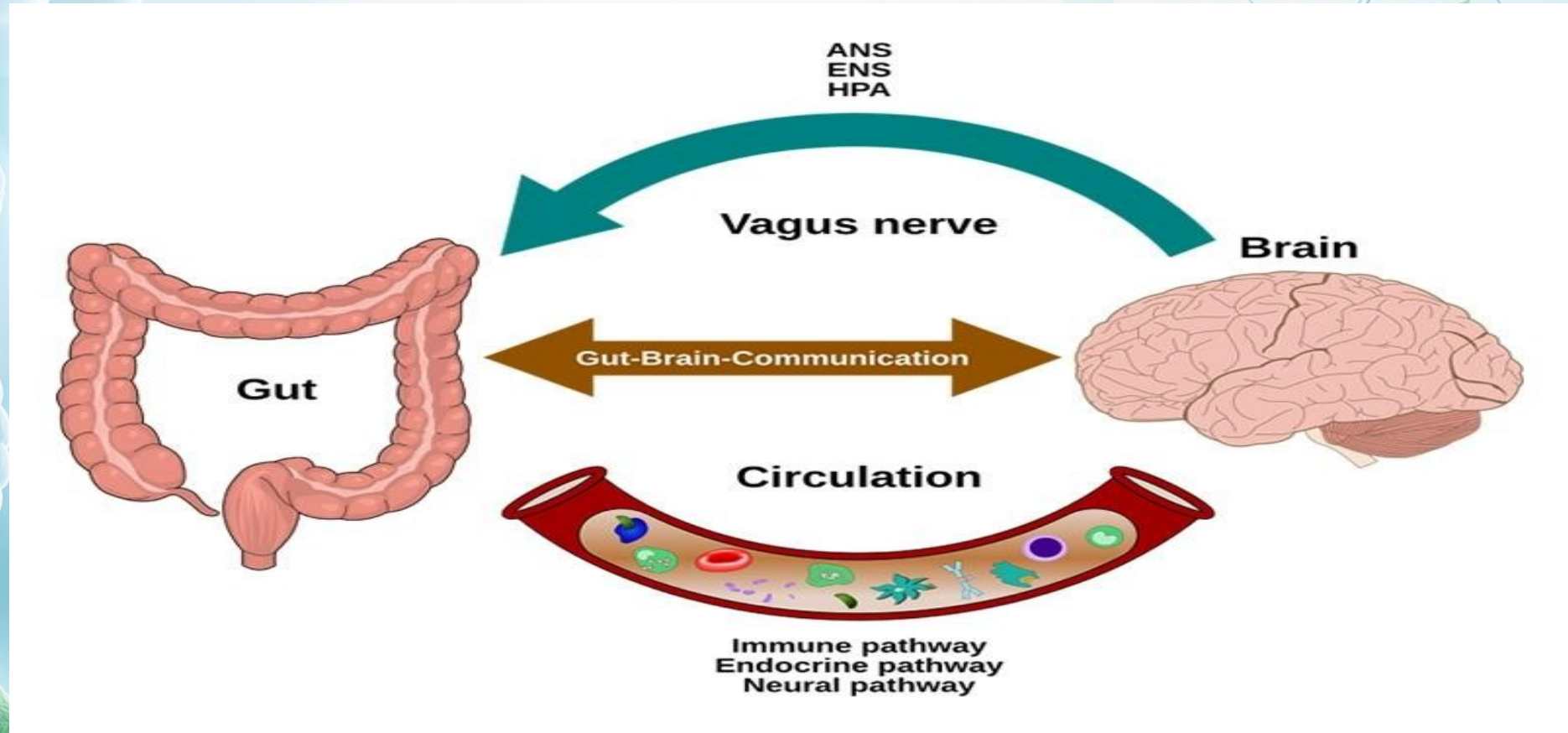
IS YOUR GUT TALKING TO YOU?

Yes/ No??

LINKING GUT TO ORGAN SYSTEMS



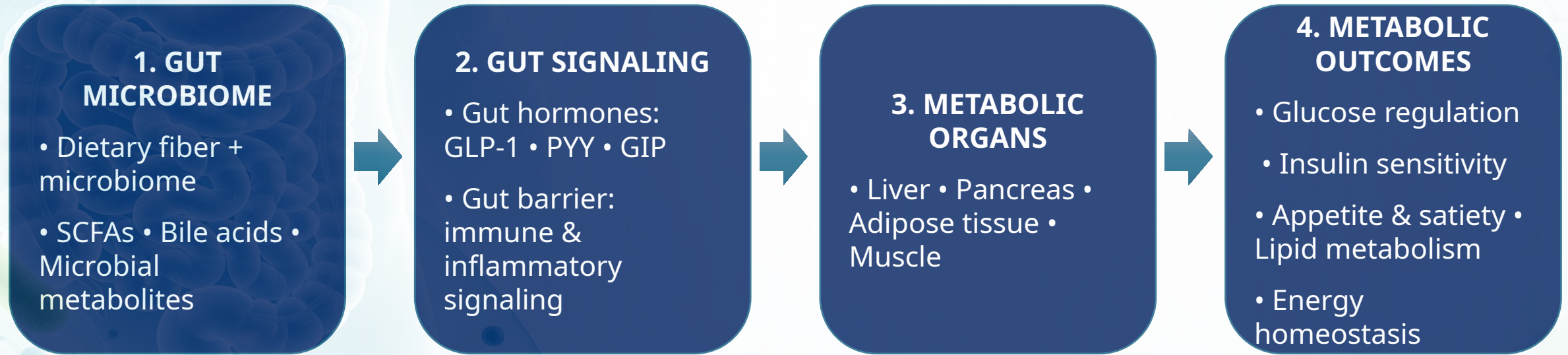
THE GUT-BRAIN AXIS



The gut- brain axis is a term for the communication network that connects your gut and brain. These two organs are connected both physically and biochemically.

Gut Health → Metabolic Health

The Gut–Metabolic Axis: From Microbial Signals to Whole-Body Metabolism

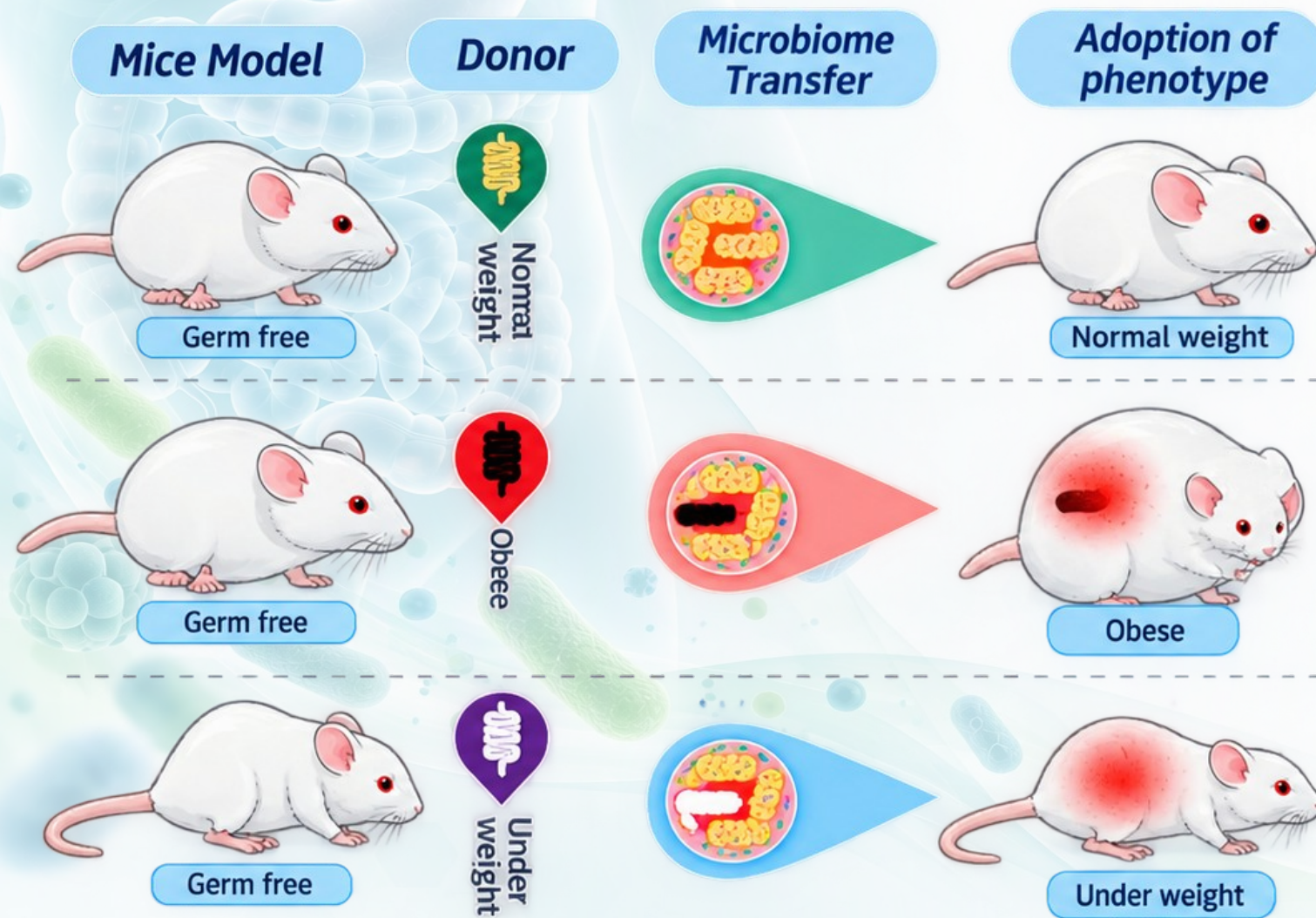


“The gut is a metabolic signaling hub—transforming dietary inputs and microbial activity into signals that influence glucose, lipids, appetite, inflammation and whole-body energy metabolism.”

Diet → Microbiome → Microbial metabolites & gut hormones → Metabolic organs → Metabolic health

Science basis: gut-metabolic axis • SCFA signaling • bile-acid pathways • enteroendocrine signaling

What does the research say?



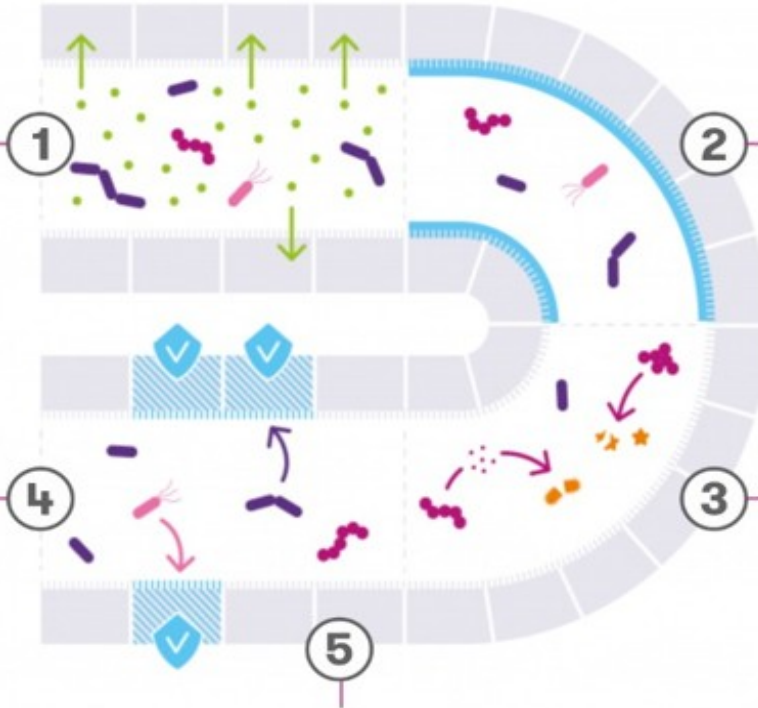
FECAL TRANSPLANTS

- Healthy fecal matter is transplanted into the gut of an individual with an unhealthy gut microbiome.
- Shows promising results in managing conditions such as overweight

THE GUT MICROBIOTA

FIVE MAIN FUNCTIONS

Promotes digestion by facilitating the absorption of nutrients



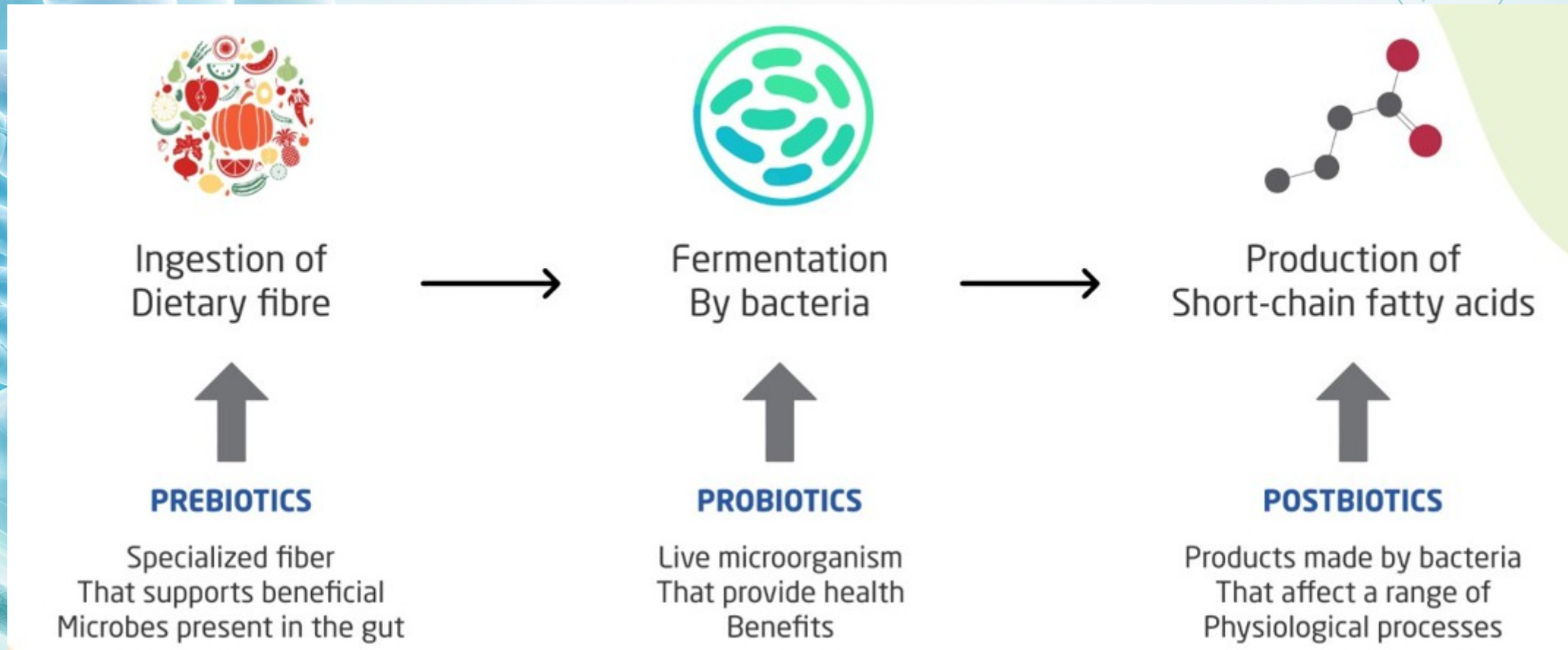
Helps the digestive tract to function properly

Plays a defensive role in the development of the immune system

Creates a barrier against pathogens and toxins

**Produce beneficial metabolites-
Short Chain Fatty Acids**

How to Nourish your Gut?



FORGOTTEN TRADITIONAL PRACTICES: Modern Adaptations and Benefits.

TRADITIONAL EATING: THE BANANA LEAF EXPERIENCE



Banana Leaf
(Eco-friendly & hygienic serving)

Modern Insight



- Biodegradable natural surface, enhances aroma, and rich in natural polyphenols (antioxidants)



**FAMILY GATHERING &
MINDFUL EATING**

ERGONOMICS OF POSTURE: FROM TOILET SEATS TO SQUATTING

MODERN WESTERN SEATING POSTURE



- **Kinked Rectum/Anal Canal** (Red zone - obstructed flow)
- Creates strain, inefficient elimination

TRADITIONAL SQUATTING POSTURE



- **Straightened Rectum/Anal Canal** (Green zone - optimal flow)
- Utilizes natural body physics, complete and efficient elimination



**NATURAL
PELVIC
HEALTH**

HOW DOES IT GET COMPROMISED?

Amway



UNHEALTHY GUT VS. HEALTHY GUT



Food sensitivities (histamines)



Bloat after every meal



Inconsistent stools & excess gas



Feel better not eating



Skin imbalance (eczema, acne)



Sleep disturbances



Constant fatigue. Tired adrenals



Mental health imbalances



**Weakened immune system
(autoimmune)**



Tolerate most foods



Limited or no bloating



Consistent solid stools. Little gas



Feel fueled after eating



Skin is glowing



Sleep through the night



Energy is consistent



Less depression and anxiety



**Less illness and seasonal
allergies (even asthma)**

Where Gut Health Is Heading ?

From “One Probiotic for All” to Precision Microbiome Therapeutics

HEALTHY PEOPLE
HEALTHY GUTS
BRIGHTER TOMORROWS

Amway
BETTER HEALTH

MICROBIOME
TODAY.
HEALTHIER
TOMORROW.



Traditional Probiotics

One-size-fits-all



Precision Probiotics

Rationally designed



Postbiotics & Metabolites

Function-focused



Microbiome Therapeutics

Clinically validated



Personalized Gut Health

Right person, right time



Precision Probiotics

Next-generation microbial solutions

- ✓ Rationally selected strains
- ✓ Engineered microbes
- ✓ Defined microbial consortia
- ✓ AI-enabled strain discovery
- ✓ Prediction of individual responses



Postbiotics & Metabolites

Function-focused interventions

- ✓ Microbial-derived bioactives
- ✓ Improved stability
- ✓ Enhanced safety profile
- ✓ Predictable biological activity
- ✓ Broad therapeutic potential



Microbiome Therapeutics

Clinical-grade microbiome medicine

- ✓ Regulated microbiome therapeutics
- ✓ Live biotherapeutic products
- ✓ FMT alternatives
- ✓ Targeted disease interventions (e.g., recurrent *C. difficile* infection)
- ✓ Standardized multi-strain approaches



Personalized Gut Health

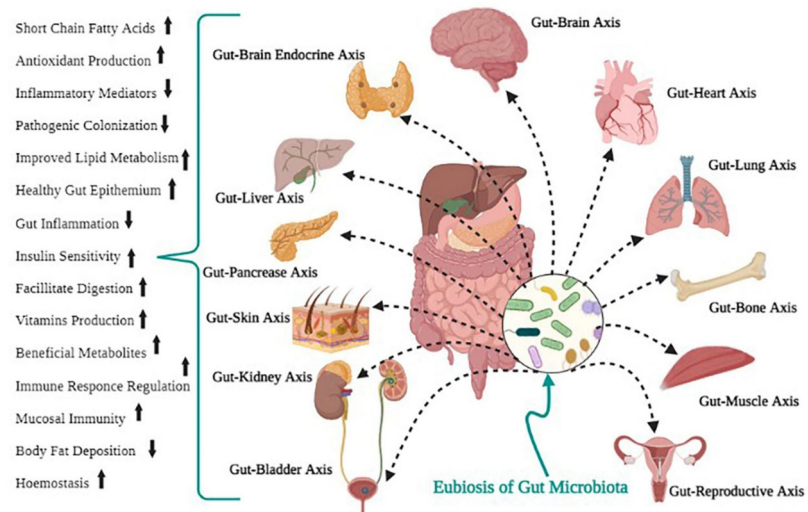
Precision intervention ecosystem

- ✓ Individual microbiome profiling
- ✓ Metabolic phenotyping
- ✓ Diet + prebiotic substrate + probiotic/postbiotic combinations
- ✓ Tailored nutrition and therapeutics
- ✓ Right intervention → right person → right time



Gut health is evolving from generalized supplementation to precision, function-driven, and personalized interventions.

PEOPLE
SCIENCE
POSSIBILITIES



EVERY DAY WE LIVE AND EVERY MEAL WE EAT WE INFLUENCE THE GREAT MICROBIAL ORGAN INSIDE US - FOR BETTER OR FOR WORSE.

Giulia Enders

Author of "Gut: The Inside Story of Our Body's Most Underrated Organ"

Amway

Thank You