



Newsletter

July 2022

Edition 2

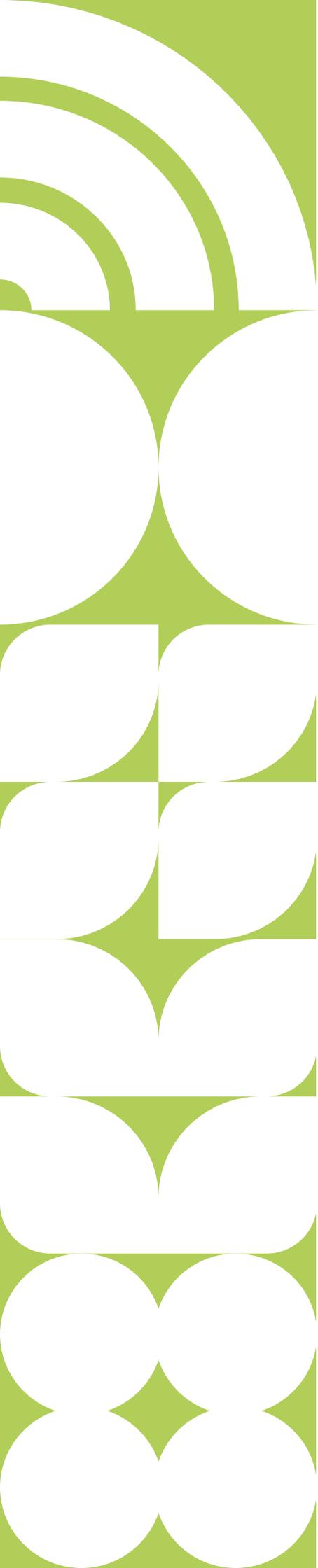
A community wellbeing initiative.

LiveWell with Nakheel



NAKHEEL

COMMUNITY MANAGEMENT



Hello everyone,

June was an exciting month for us, LiveWell with Nakheel invited Prof. Dr. Harald Stossier for the launch commemorating Men's Health International month. It was a stellar turn out at our event at Isola in Jumeirah Islands, check out our website & social media to see pictures and highlights of the events.

This July we said goodbye to plastic bags in Dubai! With a plastic bag ban, you have likely experienced the frustration of forgetting your reusable bag and having to pay 30 fils paper bags at supermarkets. You wonder, why does a tiny plastic bag matter so much to be banned entirely? Do plastic bag ban even work? Don't we have bigger problems to solve?

Well, plastic bag bans might very well save your life. Yes, the effectiveness of plastic bag bans on our environment has been widely discussed, and it's hard to determine its impact. However, there is no question that plastic bags are immensely detrimental to your health. Read more on Head-to-Toe Health Benefits of Plastic Bag Bans in our July newsletter.

On July 30th LiveWell Founder Irina Sharma will be talking "Gut Health" with Functional Medicine Practitioner Dr. Nas Al Jafari. Let's celebrate world friendship day "wellness style" on the 30th, so bring your friends and make new ones.

Much Love,
LiveWell with Nakheel Team

A close-up photograph of a pregnant woman's hands, with fingers interlaced to form a heart shape over her belly. The woman is wearing a light pink, textured fabric. The background is a solid light blue on the left side.

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Here's
to better
community
health

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A stylized graphic at the bottom of the page. On the left, there are three concentric white arcs on a green background, resembling a rainbow. In the center, there is a white DNA double helix structure. On the right, there are green shapes that look like stylized leaves or petals.

LiveWell with Nakheel Gut Talk

We have well over a trillion little microbes made up of bacteria viruses, fungi and other organisms just chillin' in and around our body, mostly in our large intestine (also known as our gut “microbiota”). All of these microbes are exceptionally clever little things which help to control your blood sugar, produce vitamins, manage cholesterol and hormonal balance, prevent you from getting infections, control the calories that you absorb and store, communicate with your nervous system and brain, influence your bone strength and so much more.

Listen, learn and ask your questions on July 30th @ LOUI Restaurant & Cafe, Circle Mall, with Dr. Nas & Irina speaking about optimizing diet & lifestyle regimen to achieve better gut health.



In Conversation With

Dr. Nas Al Jafari

Functional Medicine Practitioner

Co-Host Wellevate Life Podcast

Q. How can Functional Medicine help in treating Gut issues?

A. Functional medicine is a holistic approach to medicine. It looks at the entire body as a whole rather than the symptoms. Digestive symptoms are a sign of a bigger issue. While medications may help with your symptoms, they won't correct the bigger problem. It's a long road to recovering from digestive disorders. A functional medicine doctor will guide you every step of the way. They will help you eliminate harmful trigger foods from your diet and replace them with healing foods. Trigger foods consist of sugar, gluten, and other additives. Healing foods such as organic fruits and vegetables will sustain your body with nutrients and energy. When you eat these foods, they will help rebuild your gut barrier and get you feeling better again.

Q. Could you share some insight on why recent years there is there a rise in gut related issues such as irritable bowel syndrome (IBS) and leaky gut syndrome?

A. We cannot underestimate the impact on digestion of the shift in our eating habits. We have seen a significant reduction in the consumption of fruit and vegetables and a dramatic increase in the use of **food additives**, such as bulking agents, colorings, emulsifiers, flavor enhancers, preservatives and sweeteners. This increased complexity of food poses a bigger challenge for our digestive system

Our relationship with food has changed. Food is no longer seen as a necessity to fulfil our most basic need, but especially in the Westernized world, it is often associated with more pleasure. Various environmental factors can significantly influence this balance of bacteria in the gut. Poor digestion, including low stomach acid, may predispose higher numbers of pathogenic bacteria. Prolonged physical or mental stress can increase risk of low stomach acid and high levels of cortisol are associated with reduced levels of IgA and protective mucus, further weakening defenses. Low dietary fiber, also plays a role.

Gut permeability is also a key defense mechanism and, when it increases, external factors like viruses, bacteria, toxins, microbial metabolites, undigested foods and other antigens are able to enter the systemic circulation. The immune system swiftly reacts by recruiting inflammatory cytokines, potentially resulting in systemic inflammation leading to sustained intestinal permeability. Conditions such as allergies, autism, IBS, celiac disease, dermatitis, rheumatoid arthritis, obesity and insulin resistance have all been associated with intestinal permeability. In fact, intestinal hyperpermeability is now regarded as a precondition to developing inflammatory autoimmune conditions.

Q. Any tips on how to support gut health.

A.

- Keep to a mealtime routine. Eat with others, at a table, away from distractions and mindfully.
- Eat as ‘close to nature as possible’ and as unadulterated food as feasibly possible (or accessible).
- Eat Organic where possible
- Eat less food and chew properly. Avoid large amounts of liquid with meals as this will dilute the stomach acid.
- Avoid snacking and incorporate some form of ‘daily time-restricted eating’ to allow the bowel to rest
- Leave a gap of 4 hours between eating and going to bed. Eating disrupts sleep signaling and interferes with rest and repair.
- Avoid, where possible, medications which can disrupt the gut (hormones, anti-inflammatories, acid suppressants, antibiotics)
- If stress is an issue, deal with it.

Head to Toe Health Benefits of Plastic Bag Bans

1. Brain Function

Our brains might be a mere 2% of our total body weight but use a whopping 20% of our daily energy expenditure. Sadly, plastic potentially keeps our brains from performing at their best. In general, our rising exposure to harmful chemicals from plastic is quite literally leaching into every aspect of our lives, including our brains.

2. Endocrine System

Your endocrine system regulates several bodily functions. Basically, it is responsible for producing the right amount of hormones to maintain the perfect balance for the optimal process of your metabolism, reproductive system, growth and development, sleep and even your mood. Plastic bags potentially leech endocrine disruptors like nonylphenol especially under high heat.

3. Respiratory System

Sometimes, the fresh air we think we're enjoying while spending time outside isn't so fresh. The microplastics from plastic manufacturing to post-consumer use end up contaminating our air supply. Our respiratory system depends on fresh air to function at its best. Fortunately, plastic bag bans fight back against our plastic planet and take us towards a more clean and healthy future.

4. Reproductive System

Your reproductive system is an essential part of human life. Sadly, research is starting to accumulate that links poor reproductive health with high exposure to plastic. Specifically, phthalates, a common additive in plastic, mimic the hormone estrogen and compromise the reproductive system



5. Gastrointestinal Tract

In a nutshell, your gastrointestinal tract is responsible for taking your food on a journey through your body. Plastic pollution can harm your gastrointestinal tract when we unintentionally ingest tiny pieces of plastic pollutants. Correspondingly, the many harmful chemicals that constitute plastic can leach into their surroundings and damage your gastrointestinal tract. Join us on the 30th of July to learn more on Gut Health.

6. Immune System

Your immune system acts as a defender against potentially harmful organisms that enter the body. Essentially, it keeps track of the germs you've encountered and works to keep them from getting you sick. Currently, much more research is needed to understand the impact plastic bags and plastic pollution have on our immune systems. Experts suggest that the microplastics engulfing our planet influence our immune system function.

Ingredient of the month: Magnesium

Magnesium supports the gut in every single way. It regulates nerve and muscle function, supports immune health, supports cardiovascular health and it can also be used to relieve constipation, gas and bloating. You can titrate magnesium to be used as an osmotic laxative, as it helps to draw water into the colon, helping move things along more gently without creating any kind of dependence. Best time to take it is at night as it supports digestion and helps relax before bed.



Kimchi is a fermented food, which makes it an excellent probiotic. The same lactobacilli bacteria found in yogurt and other fermented dairy products are also found in kimchi. Consuming the so-called “**good bacteria**” in kimchi can help you maintain a healthy digestion. While traditional kimchi recipes call for fish sauce, this delicious vegan version you will love!

Cabbage

- 1 head napa or savoy cabbage (outermost leaves removed & well rinsed)
- 1 Tbsp sea salt (plus more as needed)

Vegan fish sauce

- 2 Tbsp tamari (or soy sauce if not gluten-free)
- 2 Tbsp coconut sugar (plus more to taste)
- 1/4 cup pineapple juice (from a organic can version)
- 1/4 cup warm water

Chili sauce

- 3 Tbsp fresh ginger (peeled and chopped)
- 1 head garlic (1 head yields ~1/3 cup cloves)
- 1 small white onion (or sub 1/2 large per 1 small)
- 1/2 cup chili flake if Korean even better (more or less to taste)

Vegetables *optional*

- 2 whole carrots (finely chopped or grated into matchsticks)
- 6 green onions (roughly chopped)

Instructions

1. Make sure that you are using clean surfaces and utensils and are washing your hands throughout the process of preparing your kimchi in order to fermentation process.
2. Start by quartering your well-rinsed and dried cabbage (savoy or napa) and carefully removing the bottom core (hard white section) with a sharp knife. Discard.
3. Next place your cabbage in a large mixing bowl and begin packing a generous amount of sea salt in between each of the leaves. Do so by lifting each individual leaf and sprinkling with sea salt. Repeat until all leaves have been salted. Then press down and let rest for 30 minutes. This softens and breaks down the cabbage, drawing out moisture, priming it to be coated in the sauce.
4. While your cabbage rests, prepare your vegan fish sauce by adding all ingredients to a small mixing bowl and whisking to combine. Set aside.
5. Next, prepare your chili sauce by adding fresh ginger, garlic, onion and red chili flake to a food processor or blender. Start with 1/2 cup chili. So if you desire less heat, start at 3-4 Tbsp and work your way up. Taste and adjust flavor as needed.
6. Add vegan fish sauce to this mixture and pulse to combine. Set aside.
7. At this time, your cabbage should be ready to flip. Wash your hands and turn each section of cabbage over so it's facing the opposite direction. Then pack down with hands to compress. You'll repeat this process 3 more times (for a total of 4 times), waiting 30 minutes in between, and washing hands before touching cabbage.
8. In the meantime, add your chopped carrots and green onion (optional) to a medium mixing bowl, along with the sauce. Stir to combine, then cover and set aside.
9. While waiting, this is a good time to sterilize your storage containers. Bring a pot of water to a boil and place your containers (suggestion: 1 large mason jar, and 1 small glass container adjust if altering batch size), in a clean sink and pour the boiling water over top. Let containers cool slightly, then dry with a clean towel and set aside.
10. Once you have flipped your cabbage 4 times (it should be tender and shrunken down quite a bit), it's time to rinse. In very cold water, rinse each section of cabbage to remove excess salt, then place on 2-3 absorbent clean towels and pat dry. Also separate the cabbage leaves at this time, so they're easier to work with.
11. Rinse and dry the mixing bowl the cabbage was in, then return the dried cabbage to the bowl. Get your sauce with carrots and green onions and begin coating each leaf with the sauce. If you have gloves (disposable or rubber), use them at this time as the sauce can irritate sensitive hands.
12. Be generous when coating, but also keep in mind you need enough sauce to coat all of the cabbage. Once the cabbage is thoroughly coated with sauce, wash hands and get your sterilized storage container(s).
13. With clean hands, begin placing the coated cabbage leaves in the container, packing down to ensure there is as little air as possible between leaves. Continue until all cabbage is packed in, then press down very firmly to remove air. Top with clean, sterilized lid and set in a cool dark place (such as a cabinet, not the refrigerator) to ferment.
14. How long to ferment is up to you. Suggested 36 hours minimum, then transfer to the refrigerator for 1 week to ferment longer. You can also do 1 week for softer cabbage and a more intense fermented flavor.
15. Each day it ferments, open up and press down with a clean utensil, such as a spoon, to press out air bubbles and ensure the kimchi is immersed in liquid. A good sign of proper fermentation is seeing little bubbles in the sauce when you press down.
16. A good indicator of when it's done fermenting is the smell. If it smells pleasant to the nose and tangy, like the kimchi you're used to trying, it's probably ready to transfer to the refrigerator.
17. Kimchi will keep in the refrigerator for at least 3-4 weeks, and even months. You'll know it's gone bad if mold has formed or the smell is sour or unpleasant.



June 21st Event - LiveWell with Nakheel Men's Health

