

ISSUE
34



Do you Yakult?



Inside MATTERS

MAY | 2020 | AUTUMN EDITION

Every body. Every day.

Let's Get to the 'Gut' of it: Getting Through This Together...

Welcome to issue 34 of Inside Matters – our very last printed edition! Well, it's been a whirlwind month – that's for sure. COVID-19 has brought unprecedented challenges for the nation, radically transforming society as we know it.

First and foremost, our hearts go out to all affected by coronavirus. The direct and indirect impact of COVID-19 is immense. We wish our readership health and wellbeing during this difficult time.

Recently, COVID-19 has reaffirmed the integral role of nutrition in supporting our immune function/system. But what exactly is the immune system, what's the gut got to do with it, and how does nutrition accentuate its function? Let's dig deeper!

The immune system and how it relates to your gut:

The immune system is a complex network of tissues, organs and specialised cells working collectively to resist infection, toxins and combat foreign antigens. The gut is the cornerstone of the immune system, with majority of immune cells located in your gut tissues. The presence (or lack of!) bacteria directly regulates immune system reactions; resident bacteria provide barrier immunity through colonisation resistance. Including a probiotic daily can help support immune function by facilitating the growth and colonisation of "good" bacteria in the gut, simultaneously inhibiting the growth of "bad" bacteria.

The role of nutrition in immune function:

Presently, the internet is saturated with myths of immune boosting nutrients and foods, generating considerable confusion. The reality is no singular food or nutrient is a panacea against disease. The relationship between nutrition, immunity and disease is non-linear and complex - and is not reducible to a single determinant. All cells (including our immune cells) require a range of nutrients to function optimally. With multiple compounds involved in immunological responses, inadequate dietary intake is one of several factors which can decrease immune function.

The best approach for immunity? Consume a varied and balanced diet rich in fruits, vegetables, wholegrains, quality protein, dairy and probiotic sources. Additionally, minimise consumption of discretionary foods (e.g. high sodium, high fat) which disrupt microbiota composition and dampen immune response. For further information regarding evidence-based dietary intake, please refer to The Australian Dietary Guidelines.

L.E.A.D.S FOR IMMUNITY

L LOOKING AFTER YOUR GUT

E EAT A BALANCED DIET

A GET ADEQUATE AMOUNTS OF SLEEP

D DRINK PLENTY OF WATER

S WASH YOUR HANDS & SANITISE

How many can you check off today?

SELF-CARE BINGO

Take a nap 	 Dance!	Wash your hands!
Read a book! 	STAY AT HOME! 	Drink Yakult!
Do some star jumps! 	Stay positive! 	Drink some water!

Newly renovated Yakult factory!

Yakult Australia is pleased to announce the completion of our new and improved factory viewing facility.

We look forward to welcoming you once the restrictions are lifted.

Do you Yakult?

Yakult Australia is thrilled to announce Ian Thorpe as its new brand ambassador. This partnership will see Thorpe promoting Yakult and the positive contribution of the *Lactobacillus casei* Shirota strain. Welcome to Yakult Australia, Ian!

Yakult Australia

@yakult_australia

Tips from our dietitian...



Debunking myths around COVID-19 prevention...

There are plenty of theories on how to boost the immune system to ward off disease, and unfortunately during the current COVID-19 situation, it is no different. Widespread tales of preventions and cures are on the rise, most of which are not evidence-based. We would like to clear up some of the myths going around with the facts to help you stay safe at this time.

MYTH: Mega doses of vitamin supplements will protect me from COVID-19

Although the immune system requires vitamins and minerals to function normally, having high doses of these in supplements does not mean the immune system will work harder. The most popular vitamins and minerals that are claimed to prevent infection with COVID-19 are Vitamin C, Vitamin D and Zinc. While excess Vitamin C is removed from the body through urine, overconsumption of Vitamin D and Zinc could lead to toxicity and cause other harmful effects. Therefore, unless you have a diagnosed vitamin deficiency, eating a balanced diet, and getting your vitamin D from the sun each day will ensure that you are looking after yourself physically and mentally.

MYTH: Eating garlic will help prevent COVID-19 infection

Garlic has been used in traditional medicines around the world and is often found in supplements claiming to fight colds and flus. However, there is no evidence that garlic has any effect on protecting people from the new coronavirus. There is weak evidence that garlic might contribute to immune function, just adding some garlic into your meals is enough for now, plus it tastes great!

MYTH: Heat will kill off the COVID-19 virus

As heat and UV radiation are widely known as great sterilisation methods, some believe that drinking hot water, taking hot baths or sitting in the hot sun can destroy COVID-19 in the body. Actually, long exposure to sunlight or UV radiation can cause skin irritation, while drinking boiling water or taking an extremely hot bath is likely to result in burns! Our bodies are great at self-regulating internal body temperature, keeping the body within a strict range of 36.5°C to 37°C. Therefore, drinking hot water or having a hot bath will not boost internal body temperature. However, a cup of tea, a warm bath or a little bit of safe sunshine is certainly a great de-stressor!

MYTH: Drinking alcohol will protect me against COVID-19

Alcohol may be used as a surface disinfectant and hand sanitiser, but the consumption of it will not prevent or cure COVID-19. An excessive consumption of alcohol to address stress, anxiety and boredom during this uncertain time, can in fact, increase your risk of health issues. Instead of using alcohol as a short-term fix, reach out to support one another through this difficult time. DrinkWise is reminding Australians to keep track of your drinks and seek professional help if you are worried about your alcohol consumption.

Although there are plenty of myths regarding COVID-19 prevention, the most effective means to protect yourself and your loved ones are to clean and sanitise your hands regularly, as well as practising social distancing to slow the spread of coronavirus. Looking after your gut health, eating a balanced diet full of fruits, vegetables, wholegrains, lean meats and dairy, and getting enough sleep are also great ways to keep your body functioning at its best.

Inside MATTERS

Your questions

Are antibiotics effective in preventing and treating COVID-19?

No, antibiotics do not work against viruses, only bacteria. COVID-19 is a virus, and therefore, antibiotics should not be used as a means of prevention and treatment. However, if you are hospitalised for the COVID-19, you may receive antibiotics because bacterial co-infection is possible. (reference from WHO, 2020)

Editor's desk



Cor Nie Tan

It's been a tough few months, but from adversity we have witnessed strength, compassion and a true sense of community. Yakult wish to thank all health professionals and researchers who are working tirelessly to treat this disease, and all frontline personnel for your continued efforts.

In staying positive, entering 2020 a lot has happened in Yakult! We have a newly renovated factory viewing platform and we announced our ambassadorship with an Aussie Olympic favourite – Ian Thorpe!

We also welcome a few new faces in our PR team. Winta, our Public Relations Officer, Laura, our Consumer Relations Officer, who wrote the main article on how gut health affects our immunity and Chloe, our Dietitian, also wrote about debunking the myths around prevention of COVID-19.

We hope you enjoy reading this edition of Inside Matters. If you have any feedback, we would love to hear from you! Free call **1800 640 023** or email us at **info@yakult.com.au**.

Save paper!



Receive Inside Matters via email.

Inside Matter celebrates our 21st year as a printed edition. Moving into a new decade, this will be our **last printed edition**. We'd like to thank all our loyal readers and hope you will continue to support our online newsletter. To enjoy future digital versions of Inside Matters, subscribe to our online newsletter today! If you wish to continue receiving future editions of Inside Matters via email, please let us know to add your details to our email database. **info@yakult.com.au** and we will change your details from a postal to an email address.

Yakult

To join the mailing list or forward any comments, questions or stories, contact the editor. This publication is protected by copyright. You may copy any part of it, but you must acknowledge the source of material you copy and include a copy of this notice. You must not sell copies of this publication, or use them for commercial purposes, without the written consent of Yakult Australia Pty. Ltd. The information in this publication does not provide medical advice for individual problems. For advice and treatment, consult your doctor or health care professional. Edited by Cor Nie Tan, Education Coordinator / Dietitian (APD), Yakult Australia. Published by Yakult Australia Pty. Ltd. © 2020, Locked Bag 1403, Dandenong South, VIC 3164.