

# Gut instinct: Improving your digestive health with a reset

As awareness of gut health and metabolism grows, more and more people are jumping onto gut reset programmes that promise to reverse bad gut health

By Bhumika K

**Y**ou could be downing loads of kombucha, flushing your system with green juices and 15 glasses of water a day, filling up on fibre, following an intermittent fasting routine all by yourself at home, looking up tips and tricks offered on the internet for weight loss, good health, or dealing with food allergies. Or you could be enrolled in a formal gut reset programme with a nutritionist. Whatever your chosen way, the chances are that you are aware and worried about your gut health.

Post-covid, the gut has come into deep focus—bad gut health appears to be the seat of many issues. A 'gut reset' is now being seen as an answer to nagging physical and mental health problems. It is a trend that is fast catching up in India, with many different approaches and varied timelines. New Delhi-based clinical nutritionist Ishi Khosla and author of *Eating at Work*, agrees. She is firmly convinced that there is a need to look at the gut as the starting point of all diseases. "That's the starting of the understanding of health and wellness. Today, in general, illness is the norm, and wellness is a luxury," says Khosla. Conventional medicine has 'band-aid approaches' to simply treat symptoms; gut health has come to the forefront because many have realized that the 'cure is in the cause'; getting to the root of the problem has taken us back to the gut. Khosla says this approach is not novel—Ayurveda, Unani, Homeopathy, or Naturopathy—have always examined digestive health first. Also, conversations around immunity have taken off in a big way in the recent past. "There is now an awareness about the connection between the gut and immunity, and that's why the gut is being looked at seriously," she says.

## GETTING DOWN TO THE BASICS

First, let's just get down to some basics. "Every millilitre of intestinal fluid contains more than one lakh bacteria. Gut health is the balance between good and bad bacteria," says Dr Shankar Zanwar, consultant gastroenterologist, Wockhardt Hospital, Mumbai Central. The gut is now increasingly seen as the seat where many diseases develop. Good nutritious food feeds the good bacteria; junk food feeds the harmful bacteria. A gut reset programme aims to withdraw food that feeds the bad bacteria, flushes the system, and regenerate it with nutritious food or probiotics that feed the good bacteria and grow it.

Khosla, for instance, says that her patients have addressed some major issues within weeks of doing a gut cleanse. Once they see the difference, they want to do more. The reset happens in four stages—elimination or removal, replacement with the right alternative, restoring the system and rebuilding. "Reset means healing the gut. There are two aspects to it. Usually, the healing inside takes about a year or so. But the symptoms or issues resolve within weeks."

Jalandhar-based 43-year-old Divya Mahajan must agree. She herself went



PHOTOGRAPHS BY ISTOCKPHOTO

through the 40-day PHATT (Putting Health At The Top) gut detox programme in November 2020 before becoming a mentor of the programme herself. The first time she heard about the programme from her friend, she was sceptical. Then she saw her friend lose weight, showing dramatic changes in her energy levels; her mood swings stopped too. So she decided to try it out herself. "You're put on basic home-cooked food. The only thing you go off is milk, oil and carbs. During the detox, all my PMS problems, my migraines, were gone. I used to have massive period cramps. I didn't have any of that. I was super active, and I lost four kilos at the end of it, and I was happy with it," she says.

She adds that she has seen people who have even lost about eight kilos in 40 days. After the detox, she gradually came back to normal eating. Her skin was glowing, her hair started looking amazing, and everyone around her noticed it. She regained about two kilos after 1.5 years. She repeated the detox then for 20 days to recalibrate and get back to healthy eating. Over one year, she mentored about 15 clients, almost all of whom came to her with the aim of weight loss and achieved it.

## HOW TO RESET YOUR GUT

While weight loss continues to be one of the reasons why people are choosing to reset their gut, it has gone way beyond that. Ask Rashi Chowdhary, a nutritionist



and diabetes educator based in Dubai who specializes in gut-related issues. She started a community-based 15-day gut-cleanse programme in August 2021. To date, about 1,800 people have been

through it. More than 65% of people who sign up for the cleanse, which costs ₹9,590, are from India; the remaining clientele is from UAE, Canada, the USA, and the UK, she says. Most of them are in the 25 to 50 age bracket. "Two years ago, 80% of the people who had approached me came for weight loss alone. But post-pandemic, everyone's like 'I don't care about weight loss—make

me healthier!" says Chowdhary. Dairy and wheat appear to be the biggest culprits for poor gut health. The way dairy and wheat are processed these days has led to a lot of problems, she says.

Increasingly many people around us are suddenly allergic to these two products. "Wheat today has 35% more gluten compared to what we had, say, 60 years ago. The green revolution and agricultural advancements have changed everything. Our gut has not been able to adapt and keep pace. So we are not able to process this food. Dairy is laced with growth hor-

mones and steroids. That's why girls as young as 16 have PCOS and endometriosis; girls as young as 9 start their periods."

Most of us on a traditional Indian diet, eating rotis, milk, yoghurt, cheese, refined sugars, and leading a sedentary lifestyle coupled with poor sleep and bad stress management have "gut dysbiosis"—more bad and less good bacteria. Gas, bloating, constipation, diarrhoea, and IBS are all triggered by gut dysbiosis, she says. Other issues include stubborn weight, PCOS, thyroid, autoimmune conditions, and skin issues. "The way we think and feel, mood changes, decisions we make—all come from the gut," says Rashi.

While the world around us changes and we recalibrate our lives in this post-pandemic world, the gut also seems to want a reset and a fresh start. Dr Zanwar, however, argues that gut resets are not scientifically very strongly proven. Of course, there are a few conditions where changing your dietary habits makes a big difference. If you are allergic to wheat, you might have a positive benefit if you stop eating it, for instance, points out Dr Zanwar. If you have irritable bowel syndrome (IBS), then changing the diet can benefit your body. Also, in very rare cases like infective diarrhoea. However, most of the time, the modification has to be long-standing. "Just changing it for a stipulated period of time and then coming back to the original diet is not going to make a real difference," he says. And yes, you should definitely consult your clinician before starting on any such programme, he says.

Bhumika K is a Bengaluru-based writer and editor

## Better Insides

GUIDELINES FOR A GUT-FRIENDLY DIET  
(Courtesy: Ishi Khosla)

► Gut-friendly diet should eliminate trigger foods. This could include the following: dairy, gluten, corn, soya, and pro-inflammatory foods.

► Too much sugar should be avoided.

► Eat food high in good fats, proteins, probiotics and prebiotics.

► Maintain optimal levels of micronutrients with good hydration.

► Avoid excessive alcohol, toxic fats, too much salt, and trans fats.

► Food should ideally be seasonal, local and organic.

► What you're eating is important, but how you're eating it and when you're eating it are also important

## YOU GOT THE GUTS?

(Courtesy: Rashi Chowdhary)

► The gut is the largest immune organ. Nearly 70% of our immune system lies in the gut

► Nearly 90% of serotonin, the "happy hormone" is in your gut

► The gut is like your second brain; they are Siamese twins. If one is not ok, the other won't be either

► Anxiety, depression, and psychological stress start in the gut.

► Vagus nerve goes from the gut to the brain, carrying messages.

► There is a hormone called Peptide YY to tell brain to stop eating. If the gut is not ok, that signal doesn't go through; the 'appetite hormone' is not secreted properly.

► There's a set of gut microbes called estrobolome that takes care of estrogen metabolism. When you don't have this microbiome, this doesn't take place properly, leading to mood swings, weight gain and so on.

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**STATEMENT OF STANDALONE AND CONSOLIDATED FINANCIAL RESULTS FOR THE QUARTER AND YEAR ENDED 31<sup>ST</sup> MARCH, 2022**  
(Figures-INR in Lakhs, Unless Otherwise Stated)

| Sr. No. | PARTICULARS  | STANDALONE RESULTS          |                           |                             |                             | CONSOLIDATED RESULTS        |                             |                           |                             |                             |                             |
|---------|--|-----------------------------|---------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|---------------------------|-----------------------------|-----------------------------|-----------------------------|
|         |  | For the Quarter ended       |                           | For the year ended          |                             | For the Quarter ended       |                             | For the year ended        |                             |                             |                             |
|         |  | 31 <sup>st</sup> March 2022 | 31 <sup>st</sup> Dec 2021 | 31 <sup>st</sup> March 2021 | 31 <sup>st</sup> March 2022 | 31 <sup>st</sup> March 2021 | 31 <sup>st</sup> March 2022 | 31 <sup>st</sup> Dec 2021 | 31 <sup>st</sup> March 2021 | 31 <sup>st</sup> March 2022 | 31 <sup>st</sup> March 2021 |
| 1       | Total Income from Operations (net)   | 115,788.65                  | 119,350.43                | 102,585.84                  | 433,109.98                  | 326,887.27                  | 117,597.46                  | 121,077.37                | 103,785.63                  | 439,612.29                  | 331,187.13                  |
| 2       | Net Profit for the period/year (before Tax, Exceptional and / or Extraordinary items)  | 15,394.77                   | 18,312.21                 | 13,732.32                   | 58,928.04                   | 30,910.45                   | 13,406.89                   | 17,917.37                 | 13,807.47                   | 57,058.58                   | 30,617.41                   |
| 3       | Net Profit for the period/year before Tax (after Exceptional and/or Extraordinary items)   | 15,355.52                   | 18,302.53                 | 13,732.32                   | 58,195.50                   | 30,910.45                   | 13,367.64                   | 17,907.69                 | 13,807.47                   | 56,326.04                   | 30,617.41                   |
| 4       | Net Profit for the period/year after Tax (after Exceptional and / or Extraordinary items) (Refer Note 6)                             | 11,611.26                   | 13,732.79                 | 10,429.89                   | 43,752.21                   | 23,368.64                   | 9,600.74                    | 13,319.54                 | 10,530.42                   | 41,808.83                   | 23,052.17                   |
| 5       | Total Comprehensive Income for the period/year [comprising Profit for the period after Tax and Other Comprehensive Income after Tax] | 5,718.07                    | 24,186.31                 | 18,466.41                   | 68,052.36                   | 31,174.47                   | 1,221.16                    | 23,971.94                 | 18,258.84                   | 62,929.66                   | 30,522.24                   |
| 6       | Equity Share Capital   | 13,196.90                   | 13,196.90                 | 13,196.90                   | 13,196.90                   | 13,196.90                   | 13,196.90                   | 13,196.90                 | 13,196.90                   | 13,196.90                   | 13,196.90                   |
| 7       | Reserves excluding Revaluation Reserve as at Balance Sheet date  |                             |                           |                             | 197,153.12                  | 136,516.16                  |                             |                           |                             | 181,299.93                  | 129,485.78                  |
| 8       | Earnings per share (after exceptional items) (of INR.2 each) (Refer Note 7)  |                             |                           |                             |                             |                             |                             |                           |                             |                             |                             |
|         | a) Basic (in INR.)   | 1.76                        | 2.08                      | 1.58                        | 6.63                        | 3.54                        | 1.47                        | 2.03                      | 1.60                        | 6.37                        | 3.51                        |
|         | b) Diluted (in INR.)   | 1.76                        | 2.08                      | 1.58                        | 6.63                        | 3.54                        | 1.47                        | 2.03                      | 1.60                        | 6.37                        | 3.51                        |

**NOTES:**

- These financial results have been prepared in accordance with the recognition and measurement principles as laid down in the Indian Accounting Standards (referred to as "Ind AS") prescribed under Section 133 of the Companies Act, 2013 read with the Companies (Indian Accounting Standards) Rules as amended from time to time. The above standalone and consolidated financial results were reviewed by the Audit Committee and approved by the Board of Directors of the Company at their meetings held on 30<sup>th</sup> May 2022. The statutory auditor's report on audit of annual standalone and consolidated financial results for the year ended 31<sup>st</sup> March 2022 and review of quarterly standalone and consolidated financial results for the quarter ended 31<sup>st</sup> March 2022 is being filed with the BSE Limited and National Stock Exchange of India Limited.
- The Company's business activity falls within a single business segment i.e. Food and Beverages in terms of Ind AS 108 on Segment Reporting.
- The figures for the quarter ended 31<sup>st</sup> March, 2022 and the corresponding quarter ended in the previous year, as reported in these financial results, are the balancing figures between audited figures in respect of the full financial year and the published year to date figures upto the end of third quarter of the relevant financial year. Also, the figures upto the end of the third quarter had only been reviewed and not subjected to audit.
- The COVID-19 situation across the country prevailed during the financial year and has posed challenges in restaurant sales. However, the Company has taken various measures to protect profit margins. The Company has made detailed assessments of its liquidity position for the next one year and of the recoverability and carrying values of all its assets and liabilities as at 31<sup>st</sup> March 2022 and on the basis of evaluation based on the current estimates has concluded that no material adjustments is required in the financial results. Given the uncertainties associated with nature, condition and duration of COVID-19, the impact assessment on the Company's financial statements will be continuously made and provided for as required.
- The Board of Directors of the Company has recommended a dividend of INR 1.20 (i.e. 60%) per Equity share of INR 2/- each fully paid up (post share split) for the financial year 2021-22 amounting to INR 7,918.14 lakhs, subject to approval of the shareholders at the ensuing Annual General Meeting.
- Exceptional items during the quarter includes costs of INR 39.25 lakhs (previous quarter INR 9.68 lakhs and year ended 31<sup>st</sup> March 2022 INR 732.54 lakhs) incurred by the Company to support its employees, associates and their dependents during COVID-19 pandemic. These includes assistance to families of deceased employees and associates, vaccination of employees, associates and their dependents, quarantine facilities for COVID-19 impacted employees and associates, etc.
- Subsequent to quarter ended 31<sup>st</sup> March 2022, the equity shares of the Company were split/ sub-divided such that each equity share having face value of INR 10/- (Rupees Ten only) fully paid-up, was sub-divided into five (5) equity shares having face value of INR 2/- (Rupees Two only) each, fully paid-up with effect from 20<sup>th</sup> April 2022 (Record Date). The Earnings Per Share (EPS) numbers of the current quarter and all comparative periods presented above have been restated to give effect of the share split.
- The above is an extract of detailed format of financial results for the quarter and year ended 31<sup>st</sup> March 2022 filed with the Stock Exchanges under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The full format of the financial results are available on the Stock Exchanges websites ([www.bseindia.com](http://www.bseindia.com) and [www.nseindia.com](http://www.nseindia.com)) and on Company's website ([www.jubilantfoodworks.com](http://www.jubilantfoodworks.com)).

Place: Delhi  
Date: 30<sup>th</sup> May, 2022

For and on behalf of the Board of Directors of JUBILANT FOODWORKS LIMITED  
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