

GUT HEALTH

All disease begins in your gut.

Gut - Basics

- First line of defense, site of majority of immune system
- Contains approx. 100 trill. microorganisms, 10x more bacteria than all the human cells in the entire body.
- Certain gut bacteria stop inflammation - underlying factor in most cancers.

Gut-Brain link

- Well established link between mental health & gut health. Microbiome composition has influence over psychological health and well-being.

Gut-Heart link

- Risk of heart attack and stroke can be predicted by the composition of gut microbes. Patients with ↑ arterial plaque had higher levels of TMAO and other metabolites produced by certain gut microbes.
- ↑TMAO are linked to ↑ risk of heart attacks, stroke and premature death.



How to optimize your gut health

- Eliminate sugars, refined carbs and processed foods from your diet - sugar feeds pathogenic microbes.
- Eat lots of fiber-rich foods - both soluble & insoluble fiber.
- Avoid dietary toxins like wheat and industrial seed (vegetable) oils that cause leaky gut.
- Avoid antibiotics and other medications. Antibiotics are harmful to the gut flora - they cause loss of diversity and a shift in the composition of the gut flora.
- Eat fermented foods like kefir, yogurt, sauerkraut, kimchi, etc., and/or take a high-quality, multi-species probiotic.
- Treat all underlying intestinal infections (pathogens such as parasites).