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.