



Happy Gut Happy You



Over 2,000 years ago Hippocrates said "all disease begins in the gut". Since then research has reinforced the gut's position as a major contributor to our physical health and even instinct and happiness. In fact the latest research refers to the discovery of a "new organ within the human digestive system"...the gut.

You may have heard expressions like 'gut instinct' or 'gut feeling' which left you wondering how strong the relationship is between the health of our gut and our mind?

The core connection between the gut and the brain is a real and mutually beneficial one that involves the nervous system and the trillions (yes, really!) of microbes that live in the gut. According to Dr. Gail A. Hecht, MD, MS, AGAF, Loyola University Medical Center, chair of the AGA Center for Gut Microbiome Research and Education Scientific Advisory Board, what we eat and the microbes that live on and in us as well as the environment we grow up in, matter. Hecht says "We are way too clean of a society," and "more exposure to germs and bacteria, within reason, can strengthen our microbiomes and help establish a healthy gut."

Our gastrointestinal tract

Our gastrointestinal tract is crucial to our health, it transports food from the mouth to the stomach, converts it into absorbable nutrients and stored energy, and transfers waste out of the body. Studies have proven that the Gut has a vital role and has been linked to numerous aspects of health that are not related to digestion; from low immunity, chronic illnesses, inflammation, Type 2 diabetes, cancer to discomfort, emotional stress, anxiety, depression and happiness.



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How can our gut affect our happiness?

Our digestive system is rich in beneficial bacteria that are responsible for assisting our digestive system to digest food, absorb nutrients, battle harmful bacteria, and eliminate toxins.

When this bacteria is killed due to food additives, antibiotic drugs, processed foods, our gut health is affected.

Eating the right kind of fermented foods and avoiding foods that feed unhealthy bacteria can help nourish our healthy gut bacteria and balance the ratio of beneficial-to-bad bacteria, which will eventually reflect on our overall health and well being. Among the many benefits of a healthy gut which we will discuss later on is that it improves your mood and behavior.

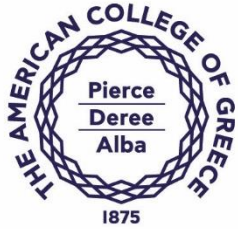
Our gut has recently been recognized as our second brain due to the size, complexity and similarity in terms of neurotransmitters with our brain. In fact, "good bacteria" can stimulate cells in the lining of our intestine to produce the feel good neurotransmitter serotonin which is responsible for making us feel happy.

A healthy gut helps us have a regular bowel movement. This happens when we go to the bathroom: the vagus nerve is triggered, as a result, our heart rate is lowered, blood pressure drops, and a "stress-release chill" runs down our spine. Defecation may be a solitary act but it is by no means a vulgar act. It is one tool to judge how healthy and happy you are 😊

Other benefits of a healthy gut that you may not know:

1. Optimize the immune and defense system against disease.
2. Help control diabetes.
3. Fight obesity.
4. Detoxification.





Know the Facts

Nutrition & Fitness



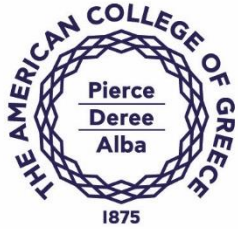
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How to please the trillions of organisms living in your gut:

- To achieve the proper ratio of beneficial-to-bad bacteria increase the raw fruits, vegetables, nuts, seeds & beans
- To please those beneficial residents limit sugary foods and anything that your body converts to sugar quickly like refined grains and processed foods.
- Have fermented foods, like keffir, kombucha, kimchi, sauerkraut, yogurt and unpasteurized cheese. Find out all about fermented foods here:
https://www.acg.edu/ckeditor_assets/attachments/2171/KTF_The_Benefits_of_Fermented_Foods.pdf
- Red wine and dark chocolate in moderation are also beneficial.
- Eat more organic foods, especially greens and all vegetables, fiber-rich foods which cleanse the body like flax seeds, chia and psyllium, and eat a variety of anti-fungal foods like coconut, turmeric, ginger, garlic, onion, oregano, cruciferous vegetables, cloves, cinnamon, coriander and olive oil.
- Avoid processed foods, artificial sweeteners, emulsifiers, and meat reared using antibiotics.
- Expose yourself to healthy microbes: Go to a farm, go to the ocean, get "dirty", kiss your dog swap those healthy microbes.



Diversity is the number one factor," says Professor Spector, author and Professor of Genetics at King's College London. Diversity of diet – which is what our hunter-gatherer ancestors enjoyed.



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Words for the wise:

- Diversity of diet.
- Stop being so sterile: Go outside, dig in the dirt, play with animals, kiss your dog swap those healthy microbes and feed the trillions of tiny organisms living in your gut.
- Fix your gut, and regain your health! learn how to cleanse, activate, restore, and enhance your gut back to health make yourself happy here:
https://www.acg.edu/ckeditor_assets/attachments/2171/KTF_The_Benefits_of_Fermented_Foods.pdf
- Discuss your concerns regarding the normality of your defecation and bowl habits. It is one tool to judge how healthy and happy you are ☺ Remember everyone eats and everyone poops, and the product of our powerful digestive system often shows us clues about our overall well-being.
- Always remember if the healthy bacteria living in your guts are happy, chances are that you'll be happy too.
Happy gut, Happy You!



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