

Gut Feelings

In the last several years it's become fairly common knowledge (even TV commercials refer to it) that our gut needs good bacteria for optimal health and digestion. **Fifteen years ago many people would come to our store with gut and other health problems for months after a round of antibiotics with no clue as to the cause.** Recently more in the medical establishment are helping people avoid these problems by suggesting probiotics (good bacteria), after a round of antibiotics, to “reseed” the gut with the good guys. Probiotics can come from traditionally fermented foods like raw organic sauerkraut (we make & sell it at Sunshine), kimchi, miso, high quality yogurt, and kefir or in the form of capsules or liquids purchased from health food stores.

In the soil bacteria help break down (digest) nutrients into a form the villi (little hair-like structures) on the plant roots can more easily absorb.

Human “roots” (the villi on the intestinal lining) are portable - they travel with us. The container for our “soil” complete with compost and beneficial bacteria is our intestinal tract. As in the plant world, bacteria are instrumental in performing the final stages of digestion so the nutrients from our food can then be absorbed by the intestinal villi and transferred into the bloodstream.

In addition, **the 100 trillion beneficial bacteria that reside deep in a healthy human gastrointestinal tract are a critical component of our immune system.** They create a living shield that inhibits pathogens including E. coli, salmonella, unhealthy yeasts, and other threats, from penetrating the intestinal lining and reaching the bloodstream. These beneficial bacteria also help manufacture essential nutrients like vitamins B-12, K-2, as well as many immune enhancing compounds that scientists have yet to fully understand.

What About Your Gut Feelings?

Fascinating science emerging from the groundbreaking field of neuro-gastroenterology is proving that in addition to gut bacteria being instrumental to our immune and digestive systems, **gut bacteria produce 95% of the feel-good neurotransmitter serotonin** and large percentages of our dopamine and GABA. These neurotransmitters are largely responsible for how we feel about ourselves and our world and how our brains function.



Ability to concentrate & learn normally is dependent on neurotransmitters made in the gut

Some neurotransmitters are largely responsible for the smooth delivery of our brain's messages, apparent in the cases of diseases like MS and Parkinson's.

Dr. David Permuter's is a world renown leader in this field.



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Gut Feelings continued:

His latest bestseller, Brain Maker, presents case histories documenting the benefits of aggressive treatments for maintaining and restoring gut health – from probiotic enemas to even going as far as having people get fecal matter transplantation (performed during a colonoscopy). Perlemtuter explains how debilitating brain disorders like ADHD & autism in children to people developing depression or dementia at younger ages than ever before is, to an extraordinary degree, dictated by the state of their microbiome (their body's bacteria). Perlmutter said: “We see amazing successes.” In Brain Maker is the story of **a mother who gave high dose probiotic enemas to her autistic son with huge improvements in some of his behaviors in only a few hours.**

Another study was done with 60 alcoholics - usually considered a brain disorder. Twenty-six who were identified as having reduced gut flora and leaky gut syndrome still had high scores of depression and alcohol cravings after 19 days of sobriety. The remaining 34 who scored lower on depression & alcohol cravings were identified as having normal gut health.

Microbiome research shreds the notion of medical reductionism, where your body is reduced to individual unrelated parts. Every system in your body interrelates in a way that ultimately supports either health or disease.

So beyond good digestion and immunity, whether or not you're “happy as a lark” or “can't stomach” some bad news about your world, **it's becoming more apparent that your feelings may be largely dependent on the bugs in your gut.**

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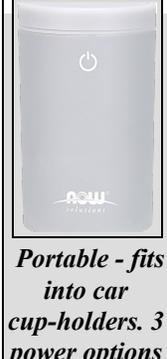
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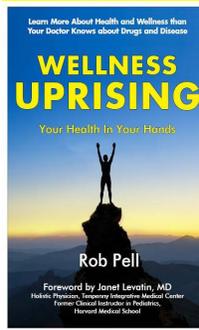
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