All Disease Starts in the Gut
---Heal the Gut
Heal the Disease

Hippokrates of Kos

' Everytime You Eat or Drink
You are Feeding Disease
or Fighting it'

Hippokrates of Kos

Author - Editor: Professor of Medicine Desire’ Dubounet, D. Sc. L.P.C.C.
This movie will tell you more about gut disease and all disease and what to do about it in today’s world in simple terms.

http://indavideo.hu/video/Bad_Gut_Bacteria_make_for_Obese_Patients

This book will elaborate on the topic and make it known how to fix the Gut. Our body needs to have bacteria in our gut. There is **GOOD Bacteria** that need oxygen to live and **BAD Bacteria** that use sulphur to live in the gut. The bad bacteria is needed to help in vitamin absorption and manufacture. These vitamins are essential for mental and physical health. There should be 85% good bacteria. When there is too much bad bacteria then disease ensues. The belly swells and all disease can develop.

The size of the belly is an indication of health. So when seeking a mate we all tend to select a smaller belly because we unconsciously want a healthy mate. This book is designed to explain how to treat and correct bad gut bacertia.
**Sick and Tired of Feeling Sick and Tired?**
It may be in your gut!

BAD BOWEL BACTERIA IS CAUSED BY BAD DIET
ANTI-BIOTICS, SUGAR, PROCESSED FOODS,
SYNTHETIC CHEMICALS, STRESS, LEAKY GUT,
OVER EATING, LACK OF EXERCISE, ST. DRUGS,
DEHYDRATION, TRANSFATS, IGNORANCE
How to Fix the Gut

1. Kill the Bowel Bacteria with a 1 week detox
2. Establish a good Flora home in the gut with Prebiotics
3. Use Probiotics to seed the gut
4. Eat alkalizing foods
5. Avoid bad foods like processed sugar and foods boiled in oil
6. Reduce Stress during meals and for 45 min after meals
7. Obey the Rules of the Stomach
8. If you do not have a bowel movement everyday then do an enema or other irrigation
9. Foods made and eaten with love are nutrition, made with anger become poisons
The Ideal Waist to Thigh Ratio (WTR) is 1.25. WTR from 1.25 to 1.5 is healthy. Above 1.5 there is health risk. WTR above 2 is at risk, above 3 extreme risks of cancer, diabetes, and cardiovascular disease.

A small thigh circumference was associated with an increased risk of cardiovascular and coronary heart diseases and total mortality in both men and women. A threshold effect for thigh circumference was evident, with greatly increased risk of premature death below around 60 cm. Let's look at waist to hip ratio (WHR).

This book is about reducing the waist while increasing health and beauty.

The Ratio of Waist to Hips, Thighs and Shoulders indicates Health and Beauty.
A Small Waist and Big Thighs are an Indication of Health+Beauty

Health and Beauty Perceptions are Hard Wired into Our Brains

Hard Wired in All People.
When any organ is enlarged or swollen it is a sign of disease.

What about the gut??
The Distance Between the Belly Button and the outer edge of the Intestine should be 4 fingers, If Bigger then the Sm Colon is Swollen and Hypertrophied.

If the gut is too big it is a sign of disease as well.
Signs of too much Bad Bacteria include bloating big belly, flatulence and any disease.

A Healthy Person should fart about 5 to 10 times a day. Much more is a symptom of Gut Dysbiosis or bad bowel bacteria in excess.
STRESS ALSO MAKES YOU FAT

Cushing's syndrome is a hormonal disorder caused by prolonged exposure of the body's tissues to high levels of the hormone cortisol (hypercortisolism).

SubClinical Excess Cortisol from Stress makes people accumulate fat in the belly.

Metabolic syndrome (Syndrome X)
- Central obesity
- High blood pressure
- High triglycerides
- Low HDL-cholesterol
- Insulin resistance
Is everyone who is between Addison's and Cushing's Disease really “normal?”

In “normal” range but far from healthy?

- $\mu - 3\sigma$: 2.15%
- $\mu - 2\sigma$: 13.6%
- $\mu - \sigma$: 34.1%
- $\mu$: 34.1%
- $\mu + \sigma$: 13.6%
- $\mu + 2\sigma$: 2.15%
- $\mu + 3\sigma$: 68.2%
- 95.4%
- 99.7%

**Excess Fat and Sugar Consumption Turn Into Neutral Fat...**

Sugar and fats in your diet → Calories spent as energy → Excess Stress + Lack of Exercise → Left over fats and sugar → Triglycerides stored away as neutral fat in the body.
RULES FOR THE STOMACH

The stomach is an important part of our anatomy. Food entering our mouths must be properly prepared for digestion. After being chewed and masticated by the mouth, the food is now sent to the stomach for further processing. The stomach mixes the food in an acid bath for further break-up of the nutrients. When the acid shifts alkaline to about 5.5 ph the pylorus valve at the base of the stomach opens and the food is passed along to the primary digestive organ the small intestine.

Nature has provided us with a nervous system that regulates this process. This nervous system is designed to prefer muscle action over digestion. So if a threat or stress comes to us after a meal, such as a lion attack, our body will shift its energy from digestion to the muscles and we can survive by running away. In our present society we have few lions, but our nerves can still stop digestion just as easily.

When we allow the stomach to empty its contents prematurely the small intestine is over burdened. The food is not properly prepared for digestion. Then we get an increase in large undigested proteins and large undigested fats that can be absorbed into the lymphatic system. This will enter the free fatty acid and amino acid pool and either clog up the lymphatic system or be used to make cells. Cells which will now be made of poor quality parts. It is not much of a problem if we circumvent the stomach just now and then, but for some the patients, this becomes a way of life.
They constantly use ant acids, too much liquid with meals, coffee, milk, or a variety of ways to empty the stomach too early. When the stomach empties there is a release of CCK a hormone which has a slight anti depression or euphoria. This and the release of the stuffy stomach feeling intensifies the addictive quality of the effect. But the long term effects on nutrition are very detrimental. There are rules of the stomach that can maximize nutrition.

The majority of our patients are partially sick because they violate the rules of the stomach. This is the key to weight loss and the healing of a host of other disease. We are seeing more and more evidence of what good nutrition can do. But it is not just what we eat that is important, but what we absorb. Even the best meal or nutrition can result in inappropriate nutrition if we violate the rules of the stomach.

Food combining is just part of the answer. As that different foods have different times for stomach digestion. So the stomach can open prematurely from that.

## Rules of the Stomach

1. **Fluids alone** (no more than 4oz. Of fluid with a meal, or for two hours after a meal)
2. **No coffee at meals** (wait for 1.5 to 2 hours after or 1 hour before eating)
3. **No milk with meals** (wait for 1.5 to 2 hours after or 1 hour before eating)
   - 4. **Fruits alone** (wait for 1.5 to 2 hours after or 1 hour before eating)
   - 5. **Melons alone** (wait for 1.5 to 2 hours after or 1 hour before eating)
4. **Small meal is better** Quality of nutrition not quantity
5. **Slow meals** Savor, enjoy, rejoice, and celebrate the meal
6. **Eat for nutrition not for stimulation**, Eat when hungry, not when bored
7. **Rest comfortably after eating for at least 35 to 45 min to maximize stomach function**
8. **Make and eat food with love and kindness**, no violent or negative emotions
9. **No ant-acids**

When the stomach is weak the signs will be craving fluids with a meal, bloating after a meal, itching skin especially rectum, belching, and gas. The patient will have a difficult time digesting raw vegetables. They will complain that raw vegetables cannot be digested. This is not a fluke of their digestion or an
inherited weakness. This is a sign of a weak stomach. Sometimes our children come home from school and say, Daddy I don’t want to go to school any more, it makes my head hurt. We must say back I know it is hard, but you must develop slowly and work to become better. This is what we must say to those with weak stomachs. You must work slowly, day by day building up the stomach by taking some vegetables as juice. Maybe even very dilute juice and slowly increasing the amount till your stomach develops the strength to process your food properly. The nutrient content of fruits and vegetables is immense, and being able to break up the nutrients and stimulate absorption is needed for complete health and recovery.

The addictive quality of this problem is seen as our society more and more allows for breaking the rules of the stomach. The greater your disease or especially if your disease is critical the more you will need to observe the rules of the stomach. This is a must for proper healing.

SO NOW WE SEE THE CAUSES OF DISEASE AND BIG BELLY, SO WHAT CAN WE DO TO CORRECT IT?

FIRST WE CAN CORRECT THE BOWEL BACTERIA AND WE START WITH KILLING THE BAD BACTERIA

**THIS WILL KILL BAD + GOOD BACTERIA**

**Kill Bowel Bacteria**

- Mix 2 Teasps of equal parts Oregano, grape fruit seed
- Tea Tree Oil, Into Tomato Juice before bed + 3 prunes.
- 2 cups of Garlic, Echinacea, Golden Seal Tea a day
- Eat very little fiber for 1 wk
- 6 hard boiled eggs/day
- over cook and juice fruit+veg
The Worst Food For Weight Gain
Sugar is the worst food item you can consume for weight gain because it preferentially feeds your unhealthy bacteria and leading to food cravings for sugar and fat, increased toxin output and systemic inflammation. It’s really a triple whammy. For these reasons you’re going to attempt to avoid sugar as much as possible for duration of this programs.

Avoiding Vegetables...for now
For the first week of this program you’re even going to avoid most of the high fiber vegetables. These are things like leafy greens, broccoli, cauliflower and many of the other items you would assume to be ‘healthy’ and expect to see in a diet program. For the first two weeks of this program it’s essential to reduce total fiber until we can reset your gut bacteria to a healthy balance. Then after this initial phase we will start reintroducing all of these healthy higher fiber foods.

Phase 1
The core of the 12-week Bowel Flora Rebalancing is an initial 6-week phase of corrective eating that has been shown in research studies to improve the bacterial richness in people who are suffering from low richness. [Remember that high bacterial richness is the state you want to be in for efficient fat burning and weight loss.]
This period will also include the temporary removal of many of the trouble foods that may also influence your gut richness, including the removal of any foods known to have a high load of antibiotic resistant bacteria, such as chicken and ready-to-eat salads. We will also temporarily remove almost all fiber, as fiber is considered to be ‘bacteria food’ feeding the bacteria itself. At this first critical stage our goal is to remove the bad bacteria so that means even
removing fiber from your diet for a short while (don’t worry, fiber will be gradually added back into your diet after these 6 weeks).
During this 6 week period you are also going to avoid heavily processed foods, and do your best to lower saturated fat intake and simple sugar intake.
There will also be a list of common household items and cosmetics to limit your exposure to that include Triclosan. While you do not need to avoid ALL of these items, I’d like you to do your best to limit your use of these items wherever possible during the first 6 weeks of this program.

**Week 1**

**Women Men**

**Daily Calories:** Height 5’8 or less – 1200 cals/day
Height 5’9 or more – 1500 cals/day
Height 5’6 or less – 1200 cals/day
Height 5’7 or more – 1500 cals/day

**Protein:**
(grams/day)
If daily calories are 1200 then protein = 100 grams/day
If daily calories are 1500 then protein = 130 grams/day

**Carbs:**
(grams/day)
If daily calories are 1200 then carbs = 120 grams/day
If daily calories are 1500 then carbs = 150 grams/day

**Fat:**
(grams/day)
If daily calories are 1200 then fat = 33 grams/day
If daily calories are 1500 then fat = 41 grams/day

**Daily Fiber Intake:**
During this phase of Bowel Flora Rebalancing your fiber intake will be extremely LOW. You should target 5 grams per day. Reducing fiber content is critical in the first two weeks of this program. Fiber itself feeds the growth of your both your good and bad intestinal bacteria.
During these first two weeks the goal is to remove fiber in an effort to starve off and reduce the level of pathogenic unwanted bacteria.
In phase 2 and 3 we will be taking steps to re-introduce fiber, probiotic foods and prebiotic foods to re-populate and support your healthy bacteria. In this initial stage we also recommend taking a probiotic supplement to start the process of increasing the healthy bacteria content while your fiber intake is low.
This reduction in fiber also helps your gut restore its proper functioning.
After this initial two week low fiber phase we will then re-introduce a variety of fiber containing foods which will greatly increase your overall food variety and choices.
I suggest either 2 or 3 meals per day in phase 1. The total food volume is lower on this phase and because of this the more times you choose to eat the smaller each meal will get.
I suggest eating more of you calories later in the day and keeping your first one or two
meals of the day smaller. If you choose to eat 3 meals per day I suggest making breakfast
the smallest lightest meal, and lunch or dinner being the largest. In most cases eating
less in the morning and more towards the middle or end of the day will feel the most
satisfying given the food volume and food choices in this phase.
A breakfast ‘meal’ can be as simple as a coffee and yogurt if you’re keeping it small, or
bacon and eggs and toast if you want to eat more in the morning. If you don’t feel
hungry at all in the mornings then it’s perfectly fine to only have coffee, tea or juice as
your breakfast ‘meal’ and start eating solid food at lunch. This liquid only breakfast is a
common technique of extending the overnight fast in order to give the gut more time to
rest before starting the eating and digestion process again. Many clients I have worked
with find great success with this pattern of a liquid breakfast, followed by a moderate
lunch and larger dinner. In my experience it is the most effective and easiest meal
pattern to adopt for the initial 2-6 weeks of this diet.
The time of day you start eating is your choice as is the amount of time between each
meal. In general a minimum of 4 hours between meals is a good benchmark. Extending
the time between meals is fine and if you choose a 2 or 3 meal per day.
For example I typically have a gap of approximately 6-7 hours between lunch and dinner.
If I’m feeling a bit too depleted or low on energy I will have a small snack to break up
that long gap. Most days it’s fine.
The key here is to adjust into a pattern that keeps you feeling satisfied throughout the
day and that fits into your weekday and weekend schedule.
**Cooking Instructions:**
In phase 1 we recommend the majority of both fruits and vegetables to be well cooked.
Cooking helps break down the fiber making both vegetables and fruits easier to digest
and greatly reducing their effect on the bacteria in your gut. A simple way to think of it is
that if you choose to eat a vegetable or a fruit in this phase, it must be cooked well
enough that is very soft to touch when you eat it, nothing raw, nothing crunchy. For
example if you want to have an apple in this phase it must be baked to the point of being
soft like the apples inside apple pie filing. A small amount of raw fruit or vegetable is ok,
however try to avoid it as much as possible.
All meat, poultry and fish should be well cooked in this phase as well. For example raw
fish and meat dishes such as sushi and steak tartare are off limits in this initial phase.
Cooking serves two purposes. First, to eliminate and reduce as much potential
pathogenic bacteria from the diet as possible and secondly to make food items easy to
digest.
## Best Choices

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>DAIRY &amp; EGGS</th>
<th>MEATS, FISH &amp; POULTRY</th>
<th>FRUITS &amp; VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn grits (not polenta), well cooked</td>
<td>Almond Milk</td>
<td>Bacon, well cooked</td>
<td>Apple, baked</td>
</tr>
<tr>
<td>Couscous</td>
<td>Cultured Butter</td>
<td>Bass fillet, well cooked</td>
<td>Avocado</td>
</tr>
<tr>
<td>Crackers</td>
<td>Eggs</td>
<td>Beef, all cuts or ground</td>
<td>Cantaloupe, raw</td>
</tr>
<tr>
<td>Macaroni</td>
<td>Yogurt with no added sugar</td>
<td>Chicken, well cooked</td>
<td>Carrots, cooked only</td>
</tr>
<tr>
<td>Plain white Pasta</td>
<td></td>
<td>Crab, well cooked</td>
<td>Cucumber</td>
</tr>
<tr>
<td>Potato no skin</td>
<td></td>
<td>Fish fillet, any white fish, well cooked</td>
<td>Melon, raw</td>
</tr>
<tr>
<td>Rice bread</td>
<td></td>
<td>Ham, well cooked</td>
<td>Onions, cooked only</td>
</tr>
<tr>
<td>Soy flour</td>
<td></td>
<td>Lamb</td>
<td>Peach, baked</td>
</tr>
<tr>
<td>White bread, no bran, no sugar</td>
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<td>Lobster, well cooked</td>
<td>Pear, baked</td>
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<tr>
<td>White rice, well cooked</td>
<td></td>
<td>Mussel, well cooked</td>
<td>Tomato, baked</td>
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<td></td>
<td></td>
<td>Octopus or squid, well cooked</td>
<td>Tomato sauce, no sugar added</td>
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<td></td>
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<td>Orange roughy fillet, well cooked</td>
<td>Tomato soup</td>
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<td></td>
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<td>Oysters, well cooked</td>
<td>Tomato, cooked</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pork, all cuts, well cooked</td>
<td>Watermelon, raw</td>
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<tr>
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<td>Red snapper fillet, well cooked</td>
<td>Zucchini, well cooked</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Salmon, well cooked</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Sausage</td>
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<tr>
<td></td>
<td></td>
<td>Shrimp, well cooked</td>
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<tr>
<td></td>
<td></td>
<td>Smoked Salmon</td>
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<td></td>
<td></td>
<td>Snapper fillet, well cooked</td>
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<tr>
<td></td>
<td></td>
<td>Swordfish fillet, well cooked</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Turkey, well cooked</td>
<td></td>
</tr>
</tbody>
</table>

## Limit Expose

| Whole Grains | Seeds | Oats | Lentils | Legumes | Leafy Greens | Dried Fruits | Cheese | Bran | Beans | Raw Fruits | Raw Vegetables | Artificial sweeteners | Hormone or antibiotic treated eggs | Hormone or antibiotic treated poultry | Hormone or antibiotic treated meats | Processed Cheeses | Processed foods (including canned or boxed foods) | Processed Meats | Saturated Fat | Sugar |
|--------------|-------|------|---------|---------|--------------|--------------|--------|------|-------|------------|----------------------|--------------------------|-----------------------------|-----------------------------|--------------------------------|------------------------------------------------|------------------|-----------------|-------|

## Do Not eat
Next we use prebiotics to make a good place for good bacteria to live.

Prebiotic Foods

(foods that feed beneficial bacterial) such as: Cabbage, Jerusalem artichoke, Chicory, Onions, Garlic, Leaks, Bananas, Peas, Lentils, Legumes, Eggplant, Asparagus, Dandelion Greens, Wheat Bran + Wheat Flour and Mushrooms. Eat more cultured and fermented foods, such as: KIM CHI, Miso, Kombucha, Tempeh, Sauerkraut, non-pasteurized Pro-biotic yogurt and Kefir.
Foods Naturally High in Prebiotics

- Tomatoes
- Artichokes
- Onions
- Garlic
- Chicory
- Dandelion greens
- Asparagus
- Leeks
- Berries
- Bananas
- Flax seed
- Legumes

We Like Healthy Foods
# The Next Week

## Best Choices

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>DAIRY, EGGS &amp; PREBIOTIC FOODS</th>
<th>MEAT, FISH &amp; POULTRY</th>
<th>FRUITS &amp; VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn grits</td>
<td>Almond milk</td>
<td>Bacon, cooked</td>
<td>Apple</td>
</tr>
<tr>
<td>(not polenta)</td>
<td>Cheddar cheese</td>
<td>Bass fillet, cooked</td>
<td>Artichoke hearts, cooked</td>
</tr>
<tr>
<td>cooked</td>
<td>Coconut kefir</td>
<td>Beef, all cuts or ground, cooked</td>
<td>Asparagus, cooked</td>
</tr>
<tr>
<td>Couscous</td>
<td>Coconut milk</td>
<td>Chicken, cooked</td>
<td>Avocado</td>
</tr>
<tr>
<td>Flax seed meal</td>
<td>Cottage cheese</td>
<td>Chicken, cooked, non antibiotic</td>
<td>Bananas</td>
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<tr>
<td>Low carb</td>
<td>Cream cheese</td>
<td>Crab, cooked</td>
<td>Bell pepper</td>
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<tr>
<td>all-purpose</td>
<td>Cultured butter</td>
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<td>Blackberries</td>
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<tr>
<td>baking mix</td>
<td>Eggs: non antibiotic</td>
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<td>Blueberries</td>
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<tr>
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<td>Feta cheese</td>
<td>Ham, cooked</td>
<td>Broccoli</td>
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<tr>
<td>vanilla protein</td>
<td>Goat cheese</td>
<td>Italian sausage</td>
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<td>powder</td>
<td>Greek yogurt</td>
<td>Lamb</td>
<td>Carrots, cooked</td>
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<td>Oat bran</td>
<td>Kefir</td>
<td>Lobster, cooked</td>
<td>Celery, cooked</td>
</tr>
<tr>
<td>cooked</td>
<td>Kimchi</td>
<td>Muscles, cooked</td>
<td>Cherries</td>
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<tr>
<td>Quinoa</td>
<td>Kombucha</td>
<td>Octopus or squid, cooked</td>
<td>Chipotle pepper</td>
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<td>Rice bread</td>
<td>Milk</td>
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<td>Cucumber</td>
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<tr>
<td>Rolled oats</td>
<td>Miso</td>
<td>Pork sausage</td>
<td>Fresh ginger</td>
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<td>Monterey jack cheese</td>
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<td>Garlic, cooked</td>
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<tr>
<td>Soy flour, well</td>
<td>Organic tempeh</td>
<td>Red snapper fillet, cooked</td>
<td>Green onion</td>
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<td>cooked</td>
<td>Parmesan cheese</td>
<td>Shrimp, cooked</td>
<td>Jalapeno peppers</td>
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<td>Textured vegetable</td>
<td>Ricotta cheese</td>
<td>Smoked Salmon</td>
<td>Leafy green vegetables, cooked</td>
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<td>protein</td>
<td>Romano cheese</td>
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<td>Vital wheat</td>
<td>Sauerkraut</td>
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<td>Lettuce</td>
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<td>gluten</td>
<td>Sour cream</td>
<td>Turkey sausage</td>
<td>Lime</td>
</tr>
<tr>
<td>White no bran,</td>
<td>Soy milk</td>
<td>Turkey, cooked, non antibiotic</td>
<td>Mushrooms, cooked</td>
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<tr>
<td>no sugar, bread</td>
<td>Tofu, well cooked</td>
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<td>Okra, cooked</td>
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<td>White rice,</td>
<td>Yogurt</td>
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<td>Onion, cooked</td>
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<td>Raspberries</td>
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<td>Whole wheat bread</td>
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<td>Shallots, cooked</td>
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<tr>
<td>Whole wheat</td>
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<td></td>
<td>Spinach, cooked</td>
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<tr>
<td>pastry flour</td>
<td></td>
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<td>Summer squash, cooked</td>
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<td>Tomato</td>
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<td></td>
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<td>Zucchini, cooked</td>
</tr>
</tbody>
</table>

## Moderate Expose

- Beans
- Beer - dark and cloudy preferred
- Bran
- Bread - sourdough and sprouted grain preferred
- Dried Fruits
- Fruit jam or preserves
- Honey - local preferred
- Ice cream
- Legumes, Lentils
- Nuts
- Oats
- Organic dark chocolate
- Peanut butter
- Raw Fruits
- Raw Vegetables
- Wine - red varieties preferred

## Do Not eat

- Artificial sweeteners
- Hormone or antibiotic treated eggs
- Hormone or antibiotic treated poultry
- Hormone or antibiotic treated meats
- Processed Cheeses
- Processed foods (including canned or boxed foods)
- Processed meats
- Saturated Fat
- Sugar
AND NOW WE BUILD THE CORRECT BACTERIA WITH PROBIOTICS

HUNDREDS OF HOURS OF ENTERTAINING VIDEO TRAINING ON THE IMUNE HARD DRIVE
Anti-Biotics destroy the good bacteria we need for immunity. Anti-Biotics weaken the immune system.

**Improved**
- Digestion
- Immunity
- Disease Resistance

Anti-Biotics unnaturally upset the immune system and make you dependent on the antibiotic. Good for the drug co. Bad for you.
Probiotic yogurt stimulates the immune system
Peer-reviewed studies report that the regular use of yogurt reduces:
- a) the levels of harmful bacteria that promote dental decay and periodontal disease in the mouths of children;
- b) the risk of premature birth in women with bacterial vaginosis and pre-eclampsia (high blood pressure) in first time mothers;
- c) the likelihood of diarrhea and other gastrointestinal complaints relating to antibiotic use;
- d) the incidence of type 2 diabetes and metabolic syndrome according to intervention trials and large population studies.

Here is what Probiotics do for you and your family

Stop Anti-biotics
Use Probiotics

IMUNE
International Medical University for Natural Education
Evidence Based Natural Energetic Medicine Education
Benefits of Probiotics

1) relief of stress, anxiety, and depression
2) mood improvement via gut-brain signaling
3) protection against free radicals
4) anti-inflammatory properties
5) improvement of glucose tolerance
6) reduced upper respiratory tract infections
7) allergy prevention
8) cholesterol reduction
9) beneficial effects in liver disease, and...
10) many other health benefits!

Health benefits of Probiotics

- anti-inflammatory properties
- protection from free radicals
- improves glucose tolerance
- prevents allergies
- reduces cholesterol
- benefits & supports liver
- improves mood
- relieves stress
- relieves anxiety
- relieves depression
- regulates bowel activity
- improves immune system
- improves digestion
- improves nutrient absorption
- fights yeast & fungal infections
- prevents constipation
- alleviates bloating
- improves antibiotic tolerance
- helps with hormone balance
- assists in detoxification
- enhances calcium metabolism
- improves lactose digestion
- fights bad bacteria
- increases energy

Probiotic Fruit Smoothie

Ingredients:
- 2 1/2 cups frozen organic fruits
- 1 medium organic banana frozen
- 1 tablespoon (or less) raw honey
- 2-3 Lacteo-Flora capsules, empty probiotic, discard capsule

Directions:
Add frozen fruit, banana (broken into pieces), milk, honey, and empty probiotic powder into blender. Blend until smooth. Enjoy!

Lacteo-Flora can be purchased at www.oasisadvancedwellness.com/products/lacteo-flora.html

www.OasisAdvancedWellness.com
Kids who don’t have food sensitivities and who don’t eat the way that we do. From “Lunchables” to bottles of rainbow-colored sugar water to packages of 20-ingredient cookies and pastries, a lot of today’s kids eat little more than highly processed, artificially colored junk all day. And this “food” is not only nutritionally bankrupt, and full of GMOs and other scary additives, but it’s also packed with allergens that will make you quite sick. But to my 5-year-old, it looks like a smorgasbord of brightly colored, cartoon endorsed, sweet-smelling Temptation. Sigh. What’s a crunchy, Real Food Mommy to do?

Make substitutes!

Five-year-olds hate being left out. So, I set out to make an additive-free, healthier alternative that my daughter could enjoy while her neighborhood friends were eating their FD&C Yellow No. 5-laden gummy fish. (Ew.) What I ended up with was a guilt-free gummy candy recipe that is Paleo-friendly and GAPS legal, and relatively low in sugar—or you can use stevia to sweeten it. These candies also have the nutritional goodness of real fruit and full-fat coconut milk for growing bodies, plus the gut healing benefits of gelatin and probiotics. Gelatin not only contains amino acids and colloids that can improve digestion and nourish your intestinal lining, it is also high in collagen and proteins which feed and strengthen your skin, hair, nails and joints. We make a point of using a high-quality gelatin from grass-fed cows to get the most out of this nutritious food. For this batch, we puréed strawberries and bananas (which made the gummies kinda pinkish-brown), but you could use any fruit that you have on hand, or use some leftover
smoothie. (And if you use leftover green smoothie, you can even sneak some veggies into your candy! Imagine that!) These candies turned out so delicious that my whole family can’t get enough of them now. And they are so easy to make, I don’t mind obliging them. 😊

Probiotic Gummy Candies

Tools
- Silicone candy molds or an 8×8 cake pan (we used this kind)
- Candy or cooking thermometer (where to find online)

Ingredients
- 1 cup full fat coconut milk (Don’t use drinking/cereal coconut milks; they are too thin.) (where to find additive- and BPA-free coconut milk online)
- 1 cup fruit purée or leftover smoothie
- 1/2-1 cup honey or maple syrup OR 40-50 drops of liquid stevia, to taste
- 1/2 cup unflavored, grass-fed gelatin (where to find online)
- Pinch of sea salt
- 8-10 probiotic capsules or a Tbsp. of yogurt starter culture (Optional) (where to find online)
- 1 Tbsp. vanilla or other flavored extract (Optional)
- Natural food coloring like beet juice, blueberry juice, etc. (Optional) (where to find online)

Directions
1. In a saucepan, heat the coconut milk, sweetener and salt until blended. Bring to just below a boil.
2. Sprinkle the gelatin over the top of the hot mixture a little at a time, and whisk in until thoroughly dissolved.
3. Remove from heat and allow mixture to cool down to about 105-110 degrees F. This is important because you don’t want to kill the probiotics.
4. Once the mixture has cooled, thoroughly mix in the fruit purée/smoothie, vanilla extract, probiotics and food coloring, if using.
5. Pour into candy molds or a cake pan and refrigerate about 30 minutes to an hour, until solid.
6. Remove candy from molds or cut into small squares and store in a jar in the fridge.
7. Enjoy!
Coleslaw with a Probiotic Kick!

The perfect dish for your potluck!

Ingredients

1 head of cabbage, shredded
3 thinly sliced bell peppers (red, orange, and yellow)
1 shredded apple
2 green onions, chopped

Dressing

1/2 cup sauerkraut brine
1/4 cup honey
3 Tbsp olive oil
3 Tbsp coconut oil
grated ginger (to taste)
salt and pepper (to taste)

Instructions

1. Shred the cabbage and apple and place into a large mixing bowl. Thinly slice the bell peppers and green onions, and add them to the bowl.

2. Mix all of the ingredients (except the salt and pepper) and add it to the coleslaw. Mix to combine. Season with salt and pepper as desired.
The Benefits Of Probiotics

100 years of scientific studies have shown that probiotics have numerous benefits. In fact, recent studies have shown there are more than 100 distinct benefits of probiotics.

Many are surprised to learn that probiotics affect more than just digestion. But volumes of research have shown that every single body system is affected by the health of our probiotic colonies.

Be sure to take more probiotics so you stay healthy!

Infant Benefits
- Improve gut health
- Reduce urinary tract infections
- Reduce respiratory infections
- Improve immune function

Immunity And General Health
- Improve gut health
- Reduce infections
- Reduce respiratory infections
- Reduce urinary tract infections
- Reduce allergies
- Reduce inflammation

Mental Health
- Improve mood
- Reduce depression

Liver Health
- Reduce liver damage
- Reduce inflammation

Stomach Health
- Improve digestion
- Reduce gas and bloating

Heart Health
- Reduce risk of heart disease
- Reduce blood pressure
- Lower cholesterol level

Lung Health
- Fight lung infections
- Reduce respiratory infections

Skin Condition
- Improve skin health
- Reduce acne
- Reduce skin infections

Reduce Digestion Discomfort
- Reduce bloating
- Reduce gas
- Reduce diarrhea

Increase Nutrient Absorption
- Improve nutrient absorption
- Increase calcium absorption
- Increase iron absorption

Vaginal Health
- Reduce yeast infections
- Reduce bacterial vaginosis
- Reduce urinary tract infections

Probiotics.org

Probiotics.org

Probiotics.org
Foods Rich in Enzymes

“Without enzymes, no activity at all would take place. Neither vitamins, minerals, or hormones can do any work — without enzymes.”
Dr. Edward Howell

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables, Grains &amp; Herbs</th>
<th>Nuts and Seeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado</td>
<td>Aloe Vera</td>
<td>Coconut (but not coconut oil)</td>
</tr>
<tr>
<td>Banana</td>
<td>Barley grass</td>
<td>Flaxseed</td>
</tr>
<tr>
<td>Bilberries</td>
<td>Cucumbers</td>
<td>Germinated tree nuts</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Garlic (raw)</td>
<td>Unrefined oils</td>
</tr>
<tr>
<td>Dates</td>
<td>Ginger root</td>
<td></td>
</tr>
<tr>
<td>Figs</td>
<td>Cold-pressed Olive oil</td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td>Olives</td>
<td></td>
</tr>
<tr>
<td>Guava</td>
<td>Onions (raw)</td>
<td></td>
</tr>
<tr>
<td>Kiwi</td>
<td>Pau d’arco</td>
<td></td>
</tr>
<tr>
<td>Mangos</td>
<td>Sprouted grains</td>
<td></td>
</tr>
<tr>
<td>Melons</td>
<td>Sprouts (According to Howell, sprouts contain the most enzymes when they are 1/2” long.)</td>
<td></td>
</tr>
<tr>
<td>Papaya</td>
<td>Wheat germ (raw)</td>
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<tr>
<td>Pineapple</td>
<td>Wheatgrass juice</td>
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<tr>
<td>Cultured Foods</td>
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<tr>
<td>Cheese</td>
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<tr>
<td>Kefir</td>
<td></td>
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<tr>
<td>Yogurt</td>
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<td></td>
</tr>
<tr>
<td>Sauerkraut (raw)</td>
<td></td>
<td></td>
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<tr>
<td>Kimchee (raw)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pickled vegetables (raw)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Animal Products
- Bee pollen
- Honey (raw)
- Royal jelly
- Butter (raw & unpasteurized)
- Milk (raw & unpasteurized)

Sea Vegetables and Algae
- Chlorella
- Kelp (raw)
- Spirulina
ON THE ANDI SCALE, THE TOP 20 NUTRIENT-DENSE FOODS ARE:

1. kale
2. collard greens
3. bok choy
4. spinach
5. brussels sprouts
6. arugula
7. cabbage
8. romaine
9. broccoli
10. cauliflower
11. green peppers
12. artichokes
13. carrots
14. asparagus
15. strawberries
16. pomegranate juice
17. tomato
18. blueberries
19. iceberg
20. oranges

TOXIC TRANS FAT IN PROCESSED FOODS
6 Worst Trans Fat Foods

**Breakfast Pastries**
Processed pastries that are typically eaten in the morning. Examples include donuts, cinnamon buns, and coffee cakes.

**Fried Foods**
Almost any food that is battered and fried. Examples include French fries, onion rings, chicken wings, and fried chicken.

**Salty Snacks**
Salty and bite-sized foods that are typically quick to make or packaged ready-to-eat. Examples include crackers, popcorn, and beef jerky.

**Pastas**
Processed pastas that are boxed or come frozen. Examples include ravioli, macaroni and cheese, and lasagna.

**Desserts**
Ready-to-eat treats that often come individually packaged or frozen. Examples include snack cakes, cake and brownie mixes, and ice cream bars.

**Breads**
Processed breads that come frozen or can be bought packaged and pre-cut. Examples include garlic bread, Texas toast, and breadsticks.
Good Sugar and Oil

Eat at least five servings of fruits and vegetables a day, use vegetables as the center of the meal. Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good fatty acids, not trans or cooked animal oils. Eat only levulose (fructose fruit sugars) not dextrose (cane, corn, potato, grape sugar). Wellness is your reward. Remember to chew your food, fruits alone, fluids alone, and melons alone. Make vegetable and fruit juice part of your daily wellness healthy regime.
Did You Know?

- A healthy bowel transit time should be 12 to 18 hours. The average transit time in Western countries is at least twice that - 38 hours or more!

- Constipation and Other Digestive Disorders Affect 1 out of 5 People in America!

- Most doctors respond by recommending a laxative, which is essentially a drug. Laxative sales in the last four years alone exceeded $2.7 billion. One can easily conclude bowel compaction (ironically, often drug-induced) is a very serious health concern in the United States.
Some toxins exit the body via the feces.

Step 2: (Healthy Function)
In the healthy liver, toxins are transformed in Phase I to an intermediate substance.

Step 3: (Healthy Function)
In the healthy liver, the intermediate substance is transformed in Phase II to a more water-soluble substance and released to the kidney.

Step 4: (Healthy Function)
The water-soluble substance is excreted via the urine.

Food comes in and is split into good nutrients by good bacteria.

Good bacteria keep intestinal walls clean.

IMUNE
International Medical University for Natural Education
Evidence Based Natural Energetic Medicine Education
IF YOU DO NOT HAVE A BOWEL MOVEMENT THEN DO AN ENEMA

Positions for using an enema:

- **Left-side position**: Lie on left side with knee bent, and arms resting comfortably.

- **Knee-chest position**: Kneel, then lower head and chest forward until left side of face is resting on surface with left arm folded comfortably.
How to do a Coffee enema:

1. Set up enema space.
2. Boil coffee (let it cool).
3. Fill up enema bag or bucket.
4. Lie on your back/left side.
5. Insert and unclamp enema hose.
6. Retain for 15–20 min.
7. Expel enema and toxins in toilet.
8. Clean enema bucket.
9. Optional (do a 2nd time for maximum detox).

www.mygutsy.com
How to Do a Probiotic Enema

A probiotic enema helps repopulate your colon with helpful bacteria.

An enema is not a very pleasant experience, but it certainly gets the job done. Enemas are used to clean out the lower part of the colon from leftover fecal matter that coagulates along the walls of the colon. Supporters of alternative medicine believe that fecal matter contains high levels of toxicity that can be the root cause of serious diseases and physical conditions. Adding a probiotic to your enema helps to flood the intestinal tract with good bacteria. Probiotic enemas have performed well during scientific studies to help reduce the symptoms associated with Colitis and other bowel disorders.

Step 1
Fill a bowl or cup with 12 ounces of filtered water.

Step 2
Break open three probiotic capsules, add 2 small bottles of Probiotic liquid yogurt and pour the probiotics into the water.

Step 3
Let the probiotic water sit for at least eight hours. Since it's recommended to perform an enema in the morning, prepare your probiotic water the night before and let it sit at room temperature overnight.

Step 4
Fill a clean enema bag with the probiotic water and place the enema clamp firmly in place.

Step 5
Lie in the bathtub or on a towel in the bathroom.

Step 6
Insert the lubricated nozzle into your rectum and release the clamp. The water will travel into the colon. If you feel too full or uncomfortable, replace the clamp and remove the enema from your rectum.

Step 7
Hold the enema for 15 minutes, if possible. You may feel an intense need to evacuate your bowels before the 15 minutes is up. Pay attention to your body's signals and evacuate when it feels appropriate. Use a slight massage to the colon and try to get the enema to penetrate as far up the large colon as possible.
Warnings
- Talk to your doctor before performing a probiotic enema, especially if you have a digestive or intestinal condition.
- Do not perform an enema if you have a ulcerative colon or gallstones.

Things You'll Need
- Enema bag
- Lubricant
- Towel
- Probiotic capsules
- Filtered water

About Probiotics
Word has it that 80% of your immune system lives in your gut!

Probiotics are beneficial bacteria that reside in the gut. Intestinal health depends, to a large extent, on having an ample supply of these beneficial bacteria in the digestive tract. Research indicates that probiotics may support immune and digestive health.

In today’s world our daily stress levels can be so high! Stress undermines our healthy digestive flora. A combination of a poor diet, medications, stress, environmental toxins and chemicals wreak havoc on our digestive tracts. Many believe that our bodies thrive with a constant influx of probiotics to replenish the gut and counteract these negative effects.
When small minds attack
Natural Medicine IMUNE stands
Firm on the Bridge and Says
"You will NOT Pass"
**INTESTINAL HEALTH**

**Healthy Function**
Healthy bacteria that coat and protect the intestinal wall, along with other factors obtained from food or from natural intestinal secretions, inhibit unhealthy bacteria and contribute to maintaining bacterial balance and optimal intestinal health.

**Lactoperoxidase:**
A protein enzyme that damages unhealthy bacteria.

**Globulin Proteins:**
Proteins that prevent unhealthy bacteria from adhering to the intestine.

**Lactoferrin:**
A protein that traps iron and blocks its use by unhealthy bacteria, thus starving them.

**Unhealthy Function**
With healthful bacteria and other protective factors missing, unhealthy bacteria, yeast, parasites and toxins may accumulate, damaging the intestinal wall, producing poor intestinal health.

**Unhealthful Bacteria**
Lactobacillus acidophilus
Bifidobacteria
Fracto-oligosaccharides

**Intestinal Deterioration**
Toxins
Yeast
Parasites

**Toxins being detoxified**
Feed Your Brain with

- Grain UnProcessed
- Fruits and Vegetables Un Sweetened
- Dairy ProBiotic Yogurt
- Meat Lean and Feild Raised
- UnHeated Oil Oil and Sweets
- No White Sugar, Use Fruits

Important to Know When to Stop and Not Over Eat

Every living cell in your body is made from the food you eat. If you consistently eat junk food then you’ll have a junk body.

- Jeanette Jenkins
YOU ARE WHAT YOU EAT!
Go-fruit-yourself.com

Every 2-4 weeks your skin replaces itself.
Your liver every 5 months
Your tastebuds, 10 days
Your lungs, 6 weeks
Your intestines, 2-4 days
Your hair, 3-6 years
Your bones, 10 years
Your body makes these new cells from the food you eat. What you eat literally becomes YOU.

What are you made of?...

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Evidence Based Natural Energetic Medicine Education
The Difference Between These Two People Is What They Eat

- Eats mostly refined food
- 45% of calories from fat
- 42 teaspoons sugar intake daily
  (powerful appetite stimulant)
- More doctor visits
- More allergies
- More arthritis
- More sleep disorders
- More depression
- More cancer
- 4 times more heart attacks
- 4 times more sugar diabetes
- Higher blood pressure
- Requires 100 miles of new blood vessels per pound of fat

You Can Eat Yourself To A Healthier Life

Eat more fresh produce
- Eat more whole grain products
- Eat less meat
- Less sugar intake

**Benefits**
- More self-acceptance
- Fewer accidents
- Longer average lifespan
- Less heartburn
- Higher energy level
- Increased virility in men

IMUNE e-training
anywhere, anytime
ALKALINE FOODS

Beet Greens
Chard Greens
Broccoli
Watercress
Mustard Greens
Cucumber
Wild Greens
Cauliflower

Pumpkin
Spirulina
Dandelions
Spectulina
Radishes
Edible Flowers
Kohlrabi
Dulce
Carrot
Barley Grass

Sea Veggies
Celery
Collard Greens
Sprouts
Wheat Grass
Lettuce
Kale
# Alkaline / Acid Food Chart

Most high protein foods (such as meat, fish, poultry and eggs), nearly all carbohydrates (including grains, breads and pastas) and fats are "acid-forming." And most fruits and vegetables are "alkaline-forming." Although citrus fruits, such as oranges and grapefruit, contain organic acids and may have an acid taste, they are not acid-forming when metabolized, leaving no acidic residue. Similarly, Free Form Amino Acids are not acid-forming, but instead offer unique buffering capabilities to the body to help offset acidic wastes.

## Acid Forming Foods

<table>
<thead>
<tr>
<th>Most Acid</th>
<th>Acid</th>
<th>Lowest Acid</th>
</tr>
</thead>
<tbody>
<tr>
<td>NutraSweet, Equal, Aspartame</td>
<td>White Sugar, Brown Sugar</td>
<td>Processed Honey, Molasses</td>
</tr>
<tr>
<td>Blackberries, Cranberries, Prunes</td>
<td>Sour Cherries, Rhubarb</td>
<td>Plums, Processed Fruit Juices</td>
</tr>
<tr>
<td>Chocolate</td>
<td>Potatoes (without skins), Plantains, Navy Beans, Lima Beans</td>
<td>Cooked Spinach, Kidney Beans, String Beans</td>
</tr>
<tr>
<td>Peanuts, Walnuts</td>
<td>Pecans, Cashews</td>
<td>Pumpkin Seeds, Sunflower Seeds</td>
</tr>
<tr>
<td>Animal Oils</td>
<td></td>
<td>Corn Oil</td>
</tr>
<tr>
<td>Wheat, White Flour, PASTries, Pasta</td>
<td>White Rice, Corn, Black wheat, Oats, Rye</td>
<td>Sprouted Wheat Bread, Brown Rice, Spelt</td>
</tr>
<tr>
<td>Beef, Pork, Slaughter</td>
<td>Turkey, Chicken, Lamb</td>
<td>Venison, Cold Water Fish</td>
</tr>
<tr>
<td>Cheese, Homogenized Milk, Ice Cream</td>
<td>Raw Milk</td>
<td>Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese</td>
</tr>
<tr>
<td>Beer, Soft Drinks</td>
<td>Coffee</td>
<td>Tea</td>
</tr>
</tbody>
</table>

## Alkaline Forming Foods

- **Sweeteners**
  - Raw Honey, Raw Sugar
  - Maple Syrup, Rice Syrup
  - Date, Fig, Molasses, Banana, Grapes, Peaches, Avocados
  - Dates, Pears, Prunes
  - Tomato, Carrot, Brussel Sprouts, Broccoli, Kale, Romaine, Lettuce, Almonds, Hazelnuts, Pistachios, Cashews
  - Acorns, Chestnuts, Beech Nut, Sesame Seeds, Sunflower Seeds
  - Almonds, Sunflower Seeds

- **Fruits**
  - Oranges, Bananas, Cherries, Pineapple, Peaches, Apples, Apricots, Prunes
  - Dates, Pears, Plums, Persimmons, Apricots, Peaches, Nectarines
  - Dates, Pears, Prunes
  - Tomato, Carrot, Brussel Sprouts, Broccoli, Kale, Romaine, Lettuce, Almonds, Hazelnuts, Pistachios, Cashews
  - Acorns, Chestnuts, Beech Nut, Sesame Seeds, Sunflower Seeds
  - Almonds, Sunflower Seeds

- **Beans, Vegetables & Legumes**
  - Lentils, Navy Beans, Navy Beans, Lima Beans
  - Cooked Spinach, Kidney Beans, String Beans
  - Pumpkin Seeds, Sunflower Seeds
  - Corn Oil
  - Canola Oil
  - Flax Seed Oil
  - Olive Oil, Sunflower Oil
  - Wheat Grass
  - Amaranth, Millet, Wild Rice, Quinoa
  - Vegetable Meat Substitutes (No Meat)
  - Soy Cheese, Soy Milk, Goat Milk, Oat Milk, Nut Milk, Nut Butter, Nut Cream, Nut Cheese, Whey
  - Soy Cheese, Soy Milk, Goat Milk, Oat Milk, Nut Milk, Nut Butter, Nut Cream, Nut Cheese, Whey

- **Nuts & Seeds**
  - Chestnuts
  - Almonds
  - Sesame Seeds
  - Sunflower Seeds

- **Grains/Cereals**
  - Bread, Oatmeal, Pasta, Rice, Flour
  - Sprouted Wheat Bread, Brown Rice, Spelt
  - Quinoa, Amaranth, Millet, Wild Rice
  - Vegetable Meat Substitutes (No Meat)
  - Soy Cheese, Soy Milk, Goat Milk, Oat Milk, Nut Milk, Nut Butter, Nut Cream, Nut Cheese, Whey

- **Oils**
  - Canola Oil
  - Flax Seed Oil
  - Olive Oil, Sunflower Oil

- **Meats**
  - Nuts, Seeds
  - Grains/Cereals
  - Oils
  - Meats

- **Eggs/Dairy**
  - Ginger Tea
  - Green Tea
  - Herb Teas, Lemon Water

*The colors used for this chart are not directly relative to the pH scale.

Note that a food’s acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.*
HOW INFLAMMATION AFFECTS THE BODY

"Inflammation is at the root of practically all known chronic health conditions."
Find out how to prevent it

**BRAIN**
Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease and MS.

**LIVER**
Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.

**SKIN**
Chronic inflammation compromises the liver & kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles & fine lines.

**THYROID**
Autoimmunity as a result of inflammation can reduce total thyroid receptor count & disrupts thyroid hormone function.

**CARDIOVASCULAR**
Inflammation in the heart & arterial & venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.

**LUNGS**
Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.

**KIDNEYS**
Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis & kidney failure can result.

**GI TRACT**
Chronic inflammation damages our intestinal lining and can result in issues like GERD, Chron's disease and Celiac disease.

**BONES**
Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures & leading to conditions like osteoporosis.

**MUSCLE**
Inflammatory cytokines cause muscle pain & weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.

---

MEN'S CORNER:
IS DAILY STRESS MAKING YOU BURN FAT SLOWER?
Honest Food Guide.org

Avoid at All Costs

Death

- Red meat
- Biscuits, scones
- Soda (sugared)
- Canned soups
- Smaller portions, fruit punch
- Candy bars, white granulated sugar
- Ice cream, sugar
- Processed meats
- Frozen foods, instant noodles
- Baked goods, artificial flavors
- Salted dressings
- Diet shakes, meal shakes
- High sodium, MSG, artificial sweeteners
- Hydrogenated oils, trans fats
- Refined grains
- Artificial colors
- Added sugars
- Hydrogenated fats, heart disease
- Animal fats, saturated fats
- Added sugars
- Artificial preservatives
- Chemical sweeteners
- Fried fats
- High sodium
- Homogenized fats
- Hydrogenated oils
- Animal fats, lack fiber
- Fried fats, white flour, lack fiber
- Added sugars, acidic
- MGD, high sodium, added foods
- Artificial colors, added sugars
- Artificial preservatives
- White flour, added sugars
- Hydrogenated oils, white flour
- Lack fiber, refined grains
- Hydrogenated oils, artificial flavors
- MGD, high sodium
- Animal fats, lack fiber, homogenized fats
- Hydrogenated oils, white flour
- Added sugars
- Artificial colors
- Added sugars

Legend:

- Acidic: disrupts acid alkaline balance, promotes bone loss, osteoporosis
- Added sugars: promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders
- Animal fats: promotes heart disease
- Artificial colors: promotes ADHD, behavioral disorders
- Artificial preservatives: promote cancer, heavy liver detox load
- Chemical sweeteners: cancer risk, promotes migraines, nervous system damage
- Fried fats: contain carcinogens, promotes heart disease, obesity
- High sodium: stress on kidneys, promotes hypertension, high blood pressure
- Homogenized fats: unnatural alteration promotes plaque in arteries
- Hydrogenated oils: contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects
- Lack fiber: promotes colon cancer, digestive obstruction, heart disease
- MSG (monosodium glutamate): migraines, hormonal disorders, overeating
- Refined grains: promotes diabetes, obesity, vitamin loss
- White flour: promotes diabetes, obesity, vitamin loss
The food guide built to benefit you, not Big Business.

Eat with Joy

Eat all the colors of the rainbow:

Red: Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
Orange: Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
Yellow: Squash, corn, legumes, lemons, bananas, eggs, grapefruit, mushrooms, pineapples, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
Green: Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, peas, pears, celery, zucchini
Purple: Blueberries, blackberries, currants, beets, red cabbage, eggplant
White: Potatoes, tofu, onions, garlic, whole oats, cauliflower
How Much is 500 Calories of a Given Food?

- ½ lb beef patty
- ½ stick of butter
- two 1.5 oz bars
- 3 med. potatoes
- 2 cups cooked rice
- 2 cans corn
- 20 med. carrots
- 72 cups spinach

The International Medical University of Natural Education offers you entertaining training to increase your earning potential.
Top 10 foods that burn belly fat

- Green coffee
- Oatmeal
- Nuts
- Olive oil
- Dark chocolate
- Vegetables
- Eggs
- Avocado
- Lean meat
- Whole grains
Slim-Down Strategies

Your Flat-Belly Day
A 1,500-calorie eating plan designed to help you stay trim and satisfied

By Keri Glassman, R.D.

1/ BREAKFAST
TROPICAL YOGURT WITH CINNAMON TOAST
6 oz Fat Free Total 0% Greek Yogurt mixed with ¼ tsp coconut extract
6 pieces dried mangos, chopped
2 slices cinnamon raisin bread
* Polyphenols in mango may activate proteins in the body that regulate metabolism and help reduce body fat.
Total: 394 calories

2/ LUNCH
GRILLED CHICKEN SALAD
1 ½ cups baby spinach
¾ cup chopped beets
1 tsp dried cranberries
½ oz walnuts
3 oz grilled chicken breast
1 oz semisoft goat cheese
1 Tbsp balsamic vinegar
* There's evidence that consuming vinegar can aid weight loss. Its acetic acid helps suppress body fat accumulation.
Total: 417 calories

3/ DINNER
SALMON WITH LEMON AND DILL
5 oz wild Atlantic salmon, sprinkled with 1 Tbsp lemon juice and 1 tsp dill
¼ cup parsnips, roasted in 1 tsp olive oil
1 cup chopped broccoli, steamed
* This veggie contains quercetin, a flavonoid that inhibits the maturation of fat cells.
Total: 365 calories

INDULGE WITHOUT BULGE
> Add: 1 oz dark chocolate-covered espresso beans (120 calories)
> Subtract: Make the a.m. pear a small one and slice the cheese at lunch (120 calories)

Daily total: 1,500 calories
Note: For optimal weight management, combine this nutrient-dense meal plan with exercise.

Want more belly-blasting advice? Try our free Abs Diet Quickstart plan at WomensHealthMag.com/AbsDiet.
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Breakfast
Tomato, Artichoke, and Feta Frittata
1 egg
1 egg white
Cooking spray
¼ cup chopped tomato
¼ cup canned artichoke hearts, drained and chopped
1 tsp chopped shallot
3 Tbsp crumbled feta cheese
1 slice whole-grain bread,* toasted
Whisk together egg and egg white. In a skillet with cooking spray, cook tomato, artichoke, and shallot for 2 minutes over medium heat. Reduce heat to low and add egg. Cover and cook 3 minutes until eggs are firm. Top with feta. Serve with toast.
* Eating whole grains may decrease inflammation, which is associated with decreased belly flab.

Lunch
Tabbouleh and Tuna on Greens
3 oz canned water-packed light tuna, drained
1½ cups red leaf lettuce
1 cup romaine lettuce
1 medium carrot, shredded
1 4-inch whole-wheat pita
Tabbouleh
Combine:
½ cup cooked bulgur*
3 Tbsp finely chopped fresh parsley
½ medium tomato, chopped
½ Tbsp olive oil
1 Tbsp fresh lemon juice
2 Tbsp chopped scallions
½ clove garlic, minced
Pinch salt
* This grain's resistant starch could make you resistant to mindless afternoon grazing.

Dinner
Lemon Chicken with Gazpacho
3.5 oz chicken breast
1 Tbsp olive oil
½ lemon, sliced
1 tsp fresh rosemary
Gazpacho
1 cup stewed tomatoes
3 cloves garlic,* minced
½ cup chopped onion
¼ cup chopped cucumber
¼ cup chopped green pepper
1 Tbsp white wine vinegar
Coat chicken with olive oil. Cover with lemon slices and rosemary and bake at 350°F for 25 to 30 minutes. Combine gazpacho ingredients in a blender; then serve at room temp with chicken.
* Garlic does more than add flavor. It may help with weight loss and reduce body fat.

Snack
1 cup 1% cottage cheese mixed with 1 sprig fresh dill, chopped
1 cup sliced cucumber*
¾ cup sliced red bell pepper
* Cucumbers are 95 percent water, so they fill you up—for a piddling 16 calories a cup.

Indulge Without Bulge
> Add: 1 Lucy's Maple Bliss cookies (120 calories)
> Subtract: 2 Tbsp feta at breakfast and the pita at lunch (124 calories)

Total: 200 calories

www.HealthAndLovePage.com
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By Keri Glassman, R.D.

1/ BREAKFAST
BAKED OATMEAL WITH APPLE AND PECANS
- 1 cup steel-cut oats*
- 1 tsp baking powder
- ¼ cup skim milk
- 1 egg white
- 3 Tbsp unsweetened applesauce
- Pinch of salt
- ½ tsp cinnamon, divided
- 2 Tbsp chopped pecans
- ¼ cup chopped apple
- 1 tsp honey

Heat oven to 350°F. Spray a ramkin with fat-free cooking spray. Combine first 6 ingredients and bake for 6 to 7 minutes. Top with rest of cinnamon, pecans, apple, and honey.

Total: 324 calories

2/ LUNCH
TOFU AND CABBAGE SALAD
- 1 cup shredded red cabbage
- 1 cup chopped raw spinach
- 3 oz firm tofu*
- ½ cup canned mandarin oranges, packed in juice, drained
- 1 Tbsp pine nuts
- 1 oz soft goat cheese
- 1½ tsp olive oil
- 2 Tbsp balsamic vinegar

* RESEARCH SUGGESTS that the fucose in soy foods may help decrease fat accumulation in the body.

Total: 368 calories

Snack
1 cup raw cauliflower florets
3 Tbsp hummus*
9 black olives

When people added chickpeas to their diet, they reported feeling more satisfied and ate fewer processed foods, according to a study in the journal Appetite.

Total: 148 calories

3/ DINNER
SEARED SCALLOPS WITH LEMON JUICE AND SAGE
- 2 tsp canola oil
- 3 oz sea scallops*
- 2 tsp lemon juice
- ½ tsp ground sage
- ¼ cup cubed roasted acorn squash
- 2 cups kale sautéed in 2 tsp olive oil

Heat canola oil in a large nonstick skillet over high heat. Add scallops and cook without stirring until well browned, 1½ to 2 minutes. Flip scallops and cook until sides are firm and centers opaque, 30 to 90 seconds. Drizzle with lemon juice and sprinkle sage on top. Serve with squash and kale.

* THESE MOLLUSKS ARE HIGH IN SATIETY

Protein and can help you lose weight: In a University of Washington School of Medicine study, people who increased their protein intake from 15 percent to 30 percent of their daily calories lost eight pounds of fat in 12 weeks.

Total: 456 calories

INDULGE WITHOUT BULGE

Add: Smore: 1 plain graham cracker, ¼ oz dark chocolate, 1 toasted marshmallow (138 calories)

Subtract: The pecans at breakfast, the olives in your snack, and the olive nuts at lunch (154 calories)

Daily total: 1,499 calories

Tip: For optimal weight management, combine this nutrient-dense meal plan with exercise.

Want more belly-blasting advice? Try our free Abs Diet QuickStart plan at Women's Health Mag.com/AbsDiet.
Stress hormone directly effects fat storage and weight gain in stressed individuals.


The “defeat” response stress pathway can lead to increased fat creation and deep abdominal obesity


Stress can stimulate an individual to eat food that is high in fat and/or sugar

High levels of cortisol cause fat stores and excess circulating fat to be relocated and deposited deep in the abdomen, which left unchecked can develop into or enhance obesity.


If there is too much stress hormone in circulation, abdominal obesity can develop

Christine A. Maglione-Garves, Len Kravitz, Ph.D., and Suzanne Schneider, Ph.D. Cortisol Connection: Tips on Managing Stress and Weight

Stress hormone can move fat from storage depots and relocate it to fat cell deposits deep in the abdomen and also aids (baby fat cells) to grow up into mature fat cells.

Leonard Smith

Gut Bacteria and Childhood Eczema

Posted: 02/11/2013 11:43 am EST Updated: 04/13/2013 5:12 am EDT

Gut bacterial balance affects many different areas of health, but one of the most important to consider is the establishment of healthy gut bacterial balance during infancy. This is a topic Brenda Watson and I have covered many times. Brenda has blogged on this topic a few times, and we cover it in our book The Road to Perfect Health.

Healthy gut balance during early life is associated with protection against a range of health conditions, most notably the atopic diseases of childhood -- asthma, eczema, and allergies. Gut balance during infancy is dependent on factors such as mode of delivery, diet, and administration of probiotics or antibiotics. This early gut microbial development primes immune function that can have life-long effects on health.

Specifics about just what constitutes gut balance are still being worked out by scientists, but in general, a high amount of beneficial bacteria, such as Bifidobacterium and Lactobacillus species, and a minimal amount of potential pathogens is what constitutes gut balance. A recent study published in the journal BioMed Central Microbiology evaluated the gut bacterial composition of children with eczema compared to healthy children at age 6 months and 18 months.

The mothers were administered the probiotic Lactobacillus rhamnosus GG at a dosage of 10 billion colony-forming units daily beginning two to four weeks before delivery, and through breastfeeding (which, in most cases, lasted through six months). Fecal samples were taken at age 6 months and again when the children were 18 months old. There were no differences in gut bacteria composition at 6 months, but at 18 months, the gut bacteria of the children with eczema more closely resembled that found in adults. The children with eczema had a greater diversity of gut bacteria and a higher amount of Clostridium species, while the healthy children had three times greater amounts of Bacteroidetes.

The researchers stated:

Prematurely occurring changes towards an adult-type microbiota were observed to take place in children with eczema ... It may be speculated that an infant-type microbiota supports adequate gut barrier function and tolerance against food allergens in an immature gut. Infant-type microbiota may fortify the normal mucosal barrier function e.g. by affecting
the maturation of the gut epithelium [lining] and immune functions in an optimal way and
dereduce the low-grade intestinal inflammation observable in subjects with eczema.

One reason the authors suggest as explaining the lack of difference in gut bacteria between
each group at 6 months is the potential protection the children received from breastfeeding,
which continued in most children through 6 months. They noted:

Thus, it seems that breast-feeding could have evened up the microbiota differences between
the healthy and eczematus children and masked the eczema-associated changes, which
came apparent at 18 months of age after withdrawal of breast-milk.

Had the children been breastfed longer than six months, perhaps they would have received
further benefits.

It may be that as children’s diets change and begin to include more processed and animal-
based foods and less (or no) breast milk and simple pureed vegetables, that could cause a
shift in microbiota to more of an adult pattern with more clostridial species. I think the
Western way of life, which does not encourage breast-feeding beyond a year and introduces
most all food types by one year of age, is creating an unnatural shift in microbiota.

It has been known for more than 30 years that children who continue at least partial breast
feedings until age 3 have lower incidences of most all infectious diseases as well as asthma,
allergies, and eczema. Since that is not likely to happen with the Western lifestyle, starting
an infant on probiotics, fish oil, and vitamin D may help prevent this microbial shift, but I
still think food and stress are primary shifters of the microbiome.

This is yet one more study that highlights the importance -- and complexity -- of gut
bacterial composition and development in early life. As we say, optimal digestive health is
the foundation upon which total body health is built.

References:
2. L. Nylund, et al., "Microarray analysis reveals marked intestinal microbiota aberrancy
in infants having eczema compared to healthy children in at-risk for atopic disease." BMC

Dr. Leonard Smith is a prominent board-certified, general, gastrointestinal and vascular
surgeon who had a successful private practice for 25 years. In addition to his active
surgery practice, he also incorporated lifestyle, diet, supplementation, exercise,
detoxification, and stress management into many of the therapies he would prescribe.
Many of his patients with cancer, cardiovascular disease, and other serious illnesses did so
well under his treatment regimes that he began to devote most of his career to
foundational health care and preventive medicine.
Bad Diets Can Alter Stomach Bacteria For The Worse

Bad diets can alter stomach bacteria — leading to a big belly. Find out more on this week’s *WLS News*.

American scientists say they’re finding reasons — beyond the obvious — that foods full of fat and sugar can lead to a big belly.

There’s new research to suggest that a high-fat and high-sugar diet can go beyond adding calories and can also alter the bacteria in the human stomach. And this can lead to weight gain.
Could GUT bacteria be responsible for thousands of heart attacks each year?

- Study has found that bugs in gut are responsible for converting food into harmful compound called TMAO
- TMAO is a compound responsible for cholesterol building up on artery walls and hardening the arteries
- Adds to research that bacteria, both on and inside the body, play vital role in our health

By RACHEL REILLY

PUBLISHED: 15:57 GMT, 25 April 2013 | UPDATED: 07:06 GMT, 26 April 2013

Gut bacteria may be responsible for thousands of heart attacks - particularly in people who have no obvious risk factors for heart disease, such as high cholesterol. Scientists have discovered that certain gut flora turn a nutrient found in egg yolks, liver, beef, pork, pork and wheatgerm into the compound Trimethylamine N-oxide (TMAO).

TMAO makes blood cholesterol build up on artery walls, causing hardening of the arteries. If this buildup breaks away and blocks an artery, it usually results in a stroke or heart attack.

The study found that organisms in our gut may be responsible for converting some foods into toxic chemicals.

The new study built on a 2011 research on lab mice. Carried out by the Cleveland Clinic's Lerner Research Institute, scientists asked 40 healthy adults to eat two hard-boiled eggs, which are rich in a fatty substance called lecithin.

After eating the eggs, the blood levels of TMAO became raised. But if participants took antibiotics - which kill bacteria in the gut - before eating the eggs, their TMAO levels were suppressed, the researchers found.

Could CHILLIS hold the key to curing migraines? Scientists discover they hold clues to how the body deals with pain?

Mushrooms can provide as much vitamin D as supplements - but only if you put them in the sun before you eat them.

‘This showed that intestinal bacteria are essential for forming TMAO,’ Dr. Stanley Hazen, a cardiologist at the Cleveland Clinic, told Reuters.

Next, to see whether TMAO predicts cardiovascular events, the researchers measured its levels in 4,007 heart patients.

After taking age and a past heart attacks into account, they found that high levels of TMAO were predictive of heart attack, stroke and death over the three years that the patients were followed.
Participants who had a heart attack, stroke or died during the study had higher than average TMAO levels than those who didn't. In fact, those who possessed the highest TMAO levels had more than twice the risk of a heart attack or stroke compared to people in the bottom quartile.

The study asked volunteers to eat eggs, which contain high levels of lethicin, a precursor to harmful TMAO. And even people with high TMAO levels and no cardiovascular risk factors were 1.8 times more likely to experience a cardiovascular event than those with low levels. The findings suggest TMAO could serve as a marker for predicting heart disease although more studies are required to confirm the link, said the paper published in the New England Journal of Medicine. If the findings are confirmed, it is hoped that researchers will be able to develop a drug that blocks the production of TMAO.

Earlier this month, the same researchers published a study that found a link between consumption of a chemical called carnitine, which is found in red meat, and a risk of heart disease. Carnitine is also converted by bacteria to TMAO.

The study joins a growing list of findings that link microbes in the gut, nose and genital tract, and on the skin to health and disease. Research has shown that certain species of gut bacteria protect against asthma while others affect the risk of obesity. Last week scientists reported that circumcision alters bacteria in the penis, and that this helps protect men from sexually transmitted disease.
The good bacteria in our gut help us to digest food, absorb nutrients and keep a check on the bad bacteria. If allowed to multiply in an uncontrolled manner, the bad bacteria can cause a range of diseases.

**Disease Starts in the GUT**

**Heal The Gut Cure The Disease**

*Clostridium difficile* (above) Most harmful following a course of antibiotics when it is able to proliferate.

*Campylobacter* *C. jejuni* and *C. coli* are the strains most commonly associated with human disease. Infections usually occur through the ingestion of contaminated food.

*Enterococcus faecalis* A common cause of post-surgical infections.

Compiled by Sarah Spickernell

**Bifidobacterium** (picted above) These various strains help to regulate levels of other bacteria in the gut; modulate immune responses to invading pathogens, prevent tumour formation and produce vitamins.

*Escherichia coli* Several types inhabit the human gut. They are involved in the production of vitamin K2 (essential for blood clotting) and help to keep bad bacteria in check. But some strains can lead to illness.

*Lactobacillus* Beneficial varieties produce vitamins and nutrients, boost immunity and protect against carcinogens.
The "Gut-Brain Axis"

Introduction

Whether or not it started there, whatever is ailing you has by now likely wreaked havoc with your gastrointestinal tract, or gut. It is for that reason, nearly all of our treatment interventions begin with "sealing and healing" your gut.

If you already know or strongly suspect that your gut is at least partially involved in your unique cluster of symptoms then read "The Short Version" below and take action. If on the other hand you need convincing please read our entire webpage on the "Gut-Brain Axis."

Lastly, if you're just bored and cruising around the internet, you need to get out more. No wonder your gut is such a mess.

The Short Version: "Seal and Heal" Your Gut

The genes you inherit combined with myriad life stressors (emotional conflict, lousy diet, environmental toxins, sleep deprivation, sedentary lifestyle, running the pace that kills, etc.) alters the balance of microbial powers that compete for prime real estate within your gut (dybiosis). This dysbiosis causes unchecked total body (and brain) inflammation that results in imbalances in your hormones, neurotransmitters, immune cells, growth factors, and metabolic parameters. These imbalances in turn, based again on your genetic susceptibilities, result in your specific symptoms.

Rather than focus exclusively on relieving your down-stream symptoms, we strongly advocate intervening way upstream. Since we can't change your genetic endowment, and because eliminating/reducing life stressors takes time, the farthest upstream we can get is to "seal and heal" your gut at the same time we are measuring - on the way to correcting - your hormonal, neurotransmitter, and immune imbalances.

For a nauseatingly thorough review of our approach to general adrenal support please see Dr. Dave's "Four Faces of Adrenal Burnout."
The graphic below summarizes our theory of the diseases of civilization as well as gives our general approach to health:

1. Test don't guess
2. Lifestyle modification
3. "Seal and Heal" your the gut
4. Lower inflammation
5. Rebuild your adrenal glands
6. Support your neurotransmitters
7. Eliminate dietary toxins
8. Manage your stress
As important as adrenal support is, fix the gut first. So without further ado, here is our "Heal and Seal" bundle:

The Long Version: The "Gut-Brain Axis" and Diseases of Civilization (DOCs)

For more details about the likely connection between your symptoms and disease(s) of civilization and your gut, please read the following sections.

Diseases of Civilization (DOCs) - heart disease, diabetes, cancer, obesity, depression, dementia, arthritis, pain, asthma, irritable bowel, fibromyalgia, chronic fatigue and so on and so forth - are on the rise. The reasons for this are numerous and can be summarized as follows:

- DOCs are on the rise, "...at least in part, as a result of environmental changes that have increased the disease liability of genetic profiles that were previously benign."

- These environmental changes - poor nutrition, environmental toxins, stress, the fast pace of modern life, sleep deprivation, vitamin and mineral deficiencies, allergens, hormonal imbalances, medications - have caused an epidemic of increased total body inflammation.

- Multiple lines of study have shown that the primary cause of this environmental associated inflammation may be dysfunction of the "gut-brain axis."**

The following sections elaborate on these themes and explain why "sealing and healing" the gut is one of our core interventions no matter what disease of civilization you suffer from.

Of course, since we are psychiatrists, our principle focus is on your brain.

**How your Gut Affects your Brain**

Did you know that your gut has its own brain? It does and it is known as the enteric nervous system. This nervous system is a complex bundle of neurons that is tucked away in the lining of the esophagus, stomach, small intestine and colon. Like the brain, it has its own set of neurotransmitters for sending messages between nerve cells, and it has the ability to learn and remember. The brain and the enteric nervous system are actually developed from the same fetal tissue, but they are considered separate entities. They are connected by a long nerve “cable” known as
the vagus nerve, and the two systems are in constant communication through neurotransmitter feedback along this nerve pathway.

A number of lines of research suggest a direct connection between the gut, activities of the brain, such as mood and behavior, and the micro-organisms that live in your gut (gut microbiota). For example, scientific studies in humans show that negative emotions (sadness, fear, and anger) are often associated with the development of acute GI infections. Conversely, chronic GI inflammation exerts multiple effects on mood, including symptoms of depression and fatigue. Risk factors for the development of irritable bowel syndrome include adverse life events, depression, and fretfulness. A recent study of the neurological and immune effects of a probiotic strain of *Bifidobacteria infantis* in rats suggests that this probiotic could have antidepressant effects.

Such findings showcase the close relationship between your intestinal tract, your brain, and your gut microbiota and support the use of probiotics and other measures not only for maintenance of intestinal health alone but also to address symptoms of some of our most common diseases of civilization (Grenham S, Clarke G, Cryan JF, Dinan TG. Brain-gut-microbe communication in health and disease. Front Physiol. 2011;2:94. Epub 2011 Dec 7. PubMed PMID: 22162989; PubMed Central PMCID: PMC3232439)

"Gut-Feelings"

Referring to a certain presentiment as a "gut feeling" is not so far off the mark; and having "butterflies in your stomach" when you are feeling anxious is more than just a metaphor. If what goes on in the brain can affect the enteric nervous system, then it is not surprising that what goes on in the gut can have a direct impact on the brain.

*After all, there are 10X more bugs in your gut than cells in your entire body. Makes you wonder who’s in charge. Indeed, there are 500X more bugs in your gut than stars in the Milky Way. Hmmm!*
Gut-Brain Balance

A healthy digestive system is full of beneficial bacteria. These bacteria make vitamins that are essential to our health, such as vitamin K (needed for bone formation and blood clotting); and biotin, a B-complex vitamin necessary for activating enzymes that convert food to energy. The good bacteria also regulate the metabolism of cholesterol, detoxify poisons, and help to maintain a normal pH balance in the stomach.

As long as these beneficial organisms are in charge, the gut functions efficiently and sends positive feedback to the brain.

On the other hand, there are many things that can affect proper balance in the gut. This potentially unhealthy imbalance of microbial powers is often referred to as dysbiosis. In such a state of dysbiosis, "bad" bacteria, toxins in food, food allergens, yeast, and undigested food particles can precipitate a series of neurological and immune system responses that interfere with healthy brain function and disrupt communication between the brain and the rest of the body.
A healthy microbiota contains a balanced composition of many classes of bacteria. Symbionts are organisms with known health-promoting functions. Commensals are permanent residents of this complex ecosystem and provide no benefit or detriment to the host (at least to our knowledge). Pathobionts are also permanent residents of the microbiota and have the potential to induce pathology. In conditions of dysbiosis there is an unnatural shift in the composition of the microbiota, which results in either a reduction in the numbers of symbionts and/or an increase in the numbers of pathobionts.

Dysbiosis Defined

An alteration in the microbiome caused by a change in the composition of the microbiota, a change in microbial metabolic activity, and/or a shift in local distribution of communities of microbes.


The causes for this are not entirely clear, but are likely to include recent societal advances in developed countries. The result is non-specific inflammation, which may predispose certain genetically susceptible people to specific diseases of civilization. Hence the progression from genes and environment through your gut to your unique brand of disease.

Why should the gut figure so prominently in diseases of civilization including mental disorders? We believe that the composition of your microbiota can either shape a healthy “right-sized” immune response to life stressors or it can increase your risk for diseases of civilization.
After all, nearly three quarters of all your immune cells reside in your GI tract. The brain is alerted to inflammation by the immune system via protein molecules known as cytokines; in response, the brain releases stress hormones, and neurotransmitter levels are altered. This can lead to a variety of brain symptoms:

- Anxiety, obsessions, compulsions
- Depression
- Fatigue
- Anhedonia (loss of pleasure in previously enjoyable activities)
- Inability to sleep or desire to sleep all the time
- Fuzzy thinking
- Poor memory
- Impaired concentration and attention

Moreover, when you are in a state of dysbiosis, partially digested food proteins called peptides, that under normal conditions cause no problems, become toxic to the gut and can interfere with gut-brain communication. These toxins can trigger or perpetuate mood and behavioral problems such as:

- ADHD
- Depression
- Autism
- Psychotic disorders
- Autoimmune disorders such as rheumatoid arthritis, lupus, diabetes, psoriasis, thyroid disease, and multiple sclerosis.

If that's not bad enough, fermentation of certain starches produces toxic levels of ammonia, which can result damage to brain cells, causing:

- Cognitive impairment
- Obsessive-compulsive disorder
- Emotional reactivity

Possible Causes of Dysbiosis

Digestive system balance can be upset by a number of elements, including diet, medications, stress, toxins and other environmental factors.

- Poor diet is a big contributor to brain-gut imbalances. A diet low in fiber and high in added sugars and preservatives can alter the environment in the gut, allowing the bad bacteria to take over.

- Food allergies like Celiac disease (gluten intolerance) can cause inflammation and malabsorption of nutrients.

- Medications such as antibiotics, anti-inflammatories, steroids, and acid blockers can all prevent the digestive system from doing its job properly.
- Environmental toxins like heavy metals can damage normal function of the gut and prevent absorption of important nutrients.

- Alcohol can damage the lining of the gut, allowing toxins to leak into the blood stream.

- Excessive stress can cause damage to the intestinal lining as well, disrupting proper digestive function.

- Overgrowth of yeast and bacteria can change the environment and prevent proper nutrient absorption.

When any of these occur, gut-brain balance is thrown into chaos. Neurotransmitters send faulty messages, causing a multitude of health problems; the body is also prevented from absorbing the nutrients it needs to maintain healthy function.

**Symptoms of Gut-Brain Imbalance:**

If you experience any of the following symptoms, chances are good that your digestive system is out of balance, spelling bad news for your health:

- Bloating;
- Nausea after taking dietary supplements;
- Canker sores, sores on the tongue;
- White coating on the tongue;
- Chronic heartburn;
- Diarrhea, constipation, or abdominal pain;
- IBS;
- Chronic yeast infections;
- Craving for sweets/carbohydrates;
- Chronic fatigue;
- Fybromyalgia;
- Hives;
- Psoriasis or eczema;
- Acne or rosacea;
- Mood disorders like anxiety or depression;
- Behavioral disorders such as autism or ADD/ADHD.

**Testing for Gastrointestinal Dysfunction**

If you are suffering from any of the above symptoms, or if you believe you are at risk for imbalance due to stress, overuse of medications, alcohol consumption, or dietary concerns, it is recommended that you be tested for digestive dysfunction. There are a number of tests available which can help to determine the cause of your symptoms and indicate the proper treatment.

- **H. Pylori testing** can detect a common bacterial infection in your stomach and small intestine. H. Pylori tests consist of either a blood antibody test, stool sample, stomach biopsy, or urea breath test.

- **CBC (Complete Blood Count) testing** can pinpoint abnormalities in white blood cells which can be an indication of infection.

- **Breath testing for small bacterial overgrowth** can be used to diagnose lactose intolerance, Celiac disease, Crohn's disease (inflammatory bowel disease), and IBS.

- **IgG Food Allergy testing** detects antibodies produced by food allergies.

- **Digestive stool analysis** can uncover problems with metabolic function, nutrient absorption, immune function, and digestive enzyme activity.

- **Intestinal permeability tests** can detect leaky gut syndrome, which is linked to many physical and mental health issues.

- **Organic acids tests** look for overgrowth of yeast and harmful intestinal bacteria.
- **Urine Peptides** are globally associated with an increase in neurologic and psychiatric imbalance.

**Treatment for Digestive Dysfunction**

For all of the health issues that can be caused by an imbalance in the gut, digestive dysfunction can be treated relatively easily.

- Remove yeast and other harmful organisms from your gut by eliminating the foods that they thrive on, including sugars and refined carbohydrates.

- Eliminate common food allergens such as milk, soy, wheat, eggs, peanuts, tree nuts, and fish from the diet for 6 weeks, then reintroduce them slowly, one at a time, to uncover any food sensitivities you may have.

- Repair leaky gut with nutrients that heal the intestinal lining, such as zinc, glutamine (an amino acid needed for digestion), and essential fatty acids such as Omega-3 and GLA.

- Replace depleted digestive enzymes with daily supplements.

- Replenish good bacteria with probiotics.

- Repair inflammation in the gut caused by food allergies with daily quercitin, a plant-based flavonoid which has healing properties.

By following these simple steps to better digestive health, you can restore balance to your gut. By improving digestive function, you will feel energized and healthy; with your enteric nervous system working properly, you will experience increased mental clarity and a greatly improved sense of well-being and emotional balance.

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**Gastrointestinal Disorders**

Many people today have digestive problems that include: **Food Sensitivities, Diverticulitis, Crohn’s Disease, Ulcerative Colitis, Celiac Disease, Leaky Gut Syndrome, Constipation, Bloating, GERD, Irritable Bowel Syndrome, etc.**

In fact, **belly problems account for more than 100 million doctor’s visits** and billions in health-care costs annually. But **gut problems cause disease far beyond the gut.** For instance, patients with colitis can also have inflamed joints and eyes and teenagers who use antibiotics for acne may alter normal intestinal flora, which then triggers changes that lead to autoimmune disease.

Normalizing gut function and flora through improved diet, increased fiber intake, daily probiotic supplementation, enzyme therapy, the use of nutrients that repair the gut lining, and the direct treatment of bad bugs in the gut with herbs or medications can be remarkable. **Our patients find relief from allergies, acne, arthritis, headaches, autoimmune disease, depression, ADD/ADHD, and more – simply by restoring their delicate gut system.**

**Patient Example:** A 17-year-old young lady who had suffered from acne most of her teenage years found relief in just a week. Lab tests revealed she suffered from an overgrowth of bad
Your Gut and your Brain – what’s the connection?

Did you know that about 80% of your brain’s chemical messengers (e.g. Serotonin) are actually made in the gut? So, if your gut is inflamed or its delicate flora is out of balance it simply cannot function properly. This means it will make less of the chemical messengers than it should which will lead to a general deficiency in the brain. Low Serotonin levels lead to depression, anxiety, mind-racing and cravings for sugars and carbohydrates.

The Gut is an Ecosystem

It contains 500-1000 species of bacteria that amount to three pounds of your total weight. There is 100 times more bacterial DNA than human DNA in your body. These bugs control digestion, metabolism, inflammation, and your risk of cancer. They produce vitamins, beneficial nutrients, and molecules that sustain your body. When the balance of bacteria in your gut is optimal, this DNA works for you to great effect. For example, some good bacteria produce short-chain fatty acids, which reduce inflammation and modulate the immune system. Bad bugs, on the other hand, produce fats that promote allergy, asthma, eczema and inflammation throughout your body.

These remarkable little critters living inside of you have been linked to everything from autism to obesity, from allergies to autoimmunity, from fibromyalgia to restless leg syndrome, from delirium to eczema to asthma. In fact, more links between chronic illness and gut bacteria are discovered every day.

Bad Bugs and Toxins

These bacteria thrive on what you feed them. If you feed them whole, fresh, real foods, good bugs will grow. If you feed them junk or kill them off with medications, bad bugs will grow. And when the population of bugs changes, the bad bugs begin to produce nasty toxins. These toxins, for instance,
trigger among other things, inflammation and insulin resistance or prediabetes and thus promote weight gain.

The ecosystem in your gut must be healthy for you to be healthy.

Sick and Tired of Feeling Sick and Tired? It may be in your gut!

BAD BOWEL BACTERIA IS CAUSED BY BAD DIET ANTI-BIOTICS, SUGAR, PROCESSED FOODS, SYNTHETIC CHEMICALS, STRESS, LEAKY GUT, OVER EATING, LACK OF EXERCISE, ST. DRUGS DEHYDRATION, TRANSFATS, IGNORANCE

WHEN WE ARE BORN, OUR GUT IS PURE - FREE OF ANY BAD BACTERIA - LIKE A GARDEN FREE OF WEEDS. BUT AS WE GROW AND ARE EXPOSED TO ANTI-BIOTICS, SYNTHETICS, PROCESSED SUGAR, OVER EATING, AND BAD BACTERIA IN UNCLEAN FOOD WE MAKE BAD BACTERIA GROW AND PROLIFERATE + CAUSE DISEASE

IMUNE

Evidence Based Natural Energetic Medicine Education
ANTIBIOTIC DISRUPTION OF BOWEL FLORA

Antibiotics as a co-factor in AIDS

By: W. Nelson, LPCC, M.D.

ABSTRACT

The antibiotic revolution was touted as one of the best discoveries of modern medicine. There have been however, a derogatory side effects of these antibiotics. The environment has been effected as well as the patients. In this article we look at the disruption of the bowel flora by antibiotics. And theorize about how this disruption of the bowel flora, could be a contributing factor to the AIDS epidemic. The article also reviews the bowel flora in naturopathic terms for treatment and diagnosis.
Antibiotics used in dentistry

DO NOT Use Antibiotics as Preventive in Dentistry Use with Caution
UNfortunately, no amount of antibiotics will get rid of your cold.

The best way to treat most colds, coughs or sore throats is plenty of fluids and rest. For more advice talk to your pharmacist or doctor.
DARPA: Let’s Get Rid of Antibiotics, Since They’ll Be Obsolete Anyway

For the better part of a century, antibiotics have given doctors great powers to cure all sorts of bacterial infections. But due to bacteria's nasty habit of evolving, along with widespread overuse of these drugs, disease-causing bacteria are evolving antibiotic resistance at an alarming rate, making it much harder, and at times impossible, to wipe them out. DARPA, the military's research agency, is eyeing an innovative

ANTIBIOTICS AS A PRIMARY CO-FACTOR IN AIDS PROGRESSION

By: William C. Nelson L.P.C.C. M.D. and Eva Toth M.D. Homeodagnostica, Budapest, Hungary, Vörösmarty tér 3,
Presented at the 1st International Conference of the Mor Kaposi Research Foundation, Convergence of AIDS and Cancer Research, Budapest, Hungary August, 27, 1996

ABSTRACT

The world has now recognized the demise of antibiotics. Iatrogenic damage, resistant strains, immunosuppression and dependency have now challenged the core of one of the prides of modern medicine. The vast marketing of antibiotics has left medicine with a severe crisis. Reductionistic research and philosophy has been used for financial reward of the chemical companies. These antibiotics have been shown to have a wide variety of deleterious side effects, including effects on the bowel flora. We also theorize about how this disruption of the bowel flora, could be a contributing cofactor to the AIDS epidemic.

The populations with the greatest antibiotic use are the highest risk for development of AIDS. A balanced bowel flora could be essential in defense against the virus propagation into the deadly disease. The antibiotics might then increase the progression of risk in the disease. This hypothesis, because of its' non-Reductionistic complexity is difficult to challenge in a single study. Funding of such a study would also be extremely difficult, in light of the challenge to synthetic chemistry. This brief article is but an introduction to the concept. For further information please refer to the collection of studies in the Journal of the Medical Science of Homeopathy, special issue on AIDS and vituses.
Eat more yogurt! Low levels of healthy gut bacteria could be the cause of mental health issues such as 'anxiety and schizophrenia' 

- The average adult carries up to five pounds of bacteria
- Healthy bacteria are known as probiotics, commonly found in yogurt, soy yogurt or as dietary supplements
- Probiotics are also delivered in fecal transplants, in which stool from a healthy donor is delivered like a suppository to an infected patient
- Strep bacterium is linked to OCD
- Gut bacteria regulate dopamine levels
- A build-up of dopamine causes agitation and stress on the body
- Gut bacteria ‘talk to the brain’ through the immune system or parts of the nervous system

By **DAILY MAIL REPORTER**

**PUBLISHED:** 21:29 GMT, 12 September 2013 | **UPDATED:** 22:07 GMT, 12 September 2013

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Good bacteria: Gut microbes are being linked to mental health issues

People suffering from anxiety might just need to eat more ‘healthy’ bacteria.

Some scientists think there may be a link between our digestive tract microbes and disorders such as anxiety, schizophrenia and autism.
'We've reached the end of antibiotics':
Top CDC expert declares that 'miracle drugs' that have saved millions are no match against 'superbugs' because people have overmedicated themselves

By SNEHANA FARBEROV
PUBLISHED: 05:50 GMT, 26 October 2013 | UPDATED: 06:17 GMT, 26 October 2013

Health crisis: Dr Arjun Srinivasan, the associate director of the CDC, told PBS' Frontline that misuse and overuse of antibiotics over the years have rendered them powerless to fight infections.

A high-ranking official with the Centers for Disease Control and Prevention has declared in an interview with PBS that the age of antibiotics has come to an end.

"For a long time, there have been newspaper stories and covers of magazines that talked about "The end of antibiotics, question mark?"" said Dr Arjun Srinivasan. Well, now I would say you can change the title to "The end of antibiotics, period."

The associate director of the CDC sat down with Frontline over the summer for a lengthy interview about the growing problem of antibacterial resistance.

Srinivasan, who is also featured in a Frontline report called 'Hunting the Nightmare Bacteria,' which aired Tuesday, said that both humans and livestock have been overmedicated to such a degree that bacteria are now resistant to antibiotics.

'We're in the post-antibiotic era,' he said. 'There are patients for whom we have no therapy, and we are literally in a position of having a patient in a bed who has an infection, something that five years ago even we could have treated, but now we can't.'

Dr Srinivasan offered an example of this notion, citing the recent case of three Tampa Bay Buccaneers players who
Big Sugar - Big Tobacco - Big Oil - Big PHARMA

The 4 Horsemen of the Apocalypse are the Man Made causes of Destruction

White Sugar is the White Horse of Conquest

Behold The Black Horse! Its rider holding a pair of scales "do not damage the oil and the wine!"

The Pale Horse's Name is DEATH

Big Pharma is the Pale Horse

Tobacco is the Red Horse of the Apocalypse

Marlboro
Its rider was given power to take peace from the earth and to make men slay and enslave each other
SINthetic AntiBiotics Destroy the Healthy Bowel Flora and this compromises B Vitamin absorption which leads to depression, dermatitis, dementia, and distorted thinking. Then the witless allopath prescribes another SINthetic for the mental abnormality and this will effect the liver leading to another drug, and another drug, and another drug, and another drug, and another drug.

<table>
<thead>
<tr>
<th>Teaspoons of sugar</th>
<th>No. bacteria destroyed</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>14.0</td>
</tr>
<tr>
<td>6</td>
<td>10.0</td>
</tr>
<tr>
<td>12</td>
<td>5.5</td>
</tr>
<tr>
<td>18</td>
<td>2.0</td>
</tr>
<tr>
<td>24</td>
<td>1.0</td>
</tr>
</tbody>
</table>

Early Abuse of Hi Gly Sugar Leaves Scars on Blood Vessels

Cardiac + Stroke Disease Can Start in Youth from Sugar Abuse

Blood vessels
Blockage
Initial damage
Damage due to Excitotoxicity

Diabetic Foot Ulcer
The Oat Bran Story

Once you have read this article, you will have the key to help you:

- Minimize your risk of diabetes, and at the same time reduce your risk of hormone dependent cancers (breast, prostate, colon).
- Lower your blood cholesterol, and thus reduce your risk of heart disease.
- Normalize your bowel bacteria thus giving your system powerful protection against intestinal infections and yeast infections in general, and giving your colon its preferred food- and also help reduce antisocial smells!
- Reduce your dietary fat absorption by 10%
- Stave off the hunger pangs when you are trying to diet.

Oat Bran is made up of the dehulled oat (or "groat"). It is not to be confused with the outer shell of the oat grain. It is full of nutrients. The fibre component is made up of:

"Insoluble" fibre (4%)

(Insoluble fibre is the sort of fibre that does not dissolve or form a gel in water, and which even the bowel bacteria find impossible to digest).

"Soluble" fibre (4%)

(Soluble fibre does dissolve in water- usually forming a gel, is not
digested by your digestive enzymes, but is used as food by certain bacteria).

**Beta-Glucan** The oat bran fibre has a chemical name: "Beta-glucan". Beta-glucan is a linear polysaccharide. Beta-glucan is the special health giving principle contained in oat bran.

Let us follow the career of oat bran as it traverses the digestive tract. I think that by the end of this article, you will be amazed that one food component can do so many good things! **Events in the Stomach.** Oat Bran Fibre in the stomach swells and absorbs water, thus giving a full feeling in the stomach. Wet Oat Bran Fibre also forms a gel, thus slowing gastric emptying, and lowering the glycemic (rise in blood sugar) effect of food eaten alongside of it. **Events in the Small Intestine** Oat Bran Fibre (as does all food fibre) increases the production of mucus (not known why). The extra mucus adds to the gelling effect of the Oat Bran Fibre, with the following effects:-

1. Slows mixing of digestive enzymes and bile acids with the intestinal contents
2. Slows the break down of lipid droplets.
3. Slows absorption by slowing the movement of intestinal contents. It thus take longer for absorbable nutrients to percolate toward the intestinal lining.
4. Increases the hormone cholecystokininine, a hormone which improves your feeling of satiety (that full feeling after a meal).
5. Up to 10% of dietary fat is actually excreted instead of absorbed.
6. Up to 10% of protein gets into the large bowel undigested.
7. Slows the digestion and of absorption of starches and sugars, thus reducing the blood glucose surge.

Note that all starches and sugars are absorbed by the time food passes into the large bowel. All this adds up to definite and measurable benefits: Just 40 grams per day of Oat Bran, containing 3.5 grams of fibre damps the hunger feeling. And even if you still consume the same total number of calories, you will achieve measurable weight loss! **Events in the Large Intestine** In the large bowel, Oat Bran Fibre is digested by bacteria into "short chain fatty acids" (SCFA for short). Mostly butyric acid. (Side comment: Other "soluble" dietary fibres such as Psyllium, Guargum, and Arabinogluclusan tend to be fermented into propionic acid). Oat Bran Fibre is thus a "pre-biotic":

A Pre-biotic is a none-digestible food ingredient that beneficially affects the host by selectively stimulating the growth and/or activity of one or a limited number
of bacteria in the colon.

Oat Bran Fibre specifically is food for, and increases the numbers of the good bacteria (Lactobacilli and Bifidobacterium) in the large bowel. In fact the total number of bacteria is increased so much that excess, or waste nitrogen goes into bacterial protein, thus diverting nitrogen excretion from the kidneys to the large bowel. That would certainly be of benefit for patients suffering renal failure. But here is where Oat Bran Fibre really starts to get healthy! The "SCFA's" produced by Oat Bran fermentation are antimicrobial! They inhibit the growth of potentially unhealthy or pathogenic bacteria and yeasts! This is probably due to the increase in colon acidity that they cause. (It is also theorized that some components of Oat Bran can bind with iron, thus making it less available to disease causing bacteria, which need iron to grow). Chart 1 shows the change in large bowel bacteria with aging. Note how the bad bacteria (Clostridium perfringens, E.coli and Streptococcus) increase with age, while Bifidobacterium decreases in number. From this chart, you can quickly understand why a prebiotic such as Oat Bran Fibre is especially helpful for the middle aged or older.

**Chart 1: The Change in Colon Bacteria with Age**

Not only does the Butyric Acid SCFA inhibit pathogenic bacteria, it is also the preferred energy source for the cellular lining of the large bowel. Butyric acid provides up to 70% of the large bowel energy requirements. This energy source enables the colonic bacteria to better absorb water and sodium, thus combating diarrhoea! Oat Bran Fibre increases the total fecal wet weight and decreases total large bowel transit time. Both these effects are due to extra bacterial mass. Oat Bran Fibre reputedly produces less gas and flatulent smells than wheat bran, and this
benefit is increased by cooking the Oat Bran Fibre. It's also a good safe laxative - even at up to 20 grams per day (though this would be an excessive amount to take!) Proven Health

**Benefits for the whole Body:**

- Smoothes blood glucose fluctuations.
- Lowers cholesterol, especially "bad" (LDL) cholesterol.
- Aids dieting
- Aids diabetics
- Aids Renal patients
- Provides slow release energy for endurance athletes and those who fast.
- Helps with constipation.
- Combats infections of the large bowel, and yeast infection of the bowel and skin of the "private parts".

<table>
<thead>
<tr>
<th>Amount of Oat Bran Fibre</th>
<th>Equates to (Oat Bran):</th>
<th>Equates to (Rolled Oats):</th>
<th>Beneficial Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 grams</td>
<td>38 grams</td>
<td>75</td>
<td>Cholesterol starts to reduce</td>
</tr>
<tr>
<td>5 grams</td>
<td>65 grams</td>
<td>125 grams</td>
<td>GI function is aided, blood glucose smoothed.</td>
</tr>
<tr>
<td>10 grams</td>
<td>125 grams</td>
<td>250 grams</td>
<td>Maximum effect.</td>
</tr>
</tbody>
</table>

**Warning: protein pump inhibitor (PPI) risk**

(Oat bran is contra-indicated in those with compromised digestive systems)... Since drugs to reduce stomach acid are very common nowadays and these same drugs further compromise the functioning of an already compromised digestive system (ref. protein pump inhibitors, adverse effects), I make this oat bran warning: Oat bran may cause bowel obstruction and constipation in compromised digestive systems. If your ability to digest food is decreased for whatever reason, you should:

1. Start with smaller doses of oat bran and observe your
progress
2. Pre-digest your oat bran by pre-soaking overnight (see recipe below)
3. Consider avoiding FODMAP carbohydrates (such as oat bran) altogether - scroll down this page to find the heading FODMAPS - solution for IBS and IBD

BREAKFAST PORRIDGE

(reprinted from Sally Fallon, Mary Enig: "Nourishing Traditions" - see advert to right. Information about soaking oat meal, look for the word "porridge" on this page: Traditional methods of Grain Preparation).

(Serves 4)

- 1 cup oats, rolled or cracked
- 1 cup warm filtered water plus 2 tablespoons whey, yoghurt, kefir or buttermilk (pages 83-87) 1/2 teaspoon sea salt
- 1 cup filtered water
- 1 tablespoon flax seeds/pumpkins seeds/sunflower seeds (optional)

For highest benefits and best assimilation, porridge should be soaked overnight or even longer. Once soaked, oatmeal cooks up in less than 5 minutes - truly a fast food. (Note: Those with severe milk allergies can use lemon juice or vinegar in place of whey, yoghurt, kefir or buttermilk.) Mix oats with warm water mixture, cover and leave in a warm place for at least 7 hours and as long as 24 hours. Bring an additional 1 cup of water to a boil with sea salt. Add soaked oats, reduce heat, cover and simmer several minutes. Meanwhile, grind optional flax seeds in a mini grinder. Remove from heat, stir in optional flax seeds and let stand for a few minutes. Serve with plenty of butter or cream and a natural sweetener like Rapadura, date sugar, maple syrup, maple sugar or raw honey. You may also wish to add apricot butter (page 110), chopped crispy nuts (pages 513-516) or dried sweetened coconut meat (page 159). Price, DDS Nutrition and Physical Degeneration

Stir the oat bran and cup of cold water together until all lumps are removed. Put on a stove at medium heat, and add the hot water.

Important:- Stir constantly with a wooden spoon! As thickening proceeds, add the hot water. Supplies the daily needs of two people. If it's too much to eat at breakfast, then save some for lunch or evening dessert.
"Oatrim" or "Oat bran 25-50"

Oatrim or "Oat Bran 25-50" is a highly processed form of oat bran, which food companies are enthusiastically endorsing. It is the result of a patented process (The "Z-Trim" process) developed by the USDA Agriculturual Research Service.

What is the Z-trim process by which "oatrim" and other soluble processed fibers are produced with a standard sizing of 25-50 microns? Answer:-

"In the Z-Trim process, aqueous gel fibers are obtained from dietary fibers by complete disintegration of their cellular structures in a multistage alkaline shear process". (3)

"Alkaline shear" refers to boiling and blenderizing the raw food product in strong alkaline solutions (solutions of Sodium or Potassium Hydroxide) at pH ranges from 8 all the way to up to 14. (Get that on your hands and you would have third degree burns in no time)! That strong alkalinity is of course neutralized before it is mixed with your "Low Fat" snack cakes, and limited testing indicates that the beta glucan and other oat bran benefits are still present(3). I take this opportunity to raise a couple of philosophical questions:

1. Nature never uses boiling in strong alkali to process and digest foods. Can it really be healthy to have this sort of food processing foisted upon us?
2. How many years before possible harmful health effects of this new and unnatural process are definitely known?

References:-

4. Fred L. Shinnick, Melissa J. Longacre, Steven L Ink And Judith A. Marlett - Oat Fiber: Composition versus Physiological Function in Rats
'Let food be Thy Medicine'
Hippokrates of Kos

'Patients Often Lie about Taking what was Prescribed'
Hippokrates of Kos
"The Food you eat can be Medicine, Stimulation, Pleasure or Slow Poison. Please choose your foods well"

Desire' Dubounet