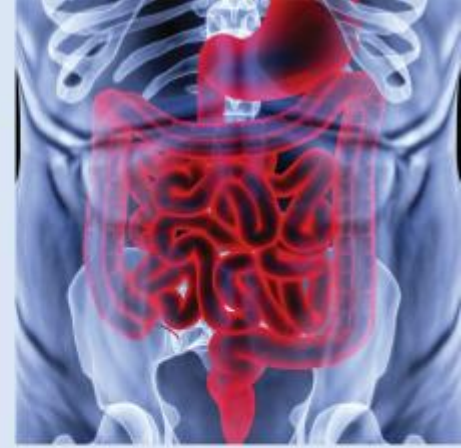




# Your 2<sup>nd</sup> BRAIN



Most people do not realize how important their second brain is to their overall health. Your second brain is your gut and intestinal tract. The brain in your head does your thinking and reasoning, while the brain in your gut is mostly responsible for your unconscious, involuntary actions. When we get a “gut feeling” about something or intuition, the tiny sparks of electricity show up within the neurons of your second brain. The gut is your spiritual and emotional G.P.S., without it, you are lost. The neurons in your gut orchestrate the dance of food and health. If you were to attach all the neurons in your gut together they would be longer than all the neurons combined in your head. The gut’s primary function is to transform your body to grow, maintain homeostasis and fight disease.

Hippocrates, The Father of Medicine, and my favorite old dude, said “Death lurks in your intestines and bad digestion is the root of all evil”. The majority of chronic illnesses plaguing our population for the past few decades is a result of “compromised gut health”. The human intestinal tract is very long and designed to digest vegetables, grains, fruits, nuts and berries. Carnivorous mammals, such as wolves, tigers, etc., have a much shorter intestinal tract, designed to move meat and poultry out of the body quickly. When we eat too much animal protein these foods reside in our gut for too long and quickly begin to putrefy. This creates an unfavorable environment for the good bacteria in our gut and increases the amount of bad bacteria. This decaying of food, forms mucus and toxins which makes a slime that coats the villi (absorbing hairs that line your small intestinal wall) reducing your ability to extract the nutrients from your food. Processed foods, sugar, white flour and processed oils will coat the intestinal wall with mucus as well. Additionally, chlorinated, or fluorinated water, all medication and especially antibiotics will kill and reduce the amount of good bacteria in your gut.

Your body is a temple, and what you put in it should be the most important thing you do each day. Reduce the amount of processed food and animal protein you consume. Increase the amount of raw plant based foods because they have the greatest life force contained within them.

Phytonutrients are nutrients found exclusively in plants. Scientists have just recently acknowledged their existence and have begun naming them. There are many hundreds, if not thousands of these compounds. We are just beginning to understand their importance in human health. One of the main reasons that supplements are not that effective is the fact that the body cannot utilize them in their isolated state. They need to be accompanied by the other phytonutrients that would have been present in their original plant based form.

Unfortunately, if your gut is not performing properly, you will not be able to extract the nutrients from your food. The majority of what you eat should be plant based foods in order to cleanse your gut and achieve a healthy gut flora. That’s it in a nutshell, truth be told.

Your body has the ability to heal itself if you nourish it properly. Remember, doctors mostly just treat chronic illness. You have the ability to cure it.

God has provided us with everything we need on this earth to be happy and healthy. He doesn’t understand why we pay more attention to our medically dominated health care system, and so little to our food system.

From all of us at Hardscrabble, Zino, Shagbark and Harvest Moon, thank you for your support this past year. Good luck this year and good health!

*Robert Covino*

Suggested reading:

*Clean* - Alejandro Junger, M.D.

*Clean Gut*- Alejandro Junger, M.D.

*The Book of Macrobiotics*- Michio Kushi

To reference any of Rob's past health letters go to: [HarvestMoonFarmAndOrchard.com/newsletters](http://HarvestMoonFarmAndOrchard.com/newsletters)