

# Study Guide: Benefits of Lactobacillus reuteri

## 1. The Gut Microbiome and Mood:

- The gut microbiome produces over 60 digestive enzymes (humans produce only 17).
- Microbes break down fiber into beneficial compounds like acetic acid (feeds colon cells) and butyric acid (mimics ketones).
- 90% of serotonin (a neurotransmitter) is produced in the gut.
- The vagus nerve connects the gut and brain, allowing bidirectional communication. Poor gut health can lead to depression/anxiety, and vice versa.

## 2. Role of Microbes:

- Microbes break down toxins, medications, and antioxidants.
- They produce neurotransmitters like serotonin, dopamine, and GABA.
- Good bacteria maintain the gut lining, preventing harmful bacteria from crossing into the bloodstream.

## 3. Factors That Harm the Microbiome:

- Antibiotics, glyphosate (herbicide), junk food, stress, alcohol, smoking, and pollution.
- These factors reduce neurotransmitter production, alter blood sugar, and lead to small intestinal bacterial overgrowth (SIBO).
- SIBO causes nutrient deficiencies, inflammation, leaky gut, and food intolerances.

## 4. Dr. Davis's Protocol:

- Dr. William Davis, author of \*Wheat Belly\* and \*Super Gut\*, developed a method to grow a specific probiotic microbe (Lactobacillus reuteri) in a dairy product.
- Unlike traditional yogurt (fermented for 4-6 hours), this product is fermented for 36 hours at 99°F.
- The result is a highly concentrated probiotic with up to 300 billion CFUs (colony-forming units).

## 5. Benefits of Lactobacillus reuteri:

- Survives stomach acid and colonizes the small intestine.
- Produces bacteriocins (natural antibiotics) that target harmful bacteria.
- Increases oxytocin (the "love hormone"), which reduces cortisol (stress hormone) and improves mood.

- Anecdotal benefits: improved sleep, thicker hair, younger-looking skin, increased muscle mass, and better mood.

## 6. Additional Effects:

- Restores youthful muscle mass and strength.
- Reduces abdominal fat without weight loss (improves body composition).
- Improves skin health (increased dermal thickness, reduced wrinkles).
- Enhances libido, vaginal moisture, and testosterone levels in older adults.

## 7. Why *L. reuteri* Was Lost:

- Common antibiotics (e.g., amoxicillin) have wiped out *L. reuteri* in 96% of the population.
- Indigenous populations and wild mammals still have *L. reuteri*, suggesting its importance for health.

## 8. Endotoxemia and SIBO:

- Loss of beneficial microbes allows harmful bacteria (e.g., *E. coli*) to proliferate in the small intestine.
- These bacteria release endotoxins that enter the bloodstream, contributing to weight gain, dementia, cancer, and type 2 diabetes.
- Restoring *L. reuteri* helps reduce SIBO and endotoxemia.

## How to Make the Probiotic Yogurt:

### 1. Ingredients:

- 1 capsule of *Lactobacillus reuteri* probiotic (specific strain recommended by Dr. Davis).
- 1 quart of organic half-and-half.
- 1-2 tablespoons of inulin (prebiotic fiber).

### 2. Steps:

- Mix the probiotic powder and inulin with a small amount of half-and-half to form a paste.
- Add the remaining half-and-half and mix well.
- Pour the mixture into yogurt maker containers.
- Add water to the yogurt maker until it reaches the same level as the mixture.
- Set the temperature to 99°F and ferment for 36 hours.

- Refrigerate the product for a few hours before consuming.

### 3. Dosage:

- Consume ½ cup per day, preferably before bed.

### Key Takeaways:

- The gut microbiome plays a critical role in digestion, mood, and overall health.
- Lactobacillus reuteri is a keystone microbe that can restore gut health, improve mood, and reverse age-related decline.
- Dr. Davis's 36-hour fermentation method creates a potent probiotic yogurt that can be made at home.
- Restoring beneficial microbes can address SIBO, endotoxemia, and a wide range of health issues.

### Additional Resources:

- Books: \*Super Gut\* and \*Wheat Belly\* by Dr. William Davis.
- Website: Visit Dr. Davis's blog for detailed instructions and updates.
- Supplements: Look for specific strains of Lactobacillus reuteri and other beneficial microbes like Lactobacillus gasseri and Bacillus subtilis.

### Discussion Questions:

1. How does the gut microbiome influence mental health, and what role do neurotransmitters play?
2. What are the potential consequences of small intestinal bacterial overgrowth (SIBO)?
3. Why is Lactobacillus reuteri particularly effective in restoring gut health, and how does it differ from other probiotics?
4. How can dietary and lifestyle changes support a healthy gut microbiome?
5. What are the potential benefits of Dr. Davis's probiotic yogurt, and how might it impact aging and overall well-being?

This study guide provides a comprehensive overview of the key points discussed in the transcript. Use it to deepen your understanding of the gut microbiome, the role of specific microbes, and how to implement Dr. Davis's probiotic protocol.