GUT HEALTH TIPS TO OPTIMIZE HEALTH

notes by Blake Bars

WHY IS GUT HEALTH IMPORTANT?

- A functional gut breaks down proteins and nutrients, delivers vitamins and minerals, blocks pathogens and toxins, creates hormones, builds the immune system, powers cellular energy production, and performs many other miraculous processes in human body. A healthy gut digests and delivers all the building blocks for the repair and rebuild of our own cells, blood, bones, organs, tissues, and hair, and much more. A dysfunctional gut may not be doing all or any of these things well.
- Gut health is at the center of all health and over 70% of your immune system is in your gut. Good gut health supports healthy metabolic activity, healthy blood sugar levels, mental health, healthy skin/hair/nails, healthy energy levels, muscle strength, recovery and endurance, and more. A healthy gut reduces inflammation and the risk of basically all health issues like heart disease, cancer, diabetes, obesity, auto immune disease, IBS, inflammatory bowel disease, fatty liver, food allergies, skin rashes, Parkinson's, Alzheimer's, restless leg, depression and anxiety, leaky gut, SIBO, SIFO, not to mention the obvious constipation, diarrhea, gas and bloating.
- A healthy gut means that there are more good bacteria than harmful bacteria and that harmful bacteria don't overtake the good. The digestive tract houses 100 trillion diverse microorganisms (ten times the number of cells in your body). Numerically speaking, you are 10 percent human, and the other 90 percent is primarily bacteria and other microbes such as yeasts, viruses, and parasites. An appropriate balance of these microbes with the beneficial bacteria far outweighing the others, can make the difference between vibrant health and chronic illness. Microbes have always been a part of human existence, so what has happened in our modern world that has caused such an imbalance in our microbiome?

WHAT'S THE PROBLEM?

- We currently have what microbiologists are calling "the disappearing microbiome." We have a microbiome in which the good beneficial bacteria are disappearing, which allows for the bad bacteria to grow, bloom and proliferate through the entire length of the GI tract and then into organs and tissues. Beneficial organisms like Bifidobacterium and Lactobacillus are low and bad organisms like pathogenic bacteria, parasites, fungus, yeast, candida, e coli are overgrown. There are many factors, but the fact is, we are creating an environment in the human body where good microbes are dying and bad microbes are thriving.
- Today we spend our days in artificial environments made of cement, paint and plastics. We sanitize everything with chemicals, our vegetables are grown for us and our animals come pre-killed. In our modern world, we don't often get soil, blood, or germs under our fingernails. Instead of fermented food, we have refrigerated food. Instead of raw food, it's all cooked. Instead of food the way God made it, we eat food the way man has "fixed" it. Instead of plant-based and herbal remedies, we down toxic pharmaceuticals. Instead of eating simple meals with a few whole foods, we eat meals loaded with every type of food all-at-once.
- Some pharmaceutical drugs like antibiotics, opioid drugs, acid blocking drugs, anti-inflammatory drugs, and others deplete beneficial bacteria and harm gut health. For instance, antibiotics may be necessary in an acute crisis, but over the long haul they will deplete your body of good bacteria which paves the way for the takeover and colonization of pathogenic bacteria, yeast, candida, fungus and parasites.
- Our modern diet is loaded with antibiotics, hormones, pesticides, herbicides, genetically engineered ingredients, artificial ingredients, refined carbohydrates, and refined oils. These toxic ingredients are not only hurting good bacteria but also feeding bad bacteria. For instance, refined carbohydrates like sugar feed bad bacteria, and chemicals like Roundup (glyphosate) which is sprayed on conventional produce, acts as an antibiotic which wipes out good bacteria in the gut. Glyphosate also damages the gut lining.
- Leaky gut – a healthy gut lining allows certain nutrients through into the blood stream and blocks certain pathogens from entering the blood stream. When the gut lining is damaged from our modern diet and lifestyles, it either quits working properly or it is eroded away completely (the gut lining is only one-cell thick). At this point, things that were not supposed to get into the bloodstream enter freely and begin to wreak havoc in many different ways. In fact, one theory is that leaky gut is the root cause of some autoimmune conditions, because the immune system begins attacking things that are allowed into the bloodstream that are never supposed to get in in the first place. This leads to a chronic inflammatory state in the body and poor nutrient absorption as well.

DIET and SUPPLEMENTS

- Eat a diet of WHOLE, REAL, FIBROUS, UNPROCESSED, ORGANIC, NON-GMO food.
- Cut SUGAR!!
- Knock down pathogenic bacteria, candida, yeast, fungus and parasites with supplements like black walnut, clove, wormwood, berberine, oregano oil, thyme, turmeric (without enhanced absorption), and foods like pumpkin seeds, pomegranate, garlic, ginger, apple cider vinegar, beets, carrots.
- Some of our other top supplement pics for gut health include: Chemical Free Body Gut Detox, the whole Vital Planet line of probiotics and detox kits and gut health products, Ancient Nutrition Leaky Gut, Global Healing Oxy-Powder, Solaray Vital Extracts Turmeric, Terry Naturally High Potency Turmeric 50X, George's Aloe Vera, prebiotic supplements, high quality probiotics (like Vital Planet, Solaray, Ancient Nutrition brands).

PROBIOTICS + PREBIOTICS = POSTBIOTICS

- Probiotics + Prebiotics = Post-biotics (like butyric acid, which is very important for immune system and ATP cellular energy production).
- Eat foods rich in probiotics like yogurt and kefir (preferably no sugar, real food ingredients), kimchi and sauerkraut (preferably organic and not made with vinegar like Bubbie's brand), Kombucha (low sugar like Bare Culture).
- Make your own yogurt super high in probiotics. Mainstream yogurts are only fermented for a few hours resulting in a few billion probiotics. We sell a yogurt at Nature's Pantry that we ferment for 24 hours resulting in several hundred billion probiotics. We also have the ingredients and instructions at the store so you can make your own.
- Eat foods rich in prebiotics like: Apples, Bananas, Watermelon, Grapefruit, Onions, Garlic, Leaks, Asparagas, Chicory, Artichoke, Barley, Oats, Wheat bran, Jicama, Seaweed, Flaxseed, Mushrooms, Cabbage, Lentils, Red Kidney Beans.
- Eat a diet high in fiber with at least 25 to 35 grams of fiber per day. 90% of adults do not get enough fiber in their diets. EXAMPLES: 1 stalk of celery 1g, 1 cucumber 2g, 1 apple 4.5g, 1 orange 2.5g, 1 cup broccoli 5g, 1 carrot 2g, 1 cup raspberries 8g, 1 cup lentils 15g, 2 oz almonds 7g, 2 tbsp chia seeds 8g, 1/2 avocado 5g.

DIGESTIVE ENZYMES

- Take Digestive Enzymes with every meal until gut health improves. Chew your food 20 to 30 times. When you chew your food well enough it will be the consistency of apple sauce and you will feel your cheeks excrete juices, which are full of digestive enzymes. This is the important beginning of the digestive process. Don't forget to slow down, relax, breathe, and chew your food. Inhaling your food while stressed out and on the run is a recipe for gut dysfunction. Your body is either in rest and digest mode or fight-or-flight. You cannot digest food well while in fight-or-flight mode . . . in case you were wondering . . . LOL.

STOMACH ACID

- Strong stomach acid is very important for properly digesting food. This is why acid reducing drugs are not a good idea long term. Low stomach acid can allow for the overgrowth of pathogenic bacteria in the gut.
- To test your stomach acid, put a quarter teaspoon of baking soda in four ounces of cold water. Drink it on an empty stomach. Then time how long it takes you to burp. If it takes longer than three to five minutes, you don't have enough stomach acid.
- Avoid drinking with meals. Water and other drinks dilute the stomach acid. Drink plenty of water and herbal tea between meals. Eat a piece of fruit after a meal instead of drinking fluid. Carbonated beverages neutralize stomach acid to. Do not drink carbonated beverages with meals and consider avoiding all together until gut health improves.
- Consider taking HCl, betaine, pepsin, apple cider vinegar (on an empty stomach), manuka honey, ginger, zinc, and/or bitters supplementation to support healthy stomach acid.
- Reduce/eliminate processed sugars and carbohydrates.

Hydrogen peroxide (HP)

- HP can be beneficial for gut health. Infections like yeast and E. coli are anaerobic (don't like oxygen). Good bacteria are aerobic (like oxygen). When you introduce HP (H_2O_2), your body breaks it apart into water and oxygen. That extra oxygen will suffocate the yeast and E. coli and at the same time feed the good bacteria. This is very different than taking an antibiotic which kills all the bugs good and bad. FOR MORE ON THIS see the interview and flyer Blake did with Dr. Ealy, Dr. Levy and Dr. Ardis under the Health Show tab at www.naturespantry.life.
- Other methods that may help get oxygen into the digestive tract are taking a product we like called Oxy-Powder (which is an ozonated magnesium supplement) and/or Chlorophyl supplements. When considering bio-oxidative therapies, go slow, educate yourself, and work with someone with experience.

Fasting

- Fasting is a powerful tool for healing the gut. Fasting can help restore healthy stomach acid. Fasting gives the gut a break so it can heal. There are many different types of fasting: juice fasting, water fasting, intermittent fasting, etc. Biblical fasting is with the intent of coming closer to God spiritually. For more on this see the book: *The Daniel Fast* by Susan Gregory. It's interesting that this ancient practice from the Bible was used so long before modern science has proven its benefits. Another great resource for learning about fasting is Dr. Ealy's new course The Art of Cellular Healing: https://my.energetichealthinstitute.org/art-of-cellular-healing/go/course-page-3/
- We always focused on putting food and medicine into the body to help us heal, but we forget that one of the most powerful tools for healing is to just stop putting things in the body for a time. God has designed our bodies to heal during states of hunger and fasting. Our bodies already know what to do, we just have to get out of the way.
- When you are hungry and your body is not working on digestion, it goes into self-healing mode called autophagocytosis. Autophagocytosis is the process where your cells break down and destroy old, damaged, or abnormal proteins and other substances inside the cell. Dr. Ealy says that there is no therapy ever invented by man that supersedes what God has given us with fasting.
- While in a fasting state, the body also repairs DNA and can deal with infections like E. coli, yeast, and even genetic infections such as people are experiencing with the mRNA shots and persistent spike protein syndrome.

Detoxing, Gut Cleansing, Liver Cleansing, Gallstone Flushes, Colon Hydrotherapy and Enemas

- For more on these important topics see the class and flyer Blake and Tim did under the Health Show tab at www.naturespantry.life (episode 39).

DISCLAIMER: *I am not a doctor. Always consult your doctor when considering medical decisions. If your doctor has an understanding of nutrition and wholistic health, even better. The info on the flyer is for information purposes only and is not intended to diagnose or treat any disease.*