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The Power of Fiber: Protecting Your Gut and Beyond

The Link Between Alzheimer's Disease and Type 3 High Blood Sugar

The Crucial Connection Between High Blood Sugar and Quality Sleep

The Gut-Brain Axis: Understanding the Vital Connection

Home Cures That Work

When it comes to health, there are flashy topics — and then there's fiber. Fiber is best known for its ability to fight constipation, and really, who wants to talk about bowel movements? Though this overlooked nutrient is critical for maintaining optimal health, most people don't get nearly enough of it. Not only does fiber-free processed food dominate the SAD, many health-conscious eaters are fiber deficient due to the popularity of carb-limiting protocols in favor of protein and fat.

Even those who embrace healthy whole foods without concern for carbs may not be getting enough fiber. Given fiber's multitude of benefits, it makes sense for all of us to get more of it. Dr. Scott Saunders explain how fiber supports health — and how to fit more of it on your plate.

Understanding just how closely the gut and the brain are related is essential. Put simply, nearly everything about our health, how we feel both physically and emotionally, can hinge on the state of our microbiome. If you're wondering how to care for your own microbiome in a way that can change your body and brain for the better, check out the details in our Gut-Brain article this month.

One of the factors that starts brain damage to cascade is insulin resistance. More and more studies show people with high blood sugar have a higher risk for developing Alzheimer's. Your best protection against Alzheimer's is a fit and healthy lifestyle, including feeding a healthy gut microbiome, maintaining low blood sugar, and getting deep sleep.

Treating sleep issues is part of brain and blood sugar care. If you live with high blood sugar, you know how true this is. One night of disrupted sleep causes insulin resistance the next day. Seven strategies in this month's issue have been shown to help reduce feelings of stress, calm your mind, regular blood sugar and/or support more restful sleep.

The good news is there are Home Cures That Work to overcome high blood sugar, balance your mood, boost energy levels, and prevent age-related brain problems. It happens EVERY day! Your living miracle is next!

For your health,

Cheryl Ravey,
Editor, Home Cures That Work

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THE POWER OF FIBER: PROTECTING YOUR GUT AND BEYOND!

by Dr. Scott Saunders, M.D.

I WOULD LIKE TO spare everyone the pain of reading this article by summarizing it up front in three words:

EAT MORE PLANTS!

Now that I have that out of the way, let's get into the meat (haha) of the article – fiber.

Chance has had Crohn's Disease, inflammation of the bowel, since childhood. He has tried every medication the doctor had. Some of the anti-inflammatory medications worked for a short time, but he continued to have problems with pain, diarrhea, and blood in the stool. Then, he went to a naturopathic doctor and was given butyrate enemas, which worked to keep his colon functioning. As long as he continues to use the enemas, he has reprieve from his disease.

Butyrate is a short-chain fatty acid (SCFA) made by the bacteria in the bowel from fiber. Those who eat more fiber, make more SCFA. One study had a group in America change to a low-fat, high-fiber diet like an African diet, and people in Africa change to a high-fat, low-fiber American-type diet. The results were striking in both the change of bacteria as well as the change of SCFA. Those on the high-fiber diet increased the production of SCFA, while those who changed to a low-fiber diet lost the benefits of the

bowel flora, making less SCFA[1].

Why Is SCFA So Important?

SCFA regulates the function of the colon. It stops inflammation. It regulates the tight junctions of the cells, so people don't get "leaky gut." It literally feeds your colon cells, because the lining of your colon prefers SCFA (butyrate) for energy. Also, importantly, it allows for the abnormal cells to die so you don't develop colon cancer.[2] Therefore, having enough SCFA is the primary way to protect yourself from leaky gut, inflammatory bowel diseases, and colon cancer.

Chance decided to change his diet instead of using butyrate enemas. He went up to about 100 grams of fiber daily from a variety of foods, and was able to get off all medications, including the enemas with normal bowel function.

I remember as a child being told that future astronauts going to the moon would just have a pill to take with all their nutrients. The fiber would be removed, and they would have everything their bodies needed. But, fiber is not just a waste product that cannot be digested, bacteria use it for food, as well as changing it into things that your body can use, such as SCFA. The diverse nature of effects on the body is incredible! A high-fiber diet can help prevent:[3]

- Crohn's Disease
- Irritable bowel syndrome
- Ulcerative colitis
- Colon cancer
- Colon polyps
- Hemorrhoids
- Diverticulosis and diverticulitis
- Obesity, especially in the abdominal fat
- Fatty liver disease
- Alzheimer's Disease
- Autoimmune disease[4]

CONSTIPATION

Jonathan was chronically constipated with bleeding hemorrhoids. He was told that he needed to get rid of the constipation so the hemorrhoids would go away. He started taking magnesium to keep him regular, but still had blood in the stool. A colonoscopy revealed that he still had hemorrhoids, in spite of having normal, regular bowel movements for years!

While hemorrhoids are associated with constipation, this isn't necessarily causative. The problem is not the hard stool, as previously thought, but rather the SCFA and bioflavonoids in the high-fiber foods. Just taking a laxative will not heal the hemorrhoids – a high-fiber diet is needed. It is the fiber that lowers the inflammation and allows healing.

TYPES OF FIBER[5]

All fiber is made of carbohydrates that are not digestible by humans. Other animals may digest them because they have multiple stomachs. There are two main types of fiber: soluble and insoluble.

Soluble Fiber is made of carbohydrates that dissolve in water. They are like starch but are configured in a way that our digestive system can't digest them because we don't have the enzymes to break them into individual sugar molecules. Soluble fiber is fermented by bacteria in the colon and is made into short-chain fatty acids (SCFA), which decrease inflammation in the colon and body.

- Pectin: mostly from apples, citrus, and other fruits, but is found in all plants.
- Beta-Glucans: from oats and barley are long chains of glucose molecules.
- Inulin: found in foods like chicory root, onions, and garlic.
- Mucilage: from flaxseeds and psyllium husk - forms a gel when mixed with water.
- Gums: such as guar, or xanthan gum are stabilizers used in food.
- Resistant Starch: a type of starch that is only partially digested in the small intestine, found in green bananas, raw potatoes, cooked and cooled rice or pasta, and legumes.
- Arabinoxylan: Arabinoxylans are found in wheat bran and other cereal grains.
- Fructan: including fructooligosaccharide (FOS), wheat, onions, and garlic.
- Resistant Dextrins: such as maltodextrin are used as food additives.
- Chitin: Chitin is a fiber found in mushrooms, and the shells of crustaceans and insects. It feeds good bacteria in the colon.

Insoluble Fiber, as its name implies, does not dissolve in water. The carbohydrate

fibers remain intact and are not digested by the intestines, nor the bacteria in the colon. It acts like a brush, cleaning out the intestines, forming the bulk of the stool, making the stool soft, promoting regular bowel movements.

- Cellulose: cardboard, wood, and the cell walls of all plants.
- Hemicellulose: also part of plant cell walls, as well as whole grains and bran.
- Lignin: stems of vegetables. It is part of the structure and waterproofing of plant cells.

FUCOSE

Another very important factor in growing bacteria in the bowel is our own secretions. One of these is fucose, a type of sugar made by the cells that line the intestines if there is any inflammation or infection. This sugar feeds certain bacteria that suppress organisms that cause inflammation. Those who have inflammatory bowel diseases often have a defective ability to make fucose. Thus, for these people, adding fucose to the diet might be very useful.[6] Also, the protective layer of the blood vessels includes fucose, so adding fucose to the diet also helps prevent vascular disease and heart disease.

Foods that contain fucose include seaweed and mushrooms. Also, you can get a supplement called Fucoidan.

As you can see, there are a lot of different types of fiber. These basic categories can be sub-divided into multiple other types of fiber. Thus, there is really a huge variety of food for the bacteria in the colon.

What About the CARNIVORE Diet?

Do people who eat only meat have bacteria in their bowel? Yes. There are many bacteria that live on amino acids instead of carbohydrates. Remember that all fiber is carbohydrates, but amino acids come from protein. One study showed that changes in the diet, from plant-based to animal-based changes the types and numbers of bacteria in one day.[7] The types of bacteria increased in those eating a “carnivore” diet. The significance of this is not known.

One thing that seems to be an important difference between a plant-based and an animal-based diet is the mucous layer of the colon. The colon is completely lined with a mucous layer that keeps the bacteria away from the wall of the colon. If that mucous layer is not functioning, both humans and mice get inflammatory bowel disease such as Crohn’s Disease.[8] It seems that the bacteria that grow on plant fiber are the ones that help to grow the mucinous layer. People who eat only meat do not make SCFA such as butyrate that protect the colon and brain from inflammation. The types of bacteria that do grow seem to be associated with inflammation.

I want to be clear that this is not a definitive study, only a suggestion. There isn’t enough evidence to implicate a carnivore diet to any inflammatory condition. Those on the carnivore diet did have more types of bacteria in the studies. But, healing the bowel may take a large amount of fiber. It appears that some people do better on a high fiber diet, while others do well on a meat diet. There is not only one way.

What About Fiber Supplements?

Fiber supplements are great, if they don’t contain sweeteners; some of the common fiber laxatives have more sugar than fiber! The other issue with fiber supplements is that they are usually just one type. While fruit and vegetables give you both soluble and insoluble fibers of different types. Find a good supplement with several different types of fiber. You may also get different brands and mix them up, using a different one every day of the week.

Eat More Fiber: The 90/10 plan[9]

One gastroenterologist who works with people who have inflammatory bowel disease recommends eating 90% high fiber foods. The other 10% can be meat, cheese, yogurt, and other foods that don’t have fiber.

The ideal amount of fiber to eat is 40 grams or more per day,[10] which is not easy since an apple only has 5 grams. It isn’t recommended to do this all at once, just gradually increase your intake of fiber. The following will give you an idea of the amount of fiber in various foods.

TYPE OF FOOD	SERVING SIZE	FIBER (GRAMS)
Beans, peas, lentils, cooked	1 cup	15
Avocado	1 medium	13.5
Chia seeds	3 tbsp.	10

Artichoke hearts, cooked	1 cup	10
Chickpeas	1 cup	16
Whole wheat spaghetti, cooked	1 cup	6
Pear	1 medium	6
Red delicious apple	1 medium	5
Orange	1 medium	4
Almonds	1 ounce	3.5
Mushrooms	1 cup	0.7
Blueberries	1 cup	3
Broccoli	1 cup	2.5
Brussels sprouts, cooked	1 cup	4
Whole wheat bread	1 slice	2
White bread	1 slice	0.2
Corn	1 cup	3
Peanut butter	2 tbsp.	1.5
Brown rice, cooked	1 cup	3
White rice cooked	1 cup	0.6
Popcorn, air-popped	1 cup	1
Kale, raw	1 cup	1
Lettuce	1 cup	1

This gives you an idea of how hard it is to get up to your 40 grams per day. It really is a lot of food. It works if you dramatically decrease the things you eat that DON'T have fiber, such as meat, and processed foods. White bread and white rice have no appreciable amount of fiber, whereas the whole grains do. Notice also that a salad with raw kale and lettuce needs a lot to give you a significant amount of fiber.

VARIETY is Important

Don't eat the same thing every day. Change your diet a lot. Look for variety in all that you do. The greater the variety of fibers, the broader the scope of bacteria in the bowel. This gives you resilience. If there is some insult to the intestines like an infection, parasite, or you need to take antibiotics, you are not going to lose the only bacteria you have. You will have such a wide range of bacteria that you will still have a healthy colon. You will also recover faster from intestinal issues if you even experience any at all.

Diversity looks like having different kinds of fiber. It doesn't mean you must eat something different every day, it just means expanding your repertoire. Fiber only comes from plants, and every plant has fiber, but they vary a great deal in the amount and types of fiber. Thus, eating a variety of fruit and vegetables assures you get a variety of fiber.

FIBER RECOMMENDATIONS

- Eat more plants!
- Consume 40 grams or more of fiber per day.
- Choose the higher-fiber options (brown rice, whole wheat, and so forth)
- Avoid processed foods (no fiber)
- Eat more varieties of fiber, including different vegetables, different kinds of fruit, nuts, seeds, whole grains, beans, peas, lentils, hummus, mushrooms, seaweed, and so forth.

It seems that feeding the good bacteria in the colon can help every organ in your body. Sure, the colon itself is more functional, but it can also lower inflammation in the whole body. ▶

Sources: [1] Holmes E, Li JV, Marchesi JR, Nicholson JK. Gut microbiota composition and activity in relation to host metabolic phenotype and disease risk. Cell Metab 2012; 16:559-64; PMID:23140640; http://dx.doi.org/ 10.1016/j.cmet.2012.10.007 [2] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4939913/ [3] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4939913/ [4] Flint HJ, Duncan SH, Scott KP, Louis P. Links between diet, gut microbiota composition and gut metabolism. Proc Nutr Soc 2015; 74:13-22; PMID:25268552; http://dx.doi.org/ 10.1017/S0029665114001463 [5] https://www.webmd.com/diet/compare-dietary-fibers [6] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4536407/ [7] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3957428/ [8] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6375348/ [9] https://theplantfedgut.com/ [10] https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948

The Link Between Alzheimer's Disease and Type 3 High Blood Sugar

WHAT WE KNOW!

WHILE MOST PEOPLE are familiar with the second type of high blood sugar, there's a less widely recognized third type of high blood sugar that has been gaining attention in the world of health and research. It's a label sometimes used to describe the relationship between Alzheimer's disease and insulin resistance in the brain, which is a hallmark of the second type of high blood sugar. However, it's important to note that this term is primarily a research concept and not commonly used for clinical diagnosis.

Why Is Alzheimer's Disease Referred to as the Third Type of High Blood Sugar?

According to Guojun Bu, Ph.D., a professor of neuroscience and associate director of the Center for Regenerative Medicine at the Mayo Clinic in Jacksonville, Florida, "the third type of high blood sugar" is a research term aimed at understanding the growing body of evidence connecting insulin resistance in the brain to neurodegenerative conditions such as Alzheimer's disease and other forms of dementia. It's a way to explore the complex relationship between these conditions.

How Do the Second Type Of High Blood Sugar and Alzheimer's Disease Affect the Body and Brain?

In the second type of high blood sugar, the body struggles to use insulin effectively, a hormone responsible for transporting glucose (blood sugar) to muscles, fat, and cells for energy. This condition is known as insulin resistance. Initially, the pancreas attempts to compensate by producing more insulin, but over time, this

compensatory mechanism often fails, leading to elevated blood glucose levels, as described by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

The second type of high blood sugar is typically diagnosed in individuals over the age of 45 and results from a combination of genetic predisposition, environmental factors, lifestyle, diet, and other risk elements. Alzheimer's disease, on the other hand, primarily affects older individuals, typically those aged 65 and above, as noted by the Alzheimer's Association. It is the most common cause of dementia, characterized by progressive memory loss, changes in behavior, and the loss of physical functions, all due to the degeneration and death of nerve cells in the brain.

On average, individuals with Alzheimer's live for four to eight years after diagnosis, although some may survive for up to two decades. Autopsies of Alzheimer's patients reveal distinct deposits of two proteins:

- Beta-Amyloid: These protein fragments accumulate in the spaces between nerve cells, forming plaques.

- Tau: When they accumulate within cells in the form of twisted fibers, they are referred to as tangles.

The exact causes of Alzheimer's disease are still under investigation, but researchers are exploring multiple factors, including the immune system and hormonal pathways, as per Heather M. Snyder, Ph.D., vice president of medical and scientific operations at the Alzheimer's

Association in Durham, North Carolina. Increasingly, there is a focus on the potential connection between Alzheimer's and high blood sugar, particularly insulin resistance. According to Dr. Snyder, individuals with high blood sugar face an elevated risk of developing Alzheimer's disease and related dementias later in life. The exact mechanisms behind this link are not fully understood, but it appears that changes occur in the way the brain processes energy in people with high blood sugar.

The Mayo Clinic suggests that the second type of high blood sugar may impact the brain's ability to utilize glucose and respond to insulin, potentially contributing to the association between Alzheimer's disease and insulin resistance. Research into this connection is ongoing, and scientists continue to unravel the complex relationship between these two conditions.

The good news is that you can reduce your risk of type 2 — and your risk of Alzheimer's. Such actions in the Fix Blood Sugar Solution Kit contain lifestyle modifications that might be right for you. Note that these life changes are helpful even if you have a diagnosis of prediabetes.

▶

THE CRUCIAL CONNECTION BETWEEN HIGH BLOOD SUGAR AND QUALITY SLEEP

WHEN YOU'RE MANAGING high blood sugar, it's common to focus on dietary choices and physical activity. However, one often underestimated aspect of high blood sugar care is sleep. The relationship between high blood sugar and sleep quality is significant, with each influencing the other in profound ways. Let's explore the connection and learn how prioritizing good sleep can enhance your overall health.

The Impact of Sleep on Insulin Resistance

Sleep is a vital period for your body to rest and rejuvenate. Throughout the night, various essential processes occur, including memory consolidation, muscle repair, and a decrease in heart rate and blood pressure. For individuals with high blood sugar, maintaining a lower resting heart rate and blood pressure is particularly crucial because the condition doubles the risk of heart disease, according to

the Centers for Disease Control and Prevention (CDC).

Hormone regulation, including insulin, is another critical function of sleep. Poor sleep is associated with insulin resistance, where the body struggles to use insulin effectively to transport glucose from the bloodstream into cells, leading to elevated blood sugar levels. Josie Bidwell, DNP, an associate professor at The University of Mississippi School of Medicine, emphasizes the importance of getting the recommended seven or more hours of sleep, stating that it can be a game-changer for those striving to manage blood glucose.

Studies have pinpointed seven hours as the optimal sleep duration. Research published in the journal Diabetes Care in May 2019 found that sleeping fewer than five hours or more than eight hours per night is linked to higher A1C levels in individuals with prediabetes or newly diagnosed high blood sugar. Moreover, sleeping less than six hours per night is associated with a higher BMI, increasing the risk of high blood sugar and complicating blood sugar control. Shedding even a few pounds can improve blood sugar management and reduce the need for medication, according to the American Diabetes Association (ADA).

The exact reasons for the detrimental impact of excessive sleep on health are not fully understood. However, sleep loss can trigger a cascade of biochemical changes involving inflammatory substances like cytokines, potentially leading to insulin resistance. Additionally, sleep deprivation activates the sympathetic nervous system, responsible for the fight-or-flight stress response, which can further decrease insulin sensitivity.

The Bidirectional Relationship Between Blood Sugar and Sleep

Uncontrolled blood sugar levels can also disrupt sleep. High blood sugar can lead to increased urination as excess glucose is excreted in the urine, causing you to wake up frequently during the night. On the other hand, if blood sugar drops too low during sleep (nocturnal hypoglycemia), it can result in restless sleep, nightmares, and night sweats.

It's worth noting that individuals with high blood sugar are up to three times more likely to experience depression, but a significant portion goes without help, as per the CDC. Depression and sleep problems often go hand in hand, further emphasizing the importance of addressing both conditions simultaneously. Having depression increases the risk of insomnia, and conversely, insomnia can elevate the risk of depression.

Given these factors, it's not surprising that a substantial number of individuals with high blood sugar report sleep disturbances. A study published in the journal Diabetes Metabolic Syndrome: Clinical Research, Reviews in 2016 found that a quarter of more than 7,000 middle-aged and older adults with high blood sugar reported having a sleep disorder, with 77 percent experiencing sleep problems such as difficulty falling asleep, sleep apnea, or daytime sleepiness.Sleep's Influence on Diet and Weight Loss Sleep significantly impacts hunger hormones, including leptin, which reduces appetite, and ghrelin, which stimulates hunger.

Inadequate sleep decreases leptin levels and increases ghrelin, leaving you feeling less satisfied with your meals and craving sugary and simple carbohydrates. This can contribute to overeating and hinder weight management. Not only does sleep affect what you eat, but it also influences how much you eat. A meta-analysis of 11 studies found that sleep-deprived individuals consume an extra 385 calories per day compared to those who sleep adequately. The additional waking hours provide more opportunities for eating, which can lead to higher blood sugar levels and worsening insulin resistance.

Improving Sleep Quality with High Blood Sugar

To enhance your sleep quality while managing high blood sugar, it's essential to adhere to healthy sleep guidelines. Chauntae Reynolds, PharmD, CDCES, a spokesperson for the Association of Diabetes Care Education Specialists, recommends the following strategies:

1. Set a consistent bedtime and wake-up time to maintain a regular sleep schedule.
2. Avoid screens before bed, as blue light interferes with the sleep-inducing hormone melatonin.
3. Incorporate physical activity into your routine to improve insulin sensitivity and promote better sleep.
4. Prioritize sleep hygiene by keeping your sleeping environment dark, cool, and quiet.
5. Establish a wind-down routine to relax before bed, which can help reduce anxiety associated with chronic conditions like high blood sugar.
6. Minimize caffeine intake at least 8 hours before bedtime and avoid alcohol before sleep, as both can

affect sleep quality.

7. Avoid heavy meals close to bedtime to prevent elevated blood sugar levels during the night.

By recognizing the intricate connection between high blood sugar and sleep and taking proactive steps to improve sleep quality, you can better manage your condition and promote overall well-being..

The Gut-Brain Axis: Understanding the Vital Connection

UNLOCKING THE SECRET OF THE GUT-BRAIN AXIS

THE INTRICATE RELATIONSHIP between your gut, your microbiome (comprising trillions of bacteria in your colon), and your brain is more profound than you might imagine. This connection, known as the gut-brain axis, resembles an ongoing three-way conversation, with continuous messages being exchanged between these vital components of your body.

At the heart of this communication network is the vagus nerve, a remarkable carrier that plays a crucial role in maintaining this essential link. The Latin term “vagus” means “wandering” a fitting description for the meandering path of this nerve. Originating in the brain and extending all the way down to the colon, the vagus nerve boasts branches connecting to various parts of the body, including the larynx (voice box), esophagus, trachea (windpipe), lungs, heart, pancreas, and most of the digestive tract, including the liver.

This intricate system enables signals from the gut microbiome and the gut itself to travel along the vagus nerve to inform the brain about ongoing conditions in the digestive system. Conversely, the brain sends signals down the vagus nerve to instruct the gut on the necessary responses. For example, when the vagus nerve within the gut detects inflammatory signals released by gut bacteria, it conveys this message to the brain. In response, the brain triggers the production of anti-inflammatory neurotransmitters, helping to regulate the immune system.

The Impact of Imbalance

When the gut-brain axis functions optimally, these messages are relayed accurately. However, when this intricate network falls out of balance, it can lead to a host of health issues. Conditions such as arthritis, diabetes, inflammatory bowel syndrome, food sensitivities, liver problems, inflammation, musculoskeletal disorders, and autoimmune diseases can arise. In the realm of brain health, this imbalance may contribute to neurodegenerative disorders like Alzheimer's disease and Parkinson's disease. Additionally, it can lead to mental health challenges, including depression and cognitive impairment.

Disruptors Along the Gut-Brain Axis

Numerous factors can disrupt the communication pathways within the gut-brain axis, resulting in a breakdown akin to a dropped call. Chief among these disruptors are changes to gut metabolites—chemical substances produced by gut bacteria—and damage to the lining of the small intestine. In today's toxin-laden environment, these disruptions can occur all too easily.

The primary culprit responsible for interrupting communication along the gut-brain axis is the Standard American Diet (SAD), which floods the gut with highly processed, low-fiber, high-additive, high-sugar, and unhealthy fat-laden foods. Other common offenders include antibiotics, various medications, alcohol, environmental toxins such as glyphosate and pesticides, and the universal gut antagonist—stress.

Even seemingly healthy foods can contribute to this disruption when they contain added sugar, gluten, lactose, artificial additives, food colorings, and other substances. These elements damage the small intestine lining and harm beneficial gut bacteria.

Consequently, toxins and undigested food particles escape into the bloodstream, leading to inflammation and other health problems. This poor diet and toxin exposure can also disturb the balance of gut bacteria in the colon, giving rise to digestive issues like gas, bloating, diarrhea, and constipation.

Restoring Balance to the Gut-Brain Axis

To rebuild the essential connections within the gut-brain axis, consider this action plan.

1. RESET:

Kickstart the process by resetting your diet, lifestyle, and mindset. Embrace an anti-inflammatory diet devoid of GPS: gluten, processed foods, and sugar. Many individuals find a modified Mediterranean diet, excluding GPS and DNA (dairy, nicotine, and artificial sweeteners), to be highly effective.

2. INCORPORATE MCT OIL

Adding 8 to 10 grams (two teaspoons) of MCT oil from coconut oil can significantly help. MCT oil has demonstrated antimicrobial and antifungal properties that aid in restoring a balanced gut microbiome.

3. STRESS REDUCTION

Experiment with various stress reduction techniques, such as meditation, mindfulness, and yoga. What works best is often a highly individualized choice, so find the approach that suits you.

4. REGULAR EXERCISE

Prioritize physical activity, not only for gut-brain axis health but also for stress reduction. Aim for 10,000 daily steps, alongside routine resistance training and flexibility exercises.

5. REMOVE

Eliminate gut-damaging foods from your diet, including processed foods, sugar, dairy, and gluten. Also, avoid foods associated with intolerances and allergies.

6. REPLACE

Consider supplementing with a comprehensive enzyme complex that includes amylase, papain, trypsin, and lipase to promote healthy digestive function.

7. REGENERATE

The amino acid glutamine is crucial for regenerating and repairing the small intestine wall. It supports the integrity of mucosal cells lining the small intestine and aids in sealing any leaks.

8. RE-INOCULATE

If the balance of gut bacteria is disrupted, reintroduce beneficial bacteria with high-quality prebiotics and probiotics. Fiber is instrumental in resetting the microbiome, serving as the nourishment that cultivates a healthy gut environment. Look for a prebiotic called xylooligosaccharide (XOS) to enhance beneficial bacteria, especially bifidobacteria. A probiotic formulation containing various beneficial bacteria strains like Bifidobacterium lactis, B. longum, Lactobacillus salivarius, L. acidophilus, and L. rhamnosus is recommended.

9. REINTRODUCE

As symptoms diminish or disappear, gradually reintroduce foods that were removed earlier, ensuring they are healthy. Continue to avoid GPS, DNA, and fried foods.

10. RETAIN

The journey doesn't end with restoration; maintaining a balanced gut-brain axis is an ongoing process. Stick to a healthy diet, engage in regular exercise, and continue with stress reduction strategies to preserve your hard-earned gains.

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