

## Health and Disease Begins in the Gut

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Almost every condition that they can experience in their life, good or bad, has something to do with their microbiome. There's more control, there's more genetic control, there's more protein control, there's more metabolic control in your gut than any other part of your body. Think about it this way. Your gut is the only organ in your body that can function independent of the brain. Every other organ in the body is controlled solely by the brain. Your gut, not only is it independent, it can also control the brain in many different ways. That's how important of an organ it is, and people tend to forget. People forget that it actually controls the rest of your body. And then the other thing is everybody's gut is unique. Everybody's gut is completely unique to them. Even identical twins don't have the same species diversity within the GI.

The third part is we need to increase diversity. You increase diversity by reducing the types of things that kill off bacteria in your gut, like antibiotic use, alcohol, tobacco, and then eating processed foods and things like that, those all stress. Age, unfortunately, does reduce diversity as well, so staying active. Exercise can actually has been shown to improve bacterial diversity within the gut itself, so that's very important, and then eating very diverse types of food. Remove all the processed foods and sugars and things like that, and go back to a diverse diet. One great way of eating a diversity of nutrients is to eat fermented foods. And then the important thing about fermented foods is those aren't bacteria that are going and living in your gut. All the benefits you're getting are from the nutrients from the ferment itself. Fermented foods are very important.

And lastly, forget the 200 billion cells and the 15 different strains and all that. Unfortunately, that's not really doing a whole lot. If people are spending 30, 40, \$50, and some of those products are 70, \$80 a month, basically what you're getting is dead bacteria therapy. It's not doing anything to change the diversity of species within your gut. Your lifestyle, your diet, your habits have a bigger impact on your diversity, and then we focus our work on environmental organisms that actually pass through the gastric system naturally and have an effect on changing the diversity within your gut.