

Following your Gut



What are we talking about?

- What is the Digestive System?
- Why is it so important
- A population larger than humans on earth, per person
- Gut /Brain Axis
- How to keep the gut healthy
- Common digestive issues
- Probiotics myths busted
- Q&A

The Digestive System



Discuss:

***You are what
you eat***

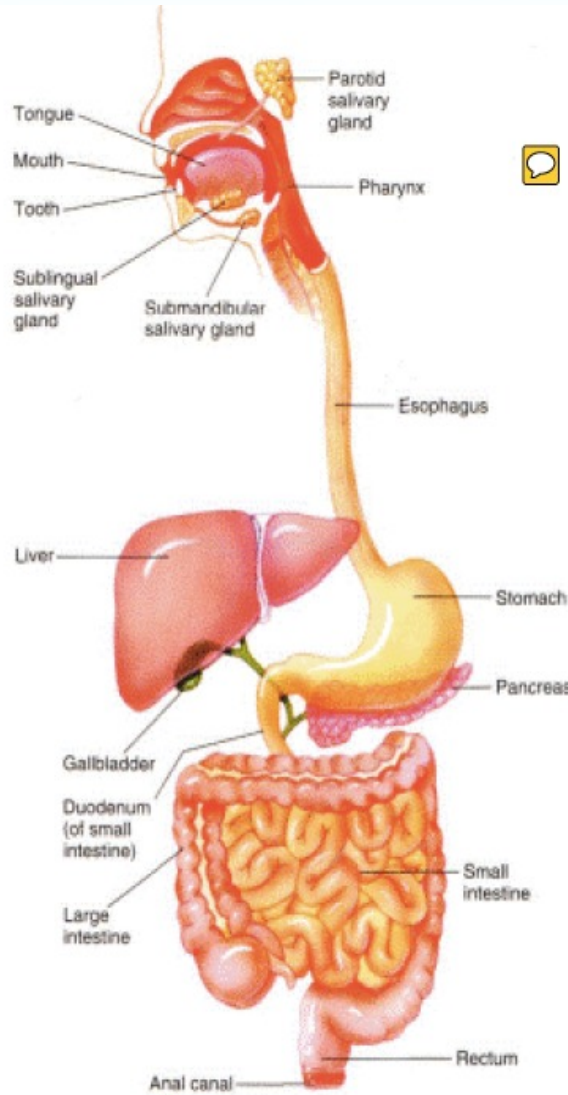
You are what you digest

You are what you absorb

You are what you don't excrete

Digestive System Components

- Mouth
- Oropharynx
- Oesophagus
- Stomach
- Small intestine
- Large intestine
- Rectum
- Anal canal



Accessory organs:

- Salivary glands
- Pancreas
- Liver
- Gall bladder & biliary tract

Why is digestion so important?

- We are what we eat
- Absorption and Expulsion
- Immunity
- Detox
- Metabolism
- Hormones
- Storage of nutrients

Microbiome

100 TRILLION
BACTERIA



70%+ IMMUNE
SYSTEM

PARASITES

FUNGI

Gut brain axis

- Release of Serotonin
- Communication with the brain via the Vagus nerve
- Pathways triggers
- Hormones management
- Balance between good and bad bacteria defines mood!

Healthy Gut Happy Human

- To keep the gut healthy there are a few tips:
- Cleanse regularly (liver conditioning, gall bladder/spleen and pancreas detox, colon cleanse, candida cleanse, parasite cleanse, support KIDNEYS!)
- Avoid Junk, processed foods and sugar
- Feed the “good guys” (Prebiotic rich foods)
- Take probiotics as needed
- Treat causes; not symptoms

Most Common digestive issues

- Thrush (oral and gastrointestinal) aka systematic candidiasis , mouth ulcers (deficiencies, stress or Crohn's), Cold Sores, Gingivitis and Periodontal disease, Angular Chelitis (deficiencies)
- GERD (Gastro esophageal reflux disease), Gastritis
- IBD (ulcerative colitis and Crohn's)
- IBS – lower colon pain, bloating, diarrhea or and constipation, flatulence
- Coeliac Disease: autoimmune (1 in 100ppl)

Probiotics myth busted

- Fridge Myth
- The Cure-all myth
- The Numbers Myth (e. single strain *S. Boulardii*)
- The Survival Myth (enteric coating not needed to be absorbed)
- The Strain Myth: (Not everything is *L. Acidophilus*)
- The Antibiotic myth
- You can get all the probiotics you need from food

Microbiome + diets

- Fiber
- Simple sugars (fruit)
- Mono-meals
- Organs toning diets
- Protein Myths and health
- Bio-individuality
- Herbs (e.g. Cascara Sagrada Bark, Cape Aloe Leaf, Gentian Root, Slippery Elm Bark, Fennel Seed, Ginger Root)

Popular diets, let's discuss

- Ketogenic
- Paleo (kind of formally known as Atkins)
- Blood Type
- Carnivore
- Vegetarian (includes dairy , eggs and fish depending on preference)
- Vegan
- Whole Food Plant Based
- Raw
- Fruitarian

What does science say?

- WHOLE FOOD PLANT BASED

It has the most backing on reversing disease such as

Cardiovascular

Metabolic

Cancer

Endocrine

What does the Most High Say?

Genesis 1:29 “29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for nourishment (meat)”

Sealed Portion chapter 88 and 92 (https://pearlpublishing.net/tsp/download/TSP_Secured.pdf)

14 And I have already related to you in this record the effects of cooked food, which cooking with heat kills the natural process by which these foods are assimilated by the order of the flesh. And because ye eat food and flesh that is cooked, ye have caused an imbalance in your flesh, which is the cause of many of your diseases in the latter days.

19 For in those days men shall obtain the knowledge of chemistry, as it shall be known among you, which shall aid them in their ability to use the natural elements which exist upon the earth to create concoctions and potions that shall kill the insects and the other animals that the Father hath placed in their own order to maintain a perfect balance of nature in all things.

18 Behold, even the food that ye eat that hath not passed through the heat of a fire and been destroyed, even these things have been contaminated by the unnatural attempts of men to get gain by providing these things unto you in abundance.

45 And they shall eat of the fruit and the foods that shall be produced for them by the industry of production that the Lord shall set up throughout the whole earth. And these foods shall be available to all people without price and whenever their hearts so desire them.

46 And there shall be no more eating of flesh upon the earth. Yea, ye have in the words of the prophets that which they wrote, saying: But with righteousness shall he judge the poor, and reprove with equity for the meek of the earth; and he shall smite the earth with the rod of his mouth, and with the breath of his lips shall he slay the wicked.

What does the Most High Say?

Apocrypha- Ecclesiasticus 37:30 “For excess of meats bringeth sickness, and surfeiting will turn into choler”

38:4 “The Lord hath created medicines out of the earth; and he that is wise will not abhor them.”

Book of Essenes The Essenes recommended eating a simple diet of fresh fruit, vegetables, barley, wheat, almonds, milk and honey – which they claimed would keep you healthy and lengthen your life. Christ was a plants eater.

Book of Daniel (he ate like the Essenes)

Isaiah 66:3 ” But whoever sacrifices a bull is like one who kills a person, and whoever offers a lamb is like one who breaks a dog’s neck; whoever makes a grain offering is like one who presents pig’s blood, and whoever burns memorial incense is like one who worships an idol. They have chosen their own ways, and they delight in their abominations”

Isaiah 66:17 “Those who consecrate and purify themselves to go into the gardens, following one who is among those who eat the flesh of pigs, rats and other unclean things—they will meet their end together with the one they follow,” declares the Lord”

Helpful Sources

- Dr Caldwell Esselstyn <http://www.dresselstyn.com/site/articles-studies/>
- The Green Life Podcast www.liveleanhealth.com/podcast
- Dr T Colin Campbell <https://nutritionstudies.org/about/dr-t-colin-campbell/>
- Plant Pure <https://plantpurecommunities.org> <https://www.plantpurenation.com>
- Dr Gregor: <https://nutritionfacts.org>
- Mastering Diabetes: <https://www.masteringdiabetes.org>
- Dr Robert Morse: www.dr Morse.tv
- Physician Committee for Responsible Medicine <https://www.pcrm.org>
- Dr Michael Klaper <https://www.doctorklaper.com>
- Simon Hill: <https://theproof.com>
- The Brain Doctors <https://thebraindocs.com>
- The Gut Health MD <https://theplantfedgut.com>

How do we heal

- Faith in TMH
- Go back to his creation vs creation/fabrication of men
- Ancestral healing ; forgives, end of curses
- Regenerate your DNA with herbs and plants
- Care for your body, nature, animals, all of creation as you are part of it
- Be different; that is a good thing!

Q&A

