



HHG FIT HEALTH: 2016 Vol. 2

## “ALL DISEASE BEGINS IN THE GUT.”

~ Hippocrates – The Father of Modern Medicine

**Research over the past 20 years has revealed that gut health is critical to overall health**, and that an unhealthy gut contributes to a wide range of diseases including: **obesity, diabetes, autism, rheumatoid arthritis, chronic fatigue syndrome & depression.**

**Many researchers** believe that supporting intestinal health and restoring the integrity of the gut barrier is one of the most important objectives of medicine in the 21st century!

**GUT FLORA:** The human gut contains 10 times more bacteria than all the human cells in the body, with over 400 known diverse bacterial species. Among other things, our gut flora promotes normal gastrointestinal function, provides protection from infection, regulates metabolism and comprises more that **75%** of our immune system.

One third of our gut bacteria is common to most people, while two thirds are specific to each one of us. Babies are born sterile; that is, intestine colonization starts right after birth and evolves as we grow. The composition of our microbiota evolves throughout our entire life, from birth to old age, and is the result of what we eat, drink & different environmental influences.

**Modern lifestyle** directly contributes to unhealthy gut flora:

- **Antibiotics** and other medications like birth control and NSAIDs.
- Diets HIGH in REFINED CARBOHYDRATES, SUGARS & PROCESSED FOODS.
- Diets LOW in Fermentable Fibers.
- Dietary TOXINS, like WHEAT & INDUSTRIAL SEED OILS.
- CHRONIC STRESS
- CHRONIC INFECTIONS.

**ANTIBIOTICS** are particularly harmful to the gut flora. Recent **studies** have shown that antibiotic use causes a profound and rapid loss of diversity and a shift in the composition of the gut flora. This diversity **IS NOT REVERSED** after antibiotic use **WITHOUT INTERVENTION!!!**

Think about all of the antibiotics we consume daily in meat, eggs & milk.

**We** also know that infants that aren't breast fed and are born to mothers with bad gut flora are more likely to develop unhealthy gut bacteria, and that these early differences in gut flora may predict them being overweight, diabetic, have eczema/psoriasis, depression and other future health problems.

The human gut microbiome is dominated by four phyla: FIRMICUTES, BACTERIODETES, PROTEOBACTERIA AND ACTINOBACTERIA. FIRMICUTES & BACTERIODETES are generally the most abundant of the gut microbiota, followed by the others & a few minor contributors.

**In short**, the gut is the major interface to the outside world. It is our first line of defense as well as where our first exposure happens. It is where our body decides whether we are immune tolerant of the world or inflamed by the world. Our gut is our window to PREVENTION & REMISSION!

By consuming genetically compatible whole foods, such as **PURE COMPLETE & PURE ESSENTIALS FRUITS & VEGETABLES**, you promote good bacteria & the balance of gut bacteria. Especially, FIRMICUTES & BACTERIODETES, we need have a ratio of 1:1, however, most people have a ration of 1:20-1:80.

People who are **PRONE to WEIGHT GAIN** have a **GREATER** number of FIRMICUTES and **FEWER** numbers of BACTERIODETES.

**The Higher RATIO** of these 2 specific gut microbial ecology determines how many CALORIES we **Extract & Absorb** from our diet and deposit into OUR FAT CELLS, UP to **40%** more from the same food than a person with BALANCED GUT MICROBIOTA.

We all know somebody that can eat anything they want & never gain weight, while we only walk by the dessert counter & gain 5 LBS... These People Have Balanced Gut Bacteria

**Researchers** at Emory School of Medicine, Washington University School of Medicine, Cornell University, Arizona State University and the University of Colorado have **PROVEN** that specific intestinal bacteria and their balance contribute to **the CAUSE or REDUCTION of:**

- OBESITY
- DIABETIES
- INSULIN RESISTENCE
- LEPTIN RESISTENCE
- Highblood Pressure
- ELEVATED LEVELS OF CHOLESTROL
- TRIGLYCERIDES
- FATTY LIVER DISEASE

Taken daily, **PURE COMPLETE & PURE ESSENTIALS FRUITS & VEGETABLES**, promotes healthy gut microbiota & balanced ratios of Firmicutes & Bacteriodes & addresses 3 key elements of health:

GENETICS, INFLAMMATION & HEALTHY GUT BACTERIA

**HHG'S FIT PROGRAM** can truly help you practice healthcare & promote wellness.