

BEYOND NEUROLOGICAL LIMITS

REVOLUTIONARY HEALTH CARE!



BUILD RESILIENCE AGAINST DEADLY VIRAL
INFECTIONS AND HEAL YOUR GUT!



Heal Your Gut! Heal your depression! Heal your mind! Restore Balance!

Fit Body Fit Mind. Why we need probiotic food and pre biotic more than ever!

Embedded into the walls of our intestines is an intricate nervous system, made up of some 100 million Neurons, which I refer to as our second brain. The nerve cells in our gut manufacture 80 to 90 percent of our body's serotonin, (feel good chemical).

There's is a complex collection of bacteria living in our guts, good and bad. Recent research informs us that bacteria impacts our mood along with physical health. Serotonin is one of the important mood balancers. When good gut bacteria is balanced we feel good?

Reduce Gastrointestinal Problems

If you have suffered from gastrointestinal problems and are unsure of why and what to do to improve your gut problems and to reduce symptoms.

Cultivate Good Gut Bacteria

I will take you on a journey to Cultivate Good Gut Bacteria and Reduce Depression, I have explained some of the more recent discoveries to clean up your gut. It's important to consume prebiotic & probiotic foods:

Food for Thought

Prebiotic Foods

Garlic, Onions,
Artichokes, Leeks, & Dandelion Greens



Probiotic Foods

Active-Culture Yogurt, Kefir, Pickles, &
Fermented Foods

Natural Antibiotics

Probiotic and pre biotic foods keep our immune system healthy and able to fight disease, viral infections, bacteria. Organic foods are the preferred choice for good gut health. The most common fermented foods that naturally contain probiotics, or have probiotics added to them, include:

Probiotic Foods

Yogurt, kefir, kombucha, sauerkraut, pickles, miso, tempeh, kimchi, sourdough bread and some cheeses.



Immune System

Eighty percent of our immunity is in our guts. We have as many neurotransmitters in our guts as we have in our brains. Hence the gut brain connection. What we consume affects our mental health and physical wellbeing. Our gut bacteria affect our mental wellbeing, moods, depression, anxiety, fears. Avoid the use of antibiotics as much as possible.



Prescription reluctance good, bad and ugly!

Over the past few years, the medical experts have become reluctant to prescribe antibiotics unless it's serious. Why? Because the anti-biotics kill the bad bacteria, but they also kill the good. Humans require good bacteria.

Friendly bacteria we need to stay healthy

The human body contains trillions of microorganisms which outnumber human cells by 10 to 1. The tiny Microbes small in size make up only about 1 to 3 percent of the body's mass. Microbes play a vital role in human health.

Scientific Evidence Research

Scientists collecting tissues from 15 body sites in men and 18 body sites in women, collected up to three samples from each volunteer at different sites, the mouth, nose, skin, behind each ear and each inner elbow, and lower intestine. Each of the body sites can be inhabited by pathogens and organisms.

Probiotic foods Previous Research

In the past researchers studied microorganisms in their patients by isolating pathogens and growing them in culture. This painstaking process identified only a few microbial species, which are hard to grow in the laboratory.

Using Computers, researchers purified all human and microbial DNA in each of more than 5,000 samples and analysed them with DNA sequencing machines.

Using computers to research and to analyse human genome sequence data, allowed researches to identify in bacteria, for example; the variable genes of bacterial ribosomal RNA, which helps form the cellular structures that manufacture important proteins.



Genome Sequences

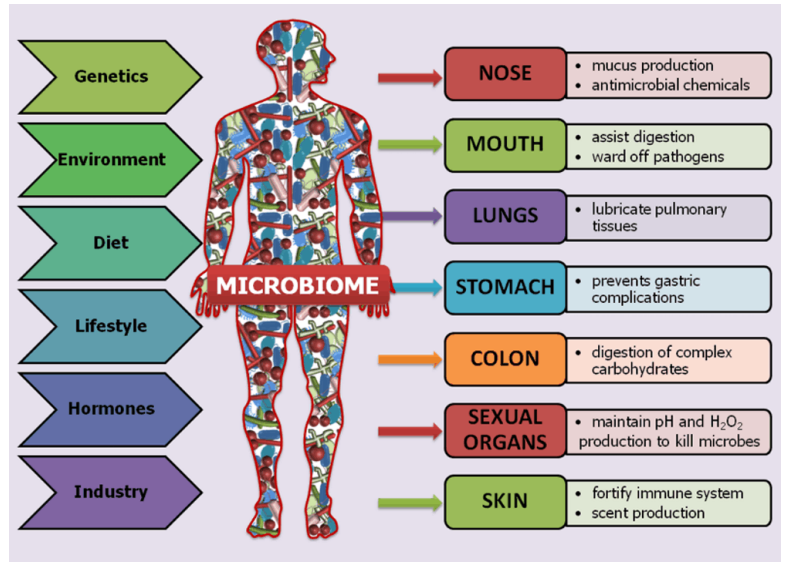
These recently developed genome sequencing methods now provide a powerful lens for looking at the human microbiome. The National Human Genome Research Institute discovered an astonishing drop in the cost of sequencing DNA, which has made possible the kind of large survey performed by the Human Microbiome Project Institute discovering new information regarding possible health benefits.

New discoveries 10, 000 microbial species occupy the human body.

Many doctors had previously isolated only a few hundred bacterial species from the body. Now researchers calculate that more than 10,000 microbial species occupy the human ecosystem. They have identified between 81 and 99 percent of all micro organismal genera in healthy adults.

Get eating bacteria goodies and feel amazing!

We now have a very good idea of what is normal for a healthy Western population and are beginning to learn how changes in the microbiome correlate with immunity and disease.



It's all in the Genes

Researchers also reported that this plethora of microbes contribute more genes responsible for human survival than humans contribute. Where the human genome carries some 22,000 protein-coding genes, researchers estimate that the human microbiome contributes some 8 million unique protein-coding genes or 360 times more bacterial genes than human genes.

Critical for survival nutrients!

This bacterial genomic inclusion is critical for human survival. Genes carried by bacteria in the gastro-intestinal tract, for example, supports humans to digest foods and absorb nutrients that perhaps would be unavailable.



Missing Enzymes

Humans don't have all the enzymes we need to digest our own diet. Microbes in the gut break down many of the proteins, lipids and carbohydrates in our diet into nutrients that we can then absorb. In order to stay healthy and balanced and of course to fight disease, viral infections unhealthy bacteria.



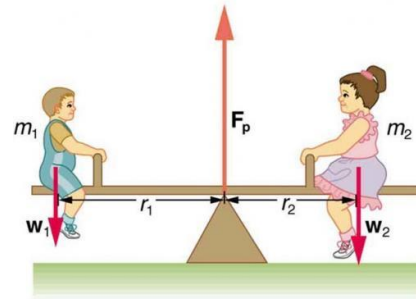
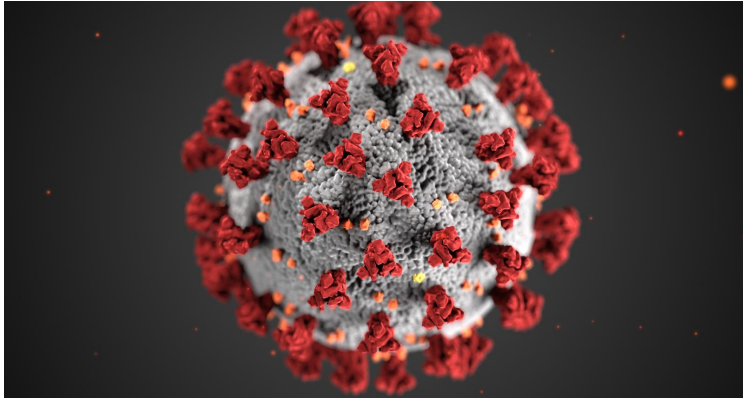
Microbes produce beneficial substances, vitamins and anti-inflammatories that our genome is unable to produce. We must find these extra substances through healthy lifestyle diets and supplements.

Inflammation Adaptation Syndrome

Anti-inflammatories are compounds that regulate some of the immune system's response to disease, such as swelling, leaky gut, bowel disease. The body is able to adapt for a period of time and then it requires healthy lifestyle changes. Important components of the human microbiome change over time. Our biochemistry changes and the biosphere. When a person is sick or takes antibiotics, the species that makeup the microbiome may change as one bacterial species, or another is affected.

Restoring Balance

Eventually, the microbiome returns to a state of equilibrium, even if the previous composition of bacterial types does not.



Fighting Viruses

Previous studies show that viruses have ideal temperature ranges in which to reproduce. Fevers are part of the body's defence against pathogenic viruses such as covid. Important tests for viral infections may help adults and children to avoid inappropriate treatment with antibiotics that do not kill the viruses but may harm the child's healthy microbiome.

The studies discoveries

Medical studies using data and techniques, including the role of the gut microbiome in Crohn's disease, ulcerative colitis and oesophageal cancer, liver and kidney disease.

Also, Skin microbiome in eczema psoriasis, dermatitis and immunodeficiency; urogenital microbiome in reproductive and sexual problems plus a number of childhood disorders, abdominal pain, intestinal inflammation.

Preventative is of course the most advantageous way forward

We are learning more and more about preventative health care. Preventative needs to be taken far more seriously it remains almost invisible to the NHS.



"Responsibility starts with YOU! Look after your body and mind because you're worth it!"

Join my revolution to health and happiness. It's easy when you know how."



Join our online community

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