

Guillermou

Dr. Mercola has reported in many articles the relationship between intestinal microbiota and health. 1,000 different species of bacteria that comprise more than three million genes (150 times more than in the human genome) and weigh 1.5 to 2 kilos. We also know that only one third of our gut microbiota is common to most people, while the other two thirds are specific to each person, as reported in Gut Microbiota & Health. www.gutmicrobiotaforhealth.com/.../inicio .

Justin Sonnenburg and his wife Erica Sonnenburg, leading researchers in this field and directors of the laboratory in the Department of Microbiology and Immunology of the Stanford University School of Medicine, in his book 'The Happy Bowel', highlights how the microbiota plays a role fundamental role in Western diseases, such as cancer, diabetes, allergies, asthma, autism, diabetes, neurological diseases, or intestinal inflammatory diseases. sonnenburglab.stanford.edu/research.html .

The Gut Microbiota & Health and Health platform of the European Society of Neurogastroenterology and Motility with more than 47,000 members worldwide, highlights that the intestinal microbiota performs two functions: energy supply and protection from intruders. 70% of our immune cells and more than 100 million neurons connected to the brain live in our intestines. In addition, the Human Microbiome Project (NIH) seeks correlations between changes in the microbiome (genome of the microbiota) and human health and disease, www.gutmicrobiotaforhealth.com/.../inicio . <http://www.esnm.eu/>

commonfund.nih.gov/.../overview .

The human intestinal microbiota produces dozens of metabolites that accumulate in the bloodstream, where they can have systemic effects. Three aromatic amino acids (tryptophan, phenylalanine and tyrosine) serve as substrates that affect intestinal permeability and systemic immunity. (2017) www.nature.com/.../nature24661 .

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The MyNewGut Project, has organized a conference is scheduled for the day 18 October (2018) to investigate how the human gut microbiota and its genome (microbiome) influence obesity, behavioral- and lifestyle-related disorders and vice versa. <http://www.mynewgut.eu/> .

The human gut microbiome modulates metabolism, inflammation and the immune and cellular response. Bacterial products that have potential antineoplastic or immunostimulating properties include bacterial toxins, as well as bacterial metabolites, including butyrate, polyamines and pyridoxine. (2017) Anticancer effects of the microbiome and its products www.nature.com/.../nrmicro.2017.44 .(2018) Cancer immunotherapy in 2017: The breakthrough of the microbiota www.nature.com/.../nri.2018.4 .

Dysbiosis is often driven by infection and inflammation, diet and xenobiotics, and host genetics. Dysbiosis can actively influence colonization by altering the functions of innate and adaptive intestinal immunity through mechanisms that include the production of antimicrobial peptides and IgA antibodies (2017) Dysbiosis and the immune system www.nature.com/.../nri.2017.7 .

The vagus nerve extends from the abdomen to the medulla oblongata and unites the nervous and digestive systems innervating organs such as the esophagus, stomach, pancreas or liver. Intestinal bacteria regulate movement disorders in mice and suggest that alterations in the human microbiome represent a risk factor for Parkinson's disease. (2017) Gut Microbiota Regulate Motor Deficits and Neuroinflammation in a Model of Parkinson's Disease basicmed.med.ncku.edu.tw/.../1650-1487733489-1.pdf

The recommendations of the Dr, Mercola of Diet, supplements and healthy lifestyles allow to manipulate the microbiota and must be the alternative to conserve the health and fight against the disease.

Posted On 06/11/2018

stanleybecker

the Big C [Cancer] rears its ugly head - what is cancer inducing and what assists the organism to restore balance and avoid the triggering of carcinogens - vegetables provide fiber and feed bacteria that live in your gut and contribute to well being - exercise is always a factor as it galvanizes bodily functionality and stimulates immune response - fruit and vegetables contain vitamins and minerals which processed fake food that has all the life stripped out of it to extend shelf life is devoid of nutrient and pro cancer formation - avoid CRAAP - this is NOT food - packaged in appealing boxes that promise pleasure but deliver disease - processed fake food offers fantasies that fake food will NOT deliver - fake food = DISEASE - this is the formula for cancer - you have been warned

Posted On 06/11/2018

Guillermou

Yes, Stanley, as Dr. Mercola points out, Western food, high in processed and refined foods, high in sugars and contaminated by pesticides are responsible for stimulating the body to an inflammatory state, which stimulates cancer. It is the deceit of the big food corporations and their governmental allies, put on a platter by the stimulating media that promote cancer food. Johan Thevelein, a microbiologist researcher says: "We found a molecular connection: there is an intermediate compound in the sugar pathway that acts as a direct activator of Ras, a cancer-causing protein. Our discovery reveals a vicious cycle in which the Ras protein stimulates the breakdown of sugar and the breakdown of sugar stimulates the overactivity of the Ras protein. " Scientists make breakthrough in linking sugar to cancer growth (2017) globalnews.ca/.../sugar-and-cancer . (2017) www.nature.com/.../s41467-017-01019-z .

A new study has found that a pro-inflammatory diet, high in contaminated and processed meats, refined grains, and sugary drinks, will significantly increase the risk of developing colorectal cancer in men and women. The study followed more than 120,000 adults over the age of 26 and found that inflammation is a possible link between diet and cancer development. The researchers found a 44 percent increased risk for men, and 22 percent for women who consumed a pro-inflammatory diet, after adjusting for other factors, such as high body mass index and decreased blood pressure. physical activity. I understand that even the risk results may be higher in the diet of the American population. Association of Dietary Inflammatory Potential With Colorectal Cancer Risk in Men and Women (2018) jamanetwork.com/.../2669777

Posted On 06/11/2018

stanleybecker

morning Gui - since Warburg's observations in the 1930's that cancer needs the instant energy of stimulants that sugar mostly provides the link between sugar and cancer has been confirmed - this was 90 years ago - Warburg gained a Nobel Prize for his discoveries - but sugar "tastes good" so we always hear on this forum - people ignore the consequences and reward and condition their children to a life long addiction to this substance - as Yudkin termed it SUGAR is PURE, WHITE and DEADLY

Posted On 06/11/2018

This is an excellent and **TIMELY** article. From reading hundreds of Mercola and other articles over the last couple of years, and also from reading the excellent response comments by the community, I am zeroing in on the conviction that if we want to get and stay as healthy as possible, we must do two things:

1. **REGAIN OUR INSULIN SENSITIVITY.** This, of course, through a ketogenic diet.
2. **REPAIR AND MAINTAIN OUR IMMUNE SYSTEM.** The foundational component of a healthy immune system is addressed in this article - our gut microbiome. There are of course other components, including avoiding toxins, processed foods, and EMFs.

Our bodies encounter damages every day, whether from biological invaders, external forces such as EMFs or UVrays or trauma, or from "seeds" already within us, such as cancer cells. From all I've been reading, if we have a robust and healthy immune system, it can usually handle all of these damages.

This article shines a bright spotlight on one of the most important concepts to have if we want to get/stay healthy. The most frustrating thing we all encounter is humanity's mass resistance to considering these ideas. Why, oh why do "most people," when presented with the notion that they are killing themselves with sugar or processed foods or antibiotics, dismiss it with scorn, then continue their self-destructive behavior? Probably because of confirmation bias? Gullibility to big industry advertising? Blind belief in government policy and dogma? Sometimes it makes me want to shout, "WAKE UP, PEOPLE!" I'm glad there's Mercola for the rest of us.

Posted On 06/11/2018

Guillermou

Hi dpm. Two important points that we can relate, because the immune system has a great ally in the intestine. Dr. Mercola in his articles has informed us about the relationship of the intestinal microbiome and various pathologies.

articles.mercola.com/sites/articles/archive/2015/07/13/importance-gut-..

The imbalance in intestinal bacteria reduces insulin sensitivity, worsens glucose intolerance and increases blood levels of a type of metabolite in people with type 2 diabetes. (2016)

www.gutmicrobiotaforhealth.com/en/gut-bacteria-alterations-impact-seru..

The existing evidence support a link between intestinal microbiome and various components of the metabolic syndrome. Possible pathways include participation with homeostasis of energy and metabolic processes, modulation of inflammatory signaling pathways, interference with the immune system. (2016) www.sciencedirect.com/science/article/abs/pii/S1871402115300679

Dr. Oluf Pedersen, of the Faculty of Health and Medical Sciences of the University of Copenhagen in Denmark, has found that dysbiosis impacts the human intestinal microbiota serum metabolome and contributes to the state of IR and metabolic syndrome. People who were insulin resistant had high blood levels of branched-chain amino acids, related to specific changes in the composition of the intestinal microbiota, and associated with the risk of insulin resistance, metabolic syndrome and cardiovascular diseases. Human gut microbes impact host serum metabolome and insulin sensitivity (2016) www.nature.com/.../nature18646

The most contrasted evidence is that imbalances in intestinal bacteria can cause the alteration of the integrity of the intestinal barrier, with the consequent activation of the immune response with chronic systemic inflammation that characterizes metabolic disorders such as resistance, obesity and diabetes.

Posted On 06/11/2018

beckyknot

SOT chiropractors will be able to assess the function of the vagus nerve and improve it. They have spent many more hours of training than the average chiro and can also address cranial function, which is often where it is blocked. The sedentary nature of current human existence has created rotation in the pelvis, which then creates a torsion in the infant cranium during gestation. This is what affects the pathway of the vagus nerve and many other nerves for that matter. Another reason why we're not meant to sit all day.....

Posted On 06/12/2018

njlady

I have noticed more references to the vagus nerve and its important function in our bodies..I'm wondering how one would know if the vagus nerve was not working well, as in symptoms, and if one felt it was not, is there a vagus nerve specialist? or would one see a gastrologist, cardiologist, internist..???

Posted On 06/11/2018

stanleybecker

hi njlady - there is an operation called a vagotomy which Modern Merdicine performed before the discovery that stomach ulcers had a link to heliobacter pylori - -

www.nytimes.com/1995/05/24/us/bacterium-that-causes-ulcers-discovered-.. - this harmful operation has now been replaced by antibiotics - this barbaric operation that cured nothing and rendered the patient seriously handicapped - here is a link -

www.surgeryencyclopedia.com/.../Vagotomy.html -

Posted On 06/11/2018

Guillermou

Hi njlady. This report is very complete to understand the functions of the vagus nerve. It details 32 ways to stimulate your vagus nerve, how it affects your health, signs and symptoms of vagus nerve disorders, and how to train your vagus nerve to create a healthier life. At the end of the article The potential symptoms of vagus nerve dysfunction and genetic tests of vagal nerve activity. 32 Vagus Nerve Stimulation Tips + Functions and Disorders www.selfhacked.com/blog/32-ways-to-stimulate-your-vagus-nerve-and-all-.. .

The vagus nerve extends from the abdomen to the marrow and connects the nervous and digestive systems that comprise organs such as the esophagus, stomach, pancreas or liver. Alterations in the human microbiome represent a risk factor for the disease. www.britannica.com/.../vagus-nerve

Posted On 06/11/2018

njlady

Hi Stanley That article was enough to make anyone run the hell away from anyone with a scalpel in their hands! ...for any reason...it's amazing how little knowledge they had about the functions of ALL parts of the body. Many of us had our tonsils taken out when we were around 5 (in the 50's) for no other reason than the "smart people" though it was a useless organ that just caused more problems than it was worth. So scary

Hi Gui Thanks for that link. The vagus nerve seems to be very important in so many bodily functions, and yet it is never mentioned in discussions with a doctor. I never even knew it existed until a couple of years ago. I'm guessing the root cause of many ailments could be a dysfunctional vagus nerve. But I wonder if there are many MD's who actually understand the vagus nerve at all.

Posted On 06/11/2018

karismatic

Hi njlady: You can likely get help for the vagus nerve from a good cranial/sacral therapist if you can find one in your area. They are typically chiropractors by training, sometimes also massage therapists or acupuncturists, but have many hours of extra schooling/clinicals and specifically are trained in how to address the vagus nerve. Sometimes the nerve gets crimped inside its canal and needs to be adjusted. I have had fluttering in my chest for years and getting the vagal nerve freed up has helped immensely.

Posted On 06/11/2018

live4surf

Dr. Kharrazian, author of "Why Isn't My Brain Working", has the following ways to test and train your vagus nerve. sibodiaries.com/2017/07/03/how-to-repair-the-brain-gut-axis-it-all-sta..

Posted On 06/11/2018

njlady

thank you karismatic...I had no clue where to turn for help...both my cardiologist and MD know nothing about the possible relation between the vagus and gastric or cardiac issues. I will do research. live4 surf..thanks for that article link..interesting information I knew nothing about..very helpful!

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