

Connect4Hope with Masami Covey on The Well-being Connection: Emotions, Gut & Immunity

Episode 2 - April 30, 2020

The 2nd Brain

- ❖ 100 million nerve cells lining gastro-intestinal tract from esophagus to anus
- ❖ Performs physical activities rather than functional problem-solving
- ❖ Bi-directional communication between our guts and the brains in our head
- ❖ Our gut health impacts our moods, energies, emotions and mental state
- ❖ 70-80% of our immune system is located in our gut
- ❖ Majority of body's 100 trillion microbes located in the gut

How to Create a Healthy Gut

- ❖ Importance of balance – every microbe has its place
- ❖ Eat VARIETY to support 1,000+ strains of microbes
- ❖ Plant-based foods & occasional fruit – from different families
- ❖ Fermented & cultured foods
 - Kefir
 - Sauerkraut
 - Fermented pickles
 - Natto (fermented soybeans)
- ❖ Eat less often / intermittent fasting
- ❖ Probiotics
 - VARIETY, VARIETY, VARIETY!
 - More than 5 billion
 - From refrigerated section
 - Pharmaceutical-grade is better
- ❖ Human contact – enables you to interact with other people's microbes and maintain variety of your microbes
- ❖ Healthier sugar substitutes:
 - Monk fruit
 - Raw honey (use in moderation)
- ❖ Avoid:
 - Sugar
 - Processed foods
 - GMO foods
 - Non-organic foods
 - Pesticides
 - Antacids
 - Alcohol
- ❖ Use antibiotics only as a last resort (discuss with your doctor)
- ❖ Be careful with kombucha - made from yeast-based microbes and can offset other beneficial microbes
- ❖ Minimize and learn to manage stress/trauma, which creates acidic environment in gut that can kill microbes

Notes

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