

**Natural
HEALTH**

GUT INSTINCT

By David Scott, A Natural Health Advocate.
This article does NOT offer medical advice and you should always consult your physician before taking any supplement.

A common phrase today is “Go with your Gut”. Our body mirrors that statement as the gut provides nourishment and protection while simplifying our ability to digest. The gut is the perfect diagnosis of health.

What does your gut tell you? Are you hungry when it is time to eat? Do you have a natural thirst during the day to drink water? Are you feeling satisfied and full after a meal? Does the meal go down smoothly?

Why is the gut so important to our health? Eating a meal and digesting food is the most intense activity that your body will ever do in its lifetime. If during a meal we have a flight or fight reaction, it takes away the resources needed to digest the meal. Make meals a calm and peaceful experience. Give yourself time to digest and bring nourishment to the body.

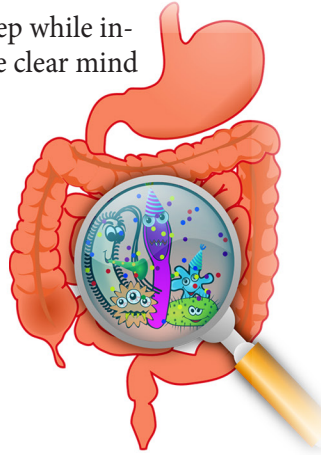
A flight or fight response lasts at least ten minutes. If the trigger for that response is repeated, the body stays in flight or fight response. Stress, fear, abandonment, grief, threats, and many other events can prevent a flight or fight response from calming down. Digestion suffers and this can

carry into sleep while interrupting the clear mind with a fog or cloud of despair.

Medication as well as reactions to foods can break apart the gut lining and force foreign food particles through to the body creating an immune response. Healing from those reactions is possible thru herbs but takes time. This leaky gut condition complicates the repair because common foods once enjoyed become a trigger for allergic reactions.

The body has more foreign DNA than the DNA of all our cells combined. Literally, foreign bacteria, fungus, and viruses hitch a ride to our skin. From a Chinese Medicine perspective, the skin includes the internal passageways and organs that absorb and breakdown food and drinks. There are more of them, than us — literally. That is why the skin often reflects a problem in the gut.

We are synergistic with these hosts. They enhance nutrition, aid absorption, and boost the immune response. Our vitality is dependent on a healthy flora throughout our skin and especially in our gut. These microbes are found as well in our hair, skin, and the orifices of the body.



A healthy stomach provides acid to break down food. A hydrated stomach has more bicarbonate for neutralizing the acid so that the intestines can receive the stomach chyme. If it is too acidic, the food begins to rise. The intestines will not open the door to the stomach if it is too acidic. The intestines are one cell thick and an acidic load would eat through the wall.

The key to good gut health is a hydrated gut (drink 8-16 ounces of water 30 minutes before eating), a healthy flora (eat prebiotic and probiotic foods), and the atmosphere of a healthy meal taken in a relaxed manner.

The Life Extension **FLORASSIST GI** product with Phage technology corrects the gut 30 times faster than probiotic supplements. The bacteriophages literally eat away the bad bacteria leaving the good bacteria or probiotics to flourish. Prebiotics feed the good bacteria.



Remember to follow your Gut Instinct. Multiply the good bacteria and provide the right atmosphere for both digestion and hydration.

**Here's To Your
GOOD Health!**

