

# Natural Health News

February 2016

EVERGREEN SPA & WELLNESS  
ELY, MN

## GUT HEALTH AND YOUR SECOND BRAIN

Sonja Jewell  
NTS, CMT, CCWFN

Evergreen Cottage  
146 E. Chapman

Ely, MN 55731

Phone: 218-365-2288

**STORE HOURS:**

Tuesday – Saturday  
9 am-5 pm

CLOSED SUNDAYS &  
MONDAYS

**SPA HOURS:**

By Appointment

We have a true second brain in our gut, and its neuronal function is very similar to that of the brain in our head. Inside our belly, there is an extensive network of neurons located between the two muscular layers of the digestive system walls which is identical to that of neurons in the brain. Both produce similar chemical molecules—neurotransmitters and hormones that are mostly necessary for our intercellular communications and the correct functioning of the body. The enteric nervous system (ENS), our “second brain” is not a metaphor; it is a recognized term accepted by medical professionals. Studies revealed that 90 percent of serotonin (the famous “feel good” hormone) is produced and stored in the intestinal walls, where it regulates peristaltic movements and sensory transmission. Only the remaining 10 percent of the body’s serotonin is synthesized in the neurons of the brain. Recent scientific observations confirm that there is constant communication between two brains: the one inside our skull and the one in our gut. The digestive system has tremendous neurological and hormonal potential. This is why scientists and the pharmaceutical industry are currently devoting so much research and testing to neurogastroenterology. We carry within our bodies territories inhabited by multiple bacteria. We don’t, however, give them much importance. We could destroy them in an instant with antibiotics, eliminate them with severe diarrhea, and harm them with drugs and toxins. Keeping the resident population of bacteria and other microbes in our intestinal tract balanced and beneficial is essential for good health, especially during and after taking a course of antibiotics. We are learning that our population of gut bacteria interacts with our body in many remarkable ways, from stimulating our immune system to producing neurotransmitters that ride the bloodstream up to the brain and influence our very thoughts and moods. Consequently, keeping our gut flora balanced and beneficial is essential. A balanced intestinal flora is a mass of predominantly “good” bacteria that are highly aware of their environment. These bacteria maintain friendly and very diplomatic relations with our intestinal mucosa. An unbalanced intestinal microflora, known as dysbiosis, may be caused by proliferation of “bad” bacteria that attack each other and the cells of the colon, producing great irritation and generating a process of local inflammation. Dysbiosis can also be caused by fungal strains, such as *Candida albicans* and other yeasts that love sweets and fermentable carbohydrates in general, which they “devour.” They immediately ferment sugars and thereby generate gas in excessive quantities. Everything that grows in our gut has entered through the mouth since the day we were born. Modern life, however, is an assault on our intestinal microbial population or micro-biome. Little to nothing is done to replenish or nourish our gut flora. For most of the history of the human race the diet was “notably devoid” of inflammatory foods such as sugar, grains, and pasteurized dairy. The shift to those foods has affected the microbial ecology in our bodies.

~ over ~



Listen to Sonja’s  
“Natural Health  
& Wellness Hour”  
EVERY  
WEDNESDAY  
from 6-7pm on  
WELY (94.5 FM)  
OR  
listen on-line at  
[www.wely.com](http://www.wely.com)

Antibiotic treatment affects over 87 percent of all metabolites detected and it disrupts most metabolic pathways. Antibiotics should be considered for life or death health decisions only for this reason alone. Probiotics have the ability to restore the gut and influence the immune system. If you want a healthy micro-biome and especially if you are trying to heal a “leaky gut,” do not drink alcohol and/or soft drinks, eliminate eating herbicide-sprayed fruits and vegetables, severely reduce or eliminate animal products from your diet that are not grass-fed and organic (antibiotics and antimicrobials in the meats from factory-farmed animals are a huge problem, unbalancing our gut microbes and spawning antibiotic-resistant “super-bugs”), avoid needless antibiotic prescriptions (as for viral infections), eliminate chlorine from your water via effective filtering (like reverse osmosis). It is important to recover and strengthen our internal bacterial equilibrium first by taking these steps to minimize injury to our gut, then maintain it with functional foods (foods that have added active ingredients to provide more nutrients), such as yogurts and other fermented dairy or vegetable products. Consumed regularly, they help keep us healthy and prevent problems with intestinal ecology. Probiotics have demonstrated positive results in treating diarrhea, gastroenteritis, irritable bowel syndrome, psoriasis and chronic fatigue syndrome. They are beneficial for brain function, reduce bad cholesterol and may help lower blood pressure and protect against infection. The term *probiotic* refers to products that contain live microorganisms that can survive the passage through the gastrointestinal tract and have a beneficial effect on the host: us. Studies also focus upon the crucial role of magnesium in intestinal health. Low magnesium levels are known to increase the severity of the systemic inflammatory response, worsen the systemic response to endotoxins, increase the levels and the effects of endotoxemia, and increase insulin resistance, thereby promoting the development of the organ injuries commonly seen in critical illness but also in various chronic diseases. Herbal remedies/spices such as curcumin (turmeric) and ginger have similar anti-inflammatory effects and should be consumed on a regular basis. Avoid sugar and refined carbohydrates which will feed unfriendly bacteria in your gut and not only promote but increase inflammation.

## FEBRUARY SPECIALS

Bioitalia—Organic Beans, 14 oz. cans, variety	30% OFF
Bioitalia—Organic Pasta, variety	30% OFF
Fantastic World Foods—Organic Tabouli Salad Mix	30% OFF
Rhythm Superfoods—Kale Chips, 2 oz. variety	30% OFF
Mary’s Gone Crackers— Organic Thins, variety	30% OFF
Once Again—Organic Nut Butters, single serve, variety	30% OFF
Woodstock—all fruits, nuts and seeds	30% OFF
Purely Elizabeth—GF-Single-serve Cereal Cups	25% OFF
Nature’s Earthly Choice—Organic Tri-color Quinoa	25% OFF
Paesana—Organic Marinated Mushrooms, 16 oz.	25% OFF
Seafare Pacific—Smoked Salmon in pouch, 3 oz.	25% OFF
AND MANY MORE ITEMS!	

Organic Roots  Bistro

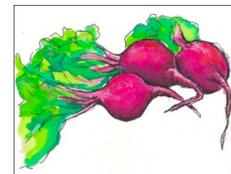
### WINTER HOURS:

**MONDAY through SATURDAY 9 AM—5 PM**  
**Closed Sunday**

**WE LOOK FORWARD TO SERVING YOU!**

## ANTIOXIDANT COLESLAW

In a large bowl, mix 1/2 medium size organic **red cabbage** (shredded), 1 **red beet** (shredded), 1 organic **apple** (sliced or diced), 2 TBSP. **raw apple cider vinegar**, 1 teaspoon **tamari**, **juice of 1 organic orange**. Stir together and mix well. Gently fold in 1 cup **blueberries** and serve.



“We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons.”

~ Alfred E. Newman

“If we are what we eat, with all the genetically modified and imitation foods, what the heck are we?”

~ unknown