

**Gut Health and Prebiotics:** I originally got the link to this presentation from Dr Jonny Bowden (the Sherpa). The video is a presentation by Dr Steven Gundry as part of a sales pitch for his prebiotic supplement: "Prebiothrive". He does share some great info about high-lectin foods to avoid (but neglects to explain how to break down the lectins), and how to promote a healthy gut. Here's my notes:

## **Foods, etc. to Avoid**

- ▶ **4 Fake Health-Foods** (high in Lectins, which are proteins located mostly in seeds, that are toxic to animals - including humans - who eat them, unless the seeds are soaked/sprouted or fermented). Eating these may be the cause of your low energy, trouble thinking (brain fog) or digestive issues:
  1. Tomatoes and other nightshades (eggplant, peppers) unless you remove the seeds to eat them raw or cooked, or ferment the tomatoes, etc.
  2. Dried Beans; pre-soaking and cooking them helps, but sprouting is best
  3. Cashews and peanuts, which are actually beans; cooking or sprouting is best.
  4. Grains; Dr Gundry believes that so-called gluten sensitivity is actually a lectin problem. Sprouting or fermenting (sourdough) is best way to eat them.

He also notes that [if not sprouted or fermented,] whole grains are worse than refined white flour products because the lectins are in the germ or bran which is removed to make white flour.

- ▶ **Antibiotics (drugs):** It's also important to avoid antibiotics, and if you must take them, follow up with good prebiotics because antibiotics kill both the good and bad microbes in your gut; It can take up to 2 years for your gut to recover without help.

[Cat's note: An effective alternative to prescription antibiotics is herbs that contain berberine: goldenseal, Oregon grape root, barberry, etc..]

One of the most important good bugs harmed by the bad bugs that can take over after antibiotic treatment is H. pylori. It regulates a hormone called grehlin, that tells the brain when you're hungry and when you are satiated. Obesity is a consequence of its decimation. See [ncbi.nlm.nih.gov/pmc/articles/PMC1774940/](http://ncbi.nlm.nih.gov/pmc/articles/PMC1774940/); or search for H. pylori and grehlin for more.

- ▶ **Conventionally-raised meats** because they have likely been treated with antibiotics, or their food has antibiotics added to it.
- ▶ **Artificial Sweeteners:** Avoid artificial sweeteners, especially Splenda. Use Stevia instead.

## Good Foods and Treats

▶ **3 Treats that are good for you** (if you sweeten them, use stevia)

1. Dark chocolate that is at least 70% cacao
2. Coffee
3. Extra Virgin Olive Oil

▶ **Prebiotic foods**

These are foods that feed the good bugs in your gut, and include foods high in fiber, inulin, and resistant starch. [Lactose is an excellent prebiotic unless you have an allergy to it; note however, that not all milk-related allergies are due to lactose].

## Gut Microbiome: Good and Bad Bugs

▶ **Good microbes and probiotics**

The microbiome of each individual is different in the species present, like fingerprints. We all have both good and 'bad' bugs in our guts, but some of the bad ones, like candida, live in harmony with the good ones unless something else upsets the balance.

You inherit your microbiome from your mother as you pass through the birth canal, and from drinking her milk. Babies born via C-section are generally not as healthy for the first months as those delivered naturally.

As time passes and the individual grows, his/her microbiome changes depending on what he/she eats and what he/she is exposed to. Antibiotics are a major game changer in the health of the gut, killing not only the bad, infectious bugs, but also all the good ones.

Probiotics became popular as a way to help the gut recover from antibiotic treatment, but it is important to note that, generally, the microbes in the probiotic are not native to humans. They may help to adjust the pH balance (acid/alkaline balance) of the gut, which can help native bugs to grow and thrive, but they alone cannot restore the gut's health.

He gave one example of a good bacteria native to the human gut: *H. pylori*, which communicates with your brain by sending the hormone messenger, gremlin, to the brain when the gut wants more food. See the Antibiotics section, above.

▶ **Bad microbes**

The only bad bug he discussed in particular is candida, a type of yeast that is a normal denizen of the gut, but under certain circumstances, it becomes problematic and takes over the gut, making it hard for the good bugs to thrive.

► **Prebiotics**

He says that the best way to heal the gut - to correct the balance of bugs in the gut - is to feed it prebiotic foods. He doesn't really tell you specific prebiotic foods; rather he tries to sell you on his prebiotic powder you can add to smoothies, for example. It is called "Prebiothrive". I've included his product label, right, from his website: [gundrymd.com/supplements/prebiothrive/](http://gundrymd.com/supplements/prebiothrive/).

Note that most of the ingredients provide fiber and/or resistant starch. Milk provides lactose, the primary food of lacto-bacteria - bacteria that produce lactic acid which is important for pH of the gut; it is an excellent prebiotic unless you have an allergy to it; note, however, that not all milk-related allergies are due to lactose. Flaxseeds provide important fatty acids as well as fiber.

[**Cat's note:** in my opinion, the best way to provide prebiotics for your gut is to eat foods rich in fiber and/or resistant starch. But he doesn't discuss those foods. Here's a few to consider (from [health.com](http://health.com), [prebiotin.com](http://prebiotin.com) and [healthline.com](http://healthline.com)); note that to maximize the available prebiotics, eat them raw.\* These are in alphabetic order:

- Apples,
- Asparagus
- Bananas
- Whole grains such as Barley, Oats, and Wheat \*
- Burdock root
- Chicory root
- Cocoa
- Dandelion greens
- Flax seeds
- Garlic, Leeks, Onions
- Jerusalem artichokes
- Jicama root
- Konjac root
- Seaweed
- Yacon root]

**Supplement Facts**

Serving Size: 1 scoop (10 g)  
Servings Per Container: 30

Amount Per Serving		% DV
Calories	<b>30</b>	
Total Carbohydrate	<b>8 g</b>	3%**
Dietary Fiber	<b>7 g</b>	28%**
Protein	<b>&lt; 1 g</b>	1%**
Calcium	<b>25 mg</b>	3%
Sodium	<b>35 mg</b>	1%

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Organic acacia gum, organic agave inulin, organic flaxseed, galacto-oligosaccharides and organic guar gum. CONTAINS: Milk.

\* To avoid problems with the lectins in grains - lectins can cause leaky gut and other gut issues - it is best to sprout them before eating raw or cooked, or ferment them before baking (sourdough).