



## ((( Healthy Living Newsletter )))

### **YOUR HEALTH IS DIRECTLY LINKED TO YOUR GUT!**

This month's lead article in the newsletter is going to focus on our GUT and DIGESTIVE system. We are going to learn why and how it impacts our health. Most of us do not understand that microscopic bacteria and microbes in our gut play a very important role in determining whether we are healthy or unhealthy. Our intestinal flora (microbes and bacteria) help determine if we will suffer from serious disease such as heart problems, cancer and other debilitating health issues. Different people have different mixes of microbes and bacteria (good and bad) and mostly bad thanks to our diet, prescription drugs and antibiotics in particular. This is critical because healthy gut microbes and bacteria (your gut flora) produce vitamins, antioxidants and anti-inflammatory compounds that keep us healthy.

Due to our current American Diet of synthetic vitamins, processed and fast foods plus prescription drugs and antibiotics, the good and friendly microbes and bacteria in our guts are destroyed. The friendly flora or bacteria in your gut is absolutely critical to your good health and to the health of your blood vessels and heart. Nothing in your body escapes the influence of your gut flora. In people that are healthy all of the friendly microbes and bacteria in your gut are working 24 hours a day producing vitamins, hormones, antioxidants, anti-inflammatory compounds and more to keep you healthy. In people with gut damage, sickness and major health issues will occur.

WHAT ARE THE LESSONS AND WHAT CAN I DO? 1. Nurture your gut flora by eating properly and learning about proper nutrition. 2. Keep prescription drugs to a minimum. 3. Perhaps most critical, you must keep antibiotic use to a "treatment of last resort." 4. Add a good probiotic supplement to your daily routine. You must nurture your gut. If you are over the age of 50 and

have any Rx drug treatments or have taken antacids for any length of time, you can automatically assume that your gut is partially damaged or abnormal. If you eat the typical standard American diet, you know your gut is damaged. Start eating organic and real whole live foods and see the difference in your life.

## **ELEVEN THINGS THAT DESTROY THE BENEFICIAL BACTERIA LIVING IN OUR GUT**

More and more data is piling up all the time about the importance of maintaining good bacteria in our bodies. (Gut and Digestive system) Additional benefits of good bacteria are the neutralization of toxins, normal bowel movements, keeping cholesterol levels in check, countering allergies, preventing yeast and fungal growth and strengthening the immune system. Other than a probiotic supplement, other good sources are real yogurt, keifer products, sauerkraut and other probiotic foods.

1. Antibiotics - They destroy bacteria in the body, both good and bad
2. Birth control pills/steroidal/hormonal drugs
3. Chlorine - Get a water and shower filter to limit your exposure
4. Fluoride - Get a drinking water and shower filter
5. Coffee - Limit your intake
6. Carbonated beverages - Limit your consumption
7. Ascorbic acid - Found in non-plant vitamin supplements, bottled green tea' and fruit juices. Please learn how to read food labels
8. Radiation - microwaves and x-rays
9. Additives/preservatives - Eat organic and pure foods when available, avoid processed foods

10. Avoid pesticides, herbicides, fertilizers in foods when possible, eat organic

11. Avoid life's stresses as possible

## **THE IN'S AND OUTS OF GUT BACTERIA**

Deep in the bowels of our, well, bowels, lurk trillions of microscopic bacteria. Do not be fooled by the word bacteria, in fact, these bitty bugs are very beneficial for us. People tend to think of them as germs and disease causing pathogens, but they are a very important part of our body. Healthy adults carry up to five pounds in our digestive system. They belong in our bodies and we need them to maintain our health.

### **5 FUN FACTS ABOUT THE BUGS IN YOUR BOWELS:**

1. **They Move In at Birth:** Our first wave of gut bacteria comes from the wild ride through the birth canal when initial inoculums of microbes happen. Breast milk is another important source of gut bacteria and it also contains nutrients that feed the bugs, called prebiotics. Breast milk also contains crucial antibodies.

2. **They Fight Off Disease:** Gut bacteria are our first defense against "actual germs." Studies have shown that gut bacteria play an important role in developing our immune system. Microbes help teach our bodies to recognize self from nonself, or what to attack and what not to attack.

3. **They Outnumber Us:** The microbes in our bodies outnumber our own cells ten to one because they are much smaller. Most of them live in our gut and digestive system.

4. **They Take a Cut of Our Food:** Gut bacteria take a cut of the fruits, vegetables and grains we eat every day. Their microscopic meals, called prebiotics, fuel the bacteria which keep our bodies in balance. Science knows that long-term dietary patterns can make an impact on the gut microbe/bacteria. A diet low in animal products appears to influence the microbe/bacteria in a more positive way.

5. Unlike the 200,000 genes we inherit from our parents, our gut bacteria are changeable. They can be altered by what we eat and supplemental probiotics that can ease a huge range of symptoms.

## **AMERICANS ARE LESS HEALTHY, AND DIE SOONER THAN PEOPLE IN OTHER DEVELOPED NATIONS PART 1**

- Despite spending twice the amount per capita on health care, the United States ranks last in health and mortality analysis of 17 developed nations.
- Americans are near the bottom in nine key areas of health, including low birth weight; injuries and homicides; teen pregnancy and sexually transmitted infections; HIV and AIDS; drug-related deaths; obesity and diabetes, heart disease, chronic lung disease and general disability.
- At 75.6 years, American men have the lowest life expectancy among the countries reviewed, and American women ranked second to last at 80.7 years. The infant mortality rate in the US is equally abysmal with 32.7 deaths per 100,000, while most other nations range between 15 and 25 deaths per 100,000.
- The author's of the report "GMO Myths and Truths" took a science-based approach to evaluating the available research, arriving at the conclusion that most of the scientific evidence regarding safety and increased yield potential do not at all support the claims. The evidence demonstrates the claims for genetically engineered foods are not just wildly overblown-they simply are not true. GE foods have been shown to be less nutritious than non-GE foods and pose distinct health risks and are inadequately regulated by our Government. I wonder why the majority of other developed nations do not allow GMO foods?
- While failing to pin-point the source(s) of Americans' failure to thrive, the answers are not hard to deduce: adhering to government-sponsored health and dietary guidance has completely led Americans astray.

Considering the fact that human health tends to be primarily affected by A)

Nutrition B) Exercise and C) Toxic exposure; does our Government and Health Care System seriously believe we can improve public while ignoring these basic areas.

STAY TUNED FOR PART 2 OF THE "HEALTH OF AMERICA" IN OUR NEXT NEWSLETTER.

## **"A WESTERN STYLE DIET" WILL CAUSE YOU TO AGE FASTER AND DIE YOUNGER"**

The food choices you make today will have a direct impact on how gracefully you age and how long you live. These are the findings of a comprehensive new research study published in the American Journal of Medicine, which found that people who stick primarily to a "Western-style" diet marked by fried and sugary foods, processed grains and other foods with toxins and GMO ingredients tend to age more quickly and die younger than people who adhere to healthier diets.

Analyzing data on participants involved with the British Whitehall II cohort study, researchers from France and elsewhere compared the dietary habits of 3,775 men and 1,575 women to both chronic disease and mortality rates. The participants were screened and complete data was collected every five years to identify any relationship between diet, disease and mortality rates. After interpreting their findings through the lens of the Alternative Healthy Eating Index, which was designed with the intent of combating major chronic illnesses such as heart disease and diabetes, the science team determined that a common Western Diet of "junk foods and processed foods were responsible for poor aging and early mortality. Only four percent of participants achieved what is considered "ideal" aging throughout their lifetimes.

## ***HEALTHY EATING EQUALS OPTIMAL LIVING***

Ideal aging, for the purpose of the research, was determined to constitute a state of being free of chronic illness and having high performance in mental, physical and mental agility tests. Very few participants fell into this

category. The impact of diet on specific age-related diseases has been studied extensively, but very few studies have linked diet and food types with health as we age said lead author Tasnime Akbaraly, Ph.D. What this study means is that individuals hoping to live long, healthy lives need to avoid eating processed foods containing refined sugars and flours and processed or hydrogenated vegetable oils, etc. A diet composed of fresh, organic fruits and vegetables; grass-fed pastured meat and dairy products; healthy saturated fats; and living “superfoods” could hold the key to avoiding the negative outcomes observed and confirmed through the study.

“We showed that following specific dietary recommendations such as the one provided by the AHEI may be useful in reducing the risk of unhealthy aging, while avoidance of western-type foods, might actually improve the possibility of achieving older age free of chronic diseases and remaining highly functional.” added Dr. Akbaraly.

## **DRINKING SODA GREATLY INCREASES YOUR RISK OF STROKE**

Research shows that whether it is regular or diet, high consumption of carbonated soft drinks significantly increases your risk of stroke. Many studies have shown that consuming soft drinks at a high level increases the risk of everything from diabetes to gout to obesity and heart disease, no one had studied the connection between soda and strokes until a study published in the *American Journal of Clinical Nutrition* in 2012.

Researchers from the *Wellness Institute of the Cleveland Clinic, Brigham and Women’s Hospital and Harvard Medical School* collected health and soft drink consumption information from 43,371 men and 84,085 who were participating in the Nurses Health Study. The men were followed for 22 years and the women for 28 years. The researchers found that participants with higher consumption of both sugar-sweetened and low-cal soda were significantly more likely to suffer from strokes. In contrast, consumption of caffeinated and decaffeinated coffee was correlated with a lower stroke risk. The researchers also found that regular consumption of sugar-sweetened beverage consumption has increased dramatically in the United States over the past three decades and it is affecting our health in a major way. It is associated with high blood pressure, higher cholesterol, less physical activity

and higher rates of obesity. "These findings reiterate the importance of encouraging individuals, especially our younger generation, to find substitute alternative beverages for soda's and soft drinks.

Thank-you,  
Dennis Shollenburg

#### Disclosure

The information and contents of the Cornerstone of Life website, Sholly Sez blog and Healthy Living Alert newsletter are based on the research and study by the author, Dennis Shollenburg. The information is for educational purposes and is not intended to diagnose or prescribe for any medical condition or claim to prevent treat or cure any disease. The information contained herein is not intended to replace a one on one relationship with a doctor or qualified health care professional. The information is not intended as medical advice, but a sharing of knowledge and information regarding simple changes in your lifestyle that can assist you in becoming healthier and enjoy life to the fullest. The author, Dennis Shollenburg is exercising his right to Freedom of Speech under the Constitution of the United States of America.