



LIFESOURCE INSTITUTE NEWS

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ASK THE COACH?

STAY ON TRACK

- * **Beyond the mood**, the gut, along with the brain, also appears to play a distinct role in a large number of neurological diseases like Autism, Parkinson's Disease, and Alzheimers.
- * **There is a consensus** that what you eat has a major role in determining the diversity and health of your gut bacteria.
- * **Good mood foods** probiotics aged and raw cheese, kombucha, miso, olives, pickles (non-vinegar), sauerkraut, and yogurt, prebiotics artichokes, asparagus, beans, broccoli stalks, carrots, celery, onions, and raspberries. No one is suggesting that anyone throw out their antidepressants just yet. But pairing them with probiotics and prebiotics can't hurt. Focus on a plant-based diet that is as diverse as you can get.
- * **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worse.
- * **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind body** and **spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- * **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

The Gut To Brain Connection what is it?

Scientists discovered the link between many bacteria's that heavily populate your gut microbiome and your mental health and overall wellness. So in this month's Newsletter, we will be discussing what you need to know to feed those nasty little buggers with the hope of boosting your mood and overall health.

Today your body is hosting trillions of bacteria. You are roughly carrying as many microbes as your human ones, with the majority of all these bacteria living in your gastrointestinal (GI) tract. This microbial process starts at birth, called the microbiome. We, the victims of this health care menagerie, pick up bacteria early in our lives, beginning in the birth canal and transferring this bacteria through breast

milk, generally. By the age of 5, your body is heavily populated with this bacteria.

Researchers expressing a very diverse mixture of the recommended amounts of the good bacteria could bolster your health to new levels, especially if you are experiencing conditions related to obesity, type 2 diabetes, heart disease, and a myriad of allergies all having a direct connection to your guts microbes, and mental health implications. The two primary sources of controlling this health-care crisis are probiotics and prebiotics: Probiotics populate **your** microbiome with needed beneficial bacteria, while prebiotics feeds the good bugs that are already

occupied in your gut. This process implemented together helps you to a much healthier balance of these microbes. Also, equally important, with regular doses of both, you push out the bad ones you don't need or want; this is the critical factor in having a very happy microbiome.

Finally, studies have shown that changes to your diet can produce rapid needed shifts of gut bacteria within 24 speedy hours; with proper maintenance of these new eating habits, the longer the health benefits and the balancing of your microbiome. Researchers are continuing to weed out the bad guys and locate the good of the world of microbe. There is so much more to learn in this arena. Scientists in 2019 alone have discovered over 100 new species of gut bacteria. More to come in future issues.

MUST READ: THE MIND-GUT CONNECTION BY EMERAN MAYER, MD

ASK THE COACH?

Q: COACH BERNARD: I'VE STRUGGLED WITH ULCERATIVE COLITIS ALL OF MY ADULT LIFE, AS A FUNCTIONAL NUTRITION COACH WHAT DO YOU RECOMMEND TO YOUR

A; GREAT QUESTION: JOHN, THIS IS ANOTHER QUESTION I CAN ANSWER AGAIN FROM MY OWN EXPERIENCES AS WELL AS FROM MY CLIENTS PERSPECTIVE. EVERYONE IS UNIQUE IN DEALING WITH IBS, MY EXPERIENCE WAS GIVING UP RED MEAT, ALONG WITH ADDING FIBER, AND A TOP PROBIOTIC, SOME CLIENTS I RECOMMEND A PREBIOTIC, AGAIN EACH PERSON IS DIFFERENT, I DON'T HAVE THE ENZYMES TO BREAK UP THE RED MEAT SO I HAD TO GIVE IT UP, SOME PEOPLE DON'T HAVE THAT ISSUE, MY GOAL IS TO GET MY CLIENTS OFF OF THE TRADITIONAL MEDICATIONS, BY ADDING FOODS AND SUPPLEMENTS THAT HEAL THE GUT, I HAVE BEEN MEDICINE FREE FOR ALMOST 20 YEARS NOW, AND ONLY HAVE COLON EXAMS EVERY 5 YEARS, PRIOR EVERY YEAR LIKE MOST WITH IBS. COACHES AT LIFESOURCE INSTITUTE CAN LEAD YOU DOWN THE ROAD YOU ARE LOOKING TO TRAVEL DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY AND SPIRIT. PLEASE CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER THANKS KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.