

It is now undeniable that our intestinal organisms participate in a wide variety of physiologic actions, including immune system functioning, detoxification, inflammation, neurotransmitter and vitamin production, nutrient absorption, signaling being hungry or full, and utilizing carbohydrates and fat. All of these processes factor mightily into whether or not we experience allergies, asthma, ADHD, cancer, diabetes, or dementia. The Microbiome affects our mood, libido, metabolism, immunity, and even our perception of the world and the clarity of our thoughts. It helps determine whether we are fat or thin, energetic or lethargic. Put very simply, everything about our health--how we feel both emotionally and physically--hinges on the state of our microbiome. Is it healthy and dominated by so-called friendly, beneficial bacteria? Or is it sick and overrun by bad, unfriendly bacteria?

Your gut has its own immune system. It represents 70 to 80 percent of your body's total immune system. This speaks volumes about the importance--and vulnerability --of your gut. If the events that take place in the gut weren't so critical to life, then the majority of your immune system wouldn't have to be there to guard and protect it.

You may be surprised to find out that an estimated 80 to 90 percent of the amount of serotonin in your body is manufactured by the nerve cells in your gut! In fact, your gut's brain makes more serotonin---the master happiness molecule--than the brain in your head does.

Brain Maker
David Perlmutter, MD