

Keeping your gut healthy

Your gut is home to trillions of cells and bacteria. They are collectively known as the biome and they provide you with your immune system. You could not live without them because you would be unable to defend yourself against any disease. So, It is just as important to keep your gut healthy as it is to keep your muscles and brain engaged. The ketogenic diet will help you do that. But you may need to do a bit more, since your immune system has probably been compromised by taking antibiotics over the years.

New research shows that even a single week's course of antibiotics will reduce the effectiveness of your immune system by 25%. Therefore antibiotics should not be used for every trivial infection, but only be used in life-threatening situations as a last resort. So, what else can you do? The first thing is not to be so willing to take antibiotics. But you should also do something to improve your gut health and make your gut more hospitable to the healthy bacteria that do so much for you. Naturally fermented vegetables and natural bio yoghurt (but only from goats milk not cows milk) can be helpful. There is a particular fermentation that is a very effective way to improve your gut health. But it takes a bit of work. Natural kefir can be made at home from raw unpasteurised goat's milk. You can acquire kefir grains on eBay. They cost next to nothing. Simply take a large jar, fill with the goats milk and add the kefir grains. Leave in a warm place for just 24 hours when the fermentation will be complete. Filter the kefir, leave in a container in the refrigerator and keep the grains for reuse to make some more kefir. Drink at least half a glass of Kefir before breakfast and you will be

amazed how much better your digestion will become. But the kefir is also contributing to your immune system. If that all sounds like too much trouble for you, I sell a probiotic defense supplement. It's not quite as good as a natural kefir, but it is pretty effective and you can buy it from my online store.

In my next video I talk about exercise and which exercise will give you the best benefit for your health and make Total Health work most effectively.