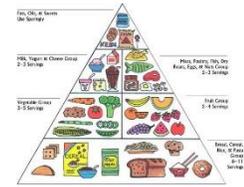


Health Promotion & Disease Prevention
“Food Pyramid Scheme “
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When we talk about healthy foods, it usually means the food pyramid chart of fruits, vegetables, meat, and dairy according to the American Dietetic Association, 2009. The usual daily diet for Americans, but what about our "Gut" environment?



Current research is finding that your "gut" environment is connected to the health of your body and brain. So, what does that mean? It has to do with the bacteria living in our stomachs, which altogether weighs about 3 to 5 pounds. It's the good bacteria that produces the bio-chemicals our body needs to operate and maintain our health. It's the bad bacteria that causes mental illness and many other medical conditions.

Gut bacteria also synthesizes the neurochemicals that our brain uses to regulate our basic processes of mental functioning, including our mood and memory, and more importantly our immune system. Our gut bacteria produce about 95 percent of the body's supply of serotonin, which plays a major role in our daily bodily functions. A study published in the National Institute of Health by neurologist Dr. George Siegel, MD, supports that serotonin plays an important role in our appetite, memory and learning, sexual desire and function, sleep, temperature regulation, and social behaviors.

According to Columbia College of Physicians and Surgeons, and the Institute of Human Nutrition, poor nutrition contributes to at least 6 of the 10 leading causes of death, and possibly may lead to early dementia symptoms. Evidence is now showing that it does matter what we eat and drink and how productive our gut environment is.

What is the current research suggesting? Stress will change the condition of the gut environment which affects the brain and behavior, which makes people more vulnerable to illness, anxiety and depression. Jeffrey Lackner of the University at Buffalo School of Medicine and Biomedical Sciences suggest that this process is the cause of chronic gastrointestinal disorders such as Crohn's disease, ulcerative colitis and irritable bowel syndrome (IBS).

Overall, what we eat and drink does affect our health. Our immune system, brain, and physical health depends on healthy conditions within our gut. The continuous effort of finding cures for medical issues could be as simple as prevention by changing your diet and adding fresh fruits and vegetables daily. For more details, contact terrydunlop@counselingec.com