

Your Microbiome & Diabetes

What is the Microbiome?

- * The microbiome is made up of bacteria, yeast, and viruses, in and on your body. It can be either healthful or harmful to your health.
- * Your gut bacteria is the primary defense for your immune system.
- * There are up to 100 trillion bacteria in the human digestive tract.
- * It covers about the size of a tennis court, but is only one cell thick.
- * This can weigh up to 3 pounds in an average sized person.

What can go wrong?

- * The average American diet actually reduces the variety of gut bacteria.
- * This decreases the gut from functioning properly, and can result in a “Leaky Gut” which increases inflammation throughout your body.
- * Growing research shows that a “Leaky Gut” contributes to obesity, heart disease, diabetes, joint pains, fatty liver and other problems.
- * Several things make it worse such as: poor diet, chronic stress, some medications, yeast/ Candida, and more.
- * Dysbiosis is an imbalance between the good microbes & the bad. With dysbiosis, the harmful microbes reproduce faster.

Higher diversity is better!

- * Wider variety from foods contribute to diverse bacteria in the gut.
- * An intact lining is essential to absorb what the body needs, and to keep out what is not good.
- * The lining of the gut actually produces certain nutrients for the body, including Short Chain Fatty Acids (SCFA), and some B vitamins.

Which can you do to improve the gut?

1. REMOVE toxins and infections by eliminating foods and factors that damage the gut lining, such as processed foods, refined sugars and grains.
2. REPLACE with healing foods, such as healthy oils, fresh fruits and vegetables, quality protein sources, plus quality vitamins.
3. REINOCULATE with good bacteria and enzymes.
4. REPAIR the damage to the gut.
5. RESTORE overall balance and well being.

Supplement Suggestions:

Probiotics- including

Lactobacillus acidophilus and other healthy microbes.
(1-2 capsules with meals)

B Vitamins- essential for utilizing carbohydrates, and maintaining healthy enzymes.
(a balanced broad spectrum)

Vitamin D3- important for immune regulation, bone health & inflammation.
(2000-3000 IU/ day)

Zinc- helps the gut lining stay strong, to reduce problem microbes from “leaking”.
(15-30 mg/ day)

Omega 3's- decreases inflammation & promotes healing.
(2000-3000 mg/ day,)

Berberine- helps lower blood sugar and cholesterol. Decreases unhealthy bacteria and yeast in the gut.
(500 mg 2 or 3x/ day with food)

Other supplements are often used, but this is a place to start.

Note: Always talk with your doctor or health advisor before making significant health changes. Guidelines included here are not intended to diagnose or treat any condition or individual.

