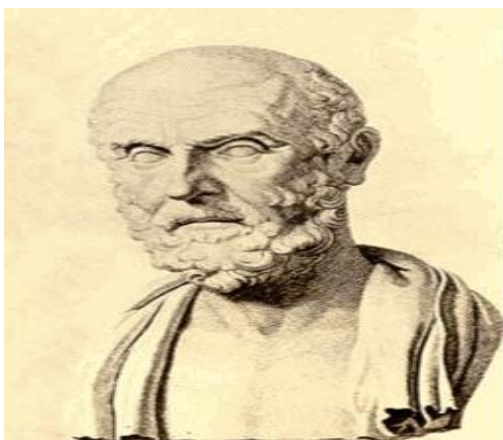


Healthy gut bacteria and Chronic Inflammation

Hippocrates, father of modern medicine, Metchnikoff a Nobel prizewinner and Ayurveda scholars, all have proposed that most diseases in the body begin in guts. Maintaining a right balance of friendly and unfriendly bacteria in the intestines improves digestion, reduces inflammation, minimizes food cravings decreases anxiety, improves brain function and mood, and help shed extra body weight. The gut bacteria called “Microbiome” comprise of trillions of bacteria that live in the intestinal tract in harmony with the body. These play a vital role in digesting food, absorption of food, and synthesis of vitamins. The healthy gut bacteria flourish when the food consumed is a natural plant-based food rich in fiber, the complex carbohydrates (starches), fermented milk products such as yogurt and curds, and fermented vegetables such as mustard and fenugreek seed-based pickles. Consumption of western-style diet, which is rich in meats, deficient in fiber, rich in sugar and processed synthetic foods cause unhealthy gut bacteria to flourish. The harmful intestinal bacteria crowd out the good bacteria. The unhealthy intestinal bacteria can contribute to several diseases such as:

- Peptic Ulcer disease with acid reflux.
- The inflammatory diseases of the intestines - Good examples are ulcerative colitis and Crohn's disease.
- Irritable bowel syndrome – Characterized by abdominal pain, diarrhea, constipation
- Allergic Asthma
- Type 1 diabetes in children and young adults.
- Obesity and Metabolic syndrome (PCOS in young girls)
- Liver disease – Fatty liver

Healthy gut bacteria flourish on the holistic plant-based foods rich in fiber, complex carbohydrates -starches, beans, fermented milk produces – curds, buttermilk (lassi), mustard seeds.



Hippocrates, the father of medicine... "All disease begins in the gut". That also means that all HEALTH starts in the gut too.