Introduction and Donna Gatesu2019 Background

Welcome back to the reverse Autoimmune Disease Summit series, everybody. I'm Doctor Kisha yours. You are joining me for the fourth iteration of the reverse autoimmune disease Summit series, the autoimmune detox.

And I'm so delighted to bring probably somebody that doesn't need introduction to you, but a good friend and colleague, Donna Gates, who is the international bestselling author of The Body Ecology Diet Recovering Your Health and Rebuilding Your Immunity and The Body Ecology Guide to Growing Younger, Anti-Aging Wisdom for Every Generation.

Over the last 25 years, she's been on a mission to change the way the world eats. Her first book, The Body Ecology Diet, introduced the world to a sugar free, gluten free, casein free and probiotic rich diet and a way of life that's now followed by tens of thousands of people around the world.

The diet grew in popularity, initially by word of mouth and all these years later, still stands the test of time. Welcome to this Summit series on it.

I was just sitting here thinking, I hope you don't read that whole bio. There's so much there. And I didn't write it, by the way. So. Well, I love I love to pick out, you know, like that very first part.

And then when I hear people introduce me to, I think we can talk about all of this. Right. And so, you know, some of the things that are in your bio are important because there are things that you've done.

But I want to weave it into what we're talking about. So one of the things that, you know, you've completed and an advanced fellowship with the American Academy of Anti-Aging medicine, and one of the things that has always been very true about you is that you are aging incredibly gracefully.

And so, yeah. And so, you know, you walk your talk and how do. Yeah, you do. Yeah. I think you're going to see a whole lot of us, looking very, very different than whatever we are 50, 60, 70, you know, that I'm positive that we are not supposed to age the way we have been aging.

And, you know, it wasn't that long ago, and people died. They were old and they died in their mid 40s. Yeah. So now we have, you know, somebody one of the teachers at a forum told me that, the New age for a woman today that reaches a certain, like, her 50s and she doesn't have cancer or, cardiovascular disease, obesity, the new age is, expected lifespan is 105.

So even though I'm 56 and I don't have any of those issues. So maybe that's good. Sure. So you got it is kind of interesting to think like you have another 50 years and they've got another 25 or 30 years.

That's where we get to do those. What can I do next. Right. So go ahead and tell everybody your age because it kind of got blown underneath us talking over each other.

And I want people to really hear you say how old you are. I'm 74. Yeah. And, I used to be really, really sick. Once upon a time. I wish I had the knowledge and the tools that I have today when I was 30, for example.

So I'm actually healthier. I certainly don't look the same. You know, your face gets longer, you lose your baby fat and you change. But the thing is, what's better is that my health is actually way better than it was when I was young like that.

But you also have wisdom. Oh, yeah. I wouldn't trade that for anything. I would've, you know, at this age, you kind of go back and wonder, I mean, wish you could do many things over again for sure, but, it's, I think it takes living a

long time to have the wisdom.

So that's another good reason for living a long time. Imagine how much wisdom I'll have in 30 more years than you'll have in 50 more years. So this is why I like getting older. Actually.

My birthday was just last month. And, you know, when I turned 56, I, I thought, okay, you know, and I look back at where I was 30 at 30 years of age when I was diagnosed with rheumatoid arthritis.

I just look at that one and that version of myself and I go, oh, sweetie, you are operating with the level of skills you had at that age that there was so much more that you're going to learn, you know?

Aging, Health, and Autoimmune Reversal

And then I think about my 86 year old version of myself looking at my 56 year old version, going, oh, sweetie, you were operating with the skill level you had then, but there's so much more to learn, you know, and it just makes it really fun for me to age, you know, because of that.

Yeah. And a lot of the people that are centenarians or more than centenarians, they they say that they have a, kind of don't feel time passing. Yeah. You know, they're not aware of a number.

It doesn't mean anything to them. So that's probably a good thing too, you know, mentally or not feeling old. Right. Well, let's talk a little bit about autoimmune disease, you know, as a condition.

And maybe lay out a landscape for what's going on as we launch into this next part of how to get your microbiome, how happy and with the Candida autoimmune disease connection is.

Well, I was glad that you wanted to talk about that, because I've started talking about it and wrote a book, where the diet on how to get over it, maybe close to 30 years ago now.

But all these years I've watched how people know what it is. They know there's such a thing as candidiasis, there's a yeast infection, but they don't really, really get how serious it is.

And years ago I met Doctor William Crook when he had just read his book called The Yeast Connection, and we sat outside in this stout on his wall by a fountain that I, expert.

And he said, you know, we don't think meaning he and doctor dress are interested. We don't think there's a cure for this. And in my naivete, I was like, you're 30s myself.

Then, or 40s, isn't there? Anyway, he, I said, oh, sure there is. There has to be. I've learned all this stuff in the last ten years or so. I'm going to find the cure.

Well, I will say fast forward today that there is no cure. I would agree with him. It's one of those, many infections that's in our body that is, really causing a lot of problems.

And there's, and I so I think most health care professionals, even though they know about it, don't really understand it, and they don't realize how critical it is to deal with it.

You know, at least at the, you can't cure it, but your immune system can conquer it. And that's the goal. So the conquering I'm going to stick into the same lexicon as what I call reversing autoimmune disease.

You're not curing it, and I make that distinction. Doctor Tom O'Brien does too, because, your genetics are still there. You know, the propensity that you have towards the expression of those genetics that can then be activated based on certain, you know, environmental factors and also internal factors.

And so, you know, I always say trauma, the way you manage your stress, your toxic load and your gut condition will

all activate, you know, what's going on genetically.

And those genetics aren't going away. You're just expressing them differently. So I could get rheumatoid arthritis back if I socios it probably within about six months, I could really do it, you know?

Same with candidiasis. I, yeah, took antibiotics for a long, long time. Wound in my gut. I was in so much pain and even like to eat. And, But I'm very well aware that if I just went out there like normal people, I would be a mess in no time at all.

Who knows what else would start going wrong? Like, I don't have any pain in my body and everything seems to be working perfectly, but but it would it be rather quickly?

Because one thing that has happened with time, you know, your DNA does get damaged over time. So if you're, you can if you can damage your DNA rather rapidly.

And I, I believe that if you're, say, in your seventh decade of life, that that damage is going to show up faster than it would if you were damaging in that to for 20 even to.

So I'm sure I would the aging would really start quickly. So this isn't a function of growing older, but a function of your body getting worn out from having to rob Peter to pay Paul.

Right. Like your body's trying to maintain homeostasis and it will it will borrow from different parts to different systems, you know, until finally it can't do that anymore.

And that's when you I mean, for me, my era when I was 30, it felt like it was all of a sudden, but it was not, you know, you know, and I look through my early childhood of frequent UTIs and then in my adolescence of frequent, you know, repeated strep infections in my throat and it multiple antibiotic use. Right.

And then Accutane at the end of that for years for acne. Sounds like my story. Yeah. And then and then beginning to run marathons in my 20s and popping Advil for pain of course, by 30 I had rheumatoid arthritis.

You know, this wasn't an all of a sudden kind of thing at all. Well, you know, I've been really interested in autoimmune conditions for a long time, but I'm super interested in inflammation, as everybody else says.

I mean, that's the every, everyone in functional medicine agrees that underlying anything you have, there's always going to be a lot of inflammation. And, the when you have a yeast infection, we'll use that one because I really like to explain where yeast is coming from today.

I know something that other people don't even know that I'd like to talk about, but, so so you have a yeast infection, and your immune system is really trying, to keep it under control.

And so, just like any infection that comes in your body, a Covid virus or Epstein-Barr herpes, you might have a strong enough immune system where you're not noticing symptoms yet, but that inflammation, is definitely, playing havoc, and it's damaging. So.

So what's happened is that, I think the long haulers are going to be an excellent example of this.

Candida, Chronic Infection, and Inflammation

They, these young people, they're in their 30s and 40s, do get Covid, and they were healthy. They think before that that's questionable. But they felt healthy.

95% of Americans have Epstein-Barr, everybody. So I was like, yeah, really locking in what Don is saying right here about the underlying burden, right?

Yeah. Yes. And so they get this, trigger basically. And the immune system initially does what it's supposed to do. It starts attacking, killing the virus.

But at the same time, it, the other part of the immune system, the memory part, in a sense, has awakened. And, it's you're already just the first part that goes in and kills that virus is also, as I say, friendly fire.

Like a soldier gets killed in the line of by his own people because that information is damaging all this other tissue and these organs all around. And then the immune system moves into this, other stage.

And it really never that information really never turns off. They're calling it, unresolved inflammation. So I started following some video years ago, sir, him and his team, and they were looking at this unresolved inflammation.

They also found that in fish oil, which I think everybody knows is excellent for helping with inflammation. But the, in the visual are these tiny little molecules with solvents.

And they, were able to extract those and pull them out and then actually create a supplement and give that to people. And it was interesting because most of the people in the study were women, because women are much more likely to have autoimmune conditions, of course.

And, had all kinds of conditions. Maybe weight gain was their problem or, hormone imbalances or arthritis or whatever, but no matter what they had the all of the things resolved with the solvents with this particular product, that it took a long time and it's expensive.

But it does tell you that what we really need to be going after is the inflammation. In order to go after the inflammation, you've got to go after the infection that's there.

And just like you said, he shows the Epstein-Barr. Everybody has Epstein-Barr. So you get something like Covid, you think you got over it. You might not even had much of a reaction to it.

But these are the immune systems. Been real busy fighting the, Covid infection virus. And now these other, infections are big. Wake up because the blood is become very a city perfect environment for them all to wake up.

And, I really think that what we're going to start calling the long haulers is a new autoimmune condition. They've got this, I'm going inflammation. And now all the symptoms that they have extreme fatigue, gut problems, headaches, because they know that, Covid actually is effective in, nervous system.

And, a lot of the problems they have are, related to that. So Covid 19 is like Sarge, Sarge, they know it definitely attack the nervous system. And you still can find SaaS in the nervous system.

So these, the symptoms and it's happens with Lyme too. So yeah, Lyme a chronic Lyme is now considered autoimmune because of the same exact thing. Right. This molecular mimicry happens.

And then we start to get an autoimmune component to it. So autism is considered an autoimmune condition because there is inflammation going on. And this is where I started to do a lot of digging.

One of the things I discovered, you know, so you have a child who's 2 or 3 years old, but is that where autism began? So I started to go back into the time in the womb and see what I could figure out there.

And I didn't know I got love. Nutrition remixed, one of my favorite topics to study, but I that wasn't, I didn't know anything about it back then, so I didn't go that far, but I was looking for microorganisms that might be in the, amniotic fluid.

And indeed there were some that were found there. So them but so definitely things are always happening in the womb. But I don't think that that's at all what is my theory?

And I wish people would start researching it. But what's happening is the murdered young women today have belonged to a generation. If you're like 55 or 60 and under that age, you would have been a generation that was given a lot of antibiotics and therefore you wouldn't have a yeast infection now, maybe under control because you're pretty healthy at 20, 30, 38 whenever you know, when you get pregnant.

But but the immune system is suppressed during pregnancy so that the mother's baby won't reject the new fetus, you know? So, the there's one thing going, Iris, in mothers immune system is suppressed.

And then her estrogen, progesterone and cortisol and sugar are all going up to build that baby inside of her. So if she has a latent yeast infection or she she isn't latent, she knew she said it is infection.

It's now going to become much more acute during the pregnancy, and there's no doubt that we can pass our infections on to our baby and happen this year that long ago talked about babies that had thrush in their mouth so they didn't have antibiotics.

It had to be coming from another source, basically, and that would have been from a mother for some reason back in those days. You know how to use infection, got pregnant and pass it on to a baby.

So I feel very strongly that it's wine instead of water back in those days. And it makes me curious. Yeah, that's true. That right. Water wasn't clean. Right.

And so there was a lot of drinking of wine as water. So that makes me curious. Yeah. Yeah, exactly. Gosh, I don't know. I really did not sit there and thought about that part of it.

But I do know that it's extremely critical thing to understand if you're going to get your child well from, you know, like use cure. But I know watch our kids and I began recovery and they were the first ones to recover.

What were we doing? Fixing the gut with fermented foods, bringing that yeast infection under control with a diet that was gluten free, sugar free and casein free had these, you know, probiotic foods in there and building their immune system.

And then because of the gut brain connection, gut getting healthier, brain getting healthier. And, so I was lecturing at a conference in a mine conference in Australia years ago, and I mentioned that, you know, about this whole thing.

And, and then I was able to lecture for two whole days and, somebody two different times or two days, and some of the moms came up to me and said, you know, our doctors just do it.

I just want doctor over in the corner. And they are, talking about you. And they said, there's no way the brain can become infected. That's actually what people believed.

And it wasn't even that long ago. That's not that long ago that that has been debunked. Yeah, yeah. But they actually believed. And so unfortunately, I was able to go back to my room and just look up a bunch of stuff in the next day or two, I had another talk and I said, you know, what about meningitis encephalitis?

Those are infections in the brain. This is what I believe, that the brain is infected. Within a year, Martha Herbert at Harvard had done the research to show that the brain of these children had inflammation.

Yeah. That's right. That's so then, yes, I'd say I assume there's an autoimmune condition. Condition. But what's driving it is, inflammation caused by an infection or a number of infections.

So to me, that's what, autoimmunity is. And then if you work to get rid of the inflammation and the infection, the, and detoxify and all that, then you are definitely going to see a reversal, a quieting down of your symptoms now, like Doctor Crazy and says this, he doesn't think you can ever get rid of an autoimmune condition.

And it waxes and wanes. But that's because many of these, intruders in the body, they don't ever go away. You don't ever go away. They change back and forth.

They can, you know, become very clever. It change in shape and they can become, completely harmless. And the immune system doesn't pay any attention to them.

They're even perhaps, you know, commensal contributing to the community. But then very easily, they can change into their very dangerous form, grow tentacles, but they do secrete toxins.

And one of the toxins that they secrete, glial toxin, which mold also more than fungus, one more than Candida by fungus, and they both secrete quickly on toxic and glial toxins, suppresses the immune system.

So that's one way. It's one reason why it's so hard to get the immune system to ever get enough energy to get rid of these permanently. In the meantime, other infections in the body like Epstein-Barr or, you know, they're going to run wild, too, and there's certain things that trigger it, like a lot of stress and so on.

And a really bad diet for a while. A lot of things keep triggering this over and over again. So they never, ever go away. Herpes doesn't go away. I've seen why doesn't go away.

And I'm just kind of watching this. What researchers are finding out about the Covid 19, does it really go away? I mean, what long term effects is it having?

Autoimmunity, Long COVID, and Genetic Risk

At least unresolved inflammation and therefore these young people are going to end up, you know, there's they have, forums all over the internet trying to figure out reporting actually, all the time what's going on with them, but nobody's really helping them, from what I can tell.

Not yet. To me, it's the new autoimmune condition. The just of many. Yeah. I remember after I was probably about six months ago, my husband said, I think you could be really helpful to the long hauler community is sounding like it's turning into an autoimmune issue, you know?

And I went, wow, okay. You were having attention. You know, I agree with him. I thought it wasn't my idea, but he's right there on the same page. So, you know, it's it's just the observation of, oh, this anything that has that chronicity to it.

Right? You have to start thinking other immune. You have to start thinking like, learn mimicry. And what are these organisms that we're cute. I mean, the thing of it is, is we're outnumbered ourselves, you know, by all of the, the microbes that we that inhabit us and that inhabit this planet.

And we're just sort of like always, always interacting. Right. And what we want to do is maintain a healthy, harmonious flow with them. But when we have some of these chronic infections that cause inflammation, then you're not going to have that well.

And then, of course, genes are supposed to be playing a role in this. And, there's quite a few genes that are playing a role. For example, interleukin, C-reactive protein to involve, interleukin six and some others are genes.

And it appears that, in variants there and those genes aren't really, they're kind of you can't meet like they're if you become infected, they're just run away like fire, you know, like you can't control them because you have this variant.

So that's that's another factor also, you know, like you're irritable bowel disease is another autoimmune condition. And one of the genes I love to check for, I think every practitioner should know this, is if you cheat you.

Now, that gene is responsible for producing B12 as other genes are. But it's also, kind of the blood sugar gene.

Like I'm a blood type a, are you and a b and a B positive?

That's the kind of, I guess that. Yeah, that. So you'll be secreting your b sugar, which is different from my sugar in certain places, like your mouth, your gut lining.

If if we were breastfeeding, it would, we would be secreting that sugar into our breast milk, for example. Tears. So, Yeah. Saliva. Tears. Your skin, your sweat. So.

So those bacteria that live there, they're getting fed by the sugar in the blood, you know, different types of sugar. Well, if you've got a future variant, then you're not feeding those bacteria and in all those places.

So imagine if you're not feeding your gut bacteria and and the bacteria most important system, this is what the very beginning of life before it is. What is what it's all about in there, there is infantis.

And then these other strains start showing up for six weeks. There's almost like nothing really permanent in there. But the difference. And so what the babies picked up from the mother and the outside world and all.

But mostly it's before this. So now for the very beginning of life, you're not feeding the virus and you're going to start off with a weakness, a risk factor for irritable bowel disease or other, some type of gut problem, too. So genes do play a role.

That's an example of a good one. I do genetic testing on 100% of my patients, and A52 is often a block of snips that will either be yellow or red for my autoimmune patients, because that's who usually sees me as people with autoimmunity.

So, you know, this is this is an important one, what you're talking about. Because and the thing of it is, though, is it's what you're wired for, and then it means I always call it like a pirate's treasure map, where X marks the spot where we need to dig a little deeper.

So then that that points to, okay, what do we need to be watching for? For you as an individual, right. Because of this wiring that has a potential problem.

And then of course, vividness, is always an important bacteria throughout life. But as people get older, there is no vividness in their in their gut. So that I think it's one of the most important ones to supplement.

I don't think you necessarily have to supplement lactobacillus because, they're easily, easily obtained in fermented foods, fermented vegetables in particular, and kimchi and what I teach people to eat.

But, they're but not before this. And this resistance is very, very fragile, easily destroyed. And. Yeah. So it's just there's so much to say about the gut, the role the gut is playing in the whole autoimmune condition.

But you need diversity. You need to have a lot of different type of bacteria in there, because that's going to be your immune system. And the stronger you make your immune system, the better chance you have of keeping all these problem childs.

You know that. And barring they can't do to keep strong immune system can keep them under control and quieted down. So they're not out there raging and causing pain somewhere in the body.

So what does, you know, some of the plants that inhabit our, our planet have anti nutrients attached to them. So predators can't get all of them right.

So histamines and oxalates, which are all in the well also to me the most, the one you should absolutely be careful not to eat. I think that a histamine problem.

I know there's all kinds of mast cell disorders. I mean different things that are histamine related. But to me, I don't

like to get stopped there. I think below all of those is is gut dysbiosis.

So that's really what's going on. If you eat fermented vegetables away with a lot of electric precisam, particularly the way I teach people to add extra starter, you're going to get, lactobacillus is great at degrading histamine, and it, bumps up the power of the Gow enzyme in the gut.

So, they can solve a lot of problems for people, but, the oxalates are in only in the plant world. You won't find them in meat or chicken or fish or eggs or dairy or anything.

It's just in plants. And some plants don't have large amount of toxicity. Low OKs that were some are extremely high. And I think that, you know, earlier in an earlier time before the era of antibiotics, people naturally carried, a microbe in their gut called Oxley nectar from engineers.

And he ate oxalates. That's the only thing he did in there was eat all the assets that might be in a food that you're eating. And then we started, you know, bombarding or bombing the gut.

And he never came back, you know, just one of the missing microbes. Anyway, the now you started eating foods with acids in them, like spinach, sweet potato stuffing, the stuffing, those, smoothies full of spinach.

Right. And also, look how popular chocolate is. And almond milk and cashmere in your smoothie with your spinach. Yeah. Beets are, you know, everybody's raving over beets.

And beets do have all food, has a front and back. I always try to teach people that look for the good, look for the bad. They have both. So beets, make nitric oxide.

They give you more energy, but they're super high oxalates. Now, if you for a minute, by the way, you can get rid of the toxins because the microbes in the beets eat up food.

So you can you can do things to try to get around the toxins. But here's what I think. They've become. An even more of a problem today for people is that yeast have the genes for making oxalates.

So even if you're, you know, you've avoided these really high acid foods and not run through a lot. And again, there's sweet potato, spinach, Swiss chard, nuts and seeds, which also have another plant poison called fighting gas.

And you're supposed to be soaked, but nobody's doing that. They just eat a a bag. So they're very, very high in knots. It's not all of them like flax.

Flax is very low where she is incredibly high. So, you know, and also depending on where the nut is grown, like in Wisconsin, New Zealand are low, but in other places they touched high.

So ultimately what I'm hoping someday happens is that some of the nut like people that are growing. I have a friend who's growing almonds. Well, they're grown in in Jamaica, but he he he gets them and now it's brand new.

He just started the business. And so I can't wait to test those because things grown in Jamaica and that soil are going to have a different acid content than maybe California almonds or something I don't know.

So we kind of have to test. I just recently tested out a free, coffee. Oatmilk. Because I thought, well, okay, that might be a better choice for people than cashew milk.

And and it is actually low in oxalates, so I, you know, send him off to its center. But anyway, really use for making oxalates too. So imagine if you're eating them, and you have the yeast infection and they're making them now people have real, real serious problem and they they're like little tiny shards of glass.

Microscopic. Of course, you can't see them, but they tear up the insect's mouth. They don't. What they do is they

get into the body and they start to basically get into the tissue, muscles, organs, kidneys, for example.

And they start and the body starts protecting, itself by forming these stones. We call them oxalate crystals, you guys. Yes, exactly. And then I have one study showing that 65% of them are going into the bones.

Well, if you're going into bones, you know you're not going to see them in the bones like you would in your right kidney stones or if you have over dinner or something.

So, yes, you know, those are conditions that like diabetes you all and cancer, you always have to be on a diet.

Gut Health, Fermented Foods, and Microbiome Repair

For somebody who has a yeast infection that's trying to conquer it, bring it under control. This is a big one I found for likened to any of the different kinds of lichen.

Like like, for example, what are, are you talking magical or any or internal or oral? You know, so. Yeah. It's hard. Me. Yeah. Yeah. No, that, yeah. That that oxalates are a big component with I would say with an underlying candida problem.

Let's talk about some ways to you know you said fermented vegetables will reduce oxalate content. I do want to mention that if you juice a beat it also removes most of the oxalate.

So but it you what you have left over is a lot of sugar. So you have to juice other things, not fruit please. So that I mean I really love to have a little, fruit juice in the morning.

I'm not fruit juice. Vegetable juice in the morning. And then, make sure I'm having my my rest of my vegetables in different ways and protein and fat, along with all of it.

So, you know, I, I always consider fermented vegetables, having some in the refrigerator, refrigerator, an antidote. Because let's say you did have a juice and it's got fruit or stuff in it, and it wasn't really right.

Best thing for you to eat no fruit. Those guys. No such for yeast infections or anything. Yeah. Anything but so. Well, sometimes you know people I also say, look, if you have a yeast infection, put in 10% of something like pomegranate juice concentrate, which is really sour with 90% vegetables and a little stevia or some kind of a sweetener, because they won't just eat the vegetables by themselves.

So at 820 ratio or 1090 ratio is, you know, like you're moving away from the sugar. Yeah. But anyway. Oh gosh. Or is going to say, oh, you know, eating, eating a spoonful or two of fermented vegetables afterwards.

Now you've. Yeah. The, the just in your stomach. But the vegetables are gone in there too. And they start eating the microbes. They love that sugar. So they'll eat it up for you so it doesn't get a chance to go into your body.

But I think I'd be really interesting, because there's more of these wearables coming out where you can, you know, like the glucose continuous glucose monitor, where you can eat something.

And, and it was tell you what happens to your blood sugar. I think that if people did that, they would find that their blood sugars is very stable. I mean, not I'm don't they go out and, you know, into chocolate chip cookies.

But no, I do think that, any it's almost like an antidote. These fermented foods can be used as an antidote to veggies. So I know not all fermented foods are created the same.

This is something that you like to talk about. Is some of the myths and misunderstandings. And I would love to have you discuss abuses of some of the myths.

Never meant to ban vegetables. Yeah, well, one thing that bothers me is when people say, well, that fermented

foods are good for you, but they don't get down and get colonized into your into your micro.

You don't stay in the microbiome. Well, they don't stay there like most very few do. Most of them are in our in the stool and they're going to be leaving every time I go to the bathroom.

Some will colonize, but most of the bacteria are transient. But while they're there for the 2 or 3 weeks or whatever, they do really important things.

They make B vitamins and vitamin K, and they they look around and they find pathogens and eggs and larva that you might have on some vegetables you ate.

And they consume those like caviar. And they do so many important things while they're in there. So it doesn't matter if they're not. You're not eating them. Just colonize.

But you're always eating them because you always want new ones. You always want to have a gut that has these great, wonderful microbes in them. So that's one thing I want people to understand.

And then the other thing is, is that not all of them are the same. So I know that, you know, you in stores, they have these cases that are loaded with kombucha.

But ConvertKit is in the same category with wine and beer. It's a wild fermentation. It has a lot of wild. He's in it. And if you have used in your body, you know your body is already doing its best to try to keep that yeast under control.

And now you're adding more use. So many people notice that they can't drink underage anyway, or they will get, a really strong histamine reaction. That is one time when I tell people hold off on the fermented vegetables if you do get, like a lot of gas and bloating it first, because first of all, they're going in there and they're the microbes and they're changing the environment.

And that's kind of like if you painted your house, your room in your house still look like a mess until you get it finished and put it all back in order again.

So there there will be that, us and but but if you constantly find yourself bloating, if you do have fermented foods and there's a it's almost like a diagnosis that you might very well have, Sibo steps on bacterial overgrowth.

Yes, exactly. So hold off, deal with that and get that. Wiped out and, you know, fungus or the bacteria or whatever. Most of the time it's E coli, a clamshell or E coli, like we have a product, it's a phage, really.

It's called echo phage. And what it does is it is it hates has a deadly killer of E.coli. So you take it and you get it down into your gut and it starts to find the E.coli and get into that cell and multiply and blow it up.

And when it blows that up, all the nutrients that were in that E.coli actually become a prebiotic for it's a prebiotic because those nutrients are now available for the other microbes around there in that neighborhood to eat.

But in the meantime, when it blows up, it's just dispersed out into the environment. Trillions of eco, phages that are eating the E.coli anywhere. So it goes around looking for many more eco I did destroy.

It's considered the worst killer on the planet. The most dangerous killer on the planet is a phage. They're good phages, they're bad pictures. So there's like, everything else is good bacteria, bad bacteria. But.

But these good fishes are viruses that are so tiny, they can move right into the cell and they kill it and, then move around and find more detail until they're gone.

So I think that anybody was Sibo, they should absolutely, you know, take a fish for about two weeks. You know, it doesn't take long for them to kill everything in there.

So let's say now you've done that and, you've avoided the foods that are that's why the Monash University Fodmap can be very beneficial in the beginning.

So you do that and then you don't want to just for the rest of your life, stay with that limited diet. Now you want to say, okay, wait just a second. Really let that land everybody.

You don't want to for the rest of your life, stay on that one on a diet. I've. I've seen people put themselves on a low Fodmap diet. Not enough for me.

I actually had a patient that this happened to, and then then put herself on a low histamine diet too, and then came to me. And here's after I've been working with her for six months and say I have nothing I can eat.

And I'm like, what do you mean? I hear that, right? What do you mean? And then I start finding out, oh, yeah, you know, I read this and I read this and I so I took myself off of all these things, you know, please don't do that.

You guys. It's just done and say it's common, you know, and it really does create a nutritional deficiency for you if you're not doing it according to a, method, a lot of, you know, methodological structure that we're talking about here.

Well, you know, I always like to think that. Well, how does nature do stuff you know, anything that that happens, you know, nature has a step by step process, which is one of our principles.

And when you can't, you step by step. And it's a very, very beginning of life. This something's happening inside your gut that's really important. We're actually born in the world with a leaky gut.

But then we get this colostrum. And because the gut is permeable, it often is permeable, by the way. But that classroom is going in and immediately getting into the bloodstream to protect the baby because he's been living inside this mostly sterile world, not at all exposed to all the, you know, things in the environment.

And so nature's already starting to take care of this baby, because actually, when you really start studying nature, the most important thing nature cares about is actually the next generation, you know, conception and getting that baby into the world and getting that baby started.

So as soon as you realize your baby has all his fingers and toes, the most important thing to do is start thinking, okay, we have to get a healthy inner ecosystem in our baby right away.

And so he's strong and it will take months to do that. It's not you don't have an immune system yet. When they're born. So you know I don't know. This is a controversial subject today, but the idea of vaccinating babies at birth without an immune system doesn't fit the model of purpose of any vaccine, right? Yes.

But anyway, looking at nature, nature does things, in a step by step way. And so if you've got a pathogen in your gut, kill it, you know, just get rid of it, don't feed it, starve it out and so on.

And then though, you want to start putting that inner ecosystem in place because it is your immune system. And so if you've made primitive ultraboost or if you won't make them, you can go buy some at the health food store.

They're very available today. They weren't years ago. No, you had to make them. But just take the juice and put some in your mouth. We actually do that with our newborn babies. We'll take.

The moms are been eating fermented vegetables, so the pregnancy okay, just a little dropper of the juice and put a little bit in the baby's mouth and they make a really funny face.

But they never get colic. They grew up to be happy little kids that eat everything. And they smile a lot, and their brains well developed because their teeth development is great.

They're usually really precocious, you know, because their gut brain thing is working. And so you want to you want to think that way, too. I don't think I've got this.

I've got Sibo or CFO and I'm just going to keep killing it.

Research Highlights and Closing Remarks

You want to think also put this in your other system back in place, because ultimately that's going to prevent you from getting sick again and it's reoccurring.

People get that over and over again. Right? This has been so helpful. I so deeply appreciate you spending this time. Is there something that we have not talked about in the next couple of minutes that you wish we would have had on that?

You just really want to say about this connection? Gosh, I mean, I just notes to myself, I know I want to show you this folder I have right here. So consonant researcher right here, you guys, Donna's always researching.

I get these ideas and then I go looking and sure enough, there's research on anything you can think of. Yeah, but this is my own folder here of some of the very latest things I just pulled up very recently.

And this is, an interesting study. They took this. I'm here. Oh, good. Okay, this study right here shows that, so they took these obese Korean women, so they're obviously overweight and have metabolic syndrome and everything.

And they started giving them, they're Korean, so they're eating kimchi. Kimchi, right. Of all for many foods. So what they found is that, eating the fermented foods completely changed the gene expression of these women.

The, the genes that were causing obesity and diabetes and heart conditions on the, in particular, the, genes that we look at with, smoking, their levels.

So what they were looking for is their levels of glucose and insulin, their triglycerides and their lipids. And and they were looking at the in the inflammatory markers.

All of them worked well. If they started eating the fermented kimchi, then here's one on fermented foods and neuroticism and social anxiety, which we have a lot of today.

Same thing that if you eat the fermented foods, they the, the social anxiety and everything vanished. Here's one about, just so Covid, there's two studies on that.

People that aged fermented foods had a far lower risk of death. Now, I might also throw in there that they probably many people eating them won't even get Covid because they have a strong immune system.

I mean, they might even be infected with it, but they won't have signs of it. And then here's that one on, absolute levels and beats being, completely eliminated after fermentation.

And then, then what I said before is this does do does bacteria and not in those fermented foods make a difference in the gut or, you know, just honestly, there's a very famous dead person saying that right now.

Well, this study's the whole big long article and how it's called does consumption of fermented foods modify the human gut microbiota? Well, you can probably guess the results.

I wouldn't have it here. Absolutely. It modifies them tremendously. And they have all this bacteria have their own genes. Every single one of them has their own set of genes.

And we just have so many genes, 20,000 or so. But they have every one of them has their own set of genes and they're in there doing really important stuff with those genes.

Absolutely. They're modifying, what's happening in the gut, which is means it's happening in every organ, in the body, in your brain, the vagus nerve, you know, it's connected to all these different organs, the lungs in the heart and the liver and screen, the immune system.

Yeah. Yeah. I mean, yeah. So in one of the battle quotes, I think of functional medicine is first, fix the gut. It's not a bad place to start, especially if you think you have an auto immune condition.

I so appreciate you. And thank you for sharing the research at the end there that you just pulled, I love that. Yeah. Thank you for letting me have the time to do that.

You should thank you very much for doing the summit, and I hope we were able to reach and help some people. Oh, absolutely. And everybody, Donna's contact information is listed here, and she has a free gift for you.

And we will have that attached also. And again, you know, start with the got. Your microbiota are making a huge difference in all of your reality. So thank you. Until next time, be well.