The Gut-Brain Connection: Nourishing Your Cognitive Health Transcript

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Hey everybody. I'm so excited to have doctor Bill Sears with me. Really? In my opinion, one of the most well known health experts in the world, very famous pediatrician.

But he's taken his his treatments of people far beyond pediatrics into general functional health, integrative medicine, super nutrition, I would call it. And he's got quite the bio.

So before I introduce you to him, I want you to hear his bio. He's a father of eight. Children of course are grown now medical practice for 52 years. Wow also has been a voluntary professor at the University of Toronto, University of Southern California, University of Southern California, and UC Irvine.

He's also the founder of the Doctor Sears Wellness Institute, which has certified over 13,000 health coaches. Coach Little League sports for 20 years and together with his wife Martha, who I know very well, he has written 47 books on family health and healthy aging.

Doctor Sears has made many contributions to health, family health and he was also featured on the cover of time magazine. Well, Bill, that's quite a bio.

I don't know if I would get to that point in my career, but that's very, very impressive. Well, thank you, Mark. And it's been what? Yes, I get every day I go to the office, I have what I call a high dose of the helpers.

High. I go to bed that night. I drift off to sleep, feeling so good in the head brain and the gut brain because maybe 1 or 2 little babies or mothers or grandparents are healthier because of some advice I gave them.

And you share that too. We both share as integrative doctors. Have helpers high. Oh, absolutely. I know talking with you and getting to know you over the years.

You were like that from the beginning of your career. And there's some people getting the medicine because they love helping people. I mean, there are some people that's just face that are into it for the career and the money.

But I, you know, I think without a doubt, you and I are motivation from the beginning until now, just we like to see people get better and we don't like to see people suffering.

Yes, exactly. Well, we have an important topic and I know it's one you understand well, you've written about in your books and that is the topic of gut health and brain health.

First of all, tell the listeners about your, you know, one of the books that's fairly recent on brain health. Tell us a bit about that book, and then I'll talk about gut health, which you do get into, into the book as well.

Yes. As I was writing the book about the head brain, I kept running more about the gut, and I realized that why the gut is appropriately called the second brain.

So follow me closely. Picture your head, brain drain smiling, and the head brain sends biochemical text messages down the middle of your body. The vagus nerve, the biggest nerve in your body.

Magazines wondering. And those text messages go to the gut, the second brain and the head and said, hey, good. How are things going down there? And the gut? Check back from that brain.

Everything's moving along fine. It's great. I feel good down here. As long as you feel good up there. I feel good down here. You eat good up there. So that's a headline.

But brain connection, Mark, that's so vitally important. And it's very interesting. It's what they call this bidirectional

axis. So there's communication from the brain to the gut and then the gut to the brain.

So tell us more how that works in terms of pediatrics up to teenagers adults and seniors. I mean what's why do people really need to get this connection to enhance their, you know, their brain health where they're young and they need to be able to focus, not have attention problems and learn in school and life.

And then the seniors are worried about them. Tell us more about that. Well, well, first of all, come and say for spring, counselor, at all ages, I see I see seniors now.

It's funny, the young people are bringing their mom and dad in and their say that I'll still listen to doctor Bill, and it's kind of funny. And so I open with, say, well, what are things going in your gut?

And they say, oh, what's that got to do with my depression? And, and tell me about your gut. We talk about gut health and I tell them good is where most of your happy hormones like an army.

So if your gut is okay, got a happy hormones up into your head brain, and you feel better up here. My gosh, doctor Bill, I never heard that before. And for example, hey, I give them my rule of twos.

I say I want you to eat twice as often. It has as much and to twice as long to take twice as long as long to die. And then. So the kids, the kids like all party talk.

I say, no, the better you chew, the better you poo. Because we are a constipated society. Mark. That's true. I remember a teen coming in recently and I was given a consultation.

She said, no, no, it's a bill so much better. And every day I remember that one more thing you told me as I was leaving the office. To better you choose, the better your food.

Thank you, doctor Bill. Well, it's interesting because they have demonstrated the last decade or so how you can reabsorb toxins through the colon back into the bloodstream.

Also, that blood flow is going to go through to other organs of the body, including the brain. So that makes a lot of logical sense. What about the microbiome, these trillions of bacteria in the gut we know that influences brain function?

Two yes, Mark, and that you just mentioned one of the magic terms in medicine right now, I probiotic microbiome simply means a community of both the bacteria that normally reside in your phone mainly, and in return for free food and a warm place to live.

These little bugs produce medicines for you, just like your own internal pharmacy. In your gut. It's called the microbial. So our microbiome feeds on our the leftover some our food the fiber.

So as you digest the food and the upper intestines the Lester has come down into this. You can test in the colon and the microbiome says yummy. Here comes our food.

We'll see it on your food and we'll make medicines for you. This is why a lot of medicine right now, what you might be when I'm a patient, you would see and say, hey, how's your microbiome?

So the microbiome. Now we know why the brain, gut brain connections. Because that pharmacy down there of trillions of little gunboats, I call them micro pharmacists because they're making lessons for you.

So now, whether it be your pediatric patients, your teenagers, the adults, again, for brain function, walk us through a bit what you do with patients in terms of diet and, you know, microbiome treatments and stuff to directly affect cognitive function, brain function.

Yes, and I'm glad you mentioned that, because a lot of people don't realize connection between food and health.

And number one is grain. Is the organ most affected, for better or worse, by what you eat?

Put smart foods in your mouth and your gut. You're just smart thinking. So smart food. So first of all, I actually give them my list of smart food. First thing I do is I give them a I don't see brain book.

I give them, I think you I sent you a copy of one of the chapters on the. Yes. So we're going to make that available to the guests. That's true. This is the smart food.

Like the list that I said, I want you to come a grazer and not a gorgeous. And the wife of the mom said, how did you know she was a gorgeous? Because I guessed.

And you know, this time you're in a restaurant, Mark, or restaurant. What's the gorgeous? I call them Wolfers. Now they choose five times. That's going on now. Interesting.

This is not always a correlation, but sales teeters tend to be set eaters. Notice that. So that's the first thing. But I say it's a slow down two twice as often smaller meals.

If your gut could talk it doesn't. We don't listen to it. The gut says the smaller meal, the better I feel like the more the smaller your meal. On steel.

So smaller meals once you chew twice as much. Okay, 30 choose. Now why does that change? So just because the more we chew. Saliva, life is full of digestive enzymes.

So just can begins with chewing in your mouth. And when you take a nice like a a salmon or like that or a salad chew and you shoot saliva and that mixes with food.

We call it goop, goop. Nice. Now seal. And then the more you chew, the more saliva you make, the more digestion occurs up here in the mouth. Then the saliva helps observe slide down into the gut.

Still make the stomach is your body's wonder and the stomach says, thank you for chewing longer because I don't have to work so hard now. And then it slide down and Justin's and our nutrients into the lower gut and then the stomach.

Texas, the gut, a lower gut says, hey, colon, we're foods coming down. Prepare to evacuate on the gospel. Call it flex. And so that's sort of how a normal meal should take place.

And take a bite and talk a little bit. Sure. On time there's another bite. And that one little tip. Amazing how much better you will feel in your gut.

Excellent. And I know you're a big fan of fermented foods and foods, which have the naturally occurring probiotics and foods have the pre biotic and the post box.

Tell us a little bit about that if you would. And then of course how that's going to help get health and help brain health. Yes there's my smoothie. So we and they because smoothie because it makes makes everything smoother down there.

And my smoothie I make my own kisser Berry easy to make. Make your own keeper. So see from that you mentioned the magic term from measurements or simply your microbiome.

Favorite food heifer. So so and and that's because that happens to be so biotic at your microbiome whites. So one of the chip I call it the sipping solution five days a week make a big smoothie.

And right now I have 13 ingredients in my eyes. I start with a handful of pumpkin seeds and then nuts, and then a whole bunch of Asian kale and regular and chard or pomegranates.

Blueberries. Blueberries are called the brain berry for a reason. Kiwis, vitamin C, and a whole bunch of other ingredients ginger, cinnamon, oil, and then protein powder.

I like the sweet taste. Sometimes I'll put some honey in it once we and that's nice. SIP on it. And the my body is saying, you know like the smaller your meal together we feel so we don't have to.

So that's part of that connection again. Yeah that's great. Well we're going to have another segment for you and the listeners to that people can look for.

And that's got health and senior health. So we're going to talk more about specifically for seniors. But maybe just wrapping up, what are your summary statements, would you say in terms of gut health and the importance of connecting it to brain health?

Well, the main connection is when you're sitting down for a meal and you want to feel good. That's what we want to know. You want to feel good. The gut and the head. Great.

All the things we're talking about are feel good chips because you're again, you're you're feel good hormones are made in your gut. So the better you are to good, right?

That's right. Because the gut brain, about 90% of the Sheraton on your happy hormone. Yeah. It up. And actually if you measure the text messages that go from head brain to bring, the more text messages go from your true headline.

Really health, physical health. Mark Jones with good gut health. That's a great that's a great summary. And if you want more information on Doctor Sears information, nutritional medicine, brain health, his book on brain health, go to his website ask Doctor sears.com.

Right. Yes yes that's Doctor sears.com. Excellent. Well again thank you Doctor Sears. And we look forward to our another segment that we're going to go over our senior health with you and gut health in an upcoming episode.

Thank you Mark.