

## JUST JESS on HEALTH:



### **The Gut**

Did you know that your body houses trillions of micro-organisms – both internally and externally? The majority of these organisms are beneficial, however, sometimes the “bad” can outweigh the “good”. In this article we will be discussing how these organisms originate, what they consist of, what affects these micro-organisms negatively and what allows them to thrive.

### **How do these organisms originate?**

As baby passes through the birthing canal they pick up all the good bacteria from their mother. This bacteria helps to cultivate their own internal microbiome, alongside the consumption of the mother’s breast milk, which will further add to this microbiota. Colostrum, or the first milk, is essential for the baby as it is filled with vital nutrients and immune building properties to assist in development. The microbiome which exists within the gastrointestinal system has a direct relationship with the development of our immune system, alongside other major systems in the body. It has been noted by the WHO (World Health Organization) that children born vaginally have less risk of developing allergic conditions, diabetes mellitus and obesity. By the age of 2 - our microbiota is set. Therefore, it is super important to get our little one’s internal flora to flourish.

### **What are these organisms?**

Although there are many organisms in the body, the main organisms include; lactobacillus, bifidobacterium, streptococcus and sacchomyces. When these organisms are negatively affected our immune system, gastrointestinal tract, neurological system or skin can exhibit signs and symptoms related to disruption. This can include; constipation, diarrhoea, bloating, eczema, acne, brain fog and recurrent infections to name a few.

### **How are these organisms negatively affected?**

Anti-biotics negatively affect our microbiome because they are not selective in their action - they kill both good and bad bacteria alike. That is why it is important to take a probiotic when you are on anti-biotics. However, taking a probiotic in general can be just as important. **NB** do not take your anti-biotic and probiotic together. The anti-biotic will kill the probiotic, wait a minimum of two hours between consumption.

### **How do we get the “good” organisms to flourish?**

Fermented foods are naturally rich in probiotics and contribute to a healthy gut.

Consume:

- Kefir milk or water
- Kombucha

- Sauerkraut
- Miso
- tempeh

One can also take a daily probiotic. It is always best to check with your healthcare provider as to whether the probiotic you are consuming is of good quality, when the best time to take your probiotic is and whether it is the right probiotic for you. For further information on the above topic, or to book your next appointment please don't hesitate to contact me.

Dr Jess

Look out for issues to come as we explore how homeopathy and alternative medicine/ healing can help us in our day to day lives – from first aid, medical conditions all the way through to healthy lifestyle tips.



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