

# Health Mentor Programme

## Operation 'Super gut' part 1

MENTOR SESSION 33

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JANSE VAN RENSBURG

### IN THIS MENTOR SESSION:

- What have you done for your gut today?
- It's not just a long tube...

## Time to love your gut...

For several years I've been studying the human body and how it's affected by nutrition, the environment, toxins and numerous other factors. Nothing could prepare me, though, for the amazing discoveries I was to make regarding the digestive system.

We tend not to think about our intestine. Often we don't even give it a second thought when we put something into our mouths. And we seldom think of it when we suffer from some acute or chronic illness. It is exactly here that many of us make a crucial mistake!

In the following series of sessions devoted to this fascinating system you will see how your digestive system affects absolutely everything that goes on in your body and how looking after it could help you have an energetic, healthier and longer life!

So let's start by looking at what organs comprise the digestive system and what functions the intestine is responsible for.

**The parts that make up the digestive system:** This system is made up of the mouth and salivary glands, stomach, small and large intestines, colon, liver, gallbladder and pancreas.

Some pennies should start dropping now if you consider the importance of all the above organs put together!

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**1) Digesting food and thus ensuring the provision of energy to the body**

**2) Providing essential vitamins and minerals to the body**

**3) Providing a barrier function to toxins and bacteria in the intestine**

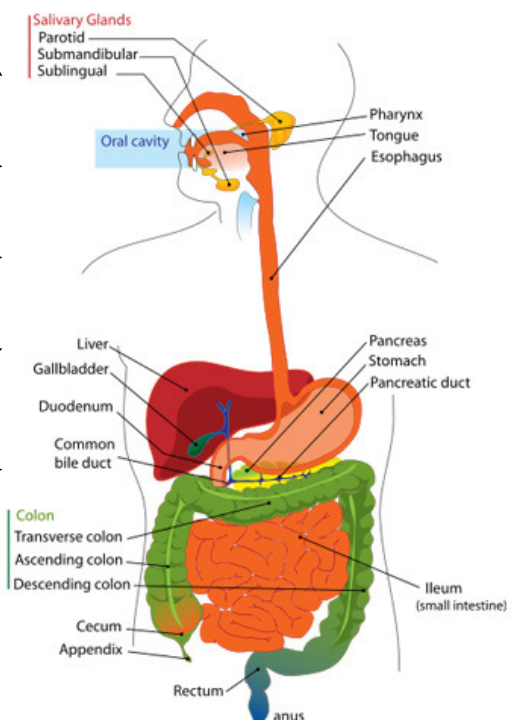
**4) Assisting chemical detoxification of the body**

**5) Producing antibodies against infections etc.**

### So here's a thought to ponder.

It doesn't mean much if you buy the best organic foods and the most expensive vitamins, minerals and other supplements but your gut doesn't work properly!

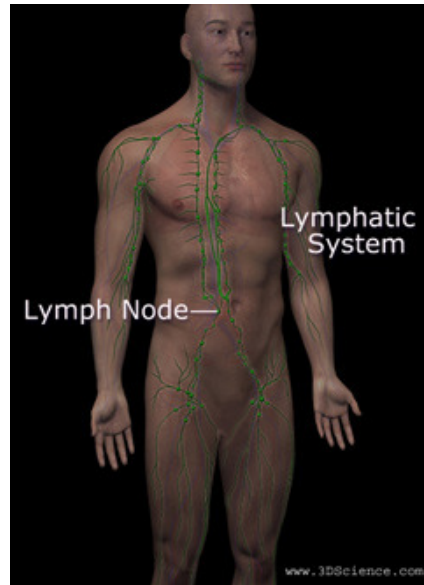
### Functions of the digestive system



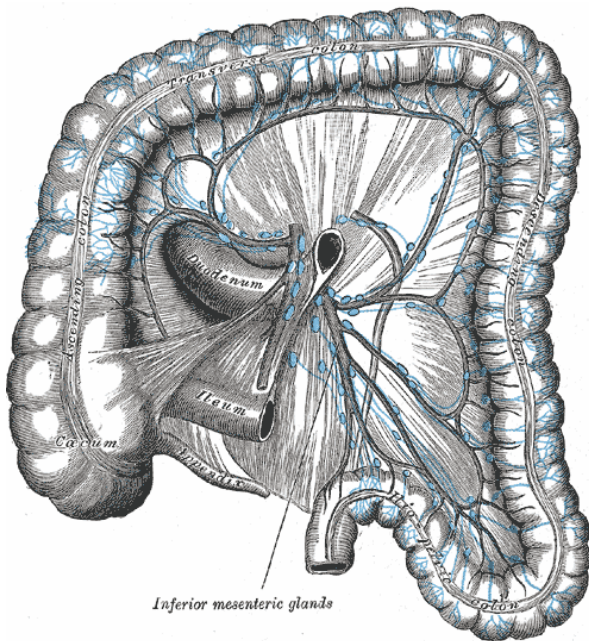
# Understanding GALT

Let me drive home the point even further of how important the digestive system and, in particular, the intestine really is: your **intestine** and your **immunity** go hand-in-hand. Let's look at the link between immunity and something called the 'Gut Associated Lymphoid Tissue' (GALT).

The lymphatic system, as depicted in the illustration on the right, plays a MAJOR role in the production of antibodies in the human body.



**The lymphatic system plays a crucial role in the production of antibodies**



Also, the wall of your 10 meter long intestine is lined with antibody-producing lymphoid tissue. There are also numerous lymph nodes in your intestine, similar to the type you have under your mandible.

**So get this - 80% of all antibodies that protect you are produced in the intestine!**

So if your intestine is not functioning properly then the GALT also has a hard time doing what it's supposed to with resulting decreased immunity.

## How do things go wrong?

**The following conditions/factors can negatively affect the functions of the digestive system mentioned earlier:**

- Ingestion of processed food instead of raw food
- Altered intestinal permeability (the intestine filters through too many substances)
- Altered intestinal bacteria
- Disturbed acid/alkaline balance
- Food allergies
- Decreased digestive enzymes
- Decreased liver functioning and gall secretions

## And when they do go wrong...

**An unhealthy gut can lead to the following:**

- Undigested food with resulting fatigue
- Decreased immunity
- Increased allergies
- Increased risk to develop auto-immune disorders (where the body attacks itself)
- Increased risk for diseases like depression, migraine, asthma, sinusitis, fibromyalgia, chronic fatigue syndrome and rheumatoid arthritis. (Note: People with chronic fatigue syndrome usually have malabsorption syndrome, they frequently report allergies and have altered essential fatty acid status.<sup>1)</sup>)
- Increased occurrence of bowel-related conditions like irritable bowel syndrome and constipation.
- Becoming malnourished. Yes, you can become malnourished if you have chronic, severe malabsorption!

# Launching operation 'Super-gut!'

Now that you've seen how important the gut is and what can go wrong, it's time to start with the solutions!

In the next few sessions we'll look at numerous ways in which you can turbo-boost your gut. Each session will give practical guidelines that you can implement immediately.

I also make a point of dealing with the most pertinent issues that I've selected from the scientific literature!

**In the last session, as a grand finale to operation 'Super-gut', I'll share with you one of my most successful tried-and-tested treatment protocols, which I call the 'intestinal resuscitation' protocol.**

**It's time to supercharge your gut!**

## Operation 'Super-gut' step 1: Bring out the herbivore in you!

**Eating a more plant-based diet is the absolute foundation for increasing your intestine's health!**

It may sound simple but trust me it's of **MAJOR** importance and forms the golden thread throughout the issue of intestinal health.

**The human body is well-designed for a plant diet and here are a few reasons to prove that:**

- We have alpha-amylase enzyme in our saliva which starts digesting complex carbohydrates already in our mouths,
- Our teeth are ideally suited to bite and grind plants and grains,
- Our intestines are long enough to give plant foods enough time to pass through and absorb optimally (carnivores have short intestines),
- We desperately need the multiple nutritional components contained in plants.



**'I don't know a better preparation for life than a love of poetry  
and a good digestion.'**

**Zona Gale**

# What raw foods can do for you and your gut

## Plants contain enzymes that assist digestion

This is a MAJOR benefit associated with a plant-based diet. Many researchers believe that one reason why we have a society that ages badly is the absence of healthy plant-based foods. (In one of the next sessions on the intestine I do a whole splash on how you can supplement digestive enzymes.)

## More fibre

Our westernised diets are seriously deficient in fibre, thus increasing the risk for intestinal problems and other diseases like heart disease and diabetes.

## Less AGE!

Plant-based foods prevent the formation of **Advanced Glycated End products (AGE)** in the intestine that are bad for you and make you grow old faster.

These nasty molecules are linked to several diseases of our time like allergies, Alzheimer's, rheumatoid arthritis and urogenital disorders.<sup>2</sup> (I'm devoting one of the following sessions to this as well.)



## Nutrient density

You **CANNOT** replace the full value of something like phytochemicals contained in a plant with vitamin pills and, if you remember session 15 on raw foods, you'll remember that:

Phytochemicals provide protection against colorectal cancer, rectal cancer, prostate cancer, breast cancer, endometrial cancer, ovarian cancer, thyroid cancer, lung cancer<sup>3,4,5,6</sup>

Phytochemicals provide protection against heart disease<sup>3,7,8,9,10</sup>

Phytochemicals provide protection against stroke<sup>3,10,11</sup>

Phytochemicals provide protection against asthma and other airway diseases<sup>3,12</sup>

Phytochemicals provide protection against diabetes<sup>13</sup>

## Acid versus alkaline

Most plants have an alkaline effect on the body which I will elaborate on in one of the next sessions. This is very important to consider because having a diet consisting of too many acid-forming foods is detrimental to your health and makes you age faster!

### Stick around for the next sessions as we explore:

- Probiotics, separating the good and the bad
- Acid versus alkaline foods, fact or myth...
- How to reduce Advanced Glycated End products (AGE)
- Using digestive enzymes and other digestive system supplements to boost your health and vitality!



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# About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist, has a master's degree in Applied Human Nutrition and is the South African programme director for the Robertson Wellness Brain Chemistry Optimisation Programme.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'.

Besides being a wellness coach to company executives Dr Anton is an established public speaker and no stranger to radio and television. He has provided guidance to scores of audiences with his passion for wellness education.

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