



Get a kick in your guts

Spare a thought for the microbes we all carry about in our gut says Rob Gourlay. Feed them well and they'll keep us healthier.

WE ARE FACING A HEALTH and wellness crisis. There is an epidemic in disease — cancer and heart disease particularly — and a whole range of food-borne illnesses.

Processed (dead) food is too often our food of choice rather than nutrient dense (living) food even though we can buy living food grown here in Braidwood.

Chemical farming has transformed food into an artificial, nutrient deficient product for convenience living. Many people have lost responsibility for their own health and given this responsibility to their doctor.

The pharmaceutical and chemical industries now control many government policies in relation to food and medicine. Our environment has become increasingly toxic to the point

that it now directly affects people on a daily basis.

We need to get our lives into balance, particularly our health and well-being. All life experiences originate from a basis of balance. It is not just about good and bad.

Natural processes always try to achieve balance or equilibrium and most illnesses originate from a gut that is out of balance. That is, the balance between pathogenic microbes and the beneficial microbes. The two types have always existed together and especially in the gut.

When we use antibiotics to knock out the pathogenics, we can also knock out the beneficials and often gut imbalances come from the use of antibiotics. Abuse and neglect of the body opens up the opportunity for decay and provides the opportunity for pathogenic microbes to increase their numbers. This can be from a range of addictions, from sugar to alcohol or cigarette smoking.

BUT YOU ARE WHAT YOU EAT

Sugar consumption is probably the major threat to human health and in Australia today around sixty percent of us are consuming sugar at a toxic level. Life protection involves nutrition. This is what opens up the opportunity for growth and wellbeing — including the way you feel about yourself, your emotions and your responses.

It all starts in your gut. The way that you interact with your environment and how you interact with other people is an outcome of your state of balance or wellbeing.

If we look at the way food is consumed around the world we can see there are major differences. Modern western society is consuming, what I would call, dead food — processed food that has lost most of its nutrient. We have lost contact with nature and the way food grows naturally.

Many countries still eat raw, fresh, organic and alive food. Yet we often refer to these countries as 'poor' countries.

I can see an increase in obesity in Australia starting in the 1970s.

Look at the photograph of my father at Braidwood Central School in 1927 when he was nine. There's no sign of obesity in that class. Then in the class photo of me when I was nine in 1957 there was still no obvious obesity.

We are now seeing a big increase in obesity which is correlated with intensive chemical farming, fast-food outlets and loss of home-grown food. This is coupled with inactivity and lack of exercise which is a major factor in the onset of diseases.

Constant television advertising for the wrong types of food is leading us to



BRAIDWOOD CENTRAL SCHOOL IN 1927 AND 1957.



becoming dependent on the medical profession for our well-being. But it is the massive over-consumption of sugar and carbohydrates that is a major problem for public health we must overcome.

In nature, the micro-organisms occur in balance. Your body strives for

survival. Your body naturally strives to be healthy.

Given proper, absorbable, life-giving nutrition from nutrient dense plants, your immune system can work efficiently to heal and maintain health.

Natural organic super-foods, such as Chia or MACA, are essential for proper



Guatemala: raw, fresh, organic and alive food.



Australia: processed or dead food.