

Veli-Jussi Jalkanen updated 31018				HAPPY INTESTYNE HOME			
GOOD INTESTINE HEALTH IS CRUCIAL FOR GOOD IMMUNITY, NUTRITION INTAKE, BRAIN HEALTH, AVOID INFLAMMATION / CANCER							
FACTS: Intestyne 4-6 liters, 9 m long, up to 400 m:2 active serfice, 500 milj. nerve cells, at its best 100.000 bilj. bakteria, 1.5 - 2 kg, thousands of kinds							
FATCS: all gut bakteria population = mikrobiota (M) includes 8 milj. genes (rest of the body 20.000), M manufactures vitamis, immune defence cells							
MIKROBIOME (M): all bakteria inside, on all skin of the body, all environment is full of B and we interact with with them every touch and breath							
FIBER FACTS: F are 10 different kind. Each feed different bakteria types in the gut which may be 5000 -10.000. Fibers are soluble or insoluble. Both impor							
FIBER FACTS: fiber types: dextrins, inulin,chitins, pectins, beta-glucans, oligosaccharides. Gut flora cannot brake down cellolosa or lignin.							
FIBER FACTS: fibers pass small intestyne and are eaten by M in the large intestyne. Total fiber = dietary F + functional F (cellolosa lignin)							
INTESTYNE INFLAMMATION (II): IBS= Intestyne Bowel Syndrome= chronic inflammation= Dysbiosis = poor quality mikrobiota and inflamated nerve cells							
INTESTYNE INFLAMMATION SYMPTONS: trunk fat around the wasteline, swelling, blouting, pain, later blood in the poop => may lead to cancer							
DYSBIOSIS: very commong state of gut disorder with many variables. Often connected with tiredness, thyroid imbalans, bad memory, depression, lack of							
GUT/MICROBE RELATED ILLNESSES: alzheimer, parkinson, skitsofrenia, autism, depression, diabetes, col. cancer, chrohn, obesity, poor sleep, autism,							
M INFLUENCES: body fat %, gravings of sugar etc., character / behavior, brain /mental health, sub conscios, immunity, energy, self esteen, mental heal							
SEROTONIN (happyness hormone): nervtrasmmitter in the gut, healthy gut produces serotoning overflow, some goes into the brain and makes feel happy							
LATER IMPACTS: gut inflammation degenerates also brain causing increased risk for parkinson, alzheimers etc + other degenerative illnesses							
INTESTYNE is like supersiz "garden" and we are "gardeners". What food we eat, M inhale, feed, meet and touch, all has an impact on us							
KEY TO GUT HEALTH: fiber 50 g/ 1000kcal: kick peas, seeds, berries, nuts, dark chokolade, oats, lens, vegetables, fruits, beet roots, whole grain foods, bra							
GUT AND NERVE CONNECTIONS: gut is very sensitive to stress hormons (cortisol, adrenalin) and fast or lorm term stress reactions, learn to indentyfi stre							
SIGNS OF GOOD GUT HEALTH: poop 2 -3 tms/day, soft, "fast", light brown 0.3 - 0.7 kg, NO farting/blouting/blood in poop/haemorrhoids/constapation/d							
NOTE: keep extra fiber along when travelling, changes in diet upset gut easily, low fiber in the food changes the activity of the intestyne without delay							
Use the following list so that in the beginning of the development period and your self treatment (you need to be your own doctor)							
mark those actions which you do already. Then try to select more actions from the list and try to make them your routines.							
Store your old list selection. Keep diary of your intestine habits. See what happens to your health when you adopt more good actions !							
Impor		Selected					
tance		Old New		(Importance classes: 1= most important, 2= adopt sooner or later, 3= very helpfull)			
No	class	habit	habit				
1				habits	good	be strict to keep raw meat kitchen ware separate from all other cooking and food handling	
2				habits	good	buy and do medical elecric acupuncture treatment to your self for gut health	
3				habits	good	eat and drink such foods that you stool is soft and long 2 times a day altogether 500 - 1200 g / day	
4				habits	good	keep stress level low and learn to master the stress facors too (read "Happy mind home" by vessi)	
5				habits	good	keep your teeth in good condition and without gum inflammation, 2 brushing, 1 time dental floss, xylitol	
6				habits	good	minimize inflammation sources in your body like in arthritis, genitals iflammation and extra fat	
7				habits	good	optimize your sleeping (read "happy sleep home" by vessi)	
8				habits	good	periodically, incase of disturbance and on trips eat probiotics to help the microbiome	
9				habits	good	read and learn routine the "incredients" list behind food package, the more names the poorer it is	
10				habits	good	sit in good posture on a swinging saddle seat to eliminate pressure on the gut in abdominal cavity	
11				habits	good	start your day by drinking good water several glasses during the first hour or two without eating	
12				habits	good	toilet / poop in squatting position if you feel that you do not get the rectum and colon emthy normally	
13				habits	good	towell your skin gently rather by pressin than rubbing after wash or swim	
14				habits	good	treat off your depression, fear and anxiety (read vessis "Happy Brain Home")	
15				habits	good	treat off your thyroid problems well to get T3 to 1/3 top secor in the reference values	
16				habits	good	wash your anus as routine after toileting, epsecially if you are a woman	
17				habits	good	wash your body in all with probiotic (microbiome friendly) soap	
18				habits	good	visit a good acupuncture expert in case of stomach pains	
19				habits !	avoid	avoid food with lots of lectins in them	
20				habits !	avoid	avoid pain killers	
21				habits !	avoid	do not clothes or belts or belts which press stomach at all and iny position, in sitting particularly	
22				habits !	avoid	do not wash your body often with normal soaps	
23				habits !	avoid	keep mobile as far as possible, 2-3 meters, minimize WIFI, WLAN uses	
24				habits !	avoid	minimize glyosate = roundup (etc.) intake = plants that are produced with these chemicals, eat organic	
25				habits !	avoid	take no antibiotics unless absolutely necessary	
26				nutrition	good	eat fiber and intestyne activating foods that you evacuate 2 times a day and the stool is soft and big	

27				nutrition	good	eat fibre much more than "regular" food has, our gut is build for high fibre /natura food system
28				nutrition	good	eat food that speed up the intestyne flow such as plumbs, berries, coffee, Mg citrate,
29				nutrition	good	eat natural unsweetened jogurt (if your tolerate milk) rather home made with natural milk
30				nutrition	good	eat regularly healt spices (= superfoods) like turmerik, oregano, ginger, rosemarie, kanel etc.
31				nutrition	good	eat the strongest (up to 450 billion bakteria in a dose) probiotics available for weak times
32				nutrition	good	gut friendly foods are genuine, clean, unheated, unprocessed, fresh plant base foods with lots of fiber
33				nutrition	good	if possible, get clean whole milk from organic dairy farm
34				nutrition	good	if you find, eat only 100 % oats bread but only 2-3 slices a day, 100 % rey is the second best
35				nutrition	good	learn doing green juice (pressed with special juiser machine)
36				nutrition	good	learn to do green smoothies with vegetables in the blender with oil etc
37				nutrition	good	let chilren play with animals and on the ground in order to get better microbiome
38				nutrition	good	optimal brakfast is linen/shia seed smoothie: 12 h soaked seeds, berries, fruits blended well
39				nutrition	good	reishi mushroom (canoderra lusifum) abolishes inflammation from the guts
40				nutrition	good	shaga (inonotus Obliguus) medical mushroom helps to keep good intestyne health
41				nutrition	good	use fermented foods due to their high milk acid bacteria content
42				nutrition !	avoid	avoid eating regularly in restaurants too, they use only poor oils and roast too fast = food gets brown
43				nutrition !	avoid	avoid fast etc other foods which cotains linolic fat acid (palm-, ryps-, raps-, soy-, sunflower-, peanut oils)
44				nutrition !	avoid	avoid hormone distrupters
45				nutrition !	avoid	avoid in the start of the healing process poorly digestable FOODMAP carbonehydrates
46				nutrition !	avoid	avoid salt and sodium (Na) in all of is about 40 forms that are allowed as ingredients
47				nutrition !	avoid	avoid sugar in all forms and fast cabohydrates (= processed) that turn into sugar fast in the gut
48				nutrition !	avoid	avoid too spicy, salty, spoiled, too old, white carb and foods with lots of preservatives
49				nutrition !	avoid	do not eat canned food
50				nutrition !	avoid	do not eat cheap hot processed omega 6 based vegetable oils at all, defenitely do not heat them
51				nutrition !	avoid	do not eat foods from heated plastic wraps, do not use micro owen with plastic wraps
52				nutrition !	avoid	do not use products which have artificial sweters in them, they destroy good backteria in your cut
53				nutrition !	avoid	foods that slow intestyne flow: cheese, red meat, too fatty food, raffinated wheat etc carbonhydrates
54				nutrition !	avoid	lots of alcohol is bad for the gut
55				nutrition !	avoid	stop eating processed vegetable oils what are in industry foods like fast food, bakeries, pastries,
56				nutrition !	avoid	try to eliminate white wheat totally from your diet
57				study	useful	gut stucture, epiderm, nerve cells, mikrobiome, different parts of the intestinal track
58				study	useful	notice sympons of intestyne inflammation signs in people: pimples, swollen stomach, poor immunity
59				study	useful	what foods speed up the intestinal flow, what works with you
60				study	useful	become aware what irritates your intestyne, be sensitive and aware in this this
61				study	useful	hormone distruptors, chemicals that interfere your hormonal system
62				study	useful	learn to notice what causes gas production in your gut, keep notes
63				study	useful	have you stool analysed
64				study	useful	learn to study the conditions in you gut by observing your stool, smell, color, hardness, shape, size
65				study	useful	measure your stool weight, weigh yourself with good elecric scale, before / after evacuating
66				study	useful	get analysis of your gut at reflexologist, you learn how stomach, small intestyne, colon are
67				study	useful	is your thyroid glans in balance and active (your are slim and feel energetic and warm)
68				exercise	good	walk min 7000 steps, rather 10.000 a day = 1 - 3 h all together
69				exercise	good	have a habit of doing many different kind of exercisce
70				exercise	good	do relaxing exerciscies
71				exercise	good	yoga / meditation / prayer is good to calm down gut nerve system too
72				exercise	good	move several times during office day to work with core muscles and help food go futher

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energy
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y
n,
ss in you
vertickels
raw meet often contains dangerous pathogens, superbacteria included
self acupuncture with e-machine treats multiple problems or health issues
in heanthy gut food stays max 30 h, stool must be moist and move fast forward
gut nerve cells react on stress because they are well connected to the brain
mouth can be strong place for inflammation, all inflaamation impacts all M
the less inflammation the better M also in the gut
good sleeping cares for the gut and mental health = gut health support as well
VSL3 = Vivomix, which has 10 billion bacteria in one doze, less than 10 bill. Is no good
when you learn this, you avoid many bad products and mistakes, learn E- codes too
good posture and core muscle activity speeds up the flow of food through the gut
water at first in the morning shall detox = clean wastes into the gut
insquatting position colon and rectum areas relax better than in 90/90 sitting position
rubbing with towel peels wet skin easier for pathogen attack
puor mental health impacts gut health and other way round too
poor thyroid health impacts on mental health and further to gut health, directly too
likely route of superbacteria is from anus to genitals and over there into body
actiseptics destroy your M balance, probiotic soaps maintain it
skillful acupuncture can be powerful tool
lectines are poorly digestable foods (beans first of all) with this harmful carbonyl hydrate
they destroy M in the gut, damage can stay many months
anything that blocks gut flow or lymph or blood circulation harms your gut health
use only probiotics, the antiseptic soaps are the worst, they impact your M balance
EMF = electromagnetic fields are harmful for body including the microbiome = gut health
glyphosate has been found to be most harmful for gut microbes
antibiotics kill good bacteria from the gut and make room for bad bacteria to grow
stone age man ate over 100 g fiber, we normally less than 15, get closer to natural level

optimum is to eat fibre 50 g / 1000 kcal and many (10 totally) different kind
any means that speed up food flow is wellcome, within reason of course
yoghurt too has probiotic = milk acid bacteria in it and thus it enforces M
its surely worth while to add health spices but regularly into smoothie etc daily
use the strongest probiotics through the mouth and colon too when you are weak
natural foods usually and often contain good number of fible, processing destroys that
whole milk = natural and untreated from the cow, also has good bacteria in it
wheat is dominant due to commercial reasons, oats is heathiest in bread and porridge
greenjuice has many particles that are excellent for the gut
in green smoothies its easier to eat vegetables than whole. Chew very well though
this way they get rich M which is a protecting factor
seeds and berries are omong the best sources of fibre and taste good in smoothie
medical mushrooms have big health potential, read more
medical mushrooms have big health potential, read more
all fermented foods contacin probiotics that enforce the M
restaurant meals are almost no better than fasts foods, lots of unhealthy materials
it has lots of sugar, bad oils, fast carbonhydrates antibiotic meat and chemicals
about 30 of them, study what and from where
they are: wheat, rye, cabbage, onion, peas, beans, apples
sodium inbalance, one main cancer reason, low salt, low blood pressure, good health
processed sugar + other fast carbs turn into sugar in gut and cultivate bad bacteria
strong spices cause inflammation - kind state in the gut
can walls are coated inside with PBA (bisphenyl-A), hormone distrubter, causes problems
hot processed Omega-6 fat acids are very harmfull in the gut and cause inflammation
heat releases harmful hormone disrupting molecules from palstics
there is enough evidence about this that it is a real thing that happens
be carefull with all that slows down the flow
alcohol irritates and causes inflammation in the pancreas and stomach especially
we are fed up to 50 kg these harmful oils in processed foods, 10 x more than good fats
harmful wheat, gluten and wheat starch are widely used ingredients, watch out
walking is the "base metabolick pump" in the body, 10.000 steps is best, 7000 ok
strong muscles all over the body produce, when used, BDNF, useful hormone
anything that takes down stress is good for the gut and health
take down the stress and increse "happy hormones" dopamine, oxitocin, serotonin
circulation and gut flow benefit greatly from bits of exercisce along the day