

PURSUIT OF GUT HAPPINESS

BOOK SERIES 3

Gut, Brain and Mind Trinity

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Gut, Brain and Mind Trinity

Gut is technically outside the body as the body cavity folds around the gut during embryonic development. Mind is not quantifiable.

Mind is not containable in our mortal bodies. Mind has a deep effect on functioning of body processes and cells. Brain, GUT and Mind are a complex circuit.

Our life's experiences (current or past) will shape the way any new situation will be perceived. This will shape our mind and hence our brain which in turn unleashes this data onto The GUT via a complex circuit of nerves as well as some circulating chemicals in the blood.

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Stress can raise the level of inflammation in the body and increase gastrointestinal permeability also called the Leaky Gut.

Stress can also bring on flares on Ulcerative colitis, Crohn's and make pain worse in IBS. Just a note IBS and IBD are not the same.

IBS is Irritable Bowel Syndrome and has more stronger Brain Mind connection than IBD. I have seen cases of IBD and IBS co-existing together. In those scenarios both the issues have to be addressed.

Gut microbes have the ability to produce serotonin

Gut microbes have the ability to produce serotonin, adrenaline, dopamine, tryptophan metabolites hence gut truly has the ability to act as a second brain.

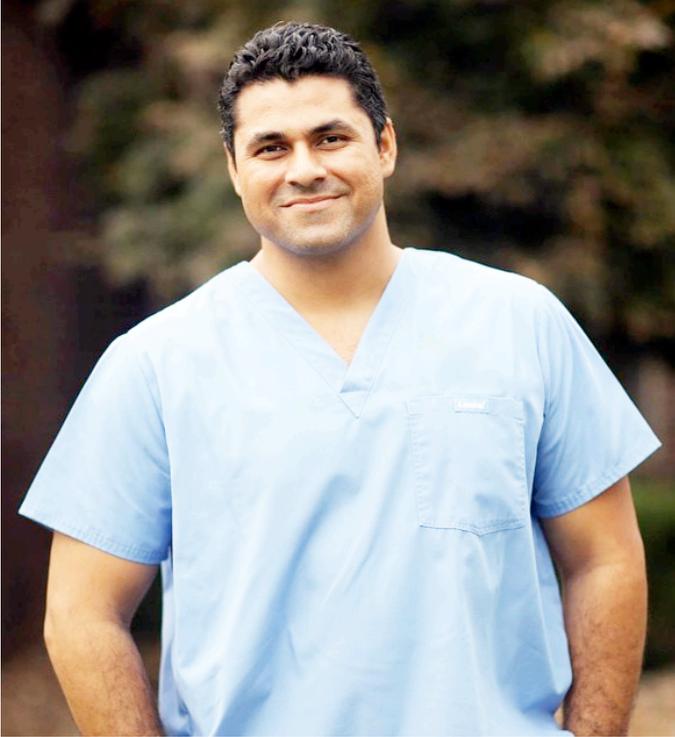
A calm mind will keep the Gut Brain Mind trinity calm and focus on frontal lobe and creative thoughts.

Taming the wild horse of our mind is the pursuit of nirvana. The day we can become still & not reactive is the day we will be able to gain mastery over our health and disease

Meditation

Few tips for a happy Brain Gut Mind Trinity

1. Meditation
2. Deep breathing
3. Physical exercise
4. Probiotic foods
5. Increased intake of non-toxic natural organic fiber (apricots, prunes, psyllium, rice bran)
6. Intake of clean pure slightly alkalized water free from impurities such as chlorine, barium or other heavy metals.
7. Breathing clean air
8. Cutting back on processed sugary foods



DR. RAJIV SHARMA IS LOVING CALLED DR. RAJIV AND DR. GUT HAPPINESS BY HIS FOLLOWERS. HE IS A BOARD CERTIFIED GASTROENTEROLOGIST WHO EDUCATES PEOPLE ABOUT EATING CLEAN HEALTHY FOODS.

ADDRESS: DR. GUT HAPPINESS, 3903 SOUTH 7 ST, TERRE HAUTE, INDIANA 47802

WEBSITE: WWW.DRGUTHAPPINESS.COM

PHONE: 812 250 6662

EMAIL: GUT@DRGUTHAPPINESS.COM