

Here is the summary of the **Introduction** of *Gut Check* - Dr. G's new book:

Introduction – Bacterial Brain Washing

The mysterious universe within us - *Gut Check* empowers you to restore anything that ails you

Frank the Pug (*Men in Black - movie*)

"You humans! When are you going to learn that size doesn't matter? Just because something important, doesn't mean its not very, very small!"

To find the answers to our well- being /health – we have to look inward.

Digestive system – a galaxy of Trillions of bacteria

- Gut biome
- Oral biome (700 species of bacteria)
- Skin Biome (1,000 different species)

Collectively make up your **HOLOBIOME**

- 12,500 x's as many *bacteria* in your own gut as humans on Earth
- 93 Trillion more *bacteria* in your gut than trees on Earth

Our Gut = a TEAMING TROPICAL RAIN FOREST

Diverse ecosystem

- Communities,
- Multiple signaling devices
- Languages – single-celled organism – talk among themselves

They manipulate and control us

Six Years since PLANT PARADOX

- Scientists have discovered a whole new world about microbiome
- Multiple languages – that control the power plants in our cells - our Mitochondria

Toxoplasma gondii – **Disease Toxoplasmosis**

- Pregnant woman avoid cat litter
- Cats pass toxoplasma in their feces
- Cause severe problems in unborn fetus

Toxoplasma has 2 life cycles

- Uses a rodent as intermediary host to end up in the feline's gut
- Single-celled organism changes the rodents behavior so more likely to get eaten by a cat

Toxoplasma – undoes the fear response

Robert Sapolsky- from Standford

- *Toxoplasma* infiltrates the nervous system of the rodent
- Goes to the Amygdala and shrivels the dendrites

- Disconnects the Fear Circuits

Toxoplasma has the necessary gene to produce the main enzymes found in Dopamine
Dopamine

- All about pleasure, Attraction, Anticipation, Reward (associated w/ Sexual Attraction)

Now the rodents RUN toward danger

Wolves w/ Toxoplasma – 46x's more likely to become pack leaders – BOLD, Risk Takers
(their main predators of gray wolves – Cougars, Mountain Lions, - AKA- CATS)

Now to Humans

1/3 the population in developed countries infected w/ Toxoplasma. – Asymptomatic.

Humans w/ toxoplasma –

- Impulsive
- Disregard rules
- More likely to be In harms way
- Reckless drivers

If given the same drug as schizophrenia patients – it Stops...

Humans and Great Apes/Chimpanzees – main food choice of tigers & other big cats

This is NOT a RARE Pattern for single celled organisms

Past 50 years – stark increase in major diseases – Obesity, mental health, autoimmune epidemic

- This book shows direct ties to the ways Modern living decimates our guts

We're the cat...

We can't live without the bugs that Louis Pasteur told us were our enemies.

The Physician's job – Identify the factors that prevent our Green Life-Force energy from flourishing.