

In A Nutshell
July 2019
Gut Health

I recently attended a seminar given by The Villages Health on "Nutrition for a Healthy Gut".

Stress-induced changes in gut bacteria, or gut microbiota, may play a significant part in the possible link between exposure to stress and the risk of autoimmune disorders such as multiple sclerosis (MS), a mouse research study says.

In the study "Social-Stress-Responsive Microbiota Induces Stimulation of Self-Reactive Effector T Helper Cells," researchers showed that social stress changes the gut microbiota of mice, and the genes that are active, triggering the expansion of self-reacting immune cells. This suggests that the onset of stress increases the likelihood that the body would attack itself. Also, findings suggested that stress can change the activity of the gut microbiota, which in turn enforces an immune response with the potential to trigger an attack against the body. That increases the risk for autoimmune diseases in susceptible individuals. In other words, stress can promote a response that endangers self-tolerance, which is the capacity of people's immune systems to avoid attacks onto their own cells and molecules.

The study, published in the journal mSystems, also noted that some of the bacteria growing in the mice in response to stress have been found in unusually high numbers in the guts of people with MS.

https://multiplesclerosisnewstoday.com/news-posts/2019/05/14/how-stressed-out-bacteria-may-trigger-autoimmune-response/?utm_source=Multiple+Sclerosis&utm_campaign=66acc07d69-RSS_US_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_b5fb7a3dae-66acc07d69-71589013

Just For Fun

So, we need to understand how to get good bacteria in our guts and keep them fed properly.

Good bacteria in our gut can aid in immunity, digestion, and protection against chronic diseases.

Issues that can prevent you from maintain a healthy gut are: Taking antibiotics, stress, not enough sleep and autoimmune diseases (MS)

Please read the attached slide presentation on Gut Health that I received from the seminar.