

You've probably heard it said that good health begins in the gut. It's true.

Approximately 80% of the immune system is in the gut in the Peyer's Patches, which are part of the gut-associated-lymphoid-tissue (GALT).

So what does our immune system (a.k.a. gut) need?



- Good nutrition in the form of pesticide-free, nutrient-dense foods, antioxidants and fiber. Grass-fed and organic meats, organic produce, nuts and seeds, and occasional whole grains as tolerated.
- Probiotics to help reinoculate the gut with good bacteria—crowding out the bad, such as [candida](#).
- The amino acid L-Glutamine is good for healing the gut epithelium (surface cells-lining). In fact, it's the preferred fuel for the gut.

What's not good for the gut? Added sugars, their first cousin, white flour, and processed foods containing man-made trans fats. Indeed, sugars suppress the immune system. Ever feel like you have a cold coming on one day and the next day—voilà—you've got a full-blown head cold?

It may have been avoided by skipping that rich dessert last night.