

My hometown is waking up...to the microbiome

This post is dedicated to the new fermenters along the lakeshore of beautiful West Michigan. Great job to the students from my [White Lake Area Community Education](#) classes, [Nourishing the Lakeshore](#), [Fermenting the Lakeshore](#) held at [Unity of Muskegon](#) and health conscious shoppers at [Sweetwater Local Organic Foods Market](#).



What is the [microbiome](#)? Very simply, it refers to the fact that 99% of the DNA in our bodies is not our own; it belongs to micro-organisms. And if you're eating nutrient dense foods, little to no sugar and fermented foods everyday, you'll have "good" microbes that will treat you, their host, to health and wellness. Fast foods, lots of sugar and processed carbs feed pathogenic "bad" microbes and WILL lead to illness as well as extra pounds.

A little history...In the 1990's, [the Human Genome Project](#), the biggest project ever undertaken in biology, focused on decoding human genetic information ([Holt, 2008](#)). There was hope to find the genetic cause and cure for every disease that affects humanity. What was discovered by 2003 was that every animal species shares the majority of genes, but that the expression of the genes can come in a multitude of ways depending on something called the epigenome. The epigenome is influenced by what we are exposed to in our lifestyle. While the genome can be likened to the hardware in a computer, the

[epigenome](#) is similar to the software, which tells the hardware what to do. But there turned out to be another missing link.

Ultimately, by 2008, the Human [Microbiome](#) Project began where we realized that part of the reason a stalk of corn has more genes (32,000) than a human (25-30,000) is the fact that we are hosts to an estimated 100 trillion bacteria. These bacteria work in concert with our genes to run our bodies.

NPR has an animated yet thorough introduction to this new knowledge. It is about 5 minutes long and I strongly encourage you watch it:

This research is in its very early stages. Yet if we look at the research of civilizations that did not live like we do, [traditional peoples](#) (like those found by [Dr. Weston A Price](#)), we see EVERY one of these healthy groups ate fermented foods. And they ate no processed foods whatsoever. When we learn to ferment and return to traditional eating, we, too, can experience the radiant health that is our birthright.

Today, our microbiomes are compromised all sorts of ways. Besides the losses during infancy addressed in the video above, our balance of good to “pathogenic” bacteria shifts with antibiotic use, toxins in our air, water and food, long term use of prescriptions and birth control pills as well as radiation. Without these beneficial “little critters” as I like to call them, we can’t digest and absorb nutrients to build healthy cells and this leads to nutritional deficiencies.

When we have an abundance of bad bacteria from eating processed food and drinking sodas, the “food” we eat gets broken down into toxic compounds which get absorbed into the bloodstream. From there they go to wherever we have a vulnerable area like our joints (i.e. arthritis), brain (i.e. fog, ADHD), skin (i.e. eczema, rash, acne) and our vital organs like our heart. These same bad little guys can damage

the lining of our intestine and cause it to become inflamed and permeable (leaky gut), which leads to food intolerances and allergies. When this happens, we no longer are getting nutrients to build us up but instead get toxins that make us sick. And because 85% of our immune system is in our gut microbiome, if we don't have good gut flora, our immune system goes haywire. No wonder so many people are unwell and overweight.

When people return to traditional ways, including fermenting, eating organic produce, consuming grass fed and wild animals and cutting out processed "foods", their microbiomes can heal and do the work necessary to help return to wellness. For many, supplementing with probiotics is a sensible choice while they transition to more traditional ways. If this is something you choose to do, please make sure the product you use has integrity.



Lexi Larabee
Photography

Wishing you *real* food for *real* health so you can be *real* happy.

Rethinking the Food Pyramid...



Did you know that after the USDA released the Food Pyramid in 1992 the rate of obesity skyrocketed? That's what happens when you encourage people to consume 6-11 servings a day of grain products without mention of product quality. And yes, there was a major link to the grain lobby. At the same time, the tip of the pyramid made the recommendation to use fats sparingly...no regard for the difference between good and bad fats. No mention of the fact that all our hormones are made from cholesterol.

The pyramid evolved and we were encouraged to eat less grains, make them whole, consume more fruits and veggies, but still eat "lowfat" milk and protein sources. We now have a "plate" as a guide – it's better but does not address the need for high quality fat consumption (so necessary DAILY for cell and brain health) or the processing of grains/nuts/seeds in a manner so our body can better use their nutrients. The issues of pesticide residues, dangers of genetically modified organisms, concern about antibiotics and hormones in our animal products are not mentioned. These issues are real and are negatively effecting our health with every bite.

With so much **mis**-information out there, are you feeling overwhelmed? Feeling misled? Please don't despair. The movement to get back to REAL nutrient dense food is growing exponentially. We will get there one step at a time. Pick a place to start this month. How about finding a local market in your area where you can meet the REAL farmer who grows your food. Or pick one vegetable or fruit in your diet and promise yourself you will only buy it if it's grown organically.

One positive effort by the USDA is the program [Know Your Farmer, Know Your Food](#). This is a step in the right direction to deal with the issues mentioned above. Here in Muskegon County, we are fortunate to have a source for local and organic food called [Sweetwater Local Foods Market](#).

Take that first step.
Just start...

Until next time, wishing you **real food** for **real health** so you can be **real happy**.

Update January 2014 – Denise Minger has now published an amazing book I highly recommend [Death By Food Pyramid](#).