

PREVIEW_ Erynn Kay - Does Fiber Make You Fat_ (Breckenridge 2017) 1

Erynn Kay: So I'd like you all to think about a rain forest. In a rain forest it's beautiful, peaceful. There are animals, plants, microflora. They all live together in harmony and there's a balance. It turns out that the diversity in a rain forest is very important in order to keep everything in this environment healthy. It turns out that in your gut it's also important to have a diverse and balanced environment.

Unfortunately... a lot of our gut looks like this. It's a barren wasteland. Like the Wild Wild West in there. Now why would that be? Well, there are a lot of things in our modern lifestyle that lead to this kind of Wild Wild West situation. One of which is antibiotics, another C-sections, lack of breast-feeding and even to many sterilizing products like hand sanitizers, antibacterial soaps.

We will talk about these things. And unfortunately when there's a lot of room in your gut, because there's not a lot of healthy flora, it gives room for pathogens or tumbleweeds in this case. They come in and set up shop. We know that diseases of civilization have generally been on the rise in our lifetime. Things like cardiovascular disease, autoimmune disease, IBS. Is it just diet that's really causing these diseases to be on the rise or there are other things at play?