July 2016

Edited by Russell L. Blaylock, M.D.

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Key Points

- Overgrowth of bacteria in the small intestine can lead to depression
- Excess carbohydrates are bad for the brain
- About 80 percent of the body's immune cells are located in the gut
- Diets high in meats feed bad bacteria; vegetables feed good bacteria
- Probiotics prevent processes that damage the brain
- It is best to take probiotics on an empty stomach

PLUS

 Report: Cell phones cause cancer

ASK DR. BLAYLOCK

 Is spinach okay to eat if you have Parkinson's disease?

Probiotics: Bacteria That Help Your Brain

There is a trend in science, particularly in politically correct science, promoting the notion that some scientific-based ideas should not be questioned. Ideas such as global warming and macroevolution are two of the most prominent examples — but there are many others.

In the case of global warming (now often referred to as "climate change"), some people have even proposed arresting those who deny the theory. This, of course, is reminiscent of the totalitarian Soviet regime, which imprisoned and even executed dissenting scientists.

Repeating studies and questioning accepted paradigms — and having open debates about the results — are essential to scientific progress. The simple fact is that in science nothing is ever finally settled. That's why new discoveries are continually being made.

The discovery that beneficial microorganisms living in our colons have profound effects on brain development, behavior, memory, learning, and a number of psychiatric disorders has radically changed conventional thinking in both psychiatry and neuroscience.

In this month's issue of The Blaylock Wellness Report, I will explore some of the newer discoveries about how these beneficial microorganisms, called probiotics, effect physical and mental health.

Early Links Between Gut and Brain

I wrote previously about a study in which researchers infected rats with the parasite toxoplasma gondii. When the parasite invaded the rats' brains — especially parts of the brain that control behavior — the rats' fear of cats could be converted to affection.² As a result, the cat ate the rat and became infected, and that completed the parasite's life cycle.

This finding suggested that other organisms might also alter behavior or even be responsible for psychiatric disorders such as depression, anxiety, and schizophrenia, ** as well as altering a person's response to stress and affecting memory and thinking.*

Further powerful evidence came from studies using animals raised with no microorganisms in their intestines. (Germ-free animals can be made by giving the animals antibiotics.) Researchers found that by transferring bacteria from the colon of other normal animals to the germ-free animals,

Blaylock Wellness Report Save Your Brain

Raymond Francis, Michele King

Blaylock Wellness Report Save Your Brain:

Dr. Blaylock's Prescriptions for Natural Health Russell L. Blaylock, 2016-04-28 HEALTH SECRETS THAT CAN SAVE YOUR LIFE Do you find your medical conditions don t get better and prescription drugs don t live up to expectations No matter how you feel right now Dr Blaylock's Prescriptions for Natural Health will give you the lifeline you need In this book you will discover the key diet and lifestyle factors you must embrace to achieve peak health and wellness right now and in the years to come Dr Blaylock reveals Specific supplement recommendations for nearly any health issue you could face How to fight back against the diseases of aging with a simple anti inflammatory diet Why you must avoid specific substances in your food that can damage your brain heart lungs and other organs especially if you are over 50 How you can drink your daily veggies without messy juicing Safe and effective natural remedies for a full range of conditions including cancer brain and heart disorders diabetes digestive illness skin problems pain and prostate concerns Natural health encompasses two equally important aspects specific remedies for what currently ails you and the diet and lifestyle factors that enable your body to avoid disease and premature aging This book is designed to help you address both points A health condition whether temporary or chronic is a warning sign from your body that things aren t working the way they re supposed to and that changes need to be made With Dr Blaylock's help you will learn how to heal 70 health conditions and identify and correct the underlying dietary and lifestyle habits that cause and perpetuate them The book discusses The diagnosis and treatment of dozens of medical conditions plaguing men and women cancer skin problems brain and heart diseases prostate disorders diabetes and many more Dr Blaylock reveals how to relieve common troubles such as pain ringing in the ears constipation and other digestive issues vision problems mood disorders and other ailments You will also see how natural products are superior to many pharmaceutical drugs and learn more about the exciting new field of hyperbaric oxygen therapy Unfortunately mainstream medicine does not encourage or support optimal health If you truly want to maintain a healthy body far into the future read and follow Dr Blaylock's advice today Never Be Fat Again Raymond Francis, Michele King, 2007-05-01 Fight Fat at Its True Source Your Cells An M I T Trained Scientist Explains the ONE Secret You Need to Know to Lose Weight and Keep It Off Raymond Francis is the scientist people turn to when diets don't work His groundbreaking approach treats excess weight for what it reall y is a disease caused by malfunctioning cells As Francis explains many of the foods we eat every day especially the health and diet ones we dutifully buy to lose weight have the opposite effect Full of hidden toxins and lacking nutrients they actually poison your cells and alter your weight control genes causing your body to put on the pounds Like he s done for thousands of other people Raymond Francis can help you turn this fat cycle around and reclaim your waistline and your health His simple yet scientifically supported plan will have you looking and feeling better than you have in years in just six weeks You ll discover Which low fat and no fat products actually make you fatter How one missing nutrient can signal your body to store fat Which food additives are most toxic and how to spot

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Invisible Eugenics Mark M. Rich, Wealthy eugenicist psychopaths have launched a covert eugenics program to reduce the population They are attacking citizens with chemical weapons disguised as medicine which slowly inflict many devastating medical conditions The victims suffer a reduced lifespan and are removed from the breeding pool They have established complete control of the public schools which have been transformed into eugenic laboratories These laboratories are used to identify and destroy any positive values that might foster individual development and to identify those to be attacked The teachers and doctors are on the frontline working together to identify the resisters who are attacked for life with chemical weapons under the guise of medical treatment There is a highly coordinated worldwide coverup of the deaths and injuries caused by these weapons This population control agenda can be traced back to the late 1800s when they vowed to eliminate certain bloodlines to purify the human race

Reviewing Blaylock Wellness Report Save Your Brain: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "Blaylock Wellness Report Save Your Brain," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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