



Dr. Simon says...

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1:/ About 70% of the immune system is housed in the gut. And yet, both our digestive and our immune systems were largely ignored within the last 1.5 years. In this short thread, I will tell you things the government won't tell you. [down arrow icon] (1/24)

ABOUT 70% OF YOUR IMMUNE SYSTEM IS LOCATED IN YOUR GUT.

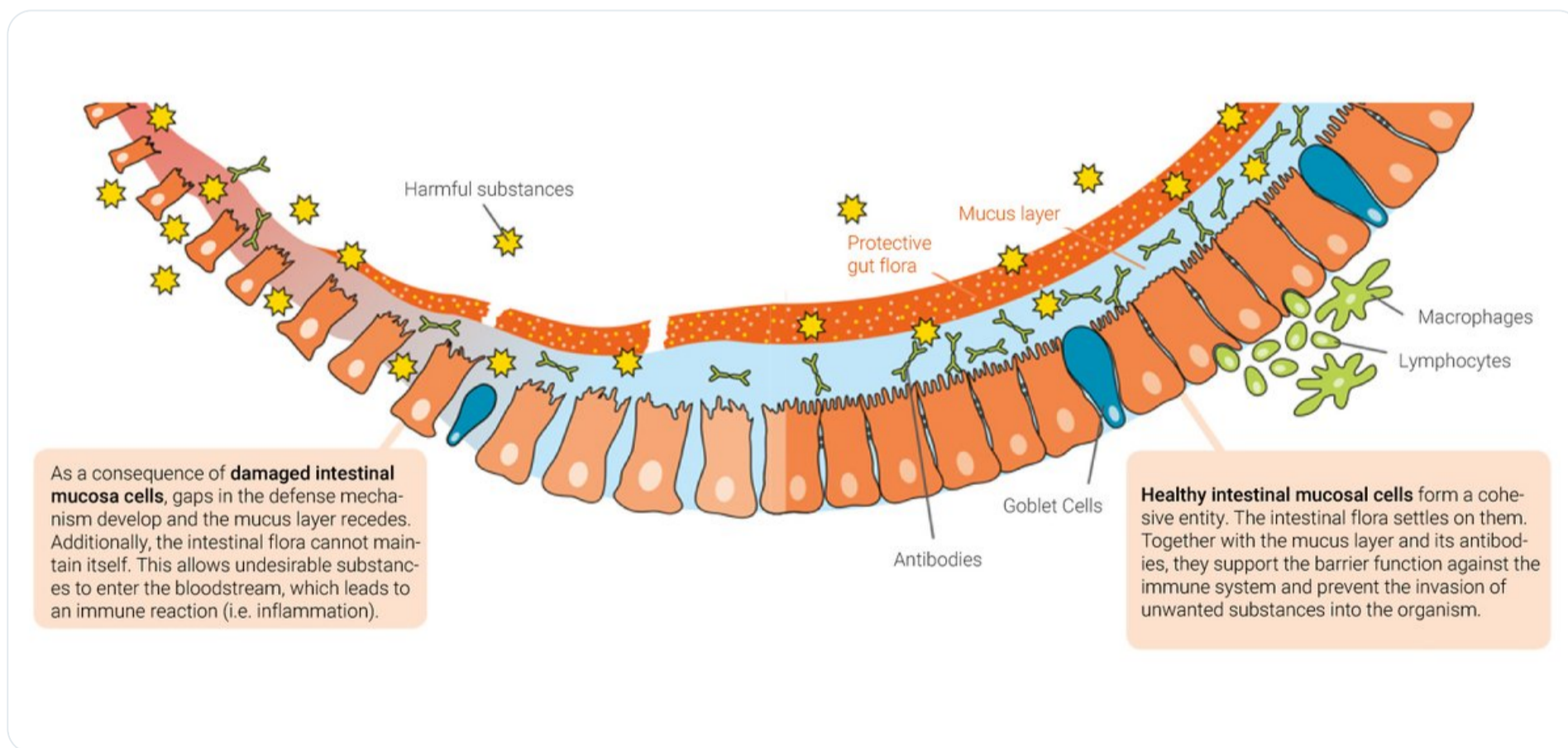
2/: The gut is home to billions of microorganisms (i.e. bacteria, viruses etc.) that are of central importance to us. This community of organisms is called the "microbiome". The microbiome may weigh as much as five pounds.

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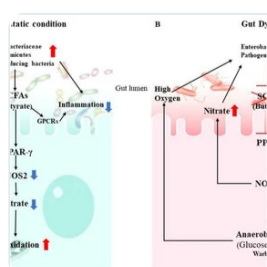
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3/: With a surface area of 400m², the gut mucosa is one of the largest components of the human immune system. Its function is to absorb nutrients while making sure that pathogens won't enter the bloodstream.



4/: In a healthy gut, pathogens can hardly enter the organism and cause any damage due to the dense colonization on the gut wall. The "good" bacteria then defend us against the "bad" ones, so to speak. They also train our immune system.

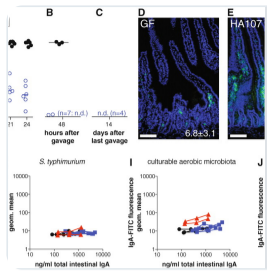


Gut Microbiota and Immune System Interactions
 Dynamic interactions between gut microbiota and a host's innate and adaptive immune systems are essential in maintaining intestinal homeostasis and inhibiting inflammation. Gut microbiota metabolizes ...
<https://www.mdpi.com/2076-2607/8/10/1587>

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5/: Studies have shown that a developing intestinal microflora plays a decisive role in developing our immune system. Mice that grow up germ-free, for instance, have a severely underdeveloped immune system later on.



Reversible Microbial Colonization of Germ-Free Mice Reveals the Dynamics of IgA Immune Responses

The lower intestine of adult mammals is densely colonized with nonpathogenic (commensal) microbes. Gut bacteria induce protective immune responses, which ensure host-microbial mutualism. The continuou...

<https://science.sciencemag.org/content/328/5986/1705.abstract>

6/: The composition of the human microbiome is highly variable and is influenced by many factors (see tweets below). In general, we as hosts co-exist peacefully with our microbiome, but pathogens can also join in.

7/: Pathogens primarily settle when the microbiome is out of balance. This phenomenon is called dysbiosis. Thus, the microbiome contributes significantly to our health, but its composition and exact function are not yet fully understood.

8/: However, there are many factors of which we know can lead to dysbiosis. I tried to illustrate the interplay in the following causal loop diagram (you do not need to completely understand it but rather see its complexity).

9/: The causal loop diagram in the previous tweet shows that gut health highly depends on the following factors:

- 👉 Dietary habits (main factor!)
- 👉 Stress (trauma, fear, worries)
- 👉 Agro- and Environmental toxins
- 👉 Radiation
- 👉 Sleep deficit

10/: This is of great importance as a chronically inflamed intestine leads to a chronic cytokine release, which plays a main role in the innate immune response. In addition, cytokines themselves trigger the release of other cytokines. A vicious cycle.

11/: Such chronic inflammations in combination with other environmental stimuli cause the immune system to be constantly on high alert. An overactive immune system can lead to many health disorders and makes us more vulnerable to pathogens, such as coronaviruses.

12/: What makes me puzzled, however, is the fact that all of this is known. I do not expect that politicians understand the quite complex human metabolism, but medical doctors, biologists, and immunologists do. And yet, those in the limelight totally neglect old knowledge.

13/: Instead, the whole world is taken hostage to sell pharmaceutical products. This is done under the pretext of saving lives with "novel" and insufficiently-tested drugs. Those people who promote them usually work for the very industry that profits from the "pandemic".

14/: For decades, the primary cause of death has been cancer or cardiovascular disease. People die from these diseases and not with them (as it's often the case for COVID). It is true that we will all die one day. But much suffering could be avoided.

15/: But instead of improving gut health, reducing harmful stimuli, and improving the metabolism with targeted nutrition and a healthy lifestyle, all roads lead to Big Pharma and the food processing industry.

16/: To put it in a nutshell: it's not about our health. It never was, and it never will be. It's about money and power.

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life that you deserve. I will show you how!

17/: **1. Restore your Gut.**

Avoid sugars, gluten, and refined oils. Instead, eat organic meat and wild-caught fatty fish (e.g. salmon, mackerel etc.) once or twice a week to improve your Omega3 to Omega6 fatty acid ratio. Eat all colours of the rainbow.

18:/ Regularly consume fermented products such as kombucha (see my causal loop diagram below). They contain “good bacteria” that will improve your microbiome, maintain your gut mucosa acidity, increase nutrient absorption and improve your immune system.

19/: **2. Avoid Toxins**

Make sure you reduce your exposure to agro- and environmental toxins. These include plasticizers, aluminium-containing deodorants, personal care products, non-organic fruits and vegetables, fluoride-containing water, cigarettes, alcohol, etc.

20/: **3. Exercise and Sleep**

Start exercising. 30 minutes per day should be sufficient. Preferably exercise outside to get exposed to the sun. Make sure you sleep at least 8 hours per night.

21/: **4. Smart Supplementation**

Exhausted soils have resulted in a much lower nutrient density in fruits and vegetables. Supplementation might be beneficial.

22/: **5. Avoid Stress**

Limit the use of social media in case it stresses you out. Avoid watching the news (i.e. fearmongering) and meditate instead. Have a rich social life and take regular walks in nature.

Social Media Use, Social Media Stress, and Sleep: Examining Cross-Sectional and Longitudinal Relationships in Ad... (2019). Social Media Use, Social Media Stress, and Sleep: Examining Cross-Sectional and Longitudinal Relationships in Adolescents. Health Communication: Vol. 34, Media and Sleep: Emerging Topics in He...
<https://www.tandfonline.com/doi/full/10.1080/10410236.2017.1422101>

23/: As you can see, our metabolism is quite complex but still comprehensible. There are a handful of principles that will allow you to live a healthy and balanced life. I am convinced that this approach is way more effective than taking experimental drugs.

24/: Given that I am heavily censored here, I am slowly emigrating to [@telegram](#). It's a free app that you can run on your computer (browser or app) or your phone. Unlike on this platform, freedom of expression still applies there.

Dr. Simon
 Dr. Simon's Telegram Channel about health, nutrition, vitamin D and COVID madness. More information on www.goddeketal.com
<https://t.me/goddek>

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Addendum:

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