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Dr. Brimhall's One More Piece of the Puzzle for Wellness

Dr. Brimhall's Health Puzzle Piece | **February 20, 2007**

headline :::

- Make sure to always check our seminar schedule for the most recent updates at Brimhall.com
- Certification going on this week February 21 - 25 in Mesa, AZ

SEMINARS :::	**February 23-25**	**March 9-11**	**March 10-11**	**March 30-April 1**
	Basic, Interm. & Advanced **Dr David Lee** Charlotte, NC	Basic, Interm. & Advanced **Dr John Brimhall** Frisco, TX	Basic & Interm. **Dr David Lee** Windsor Locks, CT	Basic, Interm. & Advanced **Dr John Brimhall** Baltimore, MD
	NW Blue Ridge 800-334-3793 or 843-342-3688	NW Texas 800-247-8791 or 214-733-8838	NW New York 888-227-5469 or 845-651-1040	NW Mid-Atlantic 866-502-1200 or 302-478-5090

Weight Loss and The Colon (Total Probiotics)

A recent study showed fat people harbor 'fat' microbes. This research indicates our gut bacteria may help to determine our weight.

Researchers have shown that the intestines of obese people contain a different make-up of microbes compared with those of slim people. This microbial population could actually be helping them gain weight or loose weight. Microbes taken from an obese mouse and transplanted into another mouse's intestine made the animals gain more fat than normal. Jeffrey Gordon at the Washington University School of Medicine in St Louis led the studies.

The implications are people trying to lose weight may have to change to a proper microbial balance of probiotics and pre-biotics. A person's gut is home to trillions of bacteria and other microbes that help to break down food and fight off invading pathogens.

Studies suggest that our bodies somehow communicate our weight to the microbes in our gut, and that obesity can upset the normal microbial balance. Studies in mice suggest that the reverse is also true: shifting the microbes can affect weight.

The researchers sucked microbes from the guts of either lean mice or the obese ones. They

injected the microorganisms into the intestines of animals whose own intestines had few microbes because they were raised in a sterile cage.

After two weeks, the mice injected with the 'obese' microbes gained roughly double the quantity of fat than those that received the 'thin' microbes.

The concept that our intestinal bacteria are partially determining our weight is a new concept and may seem radical to some. To you, it should make perfect sense, knowing nutrition is one of the **Six Interferences** with five nutritional sub-groups (one being re-establish proper pre and pro-biotics).

This is why we use **Nutri-West's Total Probiotics** as one of the steps in the nutritional balance equation, as well as **Total Enzymes** in every patient. We have stressed this point in several Puzzle Pieces in the past couple of months to demonstrate there is hard research that reminds us we must evaluate and treat with all **6 steps** on each person. Sometimes we look so hard for hidden problems we forget to follow the obvious.

Of course to keep our weight proper we should do a total scan of all of the organs and systems and use the appropriate Nutri-West nutrition to balance each system e.g. Total Liver for the liver and Total Leaky Gut for the small intestine etc. Then of course we would use the Laser to balance each organ and system, adding the foot bath and proper nutrition to aid in detoxification. Total Trim should be considered in all weight loss programs.

We truly do have a working system of evaluation and treatment when other therapies may not have helped in the "Name and Blame Disease Model". We are treating causes and not chasing symptoms.

A NOTE FROM DR. BRIMHALL

We look forward to seeing YOU soon in the seminar of your choice. Consider Dallas Texas on March 9-11, where Erchonia will be having its open house Friday March 9 at their new facility in conjunction to our seminar.

Yours in Health and Wellness,

John W Brimhall, DC

The Brimhall Wellness Team and Family

NUTRI-WEST
A World Leader in
Pharmaceutical Grade Nutrition

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