The Solari Wellness Series:
The Gut Microbiome—Why We Should Care with Dr. Tom O’Bryan - September 27th

To Solari Readers

“All Disease Begin In The Gut” ~ Hippocrates (460 – 370 BC), a physician from Ancient Greece, often considered to be the father of modern medicine.

By Brigitte Mouchet
It seems like there is no better topic to launch the Solari Report Wellness Series than the gut microbiome. Hippocrates (460 – 370 BC), a physician in Ancient Greece often considered to be the father of modern medicine, said “All Disease Begin In the Gut”. Although we know that this statement is not entirely accurate, it contains incredible wisdom and foresight considering the complexity of this organ. We are just starting to scratch the surface in our understanding of the gut, its ecosystem—the gut microbiome—and its role in maintaining physical but also mental and emotional health.

*The Good Gut* tells us that:

“The human microbiome is a remarkable ecosystem of largely ‘good’ bacteria and microbes that live on and in the human body. These micro-organisms are believed to influence everything from our weight, our immune health, our susceptibility to disease and even our mood.

Our bodies are home to between 40 and 100 trillion microbes according to current estimates—weighing as much as 2 kg (4lb). Most live in our intestine and make up what is known as our gut microbiome.”

It is particularly important to be aware and knowledgeable about the health of our microbiome because of the dramatic increase in people affected by so-called chronic diseases, which are now believed to be caused by chronic inflammation.
Where does inflammation come from? It is the response of our immune system to foreign invaders—an extremely complex topic that is still not fully understood. There is however enough evidence today linking inflammation to gut health.

In our interview, I talk to Dr. Tom O’Bryan, a pioneer in gluten sensitivity and gut health, and a passionate health advocate. Dr. Tom is on a mission to educate patients and practitioners so people can “get out of the pond” of chronic disease and get their health back. He wrote two books: The Autoimmune Fix and You Can Fix Your Brain, where he provides practical information on how to do just that.

In Let’s Go To The Movie I chose a video: Fermented Vegetables Demo as adding fermented foods to your diet is one of the easiest and most powerful ways to improve the health of your gut microbiome.

My Hero of The Week is Dr. Mercola, another health advocate who has been providing the most up-to-date and useful natural health information and resources, as well as exposing corporate, government, and mass media hype that diverts people away from what is truly best for their health.

Please enjoy the first episode of the Wellness Series!

See the blog post here.

Food For the Soul: Venice
“Venice is like eating an entire box of chocolate liqueurs at one go.” ~ Truman Capote

By Your Culture Scout

May be there aren’t exactly “One Hundred Places You Need to Visit Before You Die” but Venice would definitely be nice to check out before you check out for good.

For literally ages Venice was a primary destination for gentlemen finishing their education with an obligatory year of European travel, artists who needed to find inspiration and bon-vivants who were celebrating the carnival. In the 20th century its incredible setting has given us Luchino Visconti’s masterpiece, a melancholy film *Death in Venice* which itself is based on a novella by Thomas Mann, and the gift kept on giving since there are about 140 other movies entirely or partially set in Venice. You can even book a “Venice Film Locations Tour” that will take you to most celebrated locations that were also featured in movies – the Grand Canal in the Bond movie *Casino Royale*, Piazza San Marco in *Indiana Jones and the Last Crusade* or any movie about Casanova, or Hotel Danieli featured in *Tourist*. Thanks to these movies, paintings, and books (including Donna Leon’s world-famous crime novels) Venice has been popularized amongst travelers outside Europe but this wonder-on-water is now under more pressure than ever. One is the fact that the palazzos are sinking and there may not be any Venice in the future. And the present is certainly also very difficult since the city is overrun by hordes of tourists who need to check Venice off their sightseeing list, never really appreciating it for more than a few hours of snapping selfies. Last year, desperate city fathers have finally persuaded the government to ban the humongous cruise ships from entering the Grand Canal – after years of the horrible whales of ships marring the views of the city and the Adriatic for anyone who managed to actually get to the city.
"Scientists for Peace, Planetary Consciousness and Ethics"

October 19-21, 2018

International Conference – The venue will be the Hall of Culture in Città della Pieve, a little middle age town between Florence and Rome in the heart of Italy.

Today people need a new science that spreads ethics and involves all aspects of life – from biology to cosmology, from physics to consciousness – so that applied sciences like engineering and medicine will be expressions of harmonious relationships.

This change of the paradigm in science is vital to our future. Humanity needs to develop a new understanding of life in the universe.

Now the joint technological capabilities have reached a point that threatens the end of human history: ethics in science has never been so important.

Three days of full immersion in debates and exchanges, hosted in one of the most beautiful regions of Italy, its “green heart”, Umbria.

Scientists, engineers, medical doctors, economists and educators of international renown, recognized for their commitment for common good, have been invited to give the possible answers to the following questions.

Learn more here.

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**Highlights from Last Week - The Real Deal on Inflation with John Williams**

After years of unprecedented monetary inflation and increased competition for natural resources, many areas of the world are experiencing significant increases in the cost of living. The Chapwood Index estimates that the real cost of living in the United States is increasing 8 to 13% annually.

I invited John Williams of Shadow Government Statistics (Shadowstats) to join me on the Solari Report to describe why government statistics on inflation, cost of living, employment and other economic statistics vary significantly from actual. John estimates that cost of living in the United States is increasing at 10% annually.

Understanding the facts of what is really happening in the economy can inspire you to create the strategies you need to navigate this environment successfully. Depending on where you live, you need to organize your budgets and business to reengineer continuously for the changes underway – including a rising cost of living.

See it here or Subscribe

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