**(Corpulence & Coronary—Part III)**

**The Upper Gut Food Pyramid is Recognized & Respected—The Lower Gut Equivalent has been Overlooked and Ignored—Disastrous**

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 **Synopsis**

* The “nutritive value” of food is expressed in terms of carbohydrates, proteins and fats. Digestive enzymes release these “nutrients” from “food” which are then absorbed in the small intestine (upper gut).
* There are no equivalent “nutrients” for the lower gut. Lacking a descriptive term for “lower gut nutrients” it is difficult to remember that a lower gut “food pyramid” exists. What cannot be named is all too easily ignored.
* We will spend this entire lecture addressing this oversight and we will start by giving the “nutrients” of the lower gut a name—***Microbe Munchies***!
* Most “whole foods” contain microbe munchies along with carbohydrates, proteins and fats. All munchies are complex carbohydrates that humans cannot digest. Most “processed foods” are notably munchie-poor.
* Microbe munchies vary widely in form and are usually tasteless and odorless. They have “gone missing” from the food pyramid over the past 100 years. That disappearance has been largely unnoticed.
* Examples of microbe munchies are the vesicle membranes of citrus fruits, or inulin; or the fructose oligosaccharide abundant in Jerusalem artichokes (sunchokes), and present at lower concentrations in vegetables such as regular artichokes, asparagus and onions. Other microbe munchies are not fibrous at all such as the oligosaccharides in mother’s milk and the mucin that coats our entire digestive tract.
* A healthy microbiome is far more important than we have heretofore acknowledged. We would be wise to do everything necessary to recover it.

 **References**

* *Increased consumption of refined carbohydrates and the epidemic of type 2 diabetes in the United States: an ecologic assessment,* Lee S Gross, et al*.* The American Journal of Clinical Nutrition, Volume 79, Issue 5, 1 May 2004, Pages 774–77.
* *Dietary Fiber Intake and Mortality in the NIH-AARP Diet and Health Study* Archives of internal medicine 171.12 (2011): 1061–1068. Park, Yikyung et al. PMC. Web. 31 Jan. 2018.