

“Our bodies are under attack every second of every day and the invaders come with the ability to unleash every condition known to man and more, it is a lottery who ends up with what. We need our immune system (defence) to be at its ultimate level as it is the only thing that stands between you and any condition both physical and mental. A damaged immune system can display in a plethora of symptoms and side effects.”

Supplying what it needs is a daily task that should be considered unconditionally essential if we want less pain and discomfort. We will all ultimately lose the war, but the more battles you win along the way, the longer you will be around, and the less pain and discomfort will be experienced."

"How we respond to every condition or illness and the degree of its manifestation depends on the strength of the immune system.

From birth the setting up and strength of the immune system relies upon the production and delivery of short chain fatty acids (SCFAs).

During our first moments on the planet SCFA production relies on the fermentation of human milk oligosaccharides (HMOs) in mothers' milk.

These feed the bacteria and help to arrange them; they also initiate and teach the immune system.

We then consume between 3g and 20g of HMOs per day as we grow. As we are weaned, the products that replace the HMO fermentation can only be done by soluble fibre we consume in the diet.

There are no guidelines regarding giving soluble fibre to babies that are being weaned. The only advice is, try to include wholemeal products, and not to put too much fibre in as this can cause gas and discomfort.

Unfortunately, this advice can lead to many of us literally starving our gut bacteria thus halting that supply of SCFAs. The body can get SCFAs from some other sources, such as some species of bacteria that can ferment insoluble fibre, but the quantity may not be substantial enough.

Without those SCFAs the body cannot deal with oxidant to antioxidant balance, and while it thinks it is doing its job by sending in antioxidants to injury sites, this action creates an imbalance and oxidative stress ensues, this can be very painful and that is present in nearly every condition.

Even if you were lucky enough to keep the SCFA production going, as we journey through life, throw in the other denominators that annihilate our gut bacteria, like antibiotics, stress, illness, medication, diet, smoking, alcohol, lifestyle, and you can fall prey to any condition at any time.

If you are experiencing pain and discomfort in any condition, this could be why.

There is also the threat of invading pathogens that can biofilm, a process whereby they hide within our cells polymers so can evade antibiotics. This leaves them free to cause absolute havoc once the antibiotics have killed off all the other bacteria, including our good.

This can also lead to pain and discomfort and any condition.

The way back is to reinstate and support the immune system, daily. It may be too late to reverse a condition, but it is not too late to maximise your chance of reducing symptoms and more importantly, reducing pain. It works; I am one amongst several others who are proof.

We are taught from the very beginning about the outside world. Then, as we begin our education, everything becomes geared towards a career and making a living, a big part of this is so we can eat to survive. As we begin our careers, most do their best, and some even excel and learn or observe the specifics and very fine details of their trade. Some become so entwined they know everything that will make their trade or object of their trade perform at its most excellent or optimum level...

How many of us are encouraged at any time, to learn or observe what our bodies need, to perform at their most excellent or optimum level, let alone the specifics and very fine details?

For me it was when disease came walking through the door. Fortunately, due to my work, I had already received a good showering of information that ultimately led to the information contained in I am frank beard.