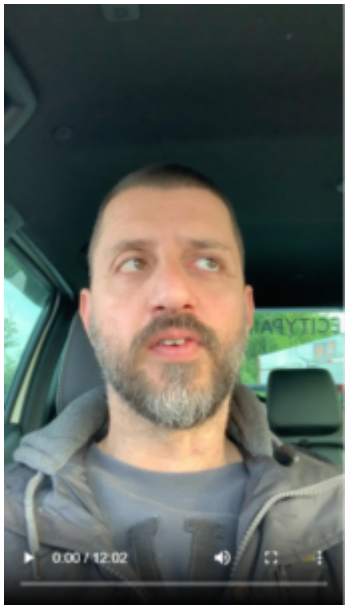
How Can Your Gut Help Your Brain?



Transcription:

Bill Gasiamis 0:00
Bill from recoveryafterstroke.com, I'm in the car waiting to go to an appointment to see a psychologist. This is something that I do from time to time because I am somebody who helps people in recovery after stroke, and I coach people to overcome some of the challenges.

Bill Gasiamis 0:18
I also seem to be the person who a lot of family and friends come to for support, especially during difficult times that they're having. And I'm going through my own challenges, and I need my own support. And as well as helping out other people. I feel like it's really important for me to get through my own stuff ongoing and I've been seeing a counselor for more than 20 years now.

Bill Gasiamis 0:42
It's the same lady that I've been seeing and we have a really amazing rapport and we go through a process that allows me to just express myself and get some feedback and also allows me to get off my chest, things that are bothering me. And some of those things in the past have been quite serious and difficult. Other times, it's just a check in just to really not allow things to back up and to become

a problem later on down the track.

Bill Gasiamis 1:14
There are things that I prefer to deal with and get off my chest before they end up catching up with me and becoming a problem. So why am I telling you this because I would encourage you to seek out somebody that is going to help you get through the problems that you've had all your life, or the challenges that you've had all your life that you've never dealt with, that are now rearing their ugly heads and becoming an issue over and above all the challenges you're facing to recover from a stroke.

Bill Gasiamis 1:49
It is really, really helpful to find a way to express yourself, deal with the issues, get some stuff off your chest and discover whether or not, there's new patterns and new behaviors that you can put in place to support you in your mindset while you're on the road to recovery, because your mindset is going to get tested, and if you've got a mindset that's a little weak, or if you've got a mindset that is focused on the negative, then you might struggle a little more in your recovery than other people who have a mindset that is focused on growth after stroke rather than worrying about all the problems that stroke is causing, because there's a ton of problems that stroke causes.

Bill Gasiamis 2:38
So let's focus on solutions instead of problems. So that's why I am here today, waiting to go to an appointment to see my psychologist. Now, as well as that I wanted to share with you the fact that I've got some amazing people that I work with and I've interviewed on the podcast on the recoveryafterstroke.com podcast.

Bill Gasiamis 3:00
And now we're above 102 episodes. And what I'd love to do is let you know that if you want to check out any of these episodes, you can go to recoveryafterstroke.com/episodes, and you can get a whole bunch of different episodes and you'll find something that is suitable for you. For example, Episode 85 is about a stroke that somebody experienced that was due to a carotid artery dissection.

Bill Gasiamis 3:30
Then we have an episode about diabetes and how diabetes will lead to stroke for

Jessica Tagami's husband in Episode 84. We have Episode 81, which is about how headache led to stroke with Vince Holland. And the list is on and on and on. And we speak about stuff that's related to nutrition that's related to well being related to overcome problems and it's a very amazing list of stroke stories and interviews with people that help people overcome stroke.

Bill Gasiamis 4:08
Now recently one of my awesome people in this community, David Norris, who is an occupational therapist, out of Brisbane, Australia, who I've interviewed for episode 88, about healing the brain after stroke. And also I interviewed him on episode 86 about what is neuroplasticity sent me a message with a link on a study from science daily.com. And I'll have the link in the comments later, that talks about a topic that I suspected was an issue for stroke survivors, and for people who haven't had a stroke to protect themselves from having a stroke.

Bill Gasiamis 4:56
And the topic was related to this idea that the brain and the gut are linked through the brain, gut access, or the gut-brain access. And basically what that means is that what happens in your gut is reflected in your brain and vice versa. So when I experienced a stroke, my brain switched off and it wasn't working properly.

Bill Gasiamis 5:20
And I noticed that there was this impact that happened to my gut, which was similar became constipated, bloated, and a whole bunch of issues. And as I tried to deal with the issues of my gut, I noticed that my brain was starting to come back online and started to get better. Now, I thought that was a link to healing myself via my gut through nutrition, which meant I stopped drinking, smoking, eating terrible foods, decreasing sugar, decreasing gluten, and as a result of that, what I found by doing those things was that I felt better in my body and that made my brain feel better and I wasn't sure why.

Bill Gasiamis 6:03
So, now this study that's come out, explains that, for some people who experience a, a blade in the brain due to a Kevin's angioma, the cabinet's angioma may actually play up and react or bleed, not because of the cabinet's angioma per se that's in the brain, but because of a issue in the gut bacteria. And the study that I did and I'll read you some of the studies says, in a nationwide study the NIH and

I'm pretty sure that's a British organization funded researchers found that the presence of abnormal bundles of brittle blood vessels in the brain or spinal cord, called cavernous angiomas are linked to the composition of a person's gut bacteria, also known as cerebral cavernous malformations.

Bill Gasiamis 7:01
These lesions, which contain slow moving or stagnant blood, often cause hemorrhagic strokes, seizures or headaches. current treatment involves a surgical removal, removal of the lesions when it is safe to do so previous studies in mice and small number of patients suggests a link between cavernous angiomas and gut bacteria.

Bill Gasiamis 7:25
The study is the first to examine the role of the gut microbiome and the role that it plays in a larger population of cavernous angioma patients. So basically, what they're saying is people who experience a rupture of a cavernous angioma, which I imagine will be similar for people who experience a rupture in an arteriovenous malformation an AVM which is something that I experienced will in studies shown to have a greater balance of bad gut bacteria than good gut bacteria in their gut.

Bill Gasiamis 8:09
And this is a common theme that they're finding for people who have a cavernous angioma, that blades that the gut bacteria in their gut is, is balanced more to the negative gut bacteria rather than a positive gut bacteria. So what does that actually mean? It means that we can intervene in the health of our brain by increasing the good gut bacteria in our belly, in our gut, in our intestines.

Bill Gasiamis 8:43
So how about that for an amazing way to take preventative action to support your brain, and decrease the chances of bleeding again or having another bleed? And how do you do that? Well it doesn't cost any additional money to become somebody who supports your gut bacteria. You don't have to buy anything or do anything. All you have to do is stop consuming certain foods.

Bill Gasiamis 9:14
And I've done five interviews with some amazing people. Matt and Stacy have called it the fun five interview series. And they talk about the foods that you are better off avoiding after a stroke and also before a stroke. And those five things

are the things that I stopped eating after the stroke that I experienced the three bleeds in my brain due to an arteriovenous malformation.

Bill Gasiamis 9:45
And those five foods include gluten, sugar, caffeine, dairy, and alcohol. And basically, because those foods are inflammatory and cause balance issues gut bacteria balance issues. And as a result of that, allow for bad gut bacteria to take hold and create a haven in your belly for them. And as a result of having more bad gut bacteria, you are more likely to experience neurological issues, especially after stroke.

Bill Gasiamis 10:27
And one of the ways to help you overcome fatigue is to get your gut bacteria right to stop consuming sugar to stop consuming gluten and stop consuming alcohol, caffeine and dairy those foods when you stop consuming, those allow the inflammation in your body and your brain to decrease. Allow your gut to start working in favor of your brain and will allow you to increase the amount of serotonin and dopamine that you're able to produce.

Bill Gasiamis 11:02
And therefore, give more of those neurotransmitters and hormones to the brain that the brain needs to heal after stroke. So, if you have any questions because I know this is a pretty full on topic. If you have any questions about this, just hit me up with a direct message wherever you find this video, or send me an email bill@recoveryafterstroke.com.

Bill Gasiamis 11:26
And if you're interested in recovery after stroke coaching and need somebody to support you and hold your hand to help you overcome some of the addictions that you have two foods to help you learn about gut bacteria to help you learn how to give yourself the best chance at preventing another stroke and to help you overcome some of the challenges that you're facing. Now that you are a stroke survivor. Just hit me up just send me an email. That's Bill at recoveryafterstroke.com. Thank you for watching.