Dr. Will B Explains How to Heal Your Gut and Prevent Disease

1. **Gut Microbiome**: Trillions of microbes in our gut help with digestion, immunity, and even mental health. A healthy gut can strengthen immunity and regulate mood.
2. **The Fiber Deficiency**: 95% of Americans don't get enough fiber, which is essential for gut health. Fiber feeds good bacteria and helps reduce inflammation.
3. **Diet's Impact**: A poor diet can increase the risk of diseases like cancer. Adding 30 plant-based foods a week and incorporating fermented foods can restore balance.
4. **Practical Steps**:
    - Gradually introduce fiber-rich foods.
    - Stay consistent with healthy choices.
    - Exercise and get quality sleep to improve gut health.
5. **Mental Health Connection**: Poor gut health can contribute to anxiety and depression. The gut produces neurotransmitters like serotonin, which affect mood.
6. **Holistic Approach**: Instead of relying on medications, focus on diet and lifestyle changes to improve gut health and overall well-being.