

## Our Food and Gut Synthesize our Immune System

### **Description**

A strong and healthy immune system is now more critical than ever because of ever-increasing infections in our surroundings. There are many reasons for the widespread infections, mostly because of climate change. So need a very strong and responsive immune system to safeguard our health from such infections.

### **Our Gut Generate our Immune System**

The majority of our immune system is generated in our gut. It requires a wide variety of healthy gut bacteria for optimal function – our Microbiome. The healthier and more diverse the Microbes in our gut, the stronger our immune system and the healthier we are.

### **The Gut Microbiome Depending upon the Food we Eat**

The quality of our Microbiome is directly dependent on the nutrient density and the Microbiome of the foods we eat, going all the way down the food chain to the microbes in the soil. The healthier the soils and the more diverse the bacteria living in it, the more nutrient-dense and microbially varied our foods, the healthier we are.



The camels browsing on unique vegetation which enriches its milk manifolds.

## **Gut Microbiome Make us Happy**

A diverse Microbiome does not only make us healthier but also happier. The microbes in our gut are pivotal in regulating neurotransmitters, Serotonin amongst them – the happy chemical – a natural anti-depressant and a powerful immune system improver. So ultimately, our health and emotional wellbeing are dependent on the quality of the soils our food grows in. – A buoyant life below ground will take care of a vibrant life above ground – for plants, animals, and humans alike.

## **Camel Milk Provides Healthier Gut Microbiome**

Camel Milk provides a diverse and healthier gut microbiome and helps in subsiding the infectious diseases and fulfill the micronutrients in our food. The camel keeping communities having slim and healthier bodies and strong gut health. They are rich with a diverse microbiome in the gut and enjoying a healthier and happier life. I have visited many camel keeping communities in different parts of the world and have found them very happy and healthy people.

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Since I have been taking a glass of fresh camel milk daily to keep my gut healthier and strong, I always enjoyed a very healthy lifestyle. I have never been sick for the last 22 years. I run and jog daily and feel full of zeal and energy at the age of 51 years.

## What works for you guys?

*What works well for your gut health? Please share your experience and achievements in keeping a healthier gut microbiome.*

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