

Healthy Gut/ Alex Volinsky 1hr

Alex Volinsky, PhD, talks about how to build a healthy gut. In February 2012, Dr. Volinsky fasted for 17 days, and he talked about what was the outcome. One of the unusual phenomena that happened to Dr. Volinsky was that he passed Rope Worms along with intestinal mucosa. Then, he and his colleagues published two non-peer-reviewed scientific papers about these parasites such as tapeworms. He says that more than 100 people reached him to learn about rope worms. He says: “Rope worms, otherwise known as *funis vermes*, are parasites that live their entire life inside the human body. However, the scientific community rejected his papers. Scientists have a different approach to this phenomenon “*build-up theory*.” Intestinal lining or mucus buildup explains that long-rope-like structures are simply shed pieces of intestinal mucus.

Normal shedding of the intestinal mucosa is normal. Scientists claim that altered shedding is associated with Inflammatory bowel syndrome (IBS) or colon cancer. The most critical evidence against rope worms is that its DNA consists of 99% of human DNA.

Additionally, Dr. Volinsky talked about the benefits of *kefir* and its beneficial sides. Kefir is a cultured milk and it is a very predominant food item in Russian culture. He claimed that milk at room temperature will turn into kefir. Milk at room temperature after several hours may turn into *prostokvasha*, meaning just cultured milk, however, kefir has a specific leaven which has a symbiosis of 5 microorganisms.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4626640/>

