



## **Berwick upon Tweed Educational Association**

### **“Why Diabetes? Your Gut Bugs and Your Health: A New Germ Theory of Health”**

**A lecture by Dr David Smith  
Saturday 17<sup>th</sup> March 2018,  
10am -12 noon  
Berwick Voluntary Centre,  
Tweed St, Berwick**

In this lecture by [Dr. Dave Smith](#), learn to love your gut bugs!

#### **A Brief Introduction**

Diabetes. Even our kids get type 2, along with asthma and food allergies. Why?

We have finally discovered that our very own gut bacteria have been helping us for millennia, while we have been steadfastly ignoring them. True to form, we have found them only as they are dying off. What can be done?

I have been seeking historical clues to the demise of our gut bacteria and can trace it back to the original germ theory of disease. The use of antiseptics, disinfectants and the chlorination of our water supply precede the onset of epidemics of non-communicable diseases by about a generation. Did the exposure of babies to a relatively sterile world kick off these diseases? Our heavy use of antibiotics after the Second World War seems to have accelerated the process. All this is really a development of an older idea, first suggested in 1989, in which diseases like asthma and food allergies were due to a lack of exposure to germs as infants: the Hygiene Hypothesis – the theory that we are too clean!

There are things that we can do ourselves and things that require a change in health policy. Hear about these things and about the alternatives to antibiotics.

It seems that our gut microbes are not yet quite dead. Can we revive them with the right food? This world can be fixed!

## Aim of the Lecture

This lecture is an extension of the mini-lecture that I gave last year to include the extra insight provided by the history of science and medicine. It sets out my understanding of the way in which our own internal microscopic ecosystem interacts with our lives. Unlike my other courses, chemistry is not directly involved!

## Lecture Content

- Calories and Weight Gain: Hay fever and Heart disease
- Gut Microbes: An Ancient System
- Historical Background: "Death to Germs!"
- A New Deal? "Detection and Diagnosis: Death to Pathogens!"
- What do your gut bugs eat (Prebiotics)?
- Fibre; Potatoes and Green bananas
- Polyphenols: Red wine, Dark chocolate and Coffee
- Can your gut bugs be supplemented (Probiotics)?
- Milk: Yogurt and Kefir – pasteurised or unpasteurised?
- Salt: Sauerkraut and Real Cheeses
- Vinegar and Kombucha (fermented tea)

See you on 17 March!

**The cost of the lecture is £6 to include refreshments. Everyone is welcome, and no previous knowledge is assumed.**

[To book online, please click here](#)

To book by mail, please fill in the booking form below, and mail to BEA, 7 Ravensdowne, Berwick-upon-Tweed TD15 1HX along with a cheque in favour of Berwick Educational Association. If you have any queries, please email [berwickea@gmail.com](mailto:berwickea@gmail.com) or phone Cian McHugh on 01289 303254

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Name

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Tel No

Email

Cheque enclosed

(gut bugs)