

6-21-26

[There](#) is a connection between your brain and your gut flora called gut-brain axis

Various passages about bowels being affected in Isaiah, Jeremiah over the nation.

The 2 women w/ the child solomon had to figure out – the real mom said

1Ki 3:26 Then spake the woman whose the living child was unto the king, for her bowels yearned upon her son, and she said, O my lord, give her the living child, and in no wise slay it.

the psalm of distress

Ps 22:14 I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels.

What is the Gut-Brain Axis? Bidirectional highway: gut brain

- Vagus nerve + microbiome
- Your “second brain” (90% serotonin made in gut)

How It Works Constant two-way communication

- Healthy gut = better mood & focus
- Unhealthy gut = more anxiety & fog

Effects of Good Care Feed it: fiber, fermented foods, plants

- Improves mood, reduces anxiety
- Better sleep, energy, clarity
- Ultra-processed food harms it

How to Care for Your Gut (What to Eat) Eat more plants —

- Fiber is king — Beans, lentils, oats, broccoli, apples, carrots, chia seeds
- Fermented foods (daily) — Yogurt, kefir, sauerkraut, kimchi, kombucha, miso
- Prebiotic foods — Garlic, onions, leeks, asparagus, bananas, Jerusalem artichokes
- Healthy fats — Avocado, olive oil, nuts, fatty fish (salmon)
- Quality protein — Eggs, fish, chicken, beans, Greek yogurt
- Polyphenol-rich foods — Berries, dark chocolate (70%+), green tea, olive oil, herbs/spices

Dark Chocolate –

1. Cardiovascular Protection

- contains flavanols that help maintain normal blood pressure and circulation.
- Unlike pharmaceutical blood pressure drugs that carry dangerous side effects, dark chocolate works in harmony with the body's natural regulatory systems.
- The antioxidants in cacao neutralize free radicals that damage blood vessels and contribute to heart disease.

2. Cognitive Enhancement and Mood Support

- One of the richest sources of magnesium - neurological function and stress reduction.
- Its theobromine and caffeine provide clean, sustained mental energy without the crash associated with coffee or energy drinks.
- The phenylethylamine content supports mood elevation by encouraging the brain's natural reward chemistry.

3. [Mineral](#) Density

Dark chocolate delivers substantial quantities of iron, copper, manganese, zinc, and chromium. These minerals are essential for energy production, immune function, blood sugar regulation, and cellular repair. Many people suffer from subclinical mineral deficiencies due to depleted soils and processed food consumption—dark chocolate offers a concentrated, bioavailable solution.

4. Gut Health Support

The fiber in dark chocolate serves as a prebiotic, feeding beneficial gut bacteria. A healthy microbiome is foundational to immune function, mental health, and metabolic regulation.

5. Blood Sugar Regulation

Contrary to conventional warnings, properly prepared dark chocolate with minimal sugar can actually improve insulin sensitivity.

The polyphenols in cacao slow carbohydrate absorption and reduce post-meal glucose spikes. This makes high-quality dark chocolate a supportive food for metabolic health, not a threat to it.

Practical Recommendations

1. Choose Quality Over Quantity

Seek out dark chocolate with at least 70% cacao content, ideally 85% or higher. Avoid products with added dairy, refined sugars, soy lecithin, or artificial flavors. The closer chocolate is to its natural state, the more medicinal it becomes.

2. Identify Truly Natural Sources

- Avoid ultra-processed and toxic additives, heavy metals from contaminated soils, and hydrogenated oils.
- Support companies that source organic cacao from small farms and use minimal processing.
 - [Mast Chocolate](#)
 - [Giradelli](#)
 - [Valrhona](#)
 - [Taza](#)
 - [Divine](#)

3. Consume Mindfully

1–2 ounces daily, ideally between meals to maximize nutrient absorption. Pairing dark chocolate with other superfoods like raw almonds or berries can enhance its antioxidant synergy.

4. Beware of Industry Misinformation

(see Matt 5:19 again, Ezra actually did read/practice/teach

Regarding God's word as a whole; His law, wisdom, instruction, history, the Gospels etc. what is the difference in the written word between OT and NT?

Jeremiah 31:33 "But this is the covenant which I will make with the house of Israel after those days," declares the LORD, "I will put My law within them and on their heart I will write it; and I will be their God, and they shall be My people.

Is there a reflection of this idea or statement in the N.T. anywhere?

Heb 8: 6 But now He has obtained a more excellent ministry, by as much as He is also the mediator of a better covenant, which has been enacted on better promises. 7 For if that first covenant had been faultless, there would have been no occasion sought for a second. 8 For finding fault with them, He says, "BEHOLD, DAYS ARE COMING, SAYS THE LORD, WHEN I WILL EFFECT A NEW COVENANT WITH THE HOUSE OF ISRAEL

Heb 10: 11 Every priest stands daily ministering and offering time after time the same sacrifices, which can never take away sins; 12 but He, having offered one sacrifice for sins for all time, SAT DOWN AT THE RIGHT HAND OF GOD, 13 waiting from that time onward UNTIL HIS ENEMIES BE MADE A FOOTSTOOL FOR HIS FEET. 14 For by one offering He has perfected for all time those who are sanctified. 15 And the Holy Spirit also testifies to us; for after saying, 16 "THIS IS THE COVENANT THAT I WILL MAKE WITH THEM AFTER THOSE DAYS, SAYS THE LORD: I WILL PUT MY LAWS UPON THEIR HEART, AND ON THEIR MIND I WILL WRITE THEM," He then says, 17 "AND THEIR SINS AND THEIR LAWLESS DEEDS I WILL REMEMBER NO MORE." 18 Now where there is forgiveness of these things, there is no longer any offering for sin.

19 **Therefore**, brethren, since we have confidence to enter the holy place by the blood of Jesus, 20 by a new and living way which He inaugurated for us through the veil, that is, His flesh, 21 and since we have a great priest over the house of God, 22 let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. 23 Let us hold fast the confession of our hope without wavering, for He who promised is faithful;

What is this 'evil conscience' he mentions?

speaking of the transition between the o.t. way of doing things w/ rituals & tabernacle, as long as that was in effect...

Heb 9:8 ¶ The Holy Spirit *is* signifying this, that the way into the holy place has not yet been disclosed while the outer tabernacle is still standing, **9** which *is* a symbol for the present time. Accordingly both gifts and sacrifices are offered which cannot make the worshiper perfect in conscience,

again

Heb 10:1 ¶ For the Law, since it has *only* a shadow of the good things to come *and* not the very form of things, can never, by the same sacrifices which they offer continually year by year, make perfect those who draw near.

Heb 10:2 Otherwise, would they not have ceased to be offered, because the worshipers, having once been cleansed, would no longer have had consciousness of sins?

So then Because of Christ's sacrifice, through the indwelling Holy Spirit we can have direct fellowship with God the Father through Jesus Christ by the power of the Holy Spirit and our conscience is no longer guilty.

And we never have to consider our conscience ever again, right?

1Ti 1:18 ¶ This command I entrust to you, Timothy, *my* son, in accordance with the prophecies previously made concerning you, that by them you fight the good fight,

1Ti 1:19 keeping faith and a good conscience, which some have rejected and suffered shipwreck in regard to their faith.