

Running a Pragmatic Anti-Cancer Probiotic

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Abstract

This article highlights the pragmatic significance of running as a working probiotic for humans worldwide. Running promotes gut health and immunity through known and unknown mechanisms and contributes to improved cardiovascular function and health. It is feasible that running postpones aging and acts as a strong anticancer. Research is needed to further elaborate on these.

Keywords: Running; Probiotic; Human health; Cancer

Running is a most reasonable strategic exercise to help minimize risks of obesity and diabetes as major disorders diminishing life quality. The modern man must pursue lifestyles that improve life satisfaction by increasing exercise for both body and mind [1-4]. Running has been introduced as a dynamic probiotic to improve gut health and integrity towards superior immunity [5].

A most pragmatic pathway through which running works is rescheduling body activities on a circadian basis. Running helps optimize working and resting times and allows the body to relax regularly after long hours of physical and mental workload. As a result, running minimizes risks from nervous and endocrinological abnormalities. This helps the greatly stressed modern man to secure relief from the busy life schedule.

Another mechanism by which running improves human health is acting as a probiotic in optimizing gut microbiota. This is in connection with brain networking and optimization of circadian splanchnic and peripheral metabolism. A running metabolic system does not authorize taking suboptimal daily food patterns. A running system cannot function optimally under over- or under-eating. A running system, thus, does not lead to obese or emaciated body conditions. Consequently, obesity is not likely to occur. In so doing, running minimizes the subsequent risks from the many obesity-related metabolic disorders.

When acting as an anticancer strategy, running optimizes circadian human metabolism and leads to more efficient waste management. Timely cellular oxidation of substrates on a circadian basis and effective waste management reduce the likelihood of suboptimal cellular integrity. The latter is indeed a type of cell toxicity and contributes to cancer development. Research is a must before more elaborations can be provided on these possible mechanisms.

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