

Running as a Postmodern Probiotic to Optimize Gut Physiology and Health

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Abstract

This article innovatively characterizes running as a most effective probiotic for optimizing gut physiology and health in the highly occupied postmodern times. Gut ecology including microbial integrity and health is greatly affected by exercise of notably prolonged running. Running is describes as a natural probiotic to improve gut motility and its inhabited microbial physiology. Running is a must for those aiming to not approach gut problems (e.g., different luminal cancers and Crohn's diseases).

Keywords: Running; Probiotic; Gut; Physiology; Health

Innovation and Discussion

Human gut physiology and health is known to be affected by diet, lifestyle, and exposure to a variety of pathogens. However, this knowledge stems from the fact that humans used to live in and enjoy the nature. For the modern man, the story is totally different. The modern and indeed postmodern human, lifestyle has increasingly involved machination. This technologized industrialized lifestyle has often kept the man from adequate physical activity of intense nature. As a result, human physiology especially along the gastrointestinal tract and splanchnic tissues embracing greatly diversified microbial activities, has been considerably altered. Exercise has been a core of recent research on improving public health through minimizing many modern diseases and problems such as cancer, obesity, diabetes, and aging [1-5].

It is not surprising to observe an increasing occurrence of different gut cancers and complexities such as crohn's disease. Psychological stressors and inappropriate lifestyle are among key causes of such a global health issue. Basically, sufficient gut motility and healthy physiology depend on healthy diet intake, optimal intake frequency and timing, adequate water consumption, effective hormonal actions and microbial metabolism, and as far as this article is concerned, prolonged physical activity of mainly middle- and long-distance running or any other exercise with similarly intense extent and high speed. Such high-demanding exercise refreshes respiratory and heart related systems and increases metabolic rate towards effective waste management and improved nervous and brain performance [6-10].

Regular middle and long distance running (e.g., 800-10000 m) ensures that body and its balance-keeping muscular organs move rapidly towards an optimal physical shape. Such a sweating and quick but indeed prolonged activity gradually burns any unwanted extra fat tissues of particularly central visceral adipots. Meanwhile, splanchnic tissues including gut and liver function more healthfully partly due to reduced release of stressor substances from the unhealthy visceral fats. Furthermore, gut activity throughout the tract increases towards better

microbial metabolism and lumen epithelial function. The process is of such a high biological significance that maintaining a healthy gut for the entire human lifespan is pragmatically impossible without rhythmic and regular running. This becomes more important as aging gets more of an issue. In a nutshell, regular and stylish running must be viewed as a crucial probiotic to help increase gut resistance against pathogens and improve gut physiology and health consistently and persistently.

Implication

Regular middle- and long-distance running greatly reduces overeating and prevents central-visceral adiposity. Staying fit free from abdominal obesity is a key to optimal gastrointestinal motility, functional microbial metabolism, and assimilative gut capacity and function. Running will be a postmodern probiotic for a healthy living gut.

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