

Eat Plants First, Love Plants Later: How Your Microbiota Hijacks Your Brain to Transform Your Diet

Prof. Dasaad Mulijono^{1,2,3*}

¹Department of Cardiology, Bethsaida Hospital, Tangerang, Indonesia

²Indonesian College of Lifestyle Medicine, Indonesia

³Department of Cardiology, Faculty of Medicine, Prima University, Medan, Indonesia

*Corresponding Author

Prof. Dasaad Mulijono, Department of Cardiology, Bethsaida Hospital Indonesia.

Submitted: 2025, Aug 02; Accepted: 2025, Sep 03; Published: 2025, Sep 08

Citation: Mulijono, D. (2025). Eat Plants First, Love Plants Later: How Your Microbiota Hijacks Your Brain to Transform Your Diet. *Arch Epidemiol Pub Health Res*, 4(3), 01-03.

Abstract

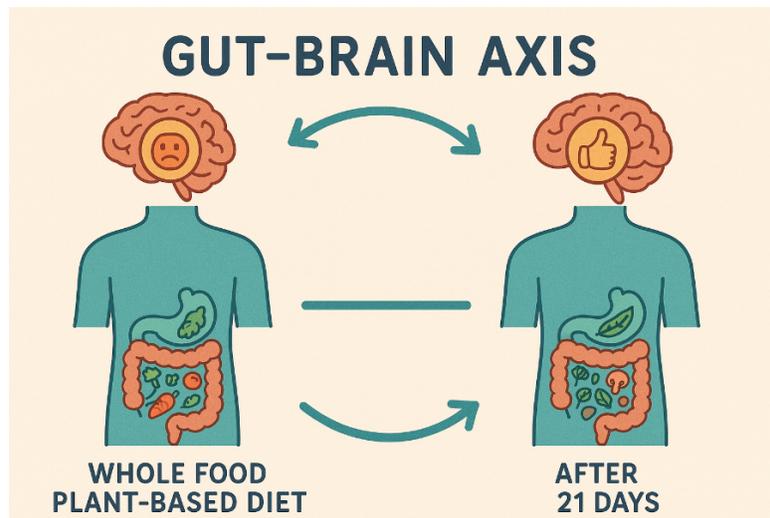
Conventional wisdom suggests that adopting a whole-food plant-based diet (WFPBD) requires considerable willpower and deliberate dietary choices. However, emerging evidence from the Cardiology Centre at Bethsaida Hospital, led by Prof. Dasaad Mulijono, suggests an unconventional yet remarkably effective approach: forcibly changing dietary habits first, allowing the gut microbiota to adapt and subsequently reshape brain chemistry, taste preferences, and nutritional inclinations. At Bethsaida Hospital, this approach has successfully transformed the dietary habits and health outcomes of over 6,000 cardiovascular patients, with 80% voluntarily continuing a WFPBD after just 21 days. This article examines the transformative effects of microbiota-induced neurological and sensory changes, demonstrating how enforced initial adherence can lead to sustained dietary compliance, reduced cravings for animal products, and significant health improvements, without relying solely on individual willpower.

Keywords: Microbiota, Plant-Based Diet, Gut-Brain Axis, Dietary Habits, Taste Preferences, Microbiome Adaptation, Neurological Transformation, Willpower, Bethsaida Hospital, Prof. Dasaad Mulijono, Cardiovascular Health

1. Introduction

Transitioning toward a WFPBD traditionally emphasizes the necessity of firm personal resolve, self-control, and sustained motivation. However, pioneering clinical evidence from Bethsaida Hospital's Cardiology Centre, spearheaded by Prof. Dasaad Mulijono, alongside new insights from microbiome research, challenges this conventional approach. The gut microbiota, a vast community of microorganisms residing in our digestive system,

has a significant influence on brain function, sensory perception, and dietary preferences [1-3]. By initially compelling adherence to a plant-based dietary pattern, as demonstrated by Bethsaida's successful implementation with over 6,000 cardiac patients, the gut microbiome undergoes rapid adaptation, subsequently altering neurological pathways and sensory experiences. This shift transforms plant-based eating from an obligation into a genuinely enjoyable preference.



2. The Secret of Gut-Brain Axis

The human microbiota comprises trillions of microorganisms that are essential for digestion, metabolism, immunity, and cognitive function. Diet profoundly shapes microbiota composition, with PBDs swiftly promoting beneficial microbial communities that thrive on fibre-rich nutrients [4-6].

Critically, the microbiota communicates bidirectionally with the brain via the gut-brain axis. Microbial metabolites, including serotonin, dopamine, and short-chain fatty acids (SCFAs) such as butyrate, have a significant impact on mood, cravings, and taste perception. Enforcing initial adherence to a PBD catalyses microbial adaptations that enhance the production of these beneficial metabolites, thereby improving neurological health, increasing satiety signals, and reducing cravings for animal-based foods [7-11].

Clinical outcomes at Bethsaida Cardiac Centre, under the leadership of Prof. Mulijono, strongly validate this approach. Remarkably, 80% of patients continue adhering to a PBD voluntarily after the initial 21-day enforced period. This program has delivered notable outcomes, including the reversal of hypertension without medication, significant diabetes control without insulin, substantial reductions in LDL cholesterol without PCSK9 inhibitors, sustainable weight loss without calorie restrictions, and improvements in renal function. Additionally, cardiac health metrics show regression of coronary artery disease and notably low restenosis rates following angioplasty procedures. The strategy also demonstrated exceptional resilience against COVID-19, with remarkable survival outcomes among elderly patients with multiple comorbidities.

These results underscore the microbiota's ability to recalibrate taste preferences and dietary behaviour, rendering plant-based foods highly desirable and naturally preferred over animal products. This microbiota-driven approach eliminates reliance on sustained personal willpower, making dietary transformation achievable and sustainable.

3. Conclusion

The secret to successfully adopting a PBD lies in harnessing the influential power of the gut microbiota. By initially adopting a PBD, profound microbiota adaptations occur, reshaping neurological and sensory preferences to align with the natural benefits of plant-based nutrition. This innovative, microbiota-centred strategy, exemplified by Bethsaida Hospital's groundbreaking clinical program, represents a fundamental shift in dietary intervention methods, promising lasting lifestyle changes and improved health outcomes without relying solely on individual willpower.

References

1. Mayer, E. A., Nance, K., & Chen, S. (2022). The gut-brain axis. *Annual review of medicine*, 73(1), 439-453.
2. Margolis, K. G., Cryan, J. F., & Mayer, E. A. (2021). The microbiota-gut-brain axis: from motility to mood. *Gastroenterology*, 160(5), 1486-1501.
3. Verma, A., Inslicht, S. S., & Bhargava, A. (2024). Gut-brain axis: Role of microbiome, metabolomics, hormones, and stress in mental health disorders. *Cells*, 13(17), 1436.
4. Shen, X., Tilves, C., Kim, H., Tanaka, T., Spira, A. P., Chia, C. W., ... & Mueller, N. T. (2024). Plant-based diets and the gut microbiome: findings from the Baltimore Longitudinal Study of Aging. *The American journal of clinical nutrition*, 119(3), 628-638.
5. Sidhu, S. R. K., Kok, C. W., Kunasegaran, T., & Ramadas, A. (2023). Effect of plant-based diets on gut microbiota: a systematic review of interventional studies. *Nutrients*, 15(6), 1510.
6. Tomova, A., Bukovsky, I., Rembert, E., Yonas, W., Alwarith, J., Barnard, N. D., & Kahleova, H. (2019). The effects of vegetarian and vegan diets on gut microbiota. *Frontiers in nutrition*, 6, 447652.
7. Alcock, J., Maley, C. C., & Aktipis, C. A. (2014). Is eating behavior manipulated by the gastrointestinal microbiota? Evolutionary pressures and potential mechanisms. *Bioessays*, 36(10), 940-949.
8. Kumar, A., Pramanik, J., Goyal, N., Chauhan, D., Sivamaruthi,

-
- B. S., Prajapati, B. G., & Chaiyasut, C. (2023). Gut microbiota in anxiety and depression: unveiling the relationships and management options. *Pharmaceuticals*, *16*(4), 565.
9. Leung, R., & Covasa, M. (2021). Do gut microbes taste?. *Nutrients*, *13*(8), 2581.
10. Gupta, A., Osadchiy, V., & Mayer, E. A. (2020). Brain–gut–microbiome interactions in obesity and food addiction. *Nature Reviews Gastroenterology & Hepatology*, *17*(11), 655-672.
11. Schwartz, M., Canon, F., Feron, G., Neiers, F., & Gamero, A. (2021). Impact of oral microbiota on flavor perception: From food processing to in-mouth metabolization. *Foods*, *10*(9), 2006.

Copyright: ©2025 Prof. Dasaad Mulijono. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.