

MODULE 9 – SOLUTIONS HANDOUT

Perfect GI Tract Health

If you are currently being treated for any diagnoses involving your gastrointestinal tract, let's clarify what we consider **minor** versus **more complex** diagnoses.

CAUTION: *If there has been pain and/or weight loss associated with your GI tract symptoms, you MUST first see your Doctor prior to pursuing any of our Solutions.*

- **Minor diagnoses:** Lactose intolerance, Irritable Bowel syndrome, Diarrhea or Constipation of "unknown cause" (which has already been evaluated by your physician and classified as a type of IBS), Gluten sensitivity, Celiac disease ("total gluten intolerance" - as long as it is "under control"), Reflux esophagitis/Heartburn, etc.
- **More complex diagnoses:** Ulcerative Colitis, Crohn's disease, Colon cancer but not benign polyps for instance. Active diverticulitis but not a **history** of diverticulitis or diverticulosis.

If you have a **more complex diagnosis** which is not "under control", please also consult with your Doctor before using our Solutions.

CAUTION: If you are experiencing some of the symptoms described in the self-evaluation questionnaire, it is possible that you have an un-diagnosed gastrointestinal illness which does not fall into one of the typical categories we will be discussing. If this is the case, please seek medical help first, before using our Solutions.

With that said, we know that very often doctors will have no solution and no diagnosis for things like abdominal bloating, alternating constipation and diarrhea (what they call irritable bowel disease), chronic constipation, and so on.

Many have never heard of "leaky gut", and rarely recommend products or diets to heal your gut lining; a topic that will be discussed in depth in the Solutions "Helpful articles: Most non-Functional doctors don't discuss prebiotics, whether they be foods or products.

Our Solutions are helpful for those with more complex diagnoses, as well as for those with minor diagnoses. We just want to make sure that no one has a complex non- diagnosed GI ailment. Clear enough?

WEBINAR SUMMARY:

Lactose intolerance:

- This is not uncommon and it causes gas, bloating, cramping and diarrhea when you consume milk.

Solution: Follow the Anti-inflammatory diet which strictly limits your dairy intake and, for your occasional yogurt, take the enzyme lactase. If this doesn't fix the problem, there is more to it than lactose intolerance.

Celiac disease:

- This causes very severe symptoms for the gluten-containing grains-eater who suffer from this disorder, and if this is your case, you know that avoiding gluten will alleviate your symptoms. Remember that some (surprising) grains such as oatmeal may contain gluten.
- Now for what is NOT known: There is ongoing research linking gluten in general to not only gastrointestinal upset but immune system depression and dementia and more.

Our feeling is that more and more will be discovered about our inability to digest gluten containing products. Not to mention that the vast majority of U.S. wheat is GMO, and that gluten has been added to many bread products to "stretch the buck".

We therefore avoid them and recommend you do the same. We are convinced that there will be more evidence forthcoming. In fact, since this module was first done, we have followed the literature and Functional Medicine recommendations and now recommend eliminating (other than sorghum and millet) all grains from your diet as you saw in Module 1.

GI TRACT HEALTH "TROUBLESHOOTING GUIDE"

1. LET'S START WITH SOME BASIC HEALTHY HABITS:

- **Hydrate!** (Clear urine).
- **Chew your food well.** This is stage one of the digestive process, so this is when enzymes first kick in from your salivary glands, making it easier on your stomach.
- **Eat enough soluble and insoluble fiber.** This is a combination of "roughage" or soluble fiber and insoluble fiber (such as organic apples with their skins).

The combination of hydration & fiber keeps "things moving" through the GI tract. If you aren't getting 30 grams of fiber daily, use a supplement such as the ones we mentioned in Module 1 which we will also review in this Handout.

Exercise regularly: If you haven't started; it's time, it's time!

The two following products are excellent sources of the "**right**" fiber:

Note that all recommended supplements for this Module are found in the "GI" section of our e-store.

This is a great and delicious way to get the "right" fiber if you are unable to consume enough via your dietary intake:

Chocolate Mint Fiber Bars	
Precautions Warnings	Don't over-do! More than one daily might cause GI cramping.
Benefits	These truly yummy bars, made "paleo" way (no high heat, etc.), add up to only 140 calories, have only 1 gram of sugar but 14 grams of fiber! Obviously this helps greatly with GI tract "regularity".
Additional Benefits	Helps with blood sugar control.
Dosage	- Eat one bar daily.
Additional Remarks	Here's something for that sweet tooth too!

If you are not a fan of Chocolate mint, then what? Well, O.K. - here you go:

DailyFiberPlus	
Precautions warnings	Don't exceed the recommended dose as that might cause GI cramping
Benefits	GI tract regularity.
Additional Benefits	Helps with blood sugar control and is an overall detoxifier, too. Serves as prebiotic fiber.
Dosage	- Take 2 tsps. in water daily.
Additional Remarks	This contains 12 different types of fiber and is taken as a drink.

2. MOVING ON THE ROAD TO PERFECT GI TRACT HEALTH:

If you eat very irregularly, you will tend to be constipated, so change that if this is an issue.

For those of you with upper **belly bloating, belching** or **feeling too full too soon**; this is sometimes associated with age related decrease in stomach-HCL and pancreatic enzymes. Sometimes bloating occurs with food sensitivities. Sometimes it occurs with leaky gut as the only symptom. Intestinal bloating (both upper and lower) is also a common symptom of SIBO. SIBO (small intestinal bowel overgrowth) is becoming diagnosed more and more, as leaky gut becomes more prevalent, along with the prevalence of hypothyroidism. Please see the "helpful articles" in this solutions section if this is your issue and it doesn't respond to digestive enzymes or food elimination.

Sometimes **constipation** is also associated with a decrease in enzymes which causes food to be presented to the colon, while only partially digested.

Reflux esophagitis (heartburn) may often occur with low stomach-HCL, unbelievably enough. In this case, taking digestive enzymes for this disorder as well as for upper **bloating/belching/fullness** will bring quick relief.

Remember also that if you have "**reflux**", you need to avoid the foods which cause your symptoms: commonly caffeine, alcohol, peppermint, tomatoes, spicy foods, citrus and chocolate.

The best GI enzymes contain Betaine HCL and pancreatic enzymes, as well as enzymes for gluten and milk, which digest carbohydrates, protein and fat. NOTE that GI enzymes always tend to decrease with age and everyone is different as to when this happens to them.

Digestive Enzymes

Precautions Warnings	None.
Benefits	Most of the time (other than with reflux), enzymes will not completely solve the problem, although you will see an improvement. For full improvement, more Solutions are then required. Refer to the above list of symptoms this is "attacking".
Additional Benefits	You can wean-off of over-the-counter antacid medications if you have reflux/heartburn.
Dosage	- Take 1-2 caps 10 minutes prior to each meal.
Additional Remarks	If you get amazing relief from Digestive Enzymes, that means your GI enzyme levels are indeed getting low, and this is something you might therefore need to stay on. The other possibility is that you have impaired your "proton pumps" with PPI medications, and they will regain function, allowing you to wean off, and use the DE's as needed. Another possibility is that you developed gastritis which, when healed, will allow you to wean off.

Note that for severe heartburn that doesn't fully go away with these enzymes, more betaine is required; see the "Heart burn Relief" section of the "GI pod" for **Betaine HCL**.

For a healthy GI tract, everyone needs **prebiotics** and **probiotics, (either from foods, supplements or both)** and we will talk specifically about this after we dispense with your symptoms.

Now what about:

- "**Lower gas**"?
- "**Lower bloating**"?
- **Chronic diarrhea**?
- **Alternating constipation/diarrhea** (often diagnosed as "**irritable bowel syndrome**"?)
- Or just plain **chronic constipation**?

Try the following to see if these are the issues or contributing issues:

- First, try lactase or milk elimination,
- Then, try gluten elimination,
- Then, try Beano or bean elimination.

3. GI TRACT CLEANING/HEALING PROCESS FOR EVERYTHING MENTIONED ABOVE:

- **FIRST**, if you have had bouts of antibiotics and/or symptoms of yeast overgrowth, I'd recommend a course of the two detox sprays suggested in Module 6.

Another possibility is that you have SIBO and or SIFO- so read about this condition ("helpful articles") and see the appropriate "pod" in the GI-store.

- **SECOND**, you need to set up an environment where good bacteria can take over the bad bacteria.

Often, people take **probiotics** which can never "set up shop" without the **prebiotics** given **FIRST**

Great prebiotic foods are Jerusalem artichokes and asparagus as well as fermented foods such as sauerkraut. There are plenty of blogs and books about how to feed the "good bacteria" in your GI tract. If you're looking to supplement your diet, we have what you need.

Our favorite pre-biotic is one that tastes incredible, doesn't cause stomach upset, and is a tasty sweet daily treat you can eat AND you're not "cheating"! See below:

<i>Cochommune™ Bar</i>	
Precautions Warnings	More than one per day might cause cramping.
Benefits	Creates a friendly environment for probiotics (good bacteria) to set up shop in the GI tract.
Additional Benefits	Immune-stimulating (we will cover this in Module 10).
Dosage	<ul style="list-style-type: none">- Enjoy one delicious bar daily.- They can be used at the same time as the detox sprays and simply start probiotics a week later.
Additional Remarks	It is a chocolate-coconut bar that has no sugar, of course, and is made in "paleo fashion" so it is actually not "processed". In addition, it packs only 140 calories!

- **THIRD**, we consider part three of the healing process for your lower GI tract issues is the use of proper probiotics. This means: refrigerated, and with enough different "good" bacterial strains. But we note that there are now decent probiotics which do not need refrigeration, and if you have an autoimmune disease or other medical conditions, you may very well require sporulating probiotics and "friendly yeast", so don't consider the following to be a full spectrum of offerings.

<i>Mibiotic Supreme™</i>	
Precautions Warnings	None.
Benefits	Populates a "readied" GI tract with friendly bacteria.
Additional Benefits	Immune stimulating.
Dosage	- One tablet 2x daily. Keep refrigerated !
Additional Remarks	Contrary to popular belief, commercially sold yogurt and kefir products are tasty but useless to repopulate GI bacteria You must make your own, hold the sugar, and use A2 milk for optimal health benefits, if you want useful probiotics from yogurt and kefir. Or; you can just make these products from coconut milk and avoid the dairy altogether.

NOTE:

4. IF "ALL ELSE FAILS":

If you have done a detox, used the prebiotics and probiotics, and a month goes by with no relief, please see your physician.

The symptoms listed above are all fairly common and associated with a syndrome named "**leaky gut**" which is missed by most "regular doctors" and is becoming very, very common. If you have undiagnosed GI issues, please read through the leaky gut articles on this solutions page to see if you require "more" than is being recommended here.

Food allergies are also extremely related to leaky gut syndrome, other than "typical food allergies" such as peanut and egg.

5. STACKING THE DECK:

The following product is another "wow" as far as we're concerned.

It is derived from grass fed, antibiotic-and-growth-hormone-free dairy cattle as something mothers give to baby calves for THEIR immune systems.

If you have any questions regarding the use of this with your GI tract condition, just check with your Doctor.

<i>Colostrum</i>	
Precautions Warnings	None.
Benefits	This is s a great immune system booster and is a must if you have any diagnosed gastrointestinal conditions such as Irritable bowel disorder, Ulcerative Colitis, Crohn's disease, Inflammatory Bowel Disease, or Celiac disease.
Additional Benefits	Immune boosting!
Dosage	- Take two capsules each morning.
Additional Remarks	This is also a must if you are taking more than an occasional "non-steroidal anti-inflammatory" medication such as Motrin or Aleve. It is thought to help heal the damage from these medications which very often affect the lining of the colon and can cause diseases such as microscopic colitis, which can manifest as debilitating diarrhea.

6. CHRONIC CONSTIPATION:

- If you are well hydrated, have adequate fiber, exercise, are taking the digestive enzymes and made your colon healthier with the detox, the prebiotics and the probiotics, and chronic constipation is still an issue, there is still hope (and we're assuming you have already consulted your physician about this at this point, correct?).
- If you are a female, you may be progesterone deficient, which can dramatically slow colonic motility, causing constipation.
 - Solution: Make an appointment with a Hormone Expert Doctor or for now, just see the Solutions Handout on Module 12 to increase your progesterone levels.
- We haven't covered Module 11 yet where we discuss "happy brain chemicals", but one brain chemical (or neurotransmitter) which decreases as we age, and which has motility receptors in the large colon is **serotonin**. In fact, most serotonin is made in the GI tract!

Some people get constipated due to a drop in serotonin with age without experiencing depression, merely constipation!

If you have not been a chronic stimulant laxative user, and have consulted your doctor, if you have been doing all of the "routine" listed above and you are getting nowhere, then try this:

- Go to the "constipation relief" section of the "GI pod" and find the **5-HTP Complex**. This will increase GI motility; just be sure to follow the directions on the website for proper dosing. If you **HAVE** been a chronic laxative user, you may have permanently slowed down the parasympathetic nervous system which propels your colon, and this must be treated by a GI Specialist. There are pharmaceuticals which are helpful.

NOTE:

We do **NOT** recommend colonics as they just flush out the good bacteria you have worked so hard to get into place, other than, if desired, using them in instances of bound toxins, trapped in the colon, or (sometimes-this is controversial) "jump-starting" a constipated colon. Make sure you use a certified therapist if you briefly go this route.

7. KEEPING THING UNDER CONTROL:

Once your gut symptoms are COMPLETELY under control, you can try switching to the following prebiotic/lower-strength probiotic, and see if this keeps things under control:

The best phage-based prebiotic/lower-strength probiotic:

<i>Prephage Probiotic™</i>	
Precautions Warnings	None.
Benefits	Maintenance of a healthy lower GI tract
Additional Benefits	This is also appropriate to take for GI tract health right off the bat, in lieu of a separate pre and probiotic, if you are starting off having NO symptoms.
Dosage	Take one capsule daily for a combination pre/probiotic action.
Additional Remarks	Also immune boosting!

Note that the literature about gut health is rapidly changing, with some articles recommending no supplemental probiotics, and others recommending whopping doses; especially for people with GI disorders such as Crohn's disease, Ulcerative colitis, or for those who have been cured of C. difficile or who have had prolonged courses of antibiotics. This is one of the "hottest topics" in Functional Medicine so stayed tuned!

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We sincerely hope that these solutions and the "helpful articles" on this page will help lead you to Perfect GI tract health.

This is a confusing topic; so don't hesitate to email Dr.Kim, when needed.

Best Wishes for your Life and Health,

Kim Crawford, M.D., and the drkimsagewellsolutions.com team.