



Implementation Protocols and Special Strategies: Gut Repair Summary

Transcript

Hello and welcome everyone, this is Dr. Ritamarie Loscalzo. Every time that we get together, I can't help but emphasize that I'm not diagnosing or treating you. I am not sitting in or replacing a relationship with a practitioner. That is your relationship with a qualified practitioner is where you would turn to find out if these protocols are indeed for you.

If you are under the care of a doctor, if you've been diagnosed with any kind of gut or other condition make sure that you have an intelligent discussion with your practitioner about what we are talking about especially if they haven't given you any options besides drugs because there are lots of options.

And if that practitioner doesn't seem so cooperative maybe you can take a look around and see if you can find one who is because there are quite a number of practitioners now are really getting on the bandwagon and understanding and starting to believe that indeed what we eat has an effect on the functioning of our digestive tract. Wow, what a concept!

I remember when I tried to get that point across to a doctor many years ago it was over 30 years ago when I was ill and having digestive issues and the burning and the doubling over pain and nobody found anything on the test and just told me to take ulcer medication and I asked that fated question that has changed my career path ever since and that was, "could it be what I eat, could it be my diet?"

And the doctor just laughed at me and scoffed and said "of course not, diet doesn't have anything to do with the health of your stomach or your digestion." Ignorant as I was and young as I was, I was probably 25 at the time, I thought well that doesn't even make sense because all this food goes through the tube and how could it not have an effect on what I was feeling?

That's what started this whole just journey to find the truth that has led me to where I am today. I'm gathering together a lot of the information that it took me many years to put together a set of protocols to help you to determine where in your gut the malfunction, the breakdown is actually happening and what you can do to start to restore function.

And I want to reiterate, we are not talking of this or that approach. That's not my approach to healthcare.

We are not looking at, oh well if you have leaky gut, these are the herbs that fix it, if you have H Pylori infection or an ulcer or a reflux these are the processes that fix it. No, we are looking at, these are some of the ways that you can change your diet, your lifestyle, your stress, even your movement and your postures that are going to help facilitate the optimal function of your gut.

The ultimate healer lies within you. That's who, you. You are the healer and we are just trying to get your habits and diet and things in the environment out of the way so that it can become better functioning. I'm happy to be here sharing this stuff with you and again if you are working with a doctor, if you are on medication, don't ever just stop your medication cold. Check in with your doctor and you should be able to find someone who will be working with you cooperatively and we will give you the tools. I want to empower you to be your best health advocate because you are the one that's going to be there the rest of your life.

This is a hot topic so let's jump right in, okay? First of all we are dealing with an intestinal tract, the stomach, the gastrointestinal tract, gastro meaning stomach and intestinal meaning intestinal obviously.

The lining is coated with a mucus membrane and there is little villi or projections that line it. We go through all the details of the anatomy and physiology in the presentation that's on the website. I don't want to take a lot of time going through that right now but what I want to reiterate is what it looks like when that mucosal lining gets damaged and disrupted and it isn't a pretty picture.

If you look at the picture I have up on the slides you see the little arrows, they are pointing to spots that have little like lacerations and this is in the small intestine. This is what happens to those villi (the villi are those projections) when they get damaged. Imagine that's a little opening and let's just imagine you just ate some tomato sauce or you just had some lemon water.

What it might feel like rubbing up against that mucosal lining where the protection is no longer there. It could be painful so if you are applying some of the principles that I'm giving you as like healthy things for the gut and you are not getting the results or you are still getting burning and stinging and all that it could be that you've got this disruption in the mucus.

The protection and the underlying tissue is being irritated because if the mucus is intact, it isn't going to hurt, it doesn't matter how hot that cayenne pepper or ghost pepper whatever it is you eat is it's not going to damage an intact mucosal membrane. It happens when it gets disrupted, and that's what we are here to talk about is ways to restore the integrity of that mucus lining.

If you are doing some of the things that we talk about like say lemon water in the morning and you are feeling it's just not comfortable you may have to take a step back and work on some of the mucilaginous herbs and of course eliminating the foods that further disrupt, and maybe do that for a few weeks before you can even add some of the therapeutic things and look at some of the therapeutic foods that might be soothing like coconut oil or avocado depending on where your sensitivities lie.

This is the small intestine and this is what it looks like when it's damaged. The stomach, you can see here these little holes, there are ulcers and tumors that can form in the stomach. Again it's a disruption of that protective mucus membrane and the stomach has the strongest, thickest, most beautifully carpeted lining of all the parts of the gastrointestinal tract because in the stomach is where acid is produced to begin the breakdown of your proteins and help you to digest your minerals.

There is a lot more acid in the stomach than there is the esophagus, the esophagus shouldn't have any acid except what's coming down, so lemon juice and foods like that, and the small intestine doesn't get exposed to acid for very long. Only the very top part of the duodenum, the upper part, when the stomach contents first get in there, but immediately upon being dumped into the small intestines that chyme is what it's called, it's that chewed up, broken up mush of food that comes from your stomach and into the small intestine.

That goes in there and immediately both the pancreas and the gallbladder are dumping out bicarbonate to neutralize because the ideal pH of the small intestine, the duodenum or the digestive enzyme function is actually alkaline. Acid in the stomach, alkaline in the small intestine and with the help of your pancreas and your gallbladder, we produce this bicarbonate that neutralizes it.

You can see there is a lot of ways that this can go wrong. You can have things that damage that nice mucosal blanket that lines the GI tract. You can have acid that spills into the wrong place, in other words it goes up the esophagus instead of going further down.

You can have pancreas and gallbladder that don't do their jobs and secrete enough bicarbonate to neutralize the contents of the stomach as they come in and then we end up with a type of ulcer that's more of an ulcer in the upper part of the duodenum, which is a more rare type of ulcer but still can happen.

How does the stomach get an ulcer if it's got this huge thick blanket of mucus protecting it? Well you do things that disrupt that and there is a lot of things and we shared with you lists of foods that disrupt this like alcohol and caffeine, tobacco and some pesticides. A lot of things can disrupt and break down that mucus membrane.

Our goal in this whole process is to help restore that nice, thick blanket of mucus to line the whole digestive tract and to heal the damaged cells to restore them back to normal and then make sure that everything is in the right place. These are the things that we are working on in the program.

So far we've taken you through some of the basics and then the upper part; the esophagus, the teeth, the stomach, and then this module that we are in right now is on the small intestine and like I said the videos will be coming. How do we go about repairing? Well it's a process called the **4R Process**.

That term was coined by one of my mentors, Jeffrey Bland who is a brilliant PhD biochemist who has this amazing memory and capacity for recalling facts and he can recall studies, 'in the 1929 study by Hall and Wilber, this happened...' and 'in the 1987 study by these guys this was studied' and you sit there going 'wow, this guy's brilliant.'

He came up with this idea that in order to heal the gut we have the 4R Process. It's catchy and it's easy to remember. The 4Rs are **Remove, Replace, Reinoculate and Repair**. So far we've talked about some of these processes like right at the beginning we talked about remove: remove those foods and those allergens and those gut disruptive foods and habits that are hurting the gut.

Replace. Replace the nutrients that we end up being deficient in as a result of nutrient deficient diets. Replace the enzymes that we don't get when we eat highly processed cooked and high temperature foods, replace the enzymes. We are also going to talk about replacing some of the other things further down and we talk about reinoculate rather than replace when we talk about putting back in the good bacteria, the good gut bugs so we call that reinoculate.

And then repair is obviously fixing the damage.

They don't necessarily have to be done in this order although I highly recommend just start with remove because it's kind of like if you try to repair while you are still throwing gasoline on the fire you are not going to get very far. You can start doing all these great things to repair your gut but you are still putting in things that are fuelling the fire.

That's a mistake I see a lot of people make including some practitioners who will just get a little bit ahead of themselves and just say oh you've got to heal your leaky gut, here is some glutamine and some slippery elm that's going to help you. But if you are still drinking alcohol and eating allergens and eating gluten and dairy and sugar and processed foods and hydrogenated fats and all those gut damaging foods you are not going to get very far with repair.

These are the four R's and we are going to go through and review some of these in this presentation and I'm going to share with you in more details about the repair piece and the remove and the other remove is to remove the gut bugs that don't belong there and that one we are going to talk about a little bit more.

So far I've given you an action plan for getting your gut repaired, after all this is the *Gut Repair And Alkalizing Nutrition For Digestion*, the repair is important, the alkalizing nutrition is as important. They both work in conjunction with each other. You cannot be successful if you just do one without the other.

Your very first thing to do was to complete online assessments. In the very beginning I gave you a set of online assessments that help you to determine what point in the digestive tract ,or many points in the digestive tract, the disruption is happening for you. Is it happening because you are not producing enough stomach acid, are you producing too much stomach acid, are you not producing enough enzymes?

Are you having problems in your small intestine or your large intestine, your liver or gallbladder? These are all questions that are geared towards helping to pinpoint where the disruption may lie. I then introduced most recently in fact just in the previous weeks, we introduced a *Candida* and *Leaky Gut* assessment and that will help you to identify if some of the symptoms you are having could be related to disrupted gut flora. In other words, overgrowth of *Candida*, or a parasite, or bacteria, that maybe belong there but not in the quantity that you have it there.

Then the leaky gut assessment will help to determine are you having some issues with the gut membrane, remember I just showed you that picture where we had those little ulcerations when we were looking at leaky gut.

And it's a serious problem. It's not just painful when you eat but it disrupts the way that nutrients are absorbed, it doesn't also filter out the things that should not go into your blood stream. You see the digestive tract is actually a tube that's outside your body, your mouth. It's protected from being inside your body by this membrane and these villi.

There are little tiny openings in between that are supposed to only allow fully digested food particles when they are broken down to their smallest constituents like amino acids, fatty acids, vitamins, minerals; these are the things, and sugars, single sugars. These are the only things that are supposed to get into your blood stream.

When there is a disruption there, these things that don't belong in your blood stream get in and that wrecks havoc with your immune system and we'll talk more about that. The other thing I asked you to add was a daily AM Gut Rejuvenator before any food in the morning because your gut has been stagnant all night.

You are sleeping, you are not digesting food fortunately. Don't go to bed with food in your stomach or in your mouth because it's not a good idea. But it's been dormant and we want to wake it up. And what we found is certain herbs, like something sour, actually wakes it up and opens up the digestive tract and readies it for the food that's about to come.

A lot of these are based on naturopathic and herbal remedies that have been used for centuries. I gave you a recipe and I gave you actually several recipes for daily *AM Gut Rejuvenator* and the basic recipe is lemon juice or lime juice or orange or tangerine, but lemon or lime tend to work the best. You want to use something that has limonene in it, which is a component of the oil. You can also put in the essential oils of lemon or lime or orange.

I usually put lemon or lime juice with some essential oils; lemon, lime, tangerine, orange. They all have limonene, and then I put a little bit of peppermint or spearmint or something with menthol to wake things up. But that may not be the perfect remedy for you maybe you are allergic to citrus in which case you could put a little apple cider vinegar to wake up the digestive tract. If you've got reflux you may not want to put peppermint oil in there because peppermint oil can sometimes loosen or relax that lower esophageal sphincter.

The peppermint is really good if you have a lot of spasms in your gut, it's really good for people with irritable bowel and bowel spasms. It's not so good if you have reflux so you'll just have to experiment with it.

Some people put a pinch of cayenne in there and that's great unless you've got some really bad disruption of the mucus lining in the stomach. And also if you've got esophagitis which is inflammation of the esophagus because you've had the contents of the stomach refluxing or up-chucking into the esophagus where the mucus membrane isn't strong enough and that gets disrupted.

If you take cayenne or anything spicy like that and you get an immediate burning as it's going down it indicates that you most likely have some disruption of that mucus membrane. Usually the burning you feel is not so much in the stomach but it's in the esophagus, but when it gets really bad it can be in the stomach and you can have gastritis, inflammation of the stomach lining or ulceration.

There are recipes in the recipe guide and it's 140 (approximately) pages of recipes. There are gut rejuvenation recipes, there is the leaky gut repair shake, there is slippery elm and marshmallow drinks that help to soothe the gut, there are a lot of really great recipes in there.

The other thing that I recommend is that you add daily green drinks or blended soups in the morning and people ask 'why, why do I want to do this, why can't I just have oatmeal for breakfast?' Well we want to start the day with a lot of green nutrition, a lot of chlorophyll-rich foods, very, very, very important to start the day with chlorophyll-rich food.

We also want to start the day with protein, which we talk more about in our *Blood Sugar Balancing* and also *Adrenal* modules because it's really important for hormone balance to have some protein in the morning and that doesn't mean bacon and eggs. You don't have to have bacon and eggs in the morning and I'm not really a big fan of them because they are not alkalizing nutrition, not a great way to start the day.

I like to start the day with green foods and Omega3-rich seeds that are high in protein like hemp seeds or chia seeds. But again everybody is a little bit different and depending on your own specific food sensitivities or specific conditions that we'll talk about like specific carbohydrate intolerances or SIBO which is a Small Intestinal Overgrowth, you may not tolerate some of the foods that are "healthy" and we have to modify that for a while.

We said add daily blended greens or blended soups. I like to do this in the morning, you can do it throughout the day and these can be juices.

People who have bad inflammation like Crohn's disease or ulcerative colitis or even diverticulitis, inflammation, outright inflammation and ulceration in the gut may not do very well with taking raw fiber.

I oftentimes take people off salads for a whole month to allow it to heal in case it's an extreme ulceration or inflammation.

Some people with those conditions tolerate blended greens just fine so we have them do cooked or raw blended soups. Some people the only way to really get some good whole raw greens which are loaded with folate and all kinds of other nutrients, chlorophyll etc., is to juice them. It's all a matter of finding your groove here.

If I've made a recommendation and said to include some daily green drinks or blended soups and every time you drink them you feel lousy and you've explored all the different ways, we need to look at why. I highly recommend you get on the calls and explain to me your situation so I can help you make sense of it.

I'm presenting here some overall information to help you make sense of it but if you need help making sense of it there are two ways to get help. One is to type your questions in advance of the calls or to come on the calls and ask the questions so that's via asking me on the calls and others by posting on the Facebook group.

We have a lot of activity there, I pop in there every day, I look in there to see who's posted, I make some comments, Lynn makes a lot of comments and we have a lot of great stuff going on there. Big piece, and a lot of people overlook this is before each meal you need to do a pre-meal ritual to ready your body for food.

We talked a lot about this in the intro, we've talked about it in every single talk so far how important it is to get yourself in the parasympathetic nervous system versus the sympathetic. That's the calm state of your nervous system where digestive enzymes flourish, and the valves between the sections of the digestive tract are opening and closing as they should, and digestion hums along when you are in parasympathetic.

But when you are in sympathetic it's your body tightening up for the fight, getting ready to run away. Digestion doesn't work well there. It's a natural response by the body to shut it down. Now you may not think that you have a lot of stress but you can easily be getting stressed out by sitting down to a meal especially if you've had some digestive issues where every time you eat something it bothers you and you are just stressed out not knowing if the food is going to bother you.

It's really important to take a few minutes before each meal to stop, to look at the food, to take in the beauty, to appreciate it. Go to the beach, go to the mountains, do something special for yourself, shift your body in that moment and your digestion will work better.

I really encourage you to do this because if you come to me and say well I've been doing this or doing that food or doing that protocol and it's not working, one of the things I'm going to ask you is, how often are you doing that pre-meal ritual?

And if you say well, no I haven't done that yet. Don't make the mistake of thinking the food trumps everything because it doesn't. Actually the stress levels, the low stress, can trump everything. Not to say that you should go out and eat junk to not stay stressed, but studies have shown that it makes a huge difference, so don't overlook this.

And of course eliminating the foods that hurt your digestion including allergens, I gave you a list and that has a list of all the foods that hurt your digestion and the main allergens which I want you off of throughout this program are: gluten, dairy, corn, soy eggs, peanuts and anything else that you have found yourself to be sensitive to. You are going to chew thoroughly, and this is the other piece. Yeah, yeah, yeah, I eat all this great food but no I don't chew thoroughly.

I watch people eat, they take a few bites and then they swallow. That does not expose the food fully to your digestive enzymes in your mouth. It doesn't break them down into small enough pieces and those big chunks of food that get down into places that aren't supposed to handle big chunks of food, that damages; so really, chew, chew, chew, chew, chew.

If you need to, I would highly encourage you to try some bitters about 15 minutes before the meal especially if on that gut assessment you showed up to have low stomach acid. Bitters will help to lubricate the entire digestive tract. It helps the stomach to make more acid, it helps the gallbladder and the liver to release more bile, it helps to lubricate the lining, moisten the lining, and helps the pancreas to make more enzymes. It wakes up your entire digestive system.

There is something called the HCL Challenge and you can do that, I've given you instructions for doing that, it's not for everyone. If you are dealing with reflux, if you are dealing with burning pain every time you eat within a few minutes of eating I don't recommend that you do the HCL challenge. HCL is hydrochloric acid and it's the acid that your stomach produces to help digest protein and it helps to digest minerals.

And yes, most people with the burning pain have low stomach acid versus high but if you are getting the burning then you probably have some disruption of the mucus membrane. And even though you need the HCL you can't take it in because it's going to burn.

What you need to do is spend a few weeks working at giving the mucus membrane some nutrition like the mucilaginous herbs. I gave you a list of all the mucilaginous herbs, we'll review them a little bit later in this presentation. That would be things like slippery elm, marshmallow, plantain, aloe vera and licorice, or what I usually recommend in DGL which is deglycyrrhizinated licorice which is the licorice that has got the active constituent that could raise blood pressure, removed.

Not everybody needs to do a DGL but it's safer so I just recommend the DGL. And then taking enzymes with your meals especially if you are eating complex meals, if you are eating more cooked than raw foods, and you are eating combinations of foods that contain starches and proteins.

I'm really a fan of good food combining if it needs to happen and I don't like combining proteins and starches, or sugars and fats. When you do combine those things it really helps to take some enzymes. What we are trying to do is take the load off your tract so the more things you can do to help your digestion while you are healing it, the better the progress is going to be, and the less you are going to have to take in the future.

These are therapeutic stages right now. We are not talking maintenance here, we are talking therapeutics and it's a lot different than maintenance. Another piece of the gut repair action plan is you can try the soothing herbs like all of the ones I listed as mucilaginous herbs. Slippery elm, you can make it into a tea and I've given you a couple of recipes for that in the recipe guide.

DGL powder, you can take. You take DGL lozenges if you have the burning in your esophagus if have reflux and that's really good because it gets slowly broken down and soothed and healed. Studies have shown that the DGL works better than over-the-counter medications like *Prilosec* and *Nexium* because it actually heals.

So in the short term if you were to give two people, one *Nexium* and one the DGL, the *Nexium* people might have more instant relief but as you study that over time over a period of a week or two, by far the people with the DGL do better than the people with the *Nexium* because the *Nexium* is just turning off the acid.

And what does that mean? That equates to turning off digestion in the stomach. You turn off the acid you've turned off digestion. That's what they don't tell you; just take the *Tums*, take the *Nexium* and take the *Prilosec*, you are turning off digestion, that's as clear as it is. So you may have symptom relief but you are not going to digest your foods and you may be creating more problems further down the line from all this undigested food going down.

You are also going to create protein deficiencies, and it affects your hair and your nails and your structure, so that's important. Staying calm and present at all meals, not just at the beginning; I like to go back and remind myself because I can get caught up in that eating frenzy as well as everybody else so staying calm and present, and harness the power of appreciation and what Dr. Cousins calls conscious eating.

Be aware of every bite and how it's affecting you. I'm not talking paranoid eating like where you are scared of every bite, I'm talking oh, how does that sit, oh that feels nice, oh, I swallowed that a little quickly, I went too fast, being conscious about what you are doing and what you are eating.

The next piece we are going to talk about a little bit more is our *Candida And Parasite Cleanse Protocol* and the *Leaky Gut Protocol*. We are going to go into a little bit more detail and there is a lot more detail on the site in the videos that are coming soon. The *Candida And Parasite Cleanse Protocol*, if you do the Candida assessment and that's got a very high score, then you will probably want to do the Candida and parasite cleanse before you start the *Leaky Gut Protocol*.

You can do them concurrently, you can do the leaky gut and then the Candida, you can do them one and then the other and then the other again but if you have a very high score sometimes it works best. Usually people do them concurrently or they overlap them. So you do the *Candida And Parasite Cleanse Protocol* and the *Leaky Gut Protocol*, which I'm going to share with you shortly.

Then do the *30-Day Leaky Gut Detox And Intestinal Repair Protocol* and I'll share the details of that as well. Then I've given you a couple of extra pieces, if you are not responding as you think you should, if you eat the greens or drink the greens and instead of those feeling really soothing and healing in your digestion and they don't, you may have to look at the modified *Specific Carbohydrate Diet* food list that I've created. I'll talk more about that shortly, and you may also have to look at Small Intestinal Bacterial Overgrowth (SIBO) which is basically where bacteria that's supposed to be in your large intestine creep up and inhabit your small intestines and wreak havoc and cause bloating and gas and all kinds of burping etc.

Let's just remember how to do this. I want you to do this with every meal, with every piece of food that goes in your mouth even if it's a smoothie, even if it's an elixir, even if it's just a few bites or one of my little protein bars, I want you to do this before each meal. You just stop, you stop everything, you put down the newspaper, you turn off the TV, you stop speaking and you just focus.

You look at the food, you tune in to your heart, you breathe deeply and fully, and then really harness the feeling of sincere appreciation. You are really fortunate to have this beautiful food that you get to eat. We get to eat this; we don't have to eat it, we get to eat it. We get to nourish our bodies and come from that place of appreciation because the food becomes you.

And if you are eating foods that are loaded with toxins, those toxins incorporate themselves into your cell membranes and that's when we have trouble healing. So garnish this process, practice this process every time you put food in your body.

Let's take a little bit of a review as to what's really going on down there.

What you are seeing on the screen is these bumpy things like little hills; these are the villi in the intestine. There are also other little things on here that are protecting you: see the little Y's these are antibodies that are protecting you. These little single molecules are the only things that are supposed to go through into your blood stream.

When you get larger ones that leak through it creates an immune response in your blood stream. so these are the bumpy things, the villi, right across here; this is the opening, this is where the food is coming through your intestinal tract, and down here is the blood stream.

The villi protect and they keep those from going through, so only these little guys are supposed to come through. But look what happens when we have a disruption, you see this little hole over here, right here, there is this hole and a big long-chained four-molecule goes through, that could be a polypeptide, it could be a polysaccharide.

They go through and the body says 'wait a minute, this doesn't belong here, this is a foreign protein'. Usually there are amino groups that stimulate the response in the blood stream. This must be a bug, this may be a strep or maybe it's staph or something not good', so these little 'Y's are antibodies and the antibodies attack and you start to get an inflammatory response. And when these get into the blood stream, ouch, these things can cause drive-by shootings, when you start to mark them and then the mast cells, the histamine producing cells, the killer cells attack those and whatever tissue happens to be nearby can be the victims of a drive-by shooting.

So it's really important that we have good digestion and only allow these little single molecules to pass through, and that we catch the bigger molecules before they go through these little antibodies on the surface lining that prevent it. This is just a little overview of how things work.

Now if things are going to be going wrong in addition to assessing with those nice little forms I gave you, there are ways that you can assess using lab tests.

You can look to see if you've got intestinal permeability and this is intestinal permeability right here, see? It's letting things go through. You can assess for that with a lab from Cyrex Labs. Now they won't let you order the test directly from them, they require a licensed physician to order them.

So if you want to order any of these tests you need to go to my site, www.drRitamarie.com/labtesting and you can order these tests. And when you do you will get, the results we'll call the lab for you, they'll send you a kit, you send the kit in, you pay the lab, in some cases you pay the lab, in some cases you pay us. But you pay for the test, you get the test done, they send you a kit. The Cyrex Lab tests require blood to be drawn and they will give you access to where you can get that blood drawn.

They have the intestinal permeability, they also have gluten antibodies and they have cross reactivity so you want to find out if gluten cross reacts with hemp seeds, you can do that test. We also have stool tests and stool tests will look at the flora, the gut bugs. Do you have pathogens, do you have inflammation?

There are several different ones that I've used; Genova, Metamatrix, who merged now, and then Diagnos-Techs and BioHealth and I order from different labs based on what I think might be going on. I'm really suspicious of things like H Pylori or some weird gut bugs. I usually go with BioHealth, they tend to have the best one for the bugs.

But if I want to look at inflammatory markers and short-chain fatty acids and things like that, I'm going to look more towards the Genova and Metamatrix.

Sometimes I combine, I'll do an initial test with one and then I'll go back and re-test with another. You are welcome to do these tests and find out what's going on and those are good tests to do if you need it.

I take people through the process first and if the process doesn't help you that's the time to go back and spend money because these aren't cheap.

The intestinal permeability is about \$225, the stool tests are around \$400, I think the BioHealth might be \$300. The other thing you can do is gluten test. We've highly recommended that you get off of gluten because gluten is damaging to the gut.

If you are still on gluten and you have gut problems, get off the gluten. That's your first step. Doesn't mean that it's going to solve your problems but I know that if you don't get off the gluten you will continue to have the problems, it's going to be really hard. So you get off the gluten and you may not even realize how sensitive you are.

I was speaking to someone today who said she got off of gluten about eight or nine months ago at my recommendation when she heard me speak and she didn't realize she was sensitive to it, that a lot of her symptoms were related and gradually things started getting better. She had an accidental exposure and she realized 'oh my gosh I haven't felt this in months because of that accidental exposure'.

The exposure is going to be exacerbated it's going to be much more enhanced and you are going to tell when you've been away from it for a while, and your gut is going to love you and it can't heal if you keep eating gluten. Some of the gluten experts that spoke on the Gluten Summit talked about the fact that they don't believe that anybody really digests gluten.

Some people digest it better than others but they really don't think that we have the right enzymes for digesting the gluten the way it is today. Gluten has changed dramatically because we like our bread and we want it to rise and we've hybridized it. So you can do stool tests, www.enterolab.com, you can order directly from them. I find it to be the least expensive, the most reliable, basic test, \$99, you can test everybody in your family.

If you are of the type that says: 'I don't know if I'm sensitive to it and I don't want to get off of it because it's a really hard thing to do to get off of gluten, I don't want to do it unless you prove it to me'. That's how my husband and son were until we got the test done and it turned out they had the antibody, very inexpensive, you can order it directly.

And then you can do the antibodies complete via Cyrex Labs and they'll just do something called gliadin and alpha-gliadin and gluteomorphin and a whole bunch of other sub components. It's a very elaborate test. I don't think everybody needs it, I personally think that if you show signs of gluten intolerance and you do the Enterolab test which is a stool test you can do at home, they test for something called IgA antibodies. If that comes back negative and you still suspect it then I usually have them run the Cyrex to go and confirm it.

The last test on here is the SIBO test, Small Intestinal Bacterial Overgrowth and that's actually a test where you take in a particular type of sugar that the gut bugs like to metabolize and if they are over growing in your small intestine you are going to get a plethora of these guys overgrowing which by the way if you do a SIBO test you might feel worse while you are doing the test.

That's a clue that you actually have it and you are measuring the hydrogen and methane gas that they produce and you are doing it via a breath test. That one requires a doctor's order. We are looking into setting that up so that we can order those tests if people need it because for some reason the lactulose which is a sugar syrup requires a prescription so we are looking to see if we can get that set up.

Just a quick review, Remove the foods that can hurt, that's the first R; gluten, dairy, sugar, sugar alcohol for some people, not everybody has to remove sugar alcohol but people who are sensitive to it do and when we talk about FODMAPs we'll talk a little bit more about that. Refined carbohydrates, all allergens, caffeine, alcohol, lectin, some people are sensitive to lectins and grains, beans or dairy so you remove the foods that hurt you.

Trans fats, everybody needs to remove, those are horrible fats that just create an oxidation stream going through your body. Nightshades for some people, I just had somebody eliminate nightshades, she eliminated them for a while, probably over a month and then went back and ate a lot of tomatoes and no problem so I told her eat plenty of tomatoes for three straight days.

She said I love you as a result of that because if you love tomatoes and you are off of them for a month and then you want to go back on them you can't tell if you have a sensitivity if you just eat a little bit so I told her to eat a whole bunch of them for three days and if it didn't aggravate her symptoms she was good. That's how you can test things too.

Processed meats with all the nitrates and the preservatives and everything in them are really horrible; heterocyclic amines and things like that. So these are foods that can harm your gut, just get rid of them, some of them permanently and some of them maybe just temporarily while your gut is in a state of flux.

But for sure the thing that everybody should always be off of would be processed meats, trans fats, alcohol, caffeine, anything they are allergic to, refined carbs, sugar and I believe dairy and gluten. Some people can get away with a little bit of it but I think most people do better without it.

There are some diets like for Crohn's that they make you eat refined carbohydrates, eat white rice, well it may be good for temporarily because the fiber in the brown rice hurts, but I believe that for most people with gut problems, getting off grain in general is not a bad idea.

Then there is the elimination diet. These are the top allergens; gluten, dairy, egg, peanut, soy and corn.

You may have some others that you know about and the way that you know is foods that you eat frequently can create an allergic reaction because of the leaky gut. Foods that you crave they actually stimulate receptors for morphine in the brain, and cause you to crave more opiate receptors, and then foods you don't digest well.

People say well, I eat this and I get gas but I know it's good for me so I'll continue to eat it. No, NO, no foods that cause gas and bloating. We are trying to cool down, calm down your gut. Avoid.