



Putting It All Together: Customizing Gut Optimization Special Strategies

Transcript

Hello and welcome to GRAND: Gut Repair and Alkalizing Nutrition for Digestion. From the start of the program till now we've gone through each of the sections of your digestive tract. My goal is to teach you as much as possible about how each of those pieces work, and then what can go wrong, and what symptoms you might be seeing when those things go wrong, so that you can do something, you can take some actions.

Some things that are day-to-day actions that you can do in your life, and some things that are a little bit more specific, and when you do those they are going to help you to get more focused. There is a lot of things to balance, there is a lot of juggling like: What do I do first? What's my highest priority? How do I know what I need to be focusing on? Do I need to do the candida repair? Do I need to do the HCL challenge? What about the transit time? What do I need to do?

I've put together some really handy dandy charts so that you can have a good sense of what's the status of your own gut, and what it needs to be optimized and to be functioning ideally. If your gut isn't optimized and your gut isn't functioning properly, then really nothing can be functioning properly, because where do the nutrients come from if the gut can't absorb them? And what happens in the body and the immune system if the gut can't filter out those toxins?

It's a pretty important part and a lot of people gloss over it, 'oh I just have a little bloating and gas', 'I just have a little indigestion', 'I just have some pain', 'I just have some burning. It's not a problem, I can take this medication or take this herb and it goes away'. Really, is that what you ideally want?

You don't want just the pain to go away. You want to restore the ideal optimal function of your gut so that everything else can work great, so that your hormones can be in balance, so that all the enzymes and factors, the anti-inflammatory factors in your immune system can be working properly, as with everything in your body including your neurotransmitters and your brain chemistry.

What I want to do today is to review where we've been up to this point so far, in terms of the program, and to review what you can be doing, and how you can interpret where is your first step, what you need to be doing first. We are here today to talk about putting it all together, *Customizing Gut Optimization Special Strategies* to work best for you.

Before we start, make sure that you understand that all the information that I present is not intended to replace a one-on-one relationship with a qualified healthcare professional, it's not medical advice. It's just intended as a sharing from my knowledge base, my experience base, my work with lots and lots of patients and people over long distance, and the things that I've learned that work, and it may or may not work for you.

If you are under the care of a doctor make sure that you bounce this information off of your doctor and get help in deciding what will work for you and what won't. And what I always like to add to that, I may get myself in trouble by adding that but I like to add that, if you've got a doctor you are working with on particular gut problems or health problems, and they are not open to talking to you about diet and lifestyle and herbal approaches, then it might be time to find a new doctor that is more open to being on the cutting edge of healthcare.

I just want to throw that out there. Just because you say, 'yeah I want to do this thing and I want to take some herbs to soothe my reflux' and they say 'no, the only thing to do is take Prilosec or Nexium' or something like that, you might have the wrong healthcare provider because they don't have an open mind. I just want to throw that out there, and there are lots of them out there that do have an open mind.

Gut Repair & Alkalizing Nutrition for Digestion – Program Flow

Here is where we are and where we've been. We had started out the whole course with the whole **Preparation** stage where you can just get ready and learn the website. We moved into **Part 1: Digestion Basics** and I'm a big fan of you understanding how your body works. You don't have to be an anatomist or a physiologist or a biochemist, but understanding how it works.

For example, when you drive a car, you don't have to understand exactly what all that stuff is and how it all works together, but you have the general idea, the things that can go wrong. You need a battery, you need gasoline, you need the engine to be working. The same thing applies in your body. I believe that the more in-depth understanding you have about your body and how it works, the more likely you are to follow through with protocols to put it into balance, because you understand the effects of your choices on how your body is functioning, and you can make better choices that way.

I always like to tell the story about someone who said to me after we'd worked together for about six months and she had dropped down a tremendous amount of weight and was feeling so much better and she just said to me with lots of love and affection but she said this to me, 'you ruined *Cheetos* for me', and I had to laugh and ask her to explain.

But what she said was, she used to know all this stuff like this is good food, this is bad food, you should be eating this, you shouldn't be eating that, but she would cheat and she would go out with her friends, and she'd eat whatever they served and that was all well and good, and as she went through the program and learned about trans fats, and the effects on hormones, and the effects on the immune system, and how toxicity affects the body and all this stuff. She just made a decision in her body, not her brain, that she didn't have any interest in *Cheetos* anymore because she didn't like what they did to her body. And that's my goal; to teach you as much about how your body works, and how the foods impact it, so that the choices don't have to come from a place of 'oh, I feel so deprived and I really want that but I shouldn't because it's not good for me', it comes from a place of 'I don't want that in my body'.

That was all what we did, a lot of that in the digestion basics, we talked about how that works and then in each of the sections we got into more detail. In **Part 2: Upper GI**: we took a tour through your body, starting at your brain, of course, and your mouth, and going down to your esophagus, your stomach, your small intestine, your large intestine, out the other end; and then we talked about the pancreas and the liver and the gallbladder along the way.

We did a tour top to bottom: upper GI. then in **Part 3: Intestinal Detox Repairs and Recipes** that was part of the small intestine. In **Part 4**, we had some **Special Strategies** that we talked about and then **Part 5: Optimizing Elimination**, what goes down in that large intestine, but also the liver which is in charge of a lot of that elimination.

You can go back through and watch presentations and learn as much as you want to about each of those sections and I'm going to pull a lot of it together here today. Obviously I'm not going to cover everything we covered in all those sections, but a broad overview, so that you have an idea of a user's guide to the program.

Does Your Digestion Need Help?

We talked about does your digestion need help? We did this in the first part, there are those obvious signs: bloating gas, hemorrhoids, irritable bowel, diarrhea, constipation etc. But then there are those not so obvious signs: acne, eczema, brain fog, mood swings, hormone imbalances, autoimmune, allergies, etc.

It's really obvious when you have a gut problem, when you are doubled over in pain or you have gas and bloating; it's not so obvious when you have some of those other things. I wanted you to tie together that even if you don't have the obvious signs you may have issues and you may need to pay attention, no matter what you have going on, you need to pay attention to your gut.

3 Main Functions of the Digestive System

There are three main functions of the digestive tract. We went through each of those. We went through the different parts, certain parts have a higher role with regard to different parts but pretty much all of them get involved. We have the **digestion**, which is breaking the food down by mechanical digestion, where your teeth does breaking the food down into smaller pieces, and then there is the chemical digestion, which the enzymes do which break it down into little-bitty molecules your body can use.

But no matter how good your digestion is, no matter how many digestive enzymes you take to break it down, if you are not **absorbing** properly digestion doesn't work, the gut function doesn't work. If you can't get those molecules into the system, or your digestive tract has lost its ability to filter and it's allowing the toxins that should be going out the other end to get into the bloodstream, or bits and pieces of undigested foods because maybe the digestion isn't working as well as it could, it can irritate the absorptive surfaces. Whatever the case, unless you are absorbing and getting those nutrients into your bloodstream, digestion isn't working.

And finally you need to **eliminate**, if you don't eliminate, if you don't get rid of the wastes that pass their way down to the bottom, and you recycle the toxicity in there, not only will your gut not work properly, but neither will the rest of you. That's where you might get those headaches, and muscle aches, and joint pains, and autoimmune conditions, and allergies, and all the other things that we listed in the not-so-obvious symptoms; so it's important.

What Can Go Wrong With Digestion

There are all sorts of things that can go wrong, and we talked about a lot of these. We talked about leaky gut, we talked about inflammatory bowel disease, irritable bowel, gastritis, and hiatal hernia, and reflux. We talked about a lot of those. There are a lot of things that can go wrong.

Digestive Tract Assessment

I gave you ways to assess, some online **symptoms** assessment scores. In our presentation today, we are going to talk about how you interpret those, because we've had a lot of questions about how to interpret those, and know what to do based on what you've seen.

We looked at **transit time**, how long does it really take to go from mouth to anus, and is that optimal? Is it too quick and you are not getting all the nutrients absorbed, or is it too slow and you are reabsorbing and creating new toxins based on bacterial fermentation of the food that sits there for too long. We talked about **labs** and there are markers for malabsorption, there are stool tests, and I don't usually go there until we've done a lot to optimize digestion.

Because if you've got a lot of habits that are aggravating your gut, I would prefer to see you put good habits in place, and see what symptoms are left if any, and then do things that are more expensive and elaborate like stool testing. But if you are doing all the processes that we are talking about, and you are not getting as good a result as you expect, that's the time to do the labs.

There are **physical signs** on your body, signs of deficiency, signs of excess, eczema, things like that. There is **inflammation and allergic reactions** you might be having and then there are **symptoms outside the digestive tract** like your skin, your gums, your nails, your hair. A lot of times when those things aren't proper, when they are not optimal, you've got to go back and look to the gut, because if the gut's not working the rest of the body isn't happy.

Specific Digestive Issues Covered

This is just a summary of some of the specific issues we looked at throughout. If you don't remember then just go back through some of the other sections. **Low stomach acid**, we did in the upper GI section, **H Pylori, ulcers, gastritis** and I don't think I talked that much about things like hiatal hernia which is a condition that causes **reflux**.

It's where the stomach goes up through the lower esophageal sphincter and that's something that you can actually have manipulated, or learn how to manipulate yourself, if that happens. There are a number of reasons that can happen. We looked at **leaky gut**, we looked at **celiac**, we looked at **gallbladder congestion** and what happens and what you have to do specifically if you've had surgical removal, which is a very common surgery by the way, and we did that in part five, the elimination.

We looked at **digestive enzyme insufficiency**. Is your stomach not producing enough protease enzymes? Is your pancreas not producing enough of the amylase and the lipase and cellulose and protease and all the things it produces to digest your food?

We looked at **small intestine bacterial overgrowth (SIBO)** which is an "up and coming" kind of a condition. It wasn't talked about much years ago.

What we are discovering is that in addition to dysbiosis, candida and parasites and things overgrowing in the gut, in the large intestine mainly, there can be bacterial overgrowth in the small intestine and it could actually be your normal or what's called commensal organisms, the organisms that live there in symbiotic relationships, which means harmony, but they may overgrow and they take over, and that can cause problems like gas and bloating. It's estimated that most problems that people attribute to irritable bowel, that waste basket diagnosis of irritable bowel, are actually stimulated by small intestine bacterial overgrowth.

We talked about **candida** and other gut critter overgrowth and we call that **dysbiosis**, bad life in the gut. We talked briefly about inflammatory bowel disease like **Crohn's, colitis and diverticulitis**, ulcerative colitis those sorts of things. Those are pretty serious because by the time those things happen, there is actually ulceration and erosion, serious erosion in there. More serious than leaky gut, and it's a contributing factor of course in leaky gut, but in leaky gut we are talking about micro breakdown of the spaces in between. We have a lot of details about each of these and you are welcome to go back, this is just a review.

The 4R Process

We talked about the 4R process. If we are trying to get our gut working optimally, we have to do four R's in order to get it working. We have to **remove** the foods and the organisms that are creating havoc.

We need to **replace** the nutrients and the enzymes, and the things that are not produced in proper amounts; we need to replace those and we do that in a number of ways. We need to **re-inoculate**, which means put back in the good life so that it overshadows the bad life; and we need to **repair** whatever damage, whether it's from: ulcerative colitis, Crohn's, leaky gut, or gastritis and ulceration in the stomach, or erosion of the esophagus. It's called esophagitis, which happens from too much acid back-flowing from the stomach into the esophagus; over time it erodes.

You need to do all of these things but how do we know where to begin? And how do we know what we need to do?

Remove Foods That Can Hurt Your Gut

Let's just review quickly what the 4 Rs are and then I'm going to share with you a brand new set of charts that I've put together. I put together some charts for you that are going to help you to put together and systematically go through your digestive tract, and figure out 'what the heck is going wrong?'

We remove all the foods that can hurt your gut, and this is a partial list; gluten, dairy, sugar, in some people sugar alcohols when they have a sensitivity to those, refined carbohydrates, all allergens and that can be the gluten, dairy, corn, soy, eggs and peanuts like the common ones.

It could be citrus, it could be tree nuts, it could be shellfish, it could be broccoli that you have an allergy to. Removing your allergens is key because it creates inflammation in your gut and it just won't heal. Things that are just damaging overall are caffeine and alcohol. For some people lectins which are particular chemical constituents and grains and beans and dairy that aggravate their guts, not everybody.

Transfats, oxidized fats, fats that bring damage and cause free radical activity throughout the system that damages your cells. Nightshades, again that's one of those for some people, not everyone. If you've got gut stuff that's going on and you've pretty much eliminated the rest of this stuff and you are doing nightshades, you may want to do a trial, a week of no nightshades, or two weeks, and see how you do and then bombard your system with nightshades.

It's kind of fun to introduce back but it can also be quite painful so you take up things like, the nightshades would be tomatoes, oh, I wouldn't want to give up tomatoes and peppers, red bell peppers, cayenne, egg plant, and potatoes; all of those. And then, of course, processed meats with their nitrates and preservatives. These things can all be damaging to your system and you've got to remove them.

If you are sitting around wondering which of these protocols to put into place as you are munching on your hot dogs and drinking your beer and saying which herbs should I take, you are missing the mark. And I know you guys are too sophisticated to be doing that, but we do things that are a little more subtle than that.

You may be going to dinner with your relatives and say ah I'll just eat what they are eating, you may be drinking your coffee, a lot of people, even though they are health conscious still drink coffee, and there is controversy over it. There are some folks that are saying coffee is good, and in a way there are things good in coffee, but there is a lot more damaging stuff in it than I think is good.

This is an important first step so don't try to jump ahead to all the other steps if you haven't really worked on this one. And yeah you are going to be working on these are you go because making diet changes can be a slow process.

Remove Unfriendly Gut Bugs (Dysbiosis)

What do we want to remove besides the foods? Unfriendly gut bugs and we call it dysbiosis. You may say you have a candida overgrowth or a fungal overgrowth, it could be bacteria, it could be viruses, it could be parasites, whatever it is, those guys don't belong in there, and we need to remove them. I gave you a questionnaire to assess the likelihood of this being an issue for you.

Replace Missing Enzymes and Nutrients

We move on to the second R which is replace; we want to replace your missing enzymes and nutrients. Increasing the amount of **raw and living foods** in your diet because they contain lots of enzymes, with a caveat that if you've got ulcerative colitis or Crohn's, you may have to remove those fibers from your system for some length of time while the gut heals, and you can include the enzymes if you juice so you don't have the fibers. There are ways around them, we talked about that.

Taking **digestive enzymes** with all your cooked or complex raw foods, foods that have lots of combinations. If you are going to eat an apple, it's unlikely that you need to take digestive enzymes with it. If you eat some lettuce it's unlikely, but if you start to combine a whole bunch of different foods into one meal, it can confuse your digestive tract, and it can be very helpful to take digestive enzymes.

Incorporate more of the nutrient-dense foods, which unfortunately are not part of the standard American diet except in a little place on the plate of very overcooked vegetables. So **fresh greens** to the extent you tolerate them. We talked as we went through and we'll refresh again, certain folks have certain situations in the gut, hopefully temporary, where you don't tolerate a lot of fiber or you may not tolerate particular categories of foods and those are things called FODMAPs or specific carbohydrates.

I don't jump in to doing those diets because they are very restrictive. I look at let's do the big stuff first, and if that's not working then you have to start looking at removing some of the seemingly good foods; spinach or kale, maybe because you have a sensitivity to some chemical constituent. Not necessarily an allergy but sensitivity to the specific carbohydrates or the specific acids that are in it like in spinach where you have oxalates, oxalic acid or phytates or like I said the FODMAPs and we'll talk about what those are and review what those are.

Adding **green juices** if you can are awesome. Some people have to dilute the juice because if they've got erosion, if you've got erosion in your gut sometimes the juices can be a little bit acidic.

I had some juice yesterday as I was discussing gut health with someone, and I realized that juice I had was so mild and light, it was a juice that we purchased at the store that there was no way that was going to affect. But sometimes those really harsh bitter greens can be a little too much at certain points in time. We are optimizing, we are figuring out what works for you. But the **sea vegetables** are awesome to incorporate, whether you soak them and blend them up and add them to soups and smoothies, or whether you just sprinkle them.

I love to keep my little shakers of nori and dulce and kelp in my kitchen, and I sprinkle onto my various foods. You'll find, if you go through my recipes that I throw kelp even into the sections of the desserts and things like that just because they don't affect the flavor and they give it a lot of extra nutrition so hide the nutrition wherever you can. **Microalgae**, like chlorella and spirulina; you can put those into various foods, into smoothies, soups, salad dressings, whatever you tend to eat mostly.

And then **nutritive herbs and supplements** and we are going to review some of those, I'm not going to go into all the details about each of those but the presentations we've done thus far share with you different types of herbs and categories of herbs that are helpful for different parts of your digestive tract.

Repair Your Digestive Tract Lining

Demulcents are also known as mucilaginous herbs. You may have seen me or the literature use those interchangeably. They are basically those herbs that absorb a lot of water and become gelatinous and very soothing and healing to the mucosa which is what lines the entire digestive tract.

We talked about **therapeutic foods** and specific foods and nutrients that have healing properties for the gut. I gave you a slide in several of the presentations which talked about the different foods and nutrients and which parts of the gut they were most helpful for. We talked about **gut healing supplements**, and again we'll optimize that for you, but you don't have to take every single herb and every single supplement I've mentioned. But we are going to need a couple in each category where there is an effect that your system is having. So if you've got some irritation to your lining of your stomach or your intestine, you are going to need some sort of demulcents.

Which ones should you choose? Well you know if we are eliminating things, if you are sensitive to FODMAPs or specific carbohydrates, we may be eliminating things like slippery elm or psyllium, and using others in their place.

Anti-inflammatories, those are important when you've got an inflammatory bowel disease like Crohn's or ulcerative colitis, but also for leaky gut. **Gut healing meal replacements**, we talked about those where for a time you may need to go off of all solid foods but you want to be nourished. Not all of us can go away for a fasting retreat, which is awesome for the digestion by the way, not all of us can do that, so we need to sometimes just go on these healing meal replacements instead of eating or drinking.

We talked about **bitters** to stimulate secretions in the digestive tract and we talked about **carminatives**, which help to dispel gas and bloating and break those down. I'm going to review those and you do have charts of all of these and you've got PDF documents that list these.

Reinoculate

Finally reinoculate. We all know, I talk a lot about reinoculate we talk about fermented foods, cultured foods, probiotics foods. Those are all names that are interchangeable. Lactobacillus, Bifidus, Saccharomyces Boulardii and L. Sporogenes, and all kinds of mixed strains, there are hundreds of them, and we need to keep them, and we want to feed them properly. We can feed them with prebiotics like fructooligosaccharides and inulin.

Assessments

Those are the four R's. And how the heck do you know which ones you need, and how do you know which parts of your digestive tract are askew, other than 'oh I feel it here?'

We gave you some assessments. This is a page that's all of the assessments and in addition to the digestive assessments, by popular demand we added some nutrient assessments; that's really important to digestive health function because if you don't have good digestive health you may not have good nutrition in other areas, but also if you don't have good nutrition in certain areas you may not be able to repair your gut, so it's a kind of cyclical relationship.

What we included on this page is not only your digestive function assessments, which give a specific set of questions for each of the part of your digestion. We added general nutrient balance assessment, which looks at your overall nutritional status, and your fatty acids, and your amino acids, because those are super, super important for healing your gut.

We gave you a mineral balance assessment. There are certain nutrients and minerals that are more important than others, in particular zinc, but others are important as well. I give you a mineral balance assessment, and then a vitamin balance assessment because there are so many other vitamins that are important, your fat soluble vitamins.

Are you having problems with fat soluble vitamins? If all the fat soluble vitamins appear to be low, well then maybe it's because there is some liver and gallbladder problems, because they help you digest. We gave you those three, and then we gave you a candida assessment and a leaky gut assessment.

I'm going to show you how to put these on a chart for yourself and you'll have a big picture as to where you are at the start, and how you progress, and then which things still need work towards the end. That's a page that you can access on your site under the resources tab, it will say assessments.

It's also accessible through *Part 1* which is the *Getting To Know Your Digestive Tract* where we talk about assessments; you can access this page and that way you can get to all of these assessments in one place, and that's especially good when you've gone through some of the protocols and you want to take an inventory of where you are at.

Assessment Interpretation Chart

This is an assessment interpretation chart. All those assessments on the page I've just shared with you, will give you a score for each. For example, low stomach acid, the ideal score is less than 10. The same for excess stomach acid, pancreas, small intestine, large intestine, and liver/gallbladder. These assessments are based on the kinds of symptoms that you would see if this was out of balance, and the score you are getting is a percentage of the total you could have gotten.

You really want to less than 10% of all the possible symptoms of low stomach acid to be true. It's a severe problem, or a very severe problem and would have very high priority, if those scores are above 50 on any of the basic five. In the program guide that we've given you, you are going to see some charts, I'm going to repeat the charts that were from those assessments for a review.

If it's above 50 it's red, that's severe. If it's between 35 and 50 it's orange, it's a priority, high priority. We have the others and all the way down to it's yellow, warning and then blue is you are getting there, and green is good; so less than ten is green.

Below that we have the candida dysbiosis and it's done a little bit differently; there is a lot of historical stuff in the candida dysbiosis one, and ideally you want it under 40. Some of you will never get there because maybe you have a history of lots of antibiotic use which is going to always predispose you to having problems there, and you are going to have to take better precautions, better probiotics, periodically doing gut cleanses or candida cleanses.

The leaky gut, the ideal is zero, you really don't want any signs of leaky gut. For SIBO, the actual number there is probably less than 20, I don't have a SIBO assessment of my own yet, I'm working on one, I'm working on looking at all the different possible ways that it manifests, and how I really want to relate it, but in the guide I'm giving you a link to some other site that has a SIBO assessment, and the score can go up to 240 on that particular SIBO assessment.

You put your scores and you put the starting date that you did that, but the important part is determining the priority, very high, high, medium or low, and that way you know where you need to work and where you need to get started working and putting the extra focus and in your document of a chart that says, if your score on any of these digestive parts is greater than 50 it's a very high priority between here and here, a high priority etc.

All that is in the document and you just mark it on here. I would ideally say mark it in color. Mark it in green, if it's below the ten, mark it in yellow or orange for the medium and high and then red for the very high. You could use the colors I've used like blue, yellow, orange and red in those boxes.

At a glance you can look at your chart and know where you need to work. And then once you've started some of the protocols, the herbs and the habits that I've given you, when you've started on working on some of those put in a date. And if it's a particular protocol that has a start and an end, like the 30-day gut repair, or the 28-day candida cleanse, you put the end date in there and then you put your score after.

You go back and do these again afterwards and you see what's left to work on, what do you have to work on more. Because what you are going to see is that even if you haven't directly worked on one of these parts, but you've worked on some of the basics and you've worked on one of the other parts that the scores for everything pretty much go down and if they don't then you know what's your next priority and your next.

Healing your gut as much as I'd like to say that it can be completely healed in 30 days, for some it's not because the problems have been outstanding for a long time. But you can get major improvements when you put these things into place in a systematic way and you are careful for about 30 days. Major, major improvements, and I see it over and over again in my private clients.

That's the chart. In the handout, in the guide book I give you an example of this chart filled in so you get an idea of what you are going for, good starting point.

Gut Balancing Action Plan

And then we have all these action plans and we've gone through each section putting together okay now that I've assessed it and I know where things are wrong what do I do? There are certain things that no matter what's going on that you are going to need to do, and then there are certain things that depend on what's going on, and you can customize it for you.

After you **complete your online assessment** you can look at starting a daily gut rejuvenator and what we found is that some people don't do well with the citrus. They are either allergic to it or have some inflammation in their esophagus or stomach that it's a little bit too strong for. You can modify your **daily AM gut rejuvenator**, and the essential oils in there can be very helpful, or you can precede the daily gut rejuvenator with something like marshmallow or slippery elm, which are soothing.

Adding daily green drinks, blended soups, things that are high in those nutrients, doing your **pre-meal rituals**, *HeartMath* and breathing and appreciation and chewing during the food, and **eliminating the foods that hurt your digestion**, taking bitters. Not everybody needs to **take bitters 15 minutes before meals**, it can be helpful but if everything is working well you don't necessarily need to take it.

Doing the **HCL challenge if desired** and if indicated, and it's only indicated if you have some symptoms of low stomach acid, a fair number of them, but also if you don't have symptoms of high stomach acid because you don't want to start doing an HCL challenge if you've got already high stomach acid or if you've got erosion and inflammation. That's not a good thing to do. We are going to have to work on that differently. We are going to have to work on soothing before optimizing HCL, and **taking enzymes**. I'm just going to continue and go through these and then we'll show you another chart that I created to help pull this together. The gut soothing herbs, those are for folks who have some of that burning and gaseousness and pain after eating.

Staying calm and present, that's for everybody, and then we have some specific protocols that not everybody needs to do, and you need to assess based on the answers to the evaluation. Whether you need a **candida parasite cleanse** before the repair phase if it's very high, because if you don't get rid of the gut bugs no matter what you do to fix the lining, the gut bugs are going to continue to erode it. But if you have just a moderate score you can do them concurrently. The **30-day leaky gut repair** if you have a higher leaky gut score, or you have something like Crohn's or ulcerative colitis.

If you are doing some of these, and you find that every time you drink a green smoothie, or eat vegetables or a salad, you feel bloated and gassy, you may have sensitivities that are not being addressed. You may have to look at the **modified specific carbohydrate** food list, and follow that plan for some length of time, to get those things out while your gut is healing. It's not intended to be a long-term diet, the specific carbohydrate or my modified version, which includes FODMAPs, and I'll reveal what those are shortly.

And then **investigate SIBO**, Small Intestinal Bacterial Overgrowth. You are doing all this good stuff and you are still bloated and gassy after you eat. Maybe you have SIBO, which is small intestinal bacterial overgrowth and I've given you ways to look at that. And then **liver/gallbladder cleanse**. Everybody could benefit from it, but you especially need to look at it if your liver gallbladder score is high, or if you tend to show up low on your fat-soluble nutrients when you do your nutrient assessment.

So far, what we've talked about this is, in a nutshell, all the details about all of these pieces are included in the program in the appropriate modules.

Gut Healing Protocols

This is a chart, it looks overwhelming right now. Basically, I listed across the top all of the things that could be a problem. We have low stomach acid, excess stomach acid, small intestine and pancreas imbalance, like not enough enzymes or large intestine problems, not eliminating properly, liver gallbladder issues, leaky gut and inflammatory bowel disease.

FODMAPs which we'll talk about in a bit, that stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols. Those are all things that if you have sensitivities to, if you have gut bugs that are really out of whack, those gut bugs might be fermenting those food components, which means you may be fermenting even good foods and having problems, which is why we look at the specific carbohydrate FODMAP diet list and maybe follow that for a bit. It's a kind of elimination diet. And then SIBO, the Small Intestine Bacterial Overgrowth. Down the side I've listed all the different protocols that we've talked about, and all the different components of healing your gut. I've marked in the columns, in color, where things are most important, where things are desirable, where they are not indicated. If you look down the side I've got: gut rejuvenator, green drinks, pre-meal ritual, removing gut-hurting foods, elimination diet, adding gut-healing foods, HCL challenge, bitters plus zinc, enzymes, soothing herbs, antispasmodics, carminatives, candida/parasite cleanse, leaky gut cleanse, liver/gallbladder cleanse, probiotics, prebiotics and cholagogues, which are liver and gallbladder supporting/stimulating herbs.

And then in the columns, if it's in the **light green** that's something that's **desirable**, for whatever those conditions are where it's light green. You'll see for gut rejuvenator, that it can be helpful for all of those spots with the exception, that if you have excess stomach acid and maybe some erosion going on and irritation going on, you might find that the apple cider vinegar or lemon juice or the lime juice can be irritating, but mostly the gut rejuvenator is going to be helpful for everything.

If we look at green drinks it's pretty much good for everything with the exception, that sometimes if your gut is really inflamed or irritated, then the green drinks can be irritating because there is a lot of bitter in them and there is a lot of acids and things like that. If that's the case then you are going to go slow, or you are going to modify which greens you use in the drinks.

For example, if you do have problems with the fermentables and you are following a temporary FODMAPs specific carbohydrate diet, then you can replace whatever greens are in the recipes with the ones that are acceptable. Let's say broccoli is not be acceptable but cauliflower is, you replace it, or cabbage, so you replace those foods. You can still do your green drinks but you just want to be cognizant of doing the ones that your body tolerates and the same thing for SIBO.

Here is the universal, the pre-meal ritual, chewing during the meal and staying calm is good for all. I would venture to say that if you are not doing that, it's going to be really hard for you to get your gut to work. If you are not taking time to show thanks, calm yourself down, and shift yourself out of the fight/flight mode that we tend to be in throughout the day, then none of the gut stuff is going to work. If you are having trouble with anything not working, make sure that that piece is in place.

Removing the gut-hurting foods. I listed that as green, and anything where it's **dark green**, it means that it's **especially important** for that. Gut-hurting foods is especially important if you are showing excess stomach acid signs, which means there is a lot of inflammation probably in the upper GI, especially important if you have leaky gut or inflammatory bowel disease. Important for everything, but especially important, you cannot miss it: remove the gut hurting foods.

Elimination diets, food sensitivities that's important. It's especially important for leaky gut because when you have those inflammatory foods and the sensitivities, the antigens are going to get into your bloodstream.

Adding gut-healing foods is important for everything and there's a caveat and everything that's ***pink is where there is a warning*** that you make sure if you've got issues with inflammatory bowel, if you've got specific carbohydrates, SIBO, that you are careful about which of those gut-healing foods, and eliminating the ones that are not good, based on those.

The HCL challenge, we got a little bit of every color in the HCL challenge. HCL challenge is not for everybody. It's an important piece if you have low stomach acid. It's a no-no if you have signs of excess stomach acid. If your score on excess stomach acid is 10 or above, you do not do an HCL challenge, you hear me on that? It's important, do not do an HCL challenge if your excess stomach acid score is greater than 10.

And then of course HCL challenge can be helpful with small intestine and large intestine issues. It's very important when you have liver/gallbladder issues, because if you don't have enough HCL you are not going to be stimulating a lot of the movement. The HCL acts as a cholagogue, which means that it helps the movement and the flow of the bile, so it's very important. The HCL challenge is most important if you've got scores on the low stomach acid or the liver/gallbladder. It's moderately important for the others, and it's a no-no for excess stomach acid, and you have to proceed with caution if you've got leaky gut or inflammatory bowel disease because the HCL, if it's not properly neutralized, can irritate.

Now here is the deal, if you've got both gallbladder problems, meaning you have no gallbladder, and you are having some problems with Crohn's or ulcerative colitis, do not do an HCL challenge, because the gallbladder is one of the important pieces for neutralizing the stomach acid when it comes back out.

The other thing that might be a caution is if you've had gastric bypass surgery, where the stomach is being bypassed and food is going directly in to the jejunum of the small intestine. If that's the case, do not do HCL challenge because you'll take the HCL and it will go down to the lower part of your gut without being neutralized because you are bypassing the duodenum and if you have no gallbladder on top of that, that's a triple whammy.

Be careful with HCL challenge, only do it if you have a significantly high score on low stomach acid and you've tried bitters plus zinc and it's not working. Bitters plus zinc is my choice, my treatment of choice for the low stomach acid. You take bitters before each meal, you take zinc along with it so your body can produce more. Again, you want to proceed with caution with excess stomach acid, because if you stimulate your body to produce too much before you heal it with the mucilaginous herbs, you can be in trouble. The most important things for the excess stomach acid are the soothing herbs, and removing the gut-hurting foods.

Small intestines: bitters again are good for both the low stomach acid and the gallbladder, but it's also good for the entire digestive tract, with the exception of if you have too much stomach acid. Same thing with enzymes, super, super important if you have low stomach acid, if you have small intestine and pancreas issues, if you have liver gallbladder issues; it can be helpful throughout. Again a caution, sometimes if you've got gastritis, or some sort of erosion in your esophagus or stomach as a result of excess stomach acid, then the proteolytic enzymes in particular can be feel 'burny' so you've got to be careful.

The gut-soothing herbs (mucilaginous) are good for everything, especially excess stomach acid and inflammatory bowel disease, because those areas have eroded tissue. Again, they are good except you want to make sure that you leave out certain ones in the FODMAPs and the SIBO; so that should be a caution.

Antispasmodic herbs, what are those? Those are herbs that stop your gut from spasming, and when you have irritable bowel it's especially important, so I marked that especially important for the large intestines. But it's nice to have things that calm and soothe throughout; things like the chamomile and lavender.

Carminative herbs across the board, good for everything, except where they are precluded on the FODMAPs or Specific Carbohydrate Diet. Candida/parasite cleanse, you especially need if you've got leaky gut and inflammatory bowel disease. You should be doing the leaky gut protocol especially, of course, for leaky gut.

Chart Color Coding

- dark green is where you especially need it
- light green is where it would be helpful
- pink will have some caution, and
- red: avoid it

You can see there is not a lot of red here, there is a lot of light green, therefore establishing good habits is key.

And when you use your other chart, which gives you the relative importance of things, you can narrow your activities down that way. Prebiotics and probiotics: the only caution is with SIBO, you don't want to take them in the early phases because if you've got an overgrowth (of even good bacteria) it's going to feed the overgrowth.

And if you've got problems with the FODMAPs, then there are certain prebiotic foods that have inulin and fructooligosaccharides that your body may ferment. All of these things get better as you get better habits in place.

And finally we have listed cholagogues, which are herbs that help to stimulate bile flow. They are especially important if you have low stomach acid, or if you have liver/gallbladder issues. You've got to be careful with those if you have excess stomach acid because some of them might stimulate excess HCL. They are pretty much good for everything, with the caveat of course that you just look at the list for FODMAPs or SIBO and make sure that none of those are on that list.

Herbs Review

The next piece of this presentation (we are not going to go into details); I've re-listed for you the various types of herbs that you can take for the parts of the digestive tract, and which ones are there so they are all in one place. The soothing ones, the **demulcents** (also called mucilaginous herbs) that soothe and heal; there is the **anti-inflammatories**, which help to reduce the inflammation. There are the **carminatives**, which reduce gas and bloating and enhance digestive secretions; remember those are good throughout. There are the natural **anti-spasmodics**, especially good for IBS (Irritable Bowel Syndrome), but also good for that 'nervous stomach' that a lot of people have.

There are **antimicrobials** that can maim or kill the bad gut critters. There are **probiotics**, there are the foods; there are **prebiotics**, food sources of prebiotics, and prebiotics feed the good organisms. There are some **therapeutic foods** that have particular categories of constituents that help the body to repair: foods that help to produce or contain Nitric Oxide, and N-Acetyl Cysteine (NAC), and arabinogalactans. You can take those things as separate supplements or you can enhance your diet by including foods that are supportive of those.

There is a list of the **gut-healing supplements** that we had in the *Part 3*. There is a list of liver supportive foods. You are going to see a lot of overlap between these foods, and when you see these list of foods and herbs, it doesn't mean that you have to eat all of them.

But what you would do is look at your priority list: and if you've got a really high liver score then use the liver support list; "okay which of these herbs can I choose?" "I'm going to choose these three because they also help to support my intestine, the repair of my intestinal lining." Do you see what I'm saying? This is how you are going to use your charts. Print out those charts separate from the manual, and then fill them out and keep them handy.

Cholagogue herbs, those are the ones that stimulate flow of bile or stimulate bile secretion, and strengthen the liver, enhance detoxification, and there is a list of those. You see there are a lot of herbs, a lot of foods, and by using these charts it's going to help you to isolate and narrow down what it is that you really need.

Special Circumstances and Intolerances

The special circumstances we talked about, **Specific Carbohydrate Diet (SCD)**; there are specific carbohydrates in foods that are identified according to specific carbohydrate monosaccharides, which are single-molecule sugars that are absorbed well, but the others are going to cause bacterial fermentation and can cause problems. The GAPS diet eliminates all of those.

The **FODMAPs**, which is Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols; and polyols are actually sugar alcohols. The FODMAPs diet prohibit all kinds of starches. There are very few foods that are starchy that are on there; there are no grains on there or very few. It's a very restrictive diet; they are not intended to be done long-term, generally two weeks to a month to get things to calm down.

And then there is **Small Intestine Bacterial Overgrowth (SIBO)**, where some of these gut critters get into the wrong place and they grow, and they cause bloating and gas and spasm. With the Specific Carbohydrate Diet, it was originally intended for Crohn's disease. Basically a summary of the theory behind the SCD: the monosaccharides are easily absorbed and allowed, but the disaccharides and polysaccharides are not easily digested, feed harmful bacteria, produce by-products, inflame the intestinal wall, and are therefore not allowed. Specific carbohydrates may or may not be a problem for you.

FODMAPs: Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols. You can read the diet books. The idea is that these carbohydrates are incompletely absorbed in the gut, and when you have gut bacteria that are out-of-balance, they are easily fermented, fermented in a bad way.

I mean there is a confusion with that word; we talk about fermented foods, where the bacteria have already been broken down, and you've got these great bacteria that are good. But they also exert an osmotic effect, meaning it increases the absorption of fluid, which is why they can cause diarrhea and lead to IBS symptoms.

Stress is a big piece of this so remember what did we say is the most important thing to start with for everybody is the way you eat your meals, the stress you are in when you eat your meals or the lack of stress.

SIBO again is your overgrowth of large intestinal bacteria that get into the small intestine, or the overgrowth of bacteria that belong there but they've gotten out of relationship with each other. They steal some of the nutrients, which is why doing those nutrient assessments are important; they damage the mucosa, they trigger inflammation, they cause extra mucous, and you can get gas and bloating and all sorts of symptoms when you have an overgrowth

Protocols Review

These are the protocols, again we are not going to go through all these. I put them all in one place for you. There is the **28-day Candida/Parasite protocol**: for the details of these you go to that particular document. There is a three or five page document that describes it. There is the **Intestinal Rebuild And Healing Jumpstart**: this is the beginning of it, there is a 28-day version of it in your manual.

There is a **SIBO management**, the different kinds of things you need to do with SIBO, and also oftentimes with SIBO: an elemental diet is really important, and what that means is a diet of pre-digested foods; so protein powders, and amino acid powders, and things that are already easy-to-digest are in there, and no solids. When you can do this for two to four weeks, you can do well, but you also have to kill these guys, and there is a list of some of those herbs (that will also help with candida by the way); berberine, allicin from garlic, oregano, neem, cinnamon, those are all very potent antimicrobials.

Then you want to repair the gut, all the stuff we've talked about so far, there is something called prokinetics because sometimes with the SIBO the reason that the bacteria overgrow is that the gut is not pushing them along. There is this kinetic activity that happens in the gut that pushes the bacteria along and sends them out through the large intestine.

And so there is things that are used, there are certain drugs that are used. There's low dose naltrexone which is a drug but it's kind of an 'off-label' use of the drug; and then an herb called triphala which is actually a combination of three herbs: Amalaki, Bibhatake, and Haritake. They are Ayurvedic so Triphala can be very helpful as a prokinetic, but also as a good gut soother.

And then, of course, restoring the gut function, the stomach acid, the ileocecal valve, we talk about those throughout.

Next we had the **Gentle 5-Day Liver/Gallbladder Cleanse**. This is not to be confused with the Liver/Gallbladder Cleanse where you are drinking a quarter of olive oil and after you've drunk apple juice for a few days to soften the stones and then you release a gazillion stones. This is more of a gentle activity that you can do for your gut.

Then we talked about **Living Without A Gallbladder**. If you don't have a gallbladder, go and read this slide, and be really cognizant and mindful of the things you need to be careful about. And everybody needs to do their pre-meal ritual and the during-meal ritual.

The **Daily AM Gut Rejuvenator** modified to fit your specific needs, if you have to take out the peppermint, even just lemon. If you have reflux, the peppermint may aggravate the reflux, you may have to be careful about that. If you've got an eroded esophagus, possibly the acid from the lemon or lime might affect it as well. **Gut-Friendly Foods**, we've talked about these over and over.

Optimizing Your Digestion; let's just go through a little summary. Eat in a calm, relaxed state; start the day with some sort of cleansing beverages, warm or room temperature for gut rejuvenator. Drink a glass of lukewarm water half an hour before a meal can just warm it up and get it ready for digestion.

Bitters, 5 to 15 minutes before meals. Chewing your food thoroughly, eating slowly; taking digestive enzymes with the heavy duty meals; doing food combining or food sequencing, which means if you eat your starches before your proteins you don't eat them together – if needed – some people don't need to do that.

Gallbladder and liver support, healing your inflammation, probiotics, colon cleansing. These are all parts of optimizing your digestion, and we've talked about them in various spots throughout the program.

Healthy Digestion Schedule

Here is an example of a schedule you can do, things that you make sure you do everyday: AM gut rejuvenator, a green breakfast with chia seeds, if you tolerate chia seeds. Some people with the SCD or FODMAP problem do not tolerate chia seeds, so if you try to eat chia seeds and you find you get gas and bloaty it could be a SIBO problem or an SCD FODMAP problem. Your *HeartMath*, your chewing, daily brassicas if you tolerate them because they are so healing for the gut, the gut-hurters avoiding, greens at each meal if you can do it, I do greens at every single meal. I do not do a meal without greens; whether it's a green juice, whether it's a green smoothie, a green soup, green vegetables, or salad.

Putting It All Together: Customizing Gut Optimization Special Strategies - Transcript

Greens are loaded with nutrients. If you don't tolerate them, you are going to have to look at the ones you do tolerate as you heal your gut, so that you do tolerate them in the future.

Probiotics, bitters, enzymes, exercise is so critically important to keeping the tone of the digestive tract, the cholagogues for the liver, regular cleansing and hydration.

That's the program in a nutshell. I put it all together in one place to give you a reminder of all the pieces. For the details we've got the PDF documents that go into details about the different cleanses, and we've got the presentations.