What is Gastric Gut?

Low stomach acid, antacid use, poor chewing or overeating can lead to impaired stomach and pancreas function. Other major causative factors of leaky gut can be a stressed stomach, spleen and pancreas.

During digestion, everything is assimilated in the stomach, while the spleen transports everything along. In short, the stomach and spleen work to absorb and move along nutrients, giving us the energy we need for life. Likewise, the pancreas plays an important role by producing important enzymes and hormones to help break down food and to assist with digestion.

The biggest symptoms you have with Gastric Gut can include acid reflux, GERD (gastroesophageal reflux disease), heartburn, bloating, feelings of constantly being full and SIBO (small intestinal bacterial overgrowth).

Having a healthy stomach and pancreas are essential to long-term health. When they are not functioning well, they play major roles in chronic diseases. In fact, ancient Chinese medicine indicates that the spleen helps to repair the intestinal lining of the small intestine, so it doesn’t take long for leaky gut to overtax the spleen and set off a vicious cycle — the leaky gut overtaxing the spleen and the spleen working extra hard to repair the intestinal lining of the small intestine.

Generally, stomach, pancreas and spleen problems can be caused by chronic fatigue, chronic illness, improper diet, environmental factors, emotional disturbances or even aging. If the stomach is affected, it can lose its ability to contain food, leading to such symptoms as avoidance of food or drink, nausea and vomiting, hiccups or burping. Likewise, if the spleen is impaired, then there can be abdominal distention, loose stools or diarrhea, fatigue or muscle wasting, especially in one’s limbs (arms and legs).

In treating leaky gut, it’s always critical to find the root cause of the condition. In many cases, it’s caused from damage that has occurred to the stomach, spleen or pancreas: Gastric Gut.
**Diet**

High in vegetables, fruits, bitter herbs and warm organic meat; meanwhile, free of conventional dairy, cold foods, spicy foods, processed sugars, fried foods, alcohol and overeating.

**Lifestyle**

Also, try to avoid working too hard without taking enough time to relax.

**Supplements**

HCL (Betaine Hydrochloride) with pepsin (the acid that breaks down proteins in the stomach); Manuka honey (destroys bad bacteria in the stomach); apple cider vinegar (ACV), which promotes the increase of digestive enzymes; digestive enzymes to ensure thorough digestion. Others can include DGL licorice (deglycyrrhizinated licorice), probiotics, slippery elm and L-glutamine.
5-STEP STRATEGY FOR HEALING GASTRIC GUT

In order to overcome Gastric Gut, follow these 5 steps:

1. Know the Cause of Gastric Gut
2. Eliminate Foods Toxic to the Stomach, Spleen and Pancreas
3. Consume Therapeutic Foods
4. Treat with Supplements
5. Transform Your Lifestyle
Know the cause of Gastric Gut

As stated earlier, the cause of Gastric Gut can be low stomach acid, antacid use, poor chewing or overeating, which can put stress on the stomach, spleen and pancreas. As a result, it’s important to focus your efforts on restoring the health of each of those. Also, being overweight and taking certain medications can cause Gastric Gut and acid reflux symptoms.

Other causes of Gastric Gut can include fried foods, too much conventional dairy, processed sugars and feelings of anxiety, fear, anxious emotions or pushing yourself beyond your physical limits — mostly due to your strong sense of responsibility and reliability.
Eliminate Foods Toxic to the Stomach, Spleen and Pancreas

Here are foods that can contribute to a Gastric Gut:

- **Fried foods and too many processed oils** are hard to digest and can either speed up or slow down digestion, leading to diarrhea or constipation as well as bloating, gas and more. Some of the worst include canola, soybean and cottonseed oil.

- **Grains** are low in enzymes and high in phytic acid, which is difficult for the body to digest. Also, the gluten found in most grains can cause inflammation and make Gastric Gut worse.

- **Large meals and overeating** are two of the biggest culprits of Gastric Gut. Eat until you’re about 70 percent full and then stop eating. If you need more calories, you are better off eating more small meals throughout the day.

- **Spicy foods** like hot peppers can worsen Gastric Gut symptoms, including diarrhea, loose stools and more.

- **Conventional dairy products** are missing critical enzymes, so they make your pancreas work harder to digest them. Conventional dairy also contains hormones, antibiotics, omega-6 fats and medications, all of which can hurt your gut. Conventional dairy can also create excessive phlegm, which isn’t good for anyone, but Gastric Gut people can be especially adversely affected by it.

- **Caffeine** can also overstimulate digestion, leading to diarrhea and upset stomach.

- **Acidic foods** including citrus, tomatoes, cheese, dark chocolate and alcohol should also be avoided.
3 Consume Therapeutic Foods

To heal Gastric Gut, eating the right foods is vital. Allergy testing can be unreliable (and cannot test for sensitivities and intolerances), but an elimination diet has proven to be effective for identifying foods that cause a negative reaction in your gut. For this type of leaky gut, my recommendations include:

- **Fresh organic fruits and vegetables** are rich in enzymes and antioxidants and easy to digest. Vegetables and fruits — both cooked and raw — should be the mainstay of this diet.

- **Bitter vegetables and herbs** — including romaine lettuce, kale, arugula, radishes, dandelion, watercress, collard greens, citrus peel, plums, raspberries, strawberries, rhubarb, parsley, ginger and turmeric — are helpful foods.

- **High-fiber foods** expedite digestive recovery, so consider adding sprouted flax, chia, artichokes, figs, raspberries, mung beans and other high-fiber foods into your diet.

- **Root vegetables** — including sweet potatoes, carrots, beets, onions, ginger and garlic — settle well in the stomach.

- **Organic wild meat** — including grass-fed beef, lamb, venison, chicken, duck, turkey, wild game, organ liver and wild-caught fish — soothes Gastric Gut. Also, real bone broth is greatly beneficial.

- **Organic goat's milk yogurt** soothes the stomach and promotes healthy bacteria.

- **Cabbage juice and sauerkraut** balance gastric acid.
Here are some supplements that can help with Gastric Gut:

**Digestive enzymes** to ensure thorough digestion by breaking down food particles. Take 1–2 caps with meals.

**HCL with pepsin** (the acid that your stomach produces) — take with meals that contain protein and start out with one capsule. Then work your way up by one capsule per meal until you feel warming in your stomach, then back it down one. If you do not have a main source of protein during a meal in the form of meat, then don’t take this supplement during that meal or it will upset your stomach.

**Manuka honey** has antimicrobial properties and can kill off *H. pylori* bacteria in the stomach. Take 1–3 teaspoons daily.

**Apple cider vinegar** (ACV) promotes the increase of digestive enzymes. Take one tablespoon in water before meals.

**Supplements** with L-glutamine ginger, DGL licorice and slippery elm are recommended.

**Probiotics** that contain soil-based organisms help balance out intestinal flora, improving digestion.
According to ancient Chinese medicine, people who experience Gastric Gut tend to have those particular problems because their primary emotional responses when facing conflicts are being overdramatic and/or aggressive, focusing more on their emotions or feelings rather than logic.

In order to completely heal Gastric Gut, you must address those emotions as well as the precipitating factors.

It’s also important to note that those with Gastric Gut are inclined to have naturally fun, likable, exciting, socialite personalities. For example, those with Gastric Gut can let their emotions run high with their relationships — emotions that can work well for them when positive, or not so well when negative.

They have “fiery” dispositions and are passionate about life and people, but because they’re “heart” people, their chief emotion is happiness or joy. The flip side of that same coin, however, is the emotional responses of vanity, jealousy, frustration, regret, grief from loss of love or great disappointment in relationships.

Those who are wired emotionally as “heart people,” they can hurt their stomach, pancreas, spleen and small intestine function, leading to digestive issues, including leaky gut.
Be sure to carve out quiet introspection time. Because Gastric Gut type individuals tend to be intense, it’s important to have quiet “to yourself” time to keep your equilibrium. Journaling or just taking some time alone to think can help balance you.

Try tai chi, barre, yoga or relaxing exercises to help calm you. You could try barre or tai chi in a group setting, but it might be better for you to do this on your own. That way you aren’t tempted to socialize and be the life of the party. You need this calming time by yourself.

Make time to laugh. Laughter is one of the most powerful forms of medicine in the world. Schedule times to relax and laugh by watching a funny movie or hanging out with friends who lift you up, encourage you and make you laugh.

Encourage others. It’s easy to focus on ourselves and be overly critical of others. Instead, in any situation, encourage others and give them the benefit of the doubt. You will see that giving encouragement and praise to others will bring you joy.

Schedule a massage. A full-body massage can do wonders to help soothe your mind and your body.

In order to reduce total-body toxicity of your mind, body and emotions, begin following these action steps:
Gastric Gut Daily Routine

Everyone’s schedule is different, but here’s a 9-to-5 work weekday timeline for your new daily routine. You can tweak it as you need to. Here are a few ground rules:

- Try to eat every three hours (except for sleep time) or at least at regular intervals; Eat smaller meals or portions and eat fermented veggies frequently; Don’t eat past 7 p.m.
- Sip one tablespoon of apple cider vinegar mixed with 1/2 cup warm water before meals; Chew each bite of food thoroughly.
- Gradually reduce your caffeine intake; drink fluids only between meals.

7:00 a.m. Upon Waking
Upon waking, take 2–5 minutes and go over everything you’re grateful for. Then spend a few minutes reading an encouraging devotional or inspiring book.

8:00 a.m. Breakfast and Supplements
Before breakfast, sip your water/ACV drink. Then have a warm smoothie or light breakfast. Take 1–2 digestive enzymes and any other choice supplements.

12:00 p.m. Lunch
Take time while eating this meal and chew your food thoroughly. Have a large salad or a large bowl of soup. Take 1–2 digestive enzymes and any other choice supplements.

5:00 p.m. Get Active
Do a fun workout like barre, Pilates or yoga.

6:00 p.m. Dinner and Supplements
Sip your water/ACV drink and enjoy a filling but light evening meal with a healthy snack or dessert afterward. Chew slowly (about 30 times per mouthful) and savor the flavors. Take 1–2 digestive enzymes and any other choice supplements.

7:00 or 8:00 p.m. Before Bedtime Detox Bath
Before bed, it’s time to go into relax mode. Take a warm bath with Epsom salts and lavender oil and soak for 20 minutes! Then get out and watch your favorite show. Then 30 minutes before bed, turn off the TV and read a relaxing book.

10:00 or 10:30 p.m. Bedtime
Meditate so your mind turns off and you can sleep well, which produces the hormones melatonin and prolactin. Together, these hormones improve the good bacteria in our guts.