

Jan@You: Not prone to UTI's but I do still have FODMAPs issues....so I think the SIBO is probably more the culprit

Jan@All: I see the natural antifungals

Laura@All: Yes, I can see it.

Jan@All: Ok - great!!!

Jan@All: I did see it - thanks!

Jan@All: Understood - this is SO helpful

Jan@All: Thanks!

Maria@All: stupid question about the interpretation of the test. it says high sensitive, so why take it?

You@All: [http://www.amazon.com/Intensive-Nutrition-Tanalbit-500mg-120c/dp/B000XT6232/ref=cm\\_cr\\_pr\\_product\\_top?ie=UTF8](http://www.amazon.com/Intensive-Nutrition-Tanalbit-500mg-120c/dp/B000XT6232/ref=cm_cr_pr_product_top?ie=UTF8)

Jan@All: Thanks, Lynn, for the link! You are amazing. :) :)

Jan@All: Hi, Steph!

You@All: Happy to be of help. It helps me learn.

Jan@All: Can see the case. :)

Laura@All: Yes

You@All: Is she doing the specific exercises? I know T-Tapp has some.

You@All: There are also belly bands to help.

Jan@All: Yes - good ideas - pilates-type healing exercises for Rectis Diastis

Jan@All: Hyluronic acid for collagen production ... could be awesome...Collagenix?

You@All: <http://www.metagenics.com/mp/products/collagenics>

Jan@All: Thanks again - Lynn - I was getting wrinkle creams Googling the other spelling!

You@All: I could use those.

Laura@All: I would really recommend she see a physical therapist that specializes in the pelvic floor to help with the diastasis recti. As oftentimes, there is a correlation with the pelvic floor.

Jan@All: Good point, Laura!!

You@All: Right, Laura! Exercises to Avoid: Traditional Crunches, Sit ups and Planks

These traditional abdominal exercises put way too much pressure on your abdominals and further complicate the separation. You want to strengthen your inner core to be able to hold your belly in and work like a natural girdle.

You@All: Can you move the picture up?

You@All: Tupler Technique is also good for diastasis recti.

Jan@All: I had an stomach ulcer years ago that showed up on an endoscopy - it cleared up completely by taking DGL every night for a month :)

You@All: Nice, Jan!

Sequoia@All: great pictures!

You@All: <http://s3.amazonaws.com/drritamarie/materials/GRAND/GRAND-NutritionAndHerbsForTheStomachAndDigestion.pdf>

You@All: I know, Sequoia! Very cool!

Sequoia@All: yes that rectum looks really sore!

Sequoia@All: Lynn, did this start at 5:30 or 6? the email said 5:30 the calendar said 6

You@All: For you, 5:30.

Sequoia@All: hmmm....need to make sure its correct in the calendar

Jan@All: Butyrate suppository w/coconut oil - great idea!!

Sequoia@All: to rebuild secretory IgA, you mentioned amalaki and what was the other thing?

Maria@All: crap...I have SO SO much to learn!

Maria@All: opportunities :)

Sequoia@All: thanks

You@All: <http://www.intensivenutrition.com/products/viracin-plant-tannin>

You@All: <https://diastasisrehab.com/>

You@All: That's the Tupler Technique.

Jan@All: Thanks, Lynn, for the Viracin link!

You@All: You're welcome, Jan.

Jan@All: Looks like Viracin is available on Amazon, also. :)

You@All: Everything is on Amazon.

Jan@All: Ha Ha - yes!

You@All: <https://www.thorne.com/products/dp/arabinex-reg>

Jan@All: Arabinogalactans also available from Premier Research

Lynn@All: [http://www.prlabs.com/shop/index.php?main\\_page=product\\_info&products\\_id=39](http://www.prlabs.com/shop/index.php?main_page=product_info&products_id=39)

Jan@All: Yes - thank you, Steph, for sharing that with us!

Jan@All: And to Ritamarie for helping to interpret it!

Laura@All: Yes, that is a pelvic floor physical therapist.

Laura@All: Some pelvic floor PTs have training in visceral manipulation. It can be very helpful.

You@All: <http://www.barralinstitute.com/about/vm.php>

Laura@All: Here is a practitioner directory to find a pelvic floor PT in your area:

<https://hermanwallace.com/practitioner-directory>

Laura@All: Here is another one for the US: <http://www.womenshealthapta.org/pt-locator/>