

## Digestion Protocols: Diarrhea



Diarrhea is a normal reaction by which the body clears out excessive or unwholesome food. The stools are loose and watery. This can occur more than three times in a day.

Diarrhea can lead to other symptoms such as dehydration. Diarrhea is often accompanied by abdominal cramping and bloating, chills, fever, an urgent need to have a bowel movement, and nausea or vomiting.

When diarrhea persists, it can lead to loss of nutrients, dehydration, and imbalances in hormones and brain chemistry as a result of nutrient imbalances.

### Evaluation

- ☐ Symptom survey
- ☐ Physical history to include travel history
- ☐ Fecal occult blood testing
- ☐ Fecal pH testing
- ☐ Parasite testing
- ☐ Food sensitivity testing
- ☐ Tongue, eye, and facial markings diagnosis
- ☐ Comprehensive stool testing



## Common Causes of Diarrhea

- ☐ Disease causing bacteria overwhelm the beneficial bacteria
- ☐ Ileocecal valve isn't working properly
- ☐ Spicy or too much roughage
- ☐ Stress and emotional trauma
- ☐ Food poisoning
- ☐ Food allergy
- ☐ Viral infection - gastroenteritis
- ☐ Spastic colitis
- ☐ Mucous colitis
- ☐ Parasites
- ☐ Food intolerance
- ☐ Use of certain medications
- ☐ Chemotherapy and radiation
- ☐ Tube-feeding
- ☐ Malignancy
- ☐ Diseases that affect sphincter function
- ☐ Digestive diseases such as Crohn's disease or irritable bowel syndrome
- ☐ Endocrine diseases such as hyperthyroidism or Addison's disease
- ☐ Sweeteners such as sorbitol
- ☐ Too much vitamin C

## Lifestyle Habits to Improve Diarrhea

- ☐ Massage ileocecal points: upper thighs, upper arms, back of neck
- ☐ Ice pack over ileocecal valve point
- ☐ 2 tablespoons clay mixed in water, 3 times a day
- ☐ Rest
- ☐ Hot pack on belly
- ☐ Acupuncture
- ☐ Aromatherapy
- ☐ Meditation
- ☐ Yoga



## Dietary Habits That Can Improve Diarrhea

- ☐ Increase cultured and fermented foods
- ☐ Eliminate spicy foods, alcohol, cocoa, chocolate, and caffeine
- ☐ Avoid high-fiber food
- ☐ Take frequent, small sips of water
- ☐ Mix salt and lemon juice into your water
- ☐ Avoid chewing gum that contains sorbitol
- ☐ Avoid dairy
- ☐ Avoid high-fat and sugary foods

## Herbs and Nutrients to Improve Diarrhea

- |   |   |
|---|---|
| <input type="checkbox"/> Activated charcoal           | <input type="checkbox"/> MCT oil  |
| <input type="checkbox"/> Apple pectin                 | <input type="checkbox"/> Miso soup  |
| <input type="checkbox"/> Barberry                     | <input type="checkbox"/> Orange peel tea  |
| <input type="checkbox"/> Blueberries and blackberries | <input type="checkbox"/> Oregon grape   |
| <input type="checkbox"/> Carob                        | <input type="checkbox"/> Peppermint   |
| <input type="checkbox"/> Chamomile                    | <input type="checkbox"/> Potassium  |
| <input type="checkbox"/> Echinacea                    | <input type="checkbox"/> Prebiotics, i.e., chicory root,<br>Jerusalem artichoke |
| <input type="checkbox"/> Fennel                       | <input type="checkbox"/> Probiotics   |
| <input type="checkbox"/> Fenugreek                    | <input type="checkbox"/> Psyllium   |
| <input type="checkbox"/> Folate                       | <input type="checkbox"/> Slippery elm   |
| <input type="checkbox"/> Ginger                       | <input type="checkbox"/> Zinc   |
| <input type="checkbox"/> Golden seal                  |   |
| <input type="checkbox"/> L-glutamine                  |   |
| <input type="checkbox"/> Marshmallow root             |   |