



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

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