

Nourishing the Gut-Brain Axis

- ✓ **B Vitamins:**
 - B1 (thiamine)
 - B3 (niacin)
 - B5 (pantothenic acid)
 - B6 (P5P)
 - B12 (methyl, adenosyl, or hydroxyl, not cyano)
 - Folate (methyl) – repair DNA
- ✓ **Vitamin D:** gut and brain barriers
- ✓ **Vitamin A:** gut immune function
- ✓ **Minerals:** many digestive and brain functions
- ✓ **Fatty Acids:** anti-inflammatory
- ✓ **Amino Acids:** for neurotransmitters and gut repair (*Disrupted by low stomach acid and H. pylori*)
- ✓ **Vitamin C:** gut repair, stomach acid
- ✓ **Quercetin:** reduces histamine

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Remove

Toxic Foods, Chemicals, & Organisms

- Alcohol
- Caffeine
- Sugar
- Processed fats: trans-, heated
- Refined carbohydrates
- Common allergens
 - Gluten
 - Dairy
 - Egg
 - Peanuts
 - Corn
 - Soy



- ✓ Processed meats
- ✓ Preservatives
- ✓ Artificial colors and flavors
- ✓ Nightshades, if sensitive
- ✓ Medications, unless prescribed by a doctor
- ✓ Lunch meats, processed, or commercially raised meats
- ✓ Candida, parasites, bacteria



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Supporting the Gut-Brain Axis

Diet and Lifestyle


- ✓ Breathe and relax before eating
- ✓ Chew thoroughly
- ✓ Eat in a calm, relaxed state
- ✓ Eat slowly and focus on the meal
- ✓ Drink warm water ½ hour before meals
- ✓ Eat living foods that supply enzymes
- ✓ Avoid gluten and dairy
- ✓ Eat probiotic foods (sauerkraut, kimchi, cultured veggies, kombucha, coconut kefir, non-dairy yogurt)
- ✓ Avoid sugar, refined carbohydrates, alcohol
- ✓ Eat organic and avoid neurotoxins

Supplements

- ✓ Probiotic supplementation (minimum 30 billion organisms per day)
- ✓ Take digestive enzymes the middle to end of each meal - away from any stomach acid supplementation



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Healing the Gut-Brain Axis

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Pre-Meal Ritual to Optimize Digestion and Absorption

- Stop
- Look
- Tune into your heart
- Breathe fully and deeply
- Feel sincere appreciation



You Need to DO This EVERY Time You Put Food into Your Body

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Bitter Herbs to Stimulate Digestion

Actions of Bitters

- ✓ Stimulate HCl, pepsin, mucus in upper GI
- ✓ Can stimulate bile, pancreatic enzymes, and hormones
- ✓ Can enhance immunity
- ✓ Decongest portal vein and decrease varicosity
- ✓ Enhance immunity
- ✓ Calm the nervous system
- ✓ Stimulate the parasympathetic nervous system
- ✓ Lower blood glucose

Some Common Bitters

- ✓ Licorice
- ✓ Hops
- ✓ Milk thistle
- ✓ Gentian
- ✓ Orange peel
- ✓ Dandelion
- ✓ Goldenseal
- ✓ Oregon grape
- ✓ Chicory
- ✓ Yarrow
- ✓ Mugwort



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Demulcent Herbs – Soothe and Heal

What They Do

- ✓ Soothe the GI tract
- ✓ Rebuild the mucous layer
- ✓ Anti-inflammatory
- ✓ Lubricate the digestive tract
- ✓ Nourish body fluids and tissues

Herbs You May Know

- ✓ Licorice
- ✓ Marshmallow
- ✓ Slippery elm
- ✓ Comfrey
- ✓ Irish moss
- ✓ Cinnamon
- ✓ Chamomile
- ✓ Fenugreek
- ✓ Jujube dates
- ✓ Plantain



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Carminative Herbs

What They Do

- ✓ Reduce gas and bloating
- ✓ Enhance digestive secretions
- ✓ Tone the digestive tract
- ✓ Reduce smooth muscle spasms
- ✓ Increase peristalsis

Herbs You May Know

- ✓ Dill
- ✓ Fennel
- ✓ Ginger
- ✓ Caraway
- ✓ Cinnamon
- ✓ Turmeric
- ✓ Clove
- ✓ Cardamom
- ✓ Chamomile
- ✓ Oregano
- ✓ Rosemary
- ✓ Thyme



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Anti-Inflammatory Herbs, Foods, and Nutrients

- ✓ Ginger
- ✓ Turmeric
- ✓ Licorice
- ✓ Chia seeds
- ✓ Flax seeds
- ✓ Hemp seeds
- ✓ Deep ocean fish
- ✓ Algae and sea greens
- ✓ Purslane
- ✓ Vitamin C
- ✓ Omega-3 fats
- ✓ Bromelain and other proteolytic enzymes



- ✓ Capsaicin-containing foods - peppers
- ✓ Cinnamon
- ✓ Rosemary
- ✓ Basil
- ✓ Cardamom
- ✓ Chives
- ✓ Cilantro
- ✓ Cloves
- ✓ Garlic
- ✓ Parsley
- ✓ Boswellia
- ✓ Quercetin (bioflavonoid in onions)

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Natural Antispasmodics

(decreases spasms)

Herbs

- ✓ Chamomile
- ✓ Wild yam (not long-term)
- ✓ Valerian
- ✓ Kudzu
- ✓ Peppermint

Supplements

- ✓ Sialex by Ecological Formulas
- ✓ GastroSoothe by Enzymatic Therapy
- ✓ GlutaMed RX by NuMedica



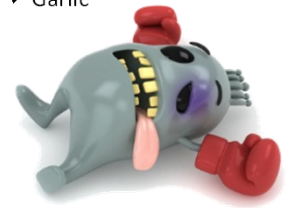
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Antimicrobial Herbs

(these can maim or kill bad-gut critters)

- ✓ Grapefruit seed extract
- ✓ Oregano
- ✓ Turmeric
- ✓ Thyme
- ✓ Propolis
- ✓ Fennel
- ✓ Raw pumpkin seeds
- ✓ Virgin coconut oil
- ✓ Pomegranate juice
- ✓ Rosemary
- ✓ Goldenseal
- ✓ Garlic



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Overcoming Dysbiosis

- ✓ **Stop eating anything that creates sugar** in the gut - these critters love sugar, including refined carbs and alcohol, and even fruit juice.
- ✓ **Take herbs that 'kill' organisms: yeast fungi, parasites, and pathogenic bacteria**, like grapefruit seed extract, oregano oil.
- ✓ **Take probiotics** to reseed the good friendly bacteria.
- ✓ **Take nutrients that heal** the lining of the gut and the blood brain barrier

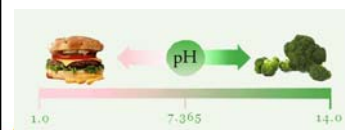


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What To Do About Ileocecal Valve Dysfunction

- ✓ **Reflex point massage**
 - LI4, BI58, KI5
 - Base of skull
 - Anterior, superior right arm
- ✓ **Diet (temporary)**
 - Avoid high-fiber foods
 - Avoid spicy foods
 - Add chlorophyll
 - Bitters
 - pH balanced diet



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Healing the Upper Digestive Tract

Actions

- ✓ Bitters 15 minutes before meal
- ✓ HCl, as indicated
- ✓ Pre-meal ritual
- ✓ Enzymes
- ✓ Chew thoroughly
- ✓ Gut soothing herbs and foods
- ✓ Stay calm and present at all meals

Soothing and Healing Foods and Herbs

- ✓ Lemon juice
- ✓ Apple cider vinegar
- ✓ Extract of black pepper
- ✓ Glutamine
- ✓ Licorice
- ✓ Slippery elm
- ✓ Cabbage juice



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Therapeutic Foods for Healing Leaky Gut and Brain

Nitric Oxide

- ✓ Arugula (100x more than any other foods)
- ✓ Spinach
- ✓ Beets
- ✓ Hawthorn extract/berries/tea
- ✓ Dark leafy greens



NAC

- ✓ Red peppers
- ✓ Garlic
- ✓ Onions
- ✓ Broccoli
- ✓ Brussels sprouts



Arabinogalactans

- ✓ Tomatoes
- ✓ Carrots
- ✓ Radishes
- ✓ Echinacea
- ✓ Reishi



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Gut Healing Supplements

- **Glutamine:** 2500 mg 2 times a day or 1500 mg 3 times per day
- **Quercetin:** 500 mg 2 times per day
- **N-acetyl cysteine (NAC):** 500 – 1000 mg per day
- **Vitamin A:** 20,000 – 25,000 IU's per day
- **Vitamin B1:** 150 mg 3 times per day
- **Zinc:** 50 – 80 mg per day
- **Arabinogalactans:** 3 grams 3 times a day
- **Nitric oxide:** (case by case dose)
- **Vitamin E:** 400 IU's per day
- **DHEA:** (case by case dose)
- **Vitamin C:** 1000 mg 3 times a day or to bowel tolerance



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Gut Healing Porridge

Ingredients:

- ✓ 2 tablespoon chia seed
- ✓ 1 teaspoon psyllium
- ✓ 1 tablespoon flax seed
- ✓ 16 ounces nut milk (e.g., sesame seed, coconut, almond, or your choice), blended with 4 prunes and ½ cup blueberries

Directions:

- Soak chia, psyllium, and flax seeds in ½ the nut milk for several hours, ideally overnight.
- Add remainder of nut milk mixture and serve.

❖ *This porridge increases gut healing SCFAs (short-chain fatty acids)*



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Healing Broth Recipe

Ingredients:

- 1 bunch of broccoli
- 1 zucchini
- 1 stalk of celery
- ½ - 1 medium sized onion
- 1 large sweet potato or squash (optional)
- 1 bunch of green leafy veggies, such as spinach, chard, collards, kale, or dandelion greens
- water for steaming



Directions:

1. Steam veggies until tender and place in blender along with steaming water. If using sweet potato, cut into 1-inch pieces and start it 10 minutes before the rest of the vegetables.
2. Add additional water, if too thick. Add a pinch of sea salt and oils after blended.
3. Season to taste with basil, cilantro, or other favorite herbs.

Note: Sweet potatoes and squash give the soup a sweeter flavor, but they can trigger candida.

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Optimize Digestion to Heal the Gut Brain Axis

- ✓ Eat in a calm, relaxed state
- ✓ Start the day with a cleansing beverage
- ✓ Drink a glass of lukewarm water ½ hour before the meal
- ✓ Bitters 5 minutes before the meal
- ✓ Chew food thoroughly
- ✓ Eat slowly and focus on the meal
- ✓ Digestive enzymes
- ✓ Food combining or food sequencing
- ✓ Liver/gall bladder support
- ✓ Heal inflammation and leaky gut
- ✓ Probiotics – eliminate pathogens and allergens – main culprit often gluten and casein
- ✓ Colon cleansing – toxic debris



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Gut-Friendly Foods to Include Daily

- ✓ Green juices or smoothies
- ✓ Sea veggies
- ✓ Chlorella
- ✓ Probiotic-containing foods
- ✓ Lots of greens
- ✓ Brassicas, aka cruciferous vegetables
- ✓ Low-glycemic fruit as part of a green smoothie or along with a green leafy, like lettuce or celery, to prevent sudden rises in blood sugar and the potential to feed yeast
- ✓ Omega-3 fat containing seeds and foods



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Serotonin Deficiency

Substances That Provide Relief

- ✓ Sweets
- ✓ Starch
- ✓ Tobacco
- ✓ Chocolate
- ✓ Alcohol
- ✓ Marijuana
- ✓ Ecstasy
- ✓ Prozac
- ✓ Paxil
- ✓ Effexor
- ✓ Celexa



Possible Amino Acid Solutions

- ✓ 5-HTP
- Or
- ✓ L-Tryptophan

With

- ✓ Vitamin B6 as P5P
- ✓ L-Tyrosine

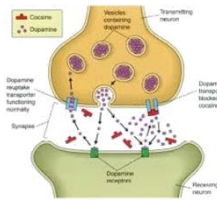
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Dopamine Deficiency

Substances That Provide Relief

- ✓ Sweets
- ✓ Starch
- ✓ Aspartame
- ✓ Chocolate
- ✓ Alcohol
- ✓ Marijuana
- ✓ Caffeine
- ✓ Cocaine
- ✓ Speed
- ✓ Tobacco
- ✓ Wellbutrin
- ✓ Ritalin
- ✓ Adderall



Possible Amino Acid Solutions

- ✓ Tyrosine

Or L-phenylalanine, especially if also symptoms of low endorphins: sensitive to pain, cry easily, cravings for comfort foods or drugs

- ✓ With Vitamin B6

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GABA Deficiency

Substances That Provide Relief

- ✓ Sweets
- ✓ Starch
- ✓ Alcohol
- ✓ Marijuana
- ✓ Tobacco
- ✓ Valium
- ✓ Neurontin
- ✓ Klonopin



Possible Amino Acid Solutions

- ✓ GABA
- ✓ Possibly with taurine and/or glycine

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Lifestyle Choices That Affect Neurotransmitters - 1

- ✓ Sugar and High Fructose Corn Syrup
 - Fatigue
 - Aggression
 - Hyperactivity
 - Depression
 - Eating disorders
 - Dementia (from crusting of the brain proteins)
- ✓ Trans- and Heated Fats
 - Damaged cells
 - Inflammation
 - Depression
 - Dementia
 - ADHD
- ✓ Brain Trauma
 - 2.5 to 5 times risk of Alzheimer's
- ✓ Pesticides
 - Known neurotoxins
- ✓ Preservatives



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Lifestyle Choices That Affect Neurotransmitters - 2

- ✓ Caffeine
 - Anxiety
 - Depression
- ✓ Sleep Deprivation
 - Alzheimer's
 - Psychosis
 - Depression
 - ADD
 - Learning and memory problems
 - Weight gain
- ✓ Alcohol
 - Dementia
 - B Vitamin depletion
- ✓ Processed Grains: Lack of B vitamins; needed to synthesize neurotransmitters
- ✓ Inflammatory Foods
- ✓ Drugs: Prescription and recreational - affect CoQ10, Glutathione, B vitamins

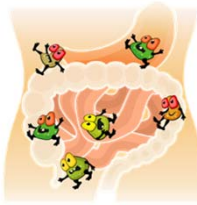


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Special Circumstances and Intolerances

- ✓ **Specific Carbohydrate Diet: SCD (GAPs)**
- ✓ **Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols: FODMAPs**
- ✓ **Small Intestinal Bacterial Overgrowth: SIBO**

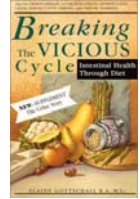


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Specific Carbohydrate Diet™ (SCD)

- ✓ Intended mainly for Crohn's disease, ulcerative colitis, celiac disease, diverticulitis, cystic fibrosis, and chronic diarrhea
- ✓ Foods allowed based on the molecular structure
- ✓ Monosaccharides can be easily absorbed - allowed
- ✓ Disaccharides and polysaccharides - not allowed
- ✓ **Premise:** Complex carbohydrates that are not easily digested feed harmful bacteria and produce by-products and inflame the intestine wall

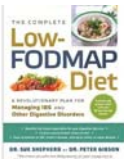


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FODMAPs

- ✓ **Fermentable**
- ✓ **Oligosaccharides**
- ✓ **Disaccharides**
- ✓ **Monosaccharides**
- ✓ **And**
- ✓ **Polyols**
- ✓ Short-chain carbohydrates
- ✓ **Incompletely absorbed in the GI tract**
- ✓ Difficult to digest with functional gut disorders
- ✓ **Easily fermented** by gut bacteria
- ✓ Exert an osmotic effect, increasing fluid into the large bowel
- ✓ Causes **fermentation and osmosis**
- ✓ Can lead to IBS symptoms
- ✓ May be due to **SIBO or dysbiosis**
- ✓ **Stress** is likely a factor in FODMAP sensitivity



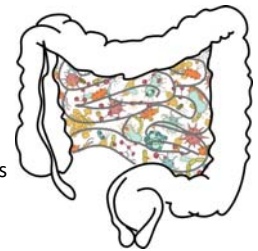
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SIBO

Small Intestinal Bacterial Overgrowth

- ✓ Overgrowth of large intestine bacteria in small intestine
- ✓ Rob you of B12, iron, and other nutrients
- ✓ Damage mucosa
- ✓ Can deconjugate bile leading to fat malabsorption
- ✓ Trigger proinflammatory cytokines and cause leaky gut
- ✓ Can cause sugar cravings
- ✓ Increase mucus production
- ✓ Damage to migrating motor complex



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SIBO Management


Small Intestinal Bacterial Overgrowth

- ✓ **Starve the bacteria:** Elemental, SCD, FODMAP Diets
- ✓ **Kill the bacteria:** Antimicrobials
 - Formulas shown in studies to be as effective as antibiotics
 - Dysbiocide and FC-Cidal (by Biotics Research) or
 - Candibactin-AR and Candibactin-BR (by Metagenics)
 - Single herbs reported to work well, too; 1-3 for 4 weeks:
 - Berberine- 5 grams per day (Berber 500 from Thorne, or Goldenseal, Oregon Grape, Barberry, Coptis)
 - Allicin from Garlic - Allimed (the highest potency formula I know of is [Allimed](#))
 - Oregano
 - Neem
 - Cinnamon
- ✓ **Repair the gut:** Healing foods and herbs
- ✓ **Prokinetics:** Rx low-dose Naltrexone or herbal Triphala
- ✓ **Restore gut function:** Stomach acid and ICV

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Digestive Assessment Score and Protocol Tracker Chart								
Name								
Assessment	Ideal Score	First Assessment Date YYYY-MM-DD	Score of First Assessment	Priority: Very High High Med Low	Protocols Started Date YYYY-MM-DD	Protocols Completed Date YYYY-MM-DD	Score After Protocols	
Low stomach acid	<10%							
Excess stomach acid	<10%							
Pancreas/small intestine	<10%							
Large intestine	<10%							
Liver/gallbladder	<10%							
Candida/dysbiosis	<20							
Leaky gut	0							
SIBO	<20							
Ideal Score: Congratulations! Follow the "General Healthy Gut Guidelines" to maintain a healthy digestive tract.								
Low Score: It could be helpful to follow the protocols from the "Gut Healing Protocols Table".								
Medium, High, or Very High Score: You should follow the protocols indicated in the "Gut Healing Protocols Table".								



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Gut Healing Protocols Table									
FOCUS/ CONDITION PROTOCOLS	Low Stomach Acid	Excess Stomach Acid	Small Intestine and Pancreas	Large Intestine	Liver / Gallbladder	Candida/ Dysbiosis	Leaky Gut and Inflammatory Bowel Disease	FODMAP/ Specific Carbohydrate Sensitivity (SCD)	SIBO
Gut Rejuvenator drink		Monitor - remove citrus or apple cider vinegar if it aggravates							
Green drinks							May need to restrict to juices or cooked and blended greens if severe	Replace restricted greens with allowed	Replace restricted greens with allowed
Pre-meal ritual, chewing, calm meals									
Remove gut hurting foods									
Elimination diet – food sensitivities									
Add gut healing foods							May need to restrict to cooked and puréed	Modify to only include the allowed foods	Revisit to FODMAP and SCD allowed foods and consider elemental diet
HCL challenge		NO					Caution		
Bitters plus zinc		Caution							
Enzymes		Caution						Limit to allowed	Limit to allowed
Gut soothing Herbs- mucilaginous								Some may not be tolerated – Modified SCD chart	Some may not be tolerated – Modified SCD chart
Antispasmodic herbs								Limit to allowed	Limit to allowed
Carminative herbs								Limit to allowed	Limit to allowed
Candida parasite cleanse								Limit to allowed	Limit to allowed
Leaky gut repair protocol									
Liver / gallbladder cleanse									
Probiotics									
Prebiotics								Caution	Not at early stages
Cholagogues (some also stimulate HCL)		Caution- some stimulate HCL						Limit to allowed	Limit to allowed

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Liver Supportive Foods

- ✓ Brassicas – indole-3-carbinol
 - Especially broccoli sprouts and seeds
- ✓ Citrus peels: limonene
- ✓ Caraway: limonene
- ✓ Turmeric
- ✓ Avocado
- ✓ Basil
- ✓ Beets
- ✓ Leafy bitter greens
- ✓ Mushrooms
- ✓ Cardamom
- ✓ Cayenne
- ✓ Chlorella
- ✓ Cilantro
- ✓ Cinnamon
- ✓ Dandelion

- ✓ Dill
- ✓ Fennel
- ✓ Garlic
- ✓ Ginger
- ✓ Grapefruit
- ✓ Green juices
- ✓ Jerusalem artichoke
- ✓ Onion
- ✓ Peppermint
- ✓ Rosemary
- ✓ Sea vegetables
- ✓ Thyme
- ✓ Radishes
- ✓ Wheat grass



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Cholagogue Herbs

What They Do:

- ✓ Stimulate flow of bile from liver
- ✓ Stimulate bile secretion from gall bladder
- ✓ Strengthen liver
- ✓ Enhance detoxification

Examples:

- ✓ Artichoke
- ✓ Barberry
- ✓ Blue flag
- ✓ Boneset
- ✓ Dandelion root
- ✓ Fringe tree bark
- ✓ Gentian
- ✓ Goldenseal
- ✓ Greater celandine
- ✓ Rosemary
- ✓ Sage
- ✓ Wild indigo
- ✓ Wild yam
- ✓ Yellow dock



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Healthy Digestion Daily Schedule

- ✓ **AM Gut Rejuvenator:** Water with lemon, lemon and peppermint oil, optionally cayenne
- ✓ Green breakfast with chia seeds
- ✓ Pre-meal ritual (HeartMath™)
- ✓ Chew, chew, chew (or blend)!
- ✓ Daily brassicas, including broccoli sprouts and/or ground broccoli seeds
- Avoid "gut hurters"
- Greens at each meal
- Probiotic foods, juices, smoothies, supplements
- Bitters before meals
- Enzymes with meals
- Exercise
- Cholagogues
- Regularly cleansing
- Hydration

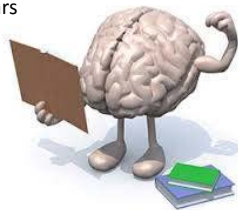


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Brain and Neurotransmitter Reading List

- ✓ *Depression Free for Life*: Gabriel Cousens, MD
- ✓ *The Edge Effect* by Eric Braverman, MD
- ✓ *The UltraMind Solution* by Mark Hyman, MD
- ✓ *Change your Brain, Change your Life* by Daniel Amen, MD
- ✓ *Addiction Free Naturally* by Brigitte Mars
- ✓ *The Natural Medicine Guide to Bipolar Disorder* by Stephanie Marohn
- ✓ *5-HTP, The Natural Way to Overcome Depression, Obesity and Insomnia* by Michael Murray, ND
- ✓ *5-HTP, Nature's Serotonin Solution* by Ray Sahelian



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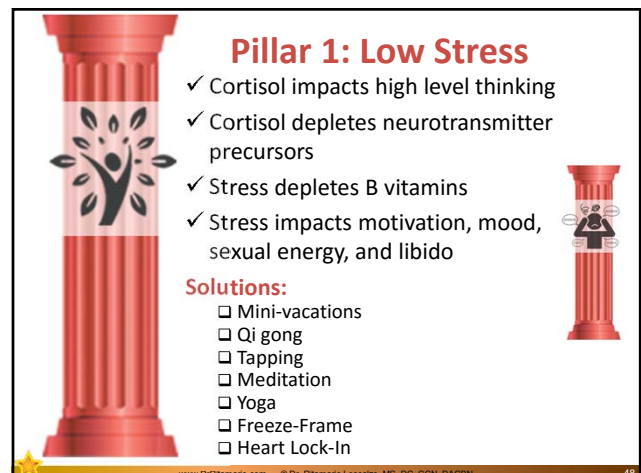
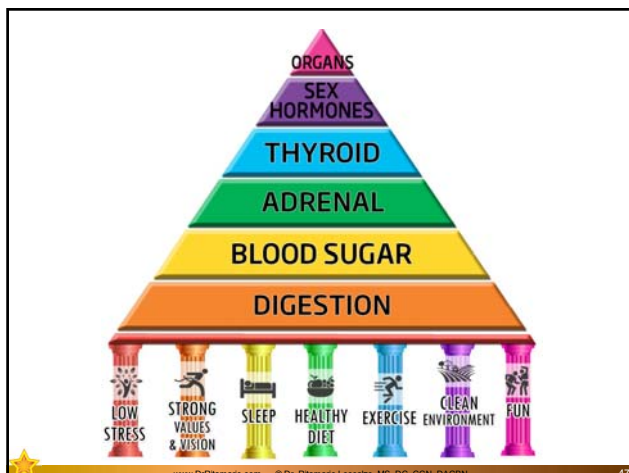
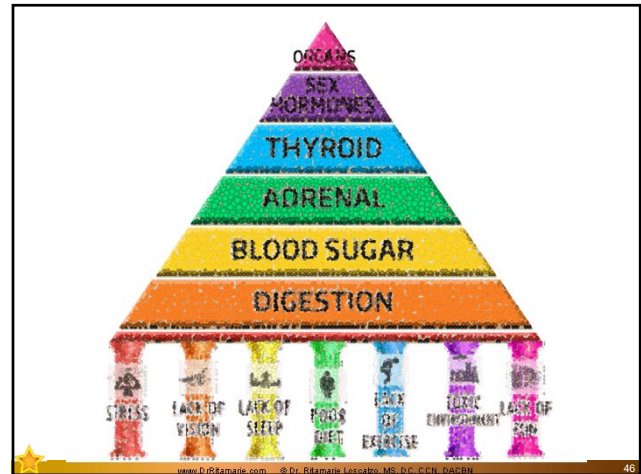
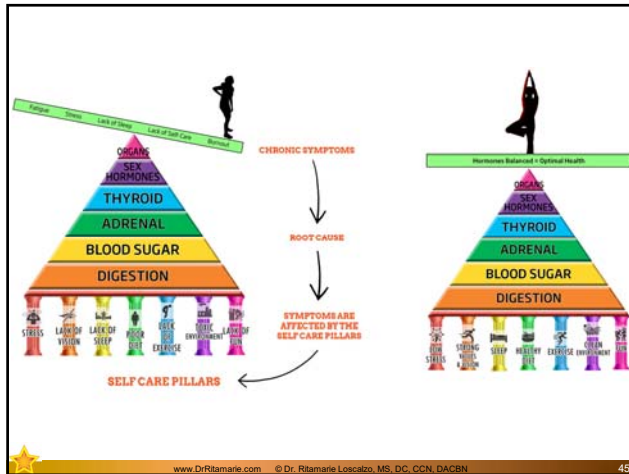
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Restoring Balance: The Pillars of Vibrant Health



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Pillar 2: Strong Values and Vision

- ✓ Connection to values, visions, and goals facilitates healthy choices

Tools:

- Positive aspects journal
- Let go of limiting beliefs
- Portable anchors

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Pillar 3: Sleep

- ✓ Creates more melatonin
- ✓ Aids in repair and detox
- ✓ Helps gut to repair
- ✓ Cleanses neurotoxins
- ✓ Reduces inflammation
- ✓ Improves mental clarity

Actions for Better Sleep:

- Mini-vacation before bed
- Sleep "hygiene"
 - Stop eating before bed
 - Dim the lights
 - Turn off electronics
- Relaxing herbs
- Supplements can help with sleep

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Pillar 4: Nutrition

- ✓ Gut healing foods and herbs
- ✓ Brain healing foods and herbs
- ✓ Nutrients
- ✓ Fun recipes
- ✓ Kitchen setup for success

Tools:

- Recipes
- Kitchen setup education
- Elimination diet

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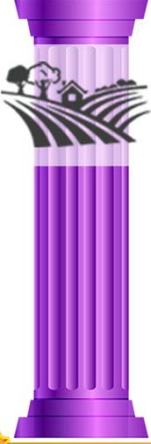
Pillar 5: Fitness

- ✓ Oxygenates and nourishes the brain and gut
- ✓ Reduces stress and balances blood sugar
- ✓ More effective than antidepressants in many people
- ✓ Athletes have a higher diversity of gut microorganisms
- ✓ Beneficial impact of exercise on gut microbiota diversity

Solutions:

- Daily low intensity aerobic exercise
- Brain exercises

Gut, Exercise and associated dietary extremes impact on gut microbial diversity; Stobhan F Clarke, et al.
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Pillar 6: Environment

- ✓ Hormone disruptors impact gut flora
- ✓ Toxins irritate the brain
- ✓ Liver stress impacts neurotransmitters and digestion

Solutions:

- ❑ Upgrade cosmetics and personal care products
- ❑ Clean up home environment
- ❑ Clean air – filters, windows open
- ❑ Clean water
- ❑ Avoid food allergens, additives, preservatives, and pesticides



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Pillar 7: Fun

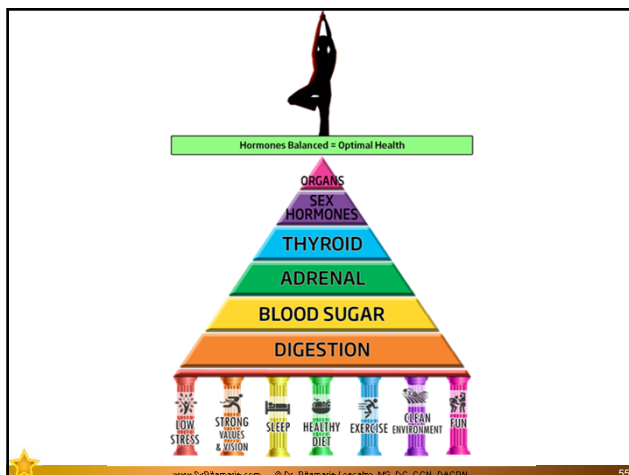
- ✓ Creates a relaxed and receptive state
- ✓ Activates calming neurotransmitters
- ✓ Activates immune system
- ✓ Feeds the beneficial gut flora
- ✓ Reduces cortisol damage

Solutions

- ❑ Make a list of fun activities
- ❑ Schedule fun on calendar, even if only 5 minutes a day
- ❑ Take regular fun breaks and vacations



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