LISTEN TO YOUR GUT

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OUR VISION:

Vision:
“We change people’s lives through inspiration, empowerment, and excellent health care delivery in a beautiful, efficient team environment making us Calgary’s first choice for natural health care.”

WHY FOCUS ON GUT HEALTH?

- Severely under estimated importance to health
- Drastic impact on well-being and behavior
- To understand your gut & health relationship
- Help you learn to live in a manner that allows your innate potential for maximum health to have a chance to become your reality
- Commonly misunderstood part of wellness

CHECK YOUR OWN CONCERNS

- Low energy levels
- Occasional negative moods
- “Foggy thinking”
- Joint health problems
- Food allergies/intolerance
- An unhealthy immune system
- Occasional abdominal discomfort

Score out of 13 ______

- Poor complexion
- Difficulty gaining or maintaining a healthy weight/body composition
- Poor digestion
- Poorly formed stools and constipation (<3 bm/day)
- Occasional irregularity
- Learning difficulties

BASIC GUT ANATOMY

- Energy & nutrient acquisition
- Barrier function
- Immune defense system
- Hydration/conservation
- Interconnected hormonally

HEALTHY GUT TERRAIN

- Densely contoured by thick folds & villae
- Like a tubular forest
- Massive surface area
HEALTH GUT ECOLOGY

- Lots of bugs inside of us. Up to 4.6 kg of total body weight. Bacterial balance is vital for gut function, total body health, & digestive success.

GUT TERRAIN HISTOLOGY

- Gelatinous rich & slime covered villae forest
- Surface area = to ½ tennis court

IMMUNITY IS BASED IN YOUR GUT

- Gut associated lymphoid tissue (GALT) and Mucosa associated lymphoid tissue (MALT)
- 70% of the human immune system cells are harbored around the length of the gut. Why is this relevant??

RESEARCH LINKING GUT HEALTH

- Mood and behavior
- Weight gain & metabolism
- Hormonal changes
- Immunogenicity (allergies)
- Inflammation
- ADD/Autism spectrum
- Vaccines
- Anti-biotics

THE "MIND - GUT" RELATIONSHIP

- Up to 95% of our Serotonin hormones are produced by the gut, in the gut itself!

SUMMARY OF THE GUT

- Mood/Satiety/ Energy levels
- Mood disorders
- Happy vs Angry
- Motivated vs indifferent
- Focus vs distracted
- Behavioural disorders
- Absorption & Body Function
- Peak digestion & no craving
- Insulin Resistance
- Feed intolerances
- Weight gain and fluctuations
- Immune Function
- Over active vs Underactive
- Autoimmune disorders
- Allergy/Skin Disorders
- Cancer/Osteoporosis
- Chronic illnesses
- Arthritis
LOSS OF GUT HEALTH: DYSBIOSIS

High simple sugar diet, pop drinks like Coke/Pepsi, antibiotics, toxins in food, or types of food

GENERAL PROGRESSION OF BAD GUTS

- Over what time period?
- What could speed this up?
- Delay its regeneration??

Diet toxins, high sugars, acidic beverages, microorganisms, non-digestible foods, medications, etc.

THE VERY COMMON “LEAKY GUT”

Commonly affecting:
- Immune function
- Energy/mood/mental acuity
- Digestion and respiration
- Weight/bowel regularity
- Skin complexion
- Joint health

TOO SLOW – TOO FAST – TOO MUCH GAS!

Gut dysbiosis and leaky gut symptoms will vary greatly

SYMPTOMS OF LEAKY GUT

- Abdominal pain (chronic)
- Diarrhea
-flatulence
- Anorexia
- Anesthesia
- Gastritis
- Hypothesis (celiac disease)
- Nausea
- Headache
- Migraine
- Headaches
- Multiple chemical sensitivities
- Muscle pain
- Myofascial pain
- Mood swings
- Poor sex cell tolerance
- Poor immunity

GUT HEALTH CONTINUUM

Health!

- Poor food choices
- Inflammations
- Stress/Drugs

Optimizing

- Improved health
- Food choices
- Better lifestyle

Moloids

- Stress
- Fiber

Emotional

- Anorexia
- Anxiety
- Depression
- Fatigue

Leaky gut

- Yeast overgrowth
- Parasites
- Dysbiosis

Probiotics

- Good bacteria
- Fiber
- Antioxidants

Healing

- Healing
- Fatigue
- Overwhelm

Detox

- Detoxification
- Healing

Disease!
CONDITIONS LINKED TO LEAKY GUT SYNDROME

- Celiac disease
- Multiple Sclerosis
- Autism
- Fibromyalgia
- Chronic Fatigue Syndrome
- Irritable Bowel Syndrome
- Eczema & Dermatitis
- Ulcerative Colitis
- Candidiasis
- Chronic hepatitis
- Asthma & general inflammation
- Chemotherapy
- Cystic Fibrosis
- Multiple Chemical Sensitivities
- Accelerated Aging
- Endoscopy
- Colon cancer
- Crohn's disease
- Food allergies
- Giardia
- Pancreatic dysfunction
- Hives
- AIDS
- Alcoholism
- Arthritis
- Atherosclerosis
- Inflammatory bowel disease
- Liver dysfunction
- Malnutrition
- Psoriasis
- Schizophrenia
- Asthma
- Autoimmune disorders
- Dermatology
- Cognitive
- Hepatic
- Cardiac
- Neurological
- (M.Sclerosis)
- (Thyroiditis)
- (Rheum. Arthritis)

GLUTEN: A SERIOUS PROBLEM FOR MANY

- Gluten is a protein and part of all grains
- Historically, gluten was always generally digestible, but hybridization in the common modern grains has rendered all modern day WHEAT, RYE, BARLEY to be TOXIC and NON-DIGESTABLE to human gut.
- All other grain glutens ARE digestible, yet share some similarities with toxin gluten, or may be contaminated.
- Due to toxic gluten, many people’s guts are irritated and inflamed from being exposed to this in foods they eat.
- Large undigested protein parts bombard the intestinal walls – punching holes through the delicate lining. Erosion ensues.

GLUTEN RELATED DISORDERS

- Celiac disease
- Non-celiac gluten sensitivity
- Other Autoimmune Diseases
- Dermatology
- Cognitive
- Hepatic
- Cardiac
- Neurological
- (M.Sclerosis)
- (Thyroiditis)
- (Rheum. Arthritis)

BAD “INFLAMING” DIETS

- Commonly contain wheat, rye, or barley based grain CHO’s rich in phytic acid, and agitating proteins like toxic GLUTEN.
- High dairy intake
- High acidity in sweetened, preserved foods and beverages
- Low levels of fresh fiber content
- Low water intake or low H2O content foods
- High vegetable oil containing foods containing refined veggie oils (>> omega 6) and polyunsaturated fatty acids
- Grain fed meats like beef or pork and certain farmed fish
- Low probiotic levels in foods

FINAL REVIEW: FORMULA FOR A BAD GUT

- Poor diet habits
- High sugar intake
- High fat intake
- Low fiber intake
- High acidic foods and drinks
- High intake processed foods
- Bad substance habits like alcohol & prescription drugs
- High exposure to smoke and toxic exposures (environ)
- Vaccines
- High stress levels
- Poor spinal health
- Spinal subluxations in digestive areas
- Lowered gut function/motility
- Changes in acidity/regularity
- Lack of physical activity
FIXING A GUT 101

1. Increasing bowel elimination (3-5 bm's / day)
2. Check for toxicities/sensitivities
3. Heal the gut
4. Support liver and gut function as a way of life
5. Calm the nervous system & lower stress levels
6. Eat natural and eat clean
7. Avoid the top 10 most gut risky foods

1. INCREASING BOWEL ELIMINATION
   - Raw and lightly cooked vegetable intake >>
   - Ground flax seeds
   - Fruits like apples, peaches, pears, plums, blueberries, bilberries.
   - Soluble fibre eg: psyllium seed powder/oat bran
   - Increase your water intake 2-4 liters per day
   - Exercise every day

2. CHECK FOR TOXICITIES / TOLERABILITY
   - www.getbetterfaster.ca website
     - Downloads >>>>> forms under nutrition
     - Toxin Questionnaire
     - MSQ and Xenotolerability test
       - Complete and return to your chiropractor for evaluation
     - Stool samples and hair analysis
     - Gluten testing
       - Often performed by a naturopath, chiro, alt. med practitioners
     - Potential elimination diet to calm over sensitivity of the gut and immune reaction

3. HEAL THE GUT
   Strategies are multi-pronged
   A. Detoxify
   B. Elimination diet
   C. Nutrient protocols to heal the gut

A. DETOXIFYING STRATEGIES
   - Bathing t/w loofah, sweating, exercise, saunas
   - Bowel movements (goal 3-5 per day)
     - Magnesium Citrate – body wt. (kg) x 6mg Mg = dosage
   - Liver focus
     - Immunodetox Prime by Adeeva
   - Liver/Gut/Kidney/Lymphatics
     - Heel Detox Kit by Heel Canada
   - Comprehensive Detox c/w diet guide
     - UltraClear Ph plus by Metagenics c/w total guide

B. ELIMINATION DIET PROCESS
   - Evaluate elimination diet
   - Symptoms resolve
   - Symptoms persist
   - Reintroduce foods systematically
   - Symptoms provoked
     - No symptoms
       - Diagnosis not confirmed
     - Food sensitivity diagnosis
**C. GUT HEALING NUTRIENT PROTOCOLS**

- **Probiotics**
  - MG - Ultra Flora Immune Health (adults) and UF Children (kids)
  - SER - HMF Forte (adults) and HMF Children (kids)
  - 60-100 billion CFU’s / day for reloading; 45-60 billion/day maintenance (adults)

- **Prebiotics**
  - Fermented vegetables like sour kraut
  - AD - Flora Essentials

- **Vitamin D**
  - MG – D3 tablets
  - SER – D-Mulsion Drops

- **L - Glutamine**
  - MG – Endefen – 3 in 1 gut cleanse, heal, and mucinogen

- **EPA/DHA essential fatty acids (Omega 3 oils)**
  - Variety of EPA/DHA in different combinations for different focuses

- **Curcumin**
  - AD – Nature’s Relief – very effective anti-inflammatory

- **Colostrum**
  - AOR - Use an organic source of cow or goat – identical to human colostrum to help heal wounds

**4. SUPPORT LIVER & GUT FUNCTION**

- Make this part of life every day! > 17:1 return
  - Milk thistle, Burdock or Dandelion root, Sarsaparilla, Yellow Dock
  - Deglycerized licorice root
  - Aloe and Slippery elm
  - Ground flax seed (linolenic acid)
  - EFA containing foods (hemp, flax & chia seed, walnuts, fish)
  - Bilberry Extract, Blueberries from here in Canada
  - Glucosamine and L-Glutamine
  - Fennel seed and Fenugreek seed
  - Ginger, Grape seed extract, Caprylic acid and Garlic

**4. CALM THE BRAIN & NS - LOWER STRESS**

- Increase your omega 3 intake (2-3000mg/day)
- Increase antioxidant intake, raw or fermented fruits & veggies
- Increase sleep, water intake, exercise levels
- Decrease mental stress - Meditation
- No drugs, no caffeine, no stimulants, no stress!!

- Get spinal adjustments more regularly or frequently
- If there is anything that prevents the nervous system from working at an optimal level, it will in some way affect the body’s ability to heal and regulate!!
  - Including digestion, bowel movements, etc

**CHIROPRACTIC CARE**

- Natural, drugless
- Highly effective
- For all ages
- Preventative and restorative
- Affordable compared to other options

**6. EAT CLEAN AND NATURAL**

- Eat in a manner that is congruent with good gut function, balanced immune function, no inflammation, and peak energy.
  - Begin aligning your diet with "Deflamming Diet" guidelines available on www.getbetterfaster.ca
  - Hunter and gatherer diet
  - Mediterranean diet
  - Virgin Diet
7. THE TOP TEN FOODS TO AVOID

1. Gluten grains
2. Corn
3. Soy
4. Eggs
5. Dairy
6. Peanuts
7. Shellfish
8. Beef/pork
9. Oranges
10. Refined sugars

TO CONCLUDE...... OUR SUMMARY OF THE GUT

Mood/Satiety/ Energy levels
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- Overactive vs. Underactive
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UPCOMING WORKSHOPS
- Viewing Award Winning “Doctored” film documentary (April)
- Women’s Health
- Maximizing Athletic Performance: Foundations for all sports
- Running/walking Clinic: Preventing injuries & choosing ideal footwear and foot support
- Bone & Joint Health: Preventing Osteoporosis, Arthritis, and understanding supplementation
- Golf Workshop
- Neck pain and Headaches
- Men’s Health

THERE IS LIGHT AT THE END OF THE TUNNEL
THANK YOU