HEALING THE GUT

CAUSES FOR DISTRESS

Stress
Abuse of Spicy foods
High consumption of Alcohol
Smoking
Drugs

BEST FOODS TO EAT:

- **Bone Broth**
- **Miso soup**
- **Licorice Root (if you have high blood pressure, use deglycerized licorice root)**
- **Aloe Vera soothes the stomach**
- **Fennel**
- **Eating Cabbage (cooked or raw) or cabbage juice or sip on Sauerkraut juice**
- **Weak Ginger Tea**
- **Honey, especially manuka honey is a good healer. Pure maple syrup is also usually tolerated.**
- **Potatoes, potato Juice(use juicer). Boiled potato water.**
- **Soft foods (bland foods) such as grilled chicken meat, cooked vegetables, white rice, rice noodles, mashed potatoes, baked apples or pears**
- **Rice Milk, is most digestible of the milks. To make yourself, toast 1 cup of rice over low heat until it is soft brown, stirring with a wooden spoon to prevent sticking. Then pour 8-10 cups water over the rice and let it simmer at least 1 ½ hr (keep saucepan covered). Then strain it and store in a closed bottle. Refrigerate if not using it right away.**
- **Oat milk (watch the ingredients, avoid chemicals, sugar etc)**
- **Walkers Fine Oat crackers – can get at London Drugs or Save on Foods**
- **Plain rice cakes**
- **Goat cheese**
- **Small amounts of chicken or fish**
- **If you can eat raw veggies, then you can have salad with plain dressing like olive oil with herbs (dill, basil, oregano)**
- **Soups: vegetable soup, chicken soup, miso soup, jook (chinese rice soup)**
- **Oils: coconut, olive, avocado**

STAY AWAY FROM:

- **Spicy foods, especially chilies and hot peppers**
- **Alcohol**
- **Citric acid foods like citrus foods like oranges, tomatoes, grapefruit, pineapple. If severe gastro, avoid all fruit.**
- **Milk, cream, yogurt, most cheeses (you may be able to tolerate raw milk cheese or goat cheese)**
- **Deep fried foods**
- **Eggs, cooked**
- **Vinegar, and foods with vinegar eg. Pickles, dressings**
- **Preservatives in foods (eg. Canned, packaged) and processed foods which have synthetic ingredients and chemicals**
- **Caffeine – coffee, black tea, green tea**

- **Soft drinks**
- **Anything with sugar**
- **Wheat products. If you want noodles, use rice noodles.**
- **Artificial sugars**

ALSO:

- **Eat small meals.**
- **Cook vegetables when healing. Many people can't tolerate raw veggies, but if you can, please do eat them.**
- **Oats are a good absorber of acid in the stomach. You can get oat milk, oatmeal, oat flour, oat crackers etc.**
- **Reduce stress. Having 1 cup epsom salt in hot bath at night helps.**
- **Get out and move – 1 hour a week of walking, cycling, swimming, exercise class etc.**

REMEDIES

- **2 GastroEase before meals helps whole digestive system**
- **Anti inflammatory homeopathics eg. R1**
- **Total Upper GI**
- **Probiotics for small intestine and bowel**
- **Apo Stom homeopathic**

Here are the most common ingredients in supplements for the poor gut:

Mastic Gum (Pistacia lentiscus). a resin from a Greek shrub, the mastic tree, that grows on the Greek Island of Chios. It may have antioxidant, anti-inflammatory, and antimicrobial properties. Used for stomach pain from inflammation eg. Stomach ulcers. Helicobacter pylori is a bacteria that causes stomach ulcers and Mastic Gum has the ability to kill H. pylori.

DGL (Deglycyrrhizinated Licorice rt) helps keep stomach inflammation in control from high acidity in the gastro. Regular licorice root may increase blood pressure, so deglycerized licorice rot is used.

Slippery Elm bark (Ulmus ruba)

Zinc

Calcium – usually carbonate is used. You will find it in Rolaids, Tums and many antacid products.

Quercetin

Resveratrol is found in red wine, berries, peanuts. It inhibits gastric cancer cell proliferation, helps gastric ulceration due to drug use eg. Steroids.

Curcumin () helps dyspepsia and peptic ulcers.

Manuka honey comes from Australia, a special honey that soothes and heals the stomach and downgrades H. Pylori.

Cabbage (Vit. U)

Aloe Vera – used to treat peptic ulcers

ALA (alpha lipoic acid)

Cat's Claw

PROBIOTICS

Let's delve into the world of probiotics. It started years ago when we noticed that after doing antibiotics or certain drugs, we would have many health issues crop up. At that time, they determined that lactobacillus acidolphilus normally residing in the bowel, was severely missing. This was called a pro (positive) biotic (bacteria), and it was determined to be good for your gut and health. When you take an antibiotic or certain drugs, you kill not just the bacteria that is infecting you, you also kill off the lactobacillus acidolphilus, and many other healthy bacteria that you need for good health. Within a short period of time, you develop another infection, or yeast infections, and generally poor immunity and health. We tried to help the situation by taking some acidolphilus from the health food store, and it helped, but over the years, it just didn't solve all health problems created from the damage done. In addition, over the past 50 years or so, by using the antibiotics and drugs and poor diet, many people are now resistant to the antibiotics used to cope with infections.

Several years ago scientists got involved and found out our body actually has many, many types of bacteria (microbiome) as well as viruses and fungi that are necessary for good health; they are suppose to be there. They started to develop probiotics for specific problems. So now we have Acidolphilus, Reuteri, Subtilis, Fermentum, Paracasei, Plantarum, Bifidum, Saccharomyces, Lactis, Longum, Breve, Rhamnosus, Acidolphilus, Casei, Coagulans, Culturelle's LGG Streptococcus Thermophiles, B longum, Bulgaricus, Enterococcus Faecium, Animalis, Salivarius, Adolescentis, Infantis, Gasseri, Fermentum, Salivarius.... and that is just the start of the new research. All of these probiotics are taken by mouth, and they enter the digestive system to do their work in various parts of the body. This shows you just how important the digestive system is. It is the number one problem we have to address for many illnesses and so you also understand how important the diet and continued abuse will affect almost anything in the body.

We also know about PREBIOTICS - foods that you Include in your diet that actually feed the probiotics (healthy bacteria).

List of Prebiotics:

Foods

Garlic, Onions, Leeks
Fruit: Banana Apple, Berries
Veggies: Asparagus,
Jerusalem artichoke,
Dandelion greens,
mushrooms, peas,
sweet potatoes,
tomatoes, broccoli
cauliflower, cassava
potatoes
Grains: Barley, Oats, Quinoa,
Buckwheat, Amaranth,
Nuts: Almonds, Walnuts
Seeds: Chia seeds, flaxseeds
Inulin (from chicory root)
Konjac root
All beans, legumes
Cocao
Fermented Seaweed
Honey

Herbs

Burdock rt
Chicory rt
Green tea
Licorice rt
Marshmallow rt
Psyllium
Slippery Elm
Dandelion rt
Matcha

PROBIOTICS: **Here are foods that provide and enhance natural (Probiotics that contain live microorganisms)**

Probiotic Foods

Greek yogurt, plain
Kefir
Sauerkraut
Kimchi
Miso
Kombucha
Pickles (dill, beets, olives etc)
Some cheeses (Swiss, gouda, edam, raw cheddar, gruyere)
Tempeh
Umeboshi
Buttermilk
Dark Chocolate
Apple cider vinegar
Cultured cottage cheese
Natto (fermented soy beans)
Tofu, Fermented veggies

Herbs to take with Probiotics

Spirulina
Chlorella
Ginger
Turmeric
Cinnamon
Slippery Elm
Fennel
Peppermint

Back to the new different types of probiotics that are available. Some are good for the bowel, some for the small intestine, some for the stomach, some for the urinary tract, some for weight loss. We checked labels and found these were the different probiotics used for various problems:

LISTS OF PROBIOTICS FOR SPECIFIC PROBLEMS:

Note: "L" stands for Lactobacillus and "B" stands for Bifidobacterium.

The difference between these two: Lactobacillus is non- motile gram positive rod shaped anaerobic bacteria, more common in the vagina and gut and produces lactic acid to maintain a healthy pH and inhibit harmful bacteria. Bifidobacterium is a motile branched gram positive anaerobic bacteria, mainly resides in the intestines and vagina and helps break down complex carbohydrates into short-chain fatty acids and produces both lactic acid and acetic acid and accounts for the majority of the gastro microbiota.

Lactobacillus is among the first colonizers in the intestine immediately after birth while Bifidobacterium colonizes later.

Probiotic bacterias to take after taking antibiotics:

L acidophilus first probiotic most of us heard about, found in the gut (digestive issues, yeast infections, eczema)
B animalis Lactis found in fermented dairy (helps gas, upset stomach, bowel movements)
B Bifidum fermented foods (gas, upset stomach)
L Salivarius lives in the gastro (helps suppress pathogenic bacteria, may also help irritable bowel, periodontal health)
Saccharomyces boulardii (fungi found in brewer's yeast, (traveller's diarrhea, from antibiotics, IBS, Crohn's ulcerative colitis). Does not colonize the gastro tract, gone within days of stopping supplementation.
L Rhamnosus GG and HN001 strains found in the gut, female urogenital (diarrhea after taking antibiotics)

For the bowel:

Bifidobacterium animalis lactis found in fermented dairy (helps gas, upset stomach, bowel movements)
L. acidolphilus (see above)

B. bifidum (see above)
Ligilactobacillus salvarius lactic acid bacteria that lives in the gastro tract (suppresses pathogenic bacteria)

For Irritable Bowel:

L. acidolphilus (see above)
Bifidobacterium animalis lactis (see above)
B. Bifidum (see above)

For the Gut:

Lactobaccilus Reuteri DSM 17938, ATCC PTA 6475 and MCIMB 30243 strains (inflammation, ulcers, h. pylori, natural anti-bacteria)
Lactobacillus Rhamnosus GG and HN001 strains found in the gut, female urogenital (diarrhea, IBS, gut health, cavities)
L. acidophilus (see above)
Bifidobacterium animalis lactis found in fermented dairy (for gut, immune, skin, respiratory)
Bifidobacterium bifidum found in human gut (for improving intestinal microbes)
Lactobacillus plantarum 299v and P-f strains found in fermented foods, makes lactic acid (weight loss, helps gut and mouth microbes)
Lactobaccilus paracasei found in human gut, often used in dairy fermentation (gut, immune)
Bacillus coagulans GBI-30,6086 and MTGCC 5856 strains. Found in kimchi, sauerkraut (helps sensitive stomachs, promotes good gut bacteria, reduces painful gas, bloating, helps bowel regularity)
Bacillus subtilus found in soil (colon, normalize bowel movements, protect gut-blood barrier, helps suppress E coli, Shigella, Staph)
Bacillus clausii found in plant soil & on surface of fresh veg. (survive more than 4 hr after hitting the stomach acid vs. L. Bifidobacterium lasts only 30 min)
Lactobaccilus salivarius (normally present in the digestive system) gut and mouth health
Akkermansia municiphilia found in gut mucosa in small and large intestines.

For the Small Intestine including SIBO:

Saccharomyces Boulardii (see above)
L. Gasseri (see above)
L. Salivarius (balances gut, gut immunity) (see above)
A good combination many have used is L Reuteri, L. Gasseri, and B. Coagulans

For Stomach Ulcers:

L. Acidolphilus
B. Bifidum
Saccharomyces Boulardii

For Women's help (eg. Vaginal):

L. Acidolphilus. See above
L. Rhamnosus found in fermented foods (for gut health, diarrhea, immune)
L. Gasseri BNR17 and CP2305 strains (for weight, digestion, vaginal health)
B. Animalis. See above
B. Bifidum see above
L. Salivarius (with other lactobacilli for vaginal tract to keep acid environment

For the lungs:

L. Rhamnosus
B. Lactis
L. Plantarum

For the kidneys (we notice these ingredients in Renadyl product:

- **S. Thermophjilus**
- **L. Acidophilus**
- **B. Longum**

For the liver:

- **L. Rhamnosus**
- **B. Breve**
- **L. Plantarum**

For urinary tract:

- **L. Acidolphilus see above**
- **B. Animallis lactis see above**
- **B. Bifidum see above**
- **L. Gasseri see above**
- **L. Rhamnosus (found in female urogenital)**

For the spleen:

- **L. Acidolphilus**
- **B. Bifidum**
- **B. Animalis lactis**

For travel:

- **L. Acidolphilus see above**
- **Saccharomyces Boulardii**
- **B. Bifidum see above**
- **B. animalis lactis see above**

For weight control:

- **L. gasseri (weight, digestion, vaginal) + L. reuteri boosts oxytocin, reduced appetite**
- **L. paracasei see above**
- **L. plantarum see above**
- **B. bifidum see above**
- **B. lactis see above**
- **B. longum BB536 strain**
- **B. breve (digestion, IDB, skin, immunity, Colorectal cancer)**

Increase Muscle & Strength:

- **L. reuteri, also creatine 2-5g / day**

For oral health (mouth): 1000 species of bacteria inhabit the mouth.

- **L. Reuteri (gum health, inflammation) (see above)**
- **Streptococcus salivarius K12 (bad breath, harmful bacteria)**
- **L. Salivarius (gut & mouth health) (see above)**
- **L. Brevis (gum infections, bleeding)**
- **L. Rhamnosus (inhibits cavity bacteria, GG strain for diarrhea after using antibiotics)**
- **L. Plantarum 299v and P-F found in fermented foods, as in kimchi, pickles etc. makes lactic acid (weight loss, helps gut and mouth microbes)**
- **For fungi infections: Saccharomyces boulardii (see above)**

For cholesterol:

- **L. plantarum (see above)**

For Sleep:

L. Reuteri (see above)
L. Casei Shirota found in human gut, a lactic acid bacteria. For better sleep qualilty.
L. helveticus for mood, reduces stress
B. longum for stress resilence
L. rhamnosus reducing stress and anxiety
B. Lactis enhancing gut barrier function

For Stress:

L. Reuteri (see above)
L. Casei Shirota found in human gut, a lactic acid bacteria. For better sleep qualilty.
L. helveticus for mood, reduces stress
B. longum for stress resilence
L. rhamnosus reducing stress and anxiety
B. kactis enhancing gut barrier function

For Depression and Anxiety

L. helveticus lactic acid bacteria found in the gut. Naturally found in cheese, milk, fermented foods.
B. longum (see above) – usually taken with L. Helveticus

Mental Clarity, Focus

L. Casei

For Migraines:

L. rhamnosus
B. longum
L. acidophilus
B. bifidum
Saccharomyces boulardii
L. plantarum for inflammation
B. infantis for gut/brain axis
Streptococcus thermopilus, lactic acid works on the gut connection

Inflammation, Arthritis Pain

B. Coagulans

For Cancer:

Saccharomyces
Acidolphilus, casei, fermentum, gasseri, paracasei, plantarum, rhamnosus, salivarius most commonly used of the Lactobacillus group.
Adolescentis, animalis, bifidum, breve, longum most commonly used of the Bifidobacteria group.

For Neurotransmission:

To help increase Dopmine:

Lactobaccilus plantarum, Lactobacillus rhamnosus, Saccharomyces boulardii

To help Increase GABA production

L. Rhamnosus
L. paracasei
L. brevis

Lactococcus lactis

To help increase Acetylcholine:

Lactobacillus plantarum, Bifobacterium longum

To help increase Serotonin:

Lactobacilluls rhamnosus, Bifidobacterium infantis, Lactobacillus helveticus

For skin Problems:

L. Reuteri
L. Gasseri
B. Coagulans

Other:

A study on Alzheimer's blended acidolphilus, casei, bifidum and fermentum with some success.
Fecal implants from healthy bowel, usually infant
Akkermansia muniniphila ATCC BAA-B35 strain
Faecalibacterum prausnitzii AS-165 and L2-6 responsible for intestinal production of butyrate

Where do you get these probiotics?

We found them easily on iherb.ca and amazon.ca

Years ago, all we had was acidolphilus. You can see from the above, things have changed quite a bit over the years, and we've only just begun. Reculturing the body with healthy bacteria is really getting down to dealing with the route cause of disorders.

They often bundle these supplements with Fructooligosaccharides (FOS), a type of carbohydrate found in plants which may be used in various forms as a low calorie sweetener. It's found in plants like blue agave, chicory root, bananas, garlic, onion, leeks, jerusalem artichokes, asparagus, yacon root. Fructooligosaccharides are subtly sweet and low-calorie. They are nondigestible, so they don't have an effect on blood sugar levels. FOS are preferable to other sweeteners because they don't affect glucose/sugar levels and don't hurt your health like artificial sweeteners. Because they are not digestible, FOS travels intact through the small intestine to the colon (large intestine), where they support the growth of healthy bacteria in the digestive tract. FOS helps suppress Clostridium perfringens, a toxic bacteria associated with food poisoning. animal studies indicated that FOS are able to reduce both weight and cholesterol levels in rats and dogs, and that these findings may also be relevant for humans. Overuse of FOS may result in diarrhea, gas, bloating and stomach cramps and may irritate irritable bowel or SIBO, however manufacturers are quite careful in dosing FOS with their probiotics.

Our scientists are becoming more adventuresome in developing help to deal with the damage we are doing to our bodies these days.
I notice that in a Gluten Relief supplement by Natural Factors, it contains an enzyme blend of: Asperfillus flavus, Bacillus subtilus, Serratiopeptidase, Aspergillus niger, Candida rugosa, as well as bromelain, papain and cellulose. How clever is that, going right down to our soil where the problems originate. And it works, I've tried it.

In addition now there are some interesting supplements to boost digestive health. I am looking at 'Inner Soil" by Primal Nutrition which has a blend of acidolphilus, lactis, plantarium, paracasei, and marine polysaccharide complex. Designs for Health have come out with "Probiospore" which has coagulans, subtlis, and clausii; this isn't on our order sheet but you can get it through amazon.com

Let's repeat, the main cause for us to be devoid in these special bacterias? The number one culprit is anti-biotics antibiotic means antibacteria. They wipe out everything, clear the playing field and when the body tries to reculture its own bacteria, the aggressive ones like candida albicans which is a fungus/yeast, begins to take over and we get all sorts of problems from digestive disorders, to yeast

infections, to brain fog. Another thing that causes this disruption is birth control pills, and many other types of drugs can interfere. Also there is just a plain ol' diet that doesn't support the production of the body's healthy bacteria.

I would suggest that you listen to Dr. William Davis on youtube. He has come up with a novel idea of making a strong culture of healthy bacteria, using a yogurt maker.
Here he talks with Dr. Berg: https://www.youtube.com/watch?v=RCjQAQuWiYc
Another good interview: https://www.youtube.com/watch?v=hVpG-Z-PvKQ
Dr. Davis was also the author of the book "Wheat Belly", which became very famous.
Perhaps you want to try his super yogurt – we did and it worked fast. You can also get his book from amazon "Super Gut"
Where do you buy all these special pre and probiotics? Again, we got some from amazon.ca and quite a few from iherb.ca.

Now, many doctors are focused on something about the diet that they have found worked for them. Some doctors don't like any grains, others say eat grains that are ancient or organic, still others are for only grains that are sprouted or fermented. Some doctors don't like lectins – found in grains and legumes (pulses like peas, beans, lentils). Some don't like any type of dairy products (milk, cheese, yogurt, cottage cheese). Some doctors are only for vegetarian type foods or whole food/plant based (The China Study), some like only animal meats (carnivore) some like low carb with just a little bit of veg (Keto). Many Chinese doctors don't say don't eat raw foods. Others say eat only raw foods. Some say eat a big breakfast, others say to fast until noon. There are also religious diets. Diets because you have an illness (diabetes, heart disease, crohn's, kidney failure, cancer). Many diets are designed to lose weight, but should not to be done for extended periods of time. Unfortunately, some diets leave you craving the foods that are missing from the regime.

Listen to your body. Test it, or have someone test it to see what it will and will not accept in the way of food. Test for food sensitivities. What foods are being rejected by the body? After researching all of the diet doctors out there, there are some threads that are accepted by all:

Avoid commercial sugars.
Avoid processed foods, packaged foods.
Avoid chemicalized foods.
Fermented foods help the digestive system
Avoid seed oils (canola, vegetable oil, safflower, sunflower etc.)
Do light to moderate exercise.
Drink lots of pure water.
Avoid drugs unless absolutely necessary.
And the best diet, even with all the differences of opinion, was the Mediterranean Diet because the people there are healthy and the diet is a lifetime diet, not just for one month, with lots of variety to keep the mind happy.

Here's a list of must do's also to add to your regime (they are hard to get with the diet):
4,000 IU Vit D daily (take anytime)
2,000-4,000 mg Vit. C daily (take breakfast and evening meal)
Food grade iodine (take at breakfast)
Enzymes with cooked food meals if you have low stomach acid
Magnesium in the evening.
Omega 3 fatty acids if you don't eat lots of sea fish like salmon, sardines.

MAKING SUPER GUT FORMULA

Here are some of the really great youtube videos talking about making our own remedy using yogurt maker and incubating for 36 hr.

Talking with Dr. Berg:

https://www.youtube.com/watch?v=nZV1oYv5Ddo&t=698s

Another good talk: (there are many you can view):

https://www.youtube.com/watch?v=hVpG-Z-PvKQ&t=158s

This lady figured out how to do it right:

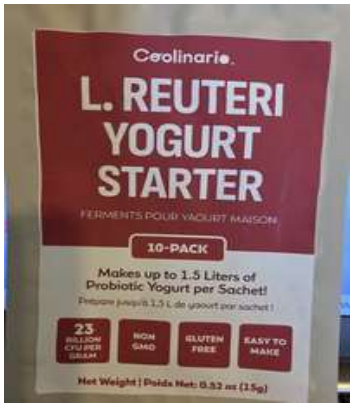
https://www.youtube.com/watch?v=q5CbM6FI7qc&t=665s

Just to be clear, you aren't making yogurt (which only takes 4-10 hr to make), you are making medicine for your digestive system.

Where do you get everything?

Ultimate yogurt maker - on Amazon.ca in Canada or amazon.com other place.

The different probiotic bacteria: amazon, or i.herb (probably many other places also are available). Here is one we used and it worked very well. It is all measured in 10 servings with several probiotics:



The Ultimate Yogurt Maker comes with 2 glass bowls that hold one quart each You can also order separately 8 little cups a little further down in the amazon.ca listing, in case you want to use the yogurt maker by making 8 individual cups instead of 2 quarts.



Inulin: can get on amazon, or i.herb - you can search online (the inulin is the prebiotic that feeds the bacteria)

Half and Half milk: For us, we found it at Save on Foods (quart size organic), Nutters (half quart size) and in different towns and cities, it will be in different stores.

Some are trying it with A2 milk to see if it works, it should work especially if you get the higher fat content. If you can only get organic A2 homo milk, mix it with A2 whipping cream (half of each).

Some are trying it with coconut milk also. Try and get the higher fat content, not the reduced fat.

SUPER GUT YOGURT

Ingredients:
You can open a capsule or get some powder of 20 billion L Reuteri to start (this is generally good for all gut problems). See above for options as to probiotics.

Use Half & Half milk, organic if possible – leave on the counter for an hour or so to bring to room temperature before you start.

Inulin power as the prebiotic that feeds the bacteria.

Note:
Everything has to be sterile – the bowls, the spoons – we keep a little spray bottle with bleach in it and spray everything, then rinse everything to get the bleach off.
Everything has to be at 99^{O}F, (37C), even the bowls and water in the yogurt maker. You will need to get a thermometer that measures the temperature of the liquid in the pot.

You can make two quarts at a time. Add 2 Tbsp Inulin Powder for each quart (16 oz/473ml) of Half & Half Milk (works best with high fat content of half and half) – put

into stainless steel pot, smooth inside, no cracks for bacteria to hide in. Use a stainless steel spoon with no cracks or anyplace for bacteria to grow.

Cook the milk to 165^{O}-170^{O}F (74-75c), stirring. It must be there for 15 seconds to kill all bacteria, then you can cool it down to 99^{O}F, (37C) which is body temperature.

A fast way to cool it down is to fill the kitchen sink with cold water about 3" deep and let the pot sit in it for several minutes. Stirring will speed it up in the cooling down process.

Once it is at 99^{O}F, (37C), add the 20 billion of L. Reuteri (and any other bacteria you want to introduce), mix in a bit with your sterilized spoon, let it sit for 15-20 seconds to kill the bacteria in the Inulin, then pour into warmed bowls to be fermented in the yogurt making machine.

The water around the bowls in the machine also needs to be 99^{O} but you can just use warm tap water. Can have these ready, waiting for the milk.

The ultimate yogurt maker allows you to set the temperature (99F/37c) and the time (36 hr). It must ferment for 36 hours. The machine counts it down for you so you don't have to keep watching it.

Because the yogurt is made with high fat, it will last in its container in the refrigerator for about 2 weeks.

Eat 1/2 cup a day. You can mix it with fruit, make it into a shake, or whatever you like.

To make next batch, use 2 Tbsp of the curds or whey from the prior batch or you can just start over again from scratch.

You will always have to sterilize the mixture at 165F/74c with the Inulin for 15-30 seconds and then cool to 99F/37C before adding the probiotic.