

Tuesday Minute Transcript

This Week's Topic

Try This... When Basic Gut Fixes Don't Work



"Patient may need more HCL, but they have so much deterioration in the mucus lining in the stomach that the acid burns them."

HCL used therapeutically will fix MANY digestion problems, but there are cases when using just the starting dose of this protocol can seem to make the condition worse. When this happens, we need to stop supplementing with HCL and "heal the stomach" lining first, and then go back and add the HCL later. The patient may need that additional HCL, but they have so much deterioration in the mucus lining in the stomach that the acid burns them.

The first thing that we need to do is make sure the patient is drinking enough water. I once worked on a difficult case using a variety of high tech nutrients and struck out. I referred the patient out to another physician and after 6 or 7 visits they weren't doing much better. Finally out of desper-



ation the physician recommended the patient drink 8 glasses of water and the stomach pain went away. We both felt a little foolish; and it's a lesson I'll never forget, especially since the patient was my daughter.

Our bodies have a layer of mucus several cells thick which protect our gut lining from the highly acidic chyme. Adequate water will keep the cells hydrated and offer that layer of protection we need.

Remember it's the parasympathetic nervous system that facilitates the digestion and detoxification process. The sympathetic nervous system is responsible for the fight or flight response. It may be difficult to release the enzymes necessary to digest and absorb food if patients are living on cortisol while in the "fight or flight zone."

So here's a concept, Eating Mindfulness. I know that sounds kind of "new agey," but the concept is that when you eat, pay attention how

the food tastes and enjoy what you eat. Pleasure and deep stomach breathing go hand in hand with good digestion. Don't eat standing up while you are in the middle of three projects inhaling mouthfuls of food or while driving down the road in between cell phone calls. With an Eating Mindfulness approach, not only will you enjoy the food more, but you'll also digest it better.

Another pearl that Dr. George Goodheart taught me years ago and has stood the test of time with challenging digestive cases is to avoid mixing proteins with starches, "food combining." So a steak and potato meal with a piece of pie for dessert is asking for trouble for someone with a compromised digestive tract. When you eat a protein meal, balance it out with vegetables and salad; and try to reduce the amount of starch.

When we were young we could eat what we wanted but as we age, our enzyme capacity is reduced. You will be amazed at how much GERD and heartburn you can reduce just by simple food combining.

As for supplements, remember that chlorophyll is a great healer for the GI tract. Also a classic stomach healer is cabbage juice or vitamin U. Biotics Research makes a product called Gastrazyme that contains both chlorophyll and vitamin U. Also, since oxidation is a big factor with an inflamed gut, Gastrazyme contains the antioxidants vitamin A, superoxide dismutase, catalase and gamma oryzanol. Most people are not aware that gamma oryzanol has an adaptogenic effect, increasing growth hormone in some patients but also having a calming effect on the vagus nerve, the nerve which facilitates HCL secretion.

So if you did have that rare patient that was overly secreting HCL, Gastrazyme would have a normalizing effect on the body. The dose is 3-6 tablets before a meal, and continue until the stool becomes green, which tells us that the body has absorbed as much chlorophyll as it needs for healing.

For years Gastrazyme was the only product we used for healing the gut, but we found that it couldn't help everyone. Dr. Gary Laskowski developed an additional formula called Bio-HPF for those stubborn cases. If you suspect the cause of the problem is bacterial such as H-Pylori, be sure to add Bio-HPF.

This formula is also geared to increase the integrity of mucosal barrier with ingredients like deglycyrrhized licorice and slippery elm as well as create an environment that is not conducive to the growth of bacteria. Components like bismuth, berberine, myrrh, and clove have also been added and are very effective in reducing bacterial growth. Bentonite Clay is added to bind up the bacteria, dead or alive, and to escort them through the GI tract so that they can't cause further harm.

I generally use one bottle of Gastrazyme together with the lifestyle changes I mentioned. If this doesn't reduce the fire, I'll add the Bio-HPF. After 30 days of being pain free, add one tablet of HCL in the middle of the meal. If the stomach is still sensitive, continue with the protocol until the HCL can be taken without pain.

Knowing how to heal the gut is a valuable tool and one that every clinician needs to be able to use. Thanks for reading this week's edition of the Tuesday Minute. I'll see you next Tuesday.