

The Tuesday Minute

Nutritional information.... one byte at a time

This Week's Topic

Healing The Stomach

As most clinicians know, hydrochloric acid used therapeutically will fix many digestion problems, but there are times 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 hydrochloric acid and heal the stomach lining first, then go back and add the hydrochloric acid later. The patient may need that additional hydrochloric acid, but they have so much deterioration in the mucus lining in the stomach that the acid burns them.

I have two favorite products that work consistently to help repair the stomach lining. Before I get to them, we need to think about the potential underlying causes and address those while we supplement. Now I know many of you experienced preventative doctors have heard this stuff before, but be patient. We'll get to the good stuff in a minute.

The first thing that we have to do is make sure the patient is drinking enough water. I once worked on a difficult case with 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 desperation, the physician recommended the patient drink 8 glasses of water. 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. The pH of a healthy stomach should

be in the range of 1.5 - 2. That's some pretty strong acid. So our stomachs need a layer of protection, otherwise we would digest ourselves. Adequate water will keep the cells hydrated and offer the layer of protection that we need.

I'm sure you remember from your physiology days that it's the parasympathetic nervous system that facilitates the digestion and detoxification process. As you'll recall, it's the sympathetic nervous system that is responsible for fight or flight response. There should be a balance between the two systems, but most Americans live in the sympathetic nervous system. How can you release the enzymes necessary to digest and absorb your food if you 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 age-y", 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 driving down the road in between cell phone calls eating mindfulness. 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. So a steak and potato meal with a piece of pie for dessert is asking for trouble with someone with a compromised digestive tract.

When you eat a protein meal, balance it out with vegetables and salad. Try to reduce the ratio of starch. When we're young, we can eat what we want. 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. Another classic stomach healer is cabbage juice or vitamin U. Biotics Research makes a product called Gastrazyme that contains both chlorophyll and vitamin U. Since oxidation is also a big factor in an inflamed gut, the antioxidants vitamin A, superoxide dismutase, catalase, and gamma oryzanol are also included in the Gastrazyme formula.

Most people are not aware that gamma oryzanol has an adaptogenic effect, increasing growth hormone in some populations of patients, but also has a calming effect on the vagus nerve, the nerve which facilitates hydrochloric acid secretion. So if you did have that rare patient that was overly secreting hydrochloric acid, Gastrazyme would have a normalizing effect on the body.

The dose is 3-6 tablets before a meal and continues 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 Lasneski 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 the Bio-HPF. This formula is also geared to increase the integrity of mucosal barrier with things like deglycyrhized 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.

Finally if the ulcer is in the small intestine or if it's a severe gastric ulcer, I'll add a product called Intestinal Permeability Support or IPS at 2 caps three times per day. IPS is another one of the products Dr. Gary Lasneski tested and developed for Biotics Research. It has been very effective for rebuilding the integrity of the GI lining for years.

Start with increased water, mindful eating, and simple food combining as a base. Add Gastrazyme and Bio-HPF to heal the stomach lining. Add IPS for a severe condition. After 30 days of being pain free, add one tablet of hydrochloric acid in the middle of the meal. If the stomach is still sensitive, continue with the protocol until the hydrochloric acid can be taken without pain.

We've helped thousands of people using these simple principles. You'll appreciate how well they will work with your patients.

Thanks for reading this week. I'll see you next Tuesday.