

# Cutting-Edge Leaky Gut Treatment

*"The gut is a key piece to the puzzle with almost every chronic disease and there are no iron clad rules, but there are guidelines in treating a leaky gut."*

What's your approach to assessing and treating a leaky gut? Most of us would agree that we could find literature supporting the gut as a key piece to the puzzle with almost every chronic disease. In light of that I wanted to give you my perspective on how to treat leaky gut.

First of all, there are no iron clad rules, but there are guidelines. Every patient is a little different and the etiology of their disease process is different. The body wants to heal as soon as we get the things that are blocking the healing process out of the way. Although nobody likes to admit it, one of the biggest reasons people have leaky gut is stress. Patients don't make good food choices when they are stressed out. They inhale their food instead of chewing it. Excess cortisol over long periods will thin the lining of the bowel again contributing to a leaky gut. So, deep breathing, meditation, prayer, refocusing, and



mild exercise that doesn't cause excess cortisol will all support the parasympathetic nervous system and assist the healing process.

What I do clinically? Here's my thinking process. When treating leaky gut, look for basics like stress and sleep patterns. Never underestimate the power of regenerative sleep. Consider digestion and eliminating food sensitivities. Also consider reducing unwanted bacteria or the possibility that parasites or deep seated fungus may exist. Then always replace and restore healthy bacteria, repair

tissue and then maintain these processes.

Let's look briefly at digestion. If you are not breaking down proteins completely, the semi-digested foods can become antigens which the immune system in your gut treats as non-self causing inflammation, etc. Below there's a Tuesday Minute on the importance of hydrochloric acid as well as a webinar with Dr. Greg Peterson and myself on "Digestion" and "How to assess digestion using in-office testing."

Next let's consider food sensitivities which are a direct cause of inflammation and leaky gut. That's one of the reasons the diet from the "3-Step Detox" works so well. The diet from the "3-Step Detox" eliminates major allergens especially dairy and grains. Typically, in 2 or 3 weeks patients feel better, less bloated, reflux is gone, etc. Below, there are more details about the diet.

From here, clinical experience is your guide. For me, if the patient is VERY chronic or has overt irritable bowel disease, I order a comprehensive stool analysis as well as some form of food sensitivity testing to look for specific bowel patterns and microbiota. Testing keeps patients on their treatment plans longer.

My preference, however, is to schedule extended appointments; palpate the small and large bowel, noting and recording tenderness or pain. Then, using neurolingual taste testing, test different nutrients until you find the one or combination of nutrients that reduce or negate the tenderness. Retest in 30 days, changing or refining the program if the patient is responding. If the patient is not responding, then order the appropriate tests.

For the small intestine, softly palpate a radius 4-5 inches around the umbilicus. Break the radius into 4 quadrants and rate the pain or tenderness for each quadrant with a number score. Note tenderness, but also be aware of muscle tension.

Next, palpate the large bowel starting at the cecum following the ascending, transverse and descending colon. You can go a little deeper with your palpation with the large bowel but always go slow and get a rating from 1 (no

pain) to 10 (severe pain) every time you change positions. Always note facial expressions. Record the abnormal numbers in your notes.

Now comes the fun part for me because I never know what the body wants. Have the patient taste the supplement you are testing. Once they taste it, retest tender areas with the same amount of pressure and speed. When testing for nutrients, always remember that what happens up north in the digestion process affects the environment down south. When you find the right nutrient or combination of nutrients, you will note less tenderness and taut muscles or guarding will relax. Each particular nutrient or nutrients will give you clues to the etiology of their condition. Start with the supplements that are associated with the mouth, stomach, gall bladder, pancreas, small intestine and then large bowel.

For the mouth I use Cytozyme-Parotid-TS. Use digestive supplements and proceed to gut cleaning and finally gut healing nutrients. I am always amazed at how many tender gastrointestinal tracts calm down when HCL is tasted. There is a list of supplements and the order I test them below. If after 30 days you are not seeing a partial remission of symptoms, consider further testing.

To learn about laboratory testing and therapeutic interventions for leaky gut, look on this page for seminars presented by Dr. Cindy Howard and others. Leaky gut will continue to gain academic credibility over the years; hopefully these ideas will help you stay on the cutting edge.

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