

MICROBIAL ISSUES IN THE GI

DYSBIOSIS

There are several pounds of bacteria in your colon (there are more bacterial cells in your colon than there are cells in your body). The bacteria, sometimes called bowel flora, are supposed to be there. Normal bowel

In 2015 the New York State attorney general's office accused four major retailers of selling fraudulent herbal supplements. Most products (80%) from GNC, Target, Walgreens and Wal-Mart did not contain ANY of the herbs listed on their labels. We have looked into the quality of supplements and can help you avoid fraud and find effective, quality products.

flora acts to help detoxify toxic chemicals in the bowel, nourish the intestinal lining, produce vitamins, and inhibit harmful bacteria. When talking about bowel flora, scientists sometimes use the term “microbiome.”

Dysbiosis is a disruption of the microbiome. It is a situation where the wrong microorganisms are living in your GI tract. In dysbiosis, the microorganisms living in the GI produce toxins, suppress normal bowel flora, irritate the GI lining, and hydrogenate fatty acids (creating trans fats. Yeast, or *Candida*, is possibly the most discussed dysbiotic organism. A lot of focus has

been placed on *Candida* since Dr. William Crook wrote his book, *The Yeast Connection* in 1986. *Candida* is an opportunistic organism; it produces toxins that burden the liver. Candidiasis is a definite possibility if the patient has an extensive history of antibiotic use, eats a lot of refined sugar, or eat a lot of refined carbohydrates. Candidiasis is a cause as well as an effect. When the body is overburdened with heavy metals or chemical toxins, *Candida* or other inappropriate microorganisms flourish.

There is a connection between bowel flora and allergy. In research published in the *Journal of Allergy and Clinical Immunology* (2001;108:516-520), a group of scientists measured the composition of microbes in the stool of infants from Estonia and Sweden. They found that children who developed allergies by the time they turned 2 years of age had different amounts of certain bacteria in their guts than those without allergies. Many believe that bowel flora can cause other problems as well, including asthma, immune system issues, IBS, GERD, fatigue, autoimmune disease, fibromyalgia, and even depression.

CONTACT US FOR A CONSUTATION

Addressing the Problem

FIRST, BEFORE YOU CONSIDER ANYTHING ELSE: Lifestyle: *The Roadmap to Health* diet features a diet high in antioxidants that will nourish healthy bacteria and help suppress pathogens (contact our office for a copy). It is a good place to start. Eat a large salad made with chopped vegetables twice each day. Vegetable fiber feeds normal bacteria and helps to heal the intestinal lining. **AVOID GMOS, THEY DISRUPT THE MICROBIOME!**

Antimicrobial Products: If something is growing in your GI tract that does not belong there, there are many natural substances that can help you get rid of it. Take the antimicrobials, then follow up with a probiotic. You may want to get our help to determine what is best for you. If the problem is with a parasite, you should get professional help.

- ***Emulsified oregano oil*** is an effective antimicrobial. It will kill normal flora as well, so follow-up with 60 days of probiotic.
- ***Berberine***
- ***Caprylic acid*** is a medium-chain fatty acid, which supports healthy gut flora.
- ***Saccharomyces boulardii*** is a yeast that will crowd out all other microorganisms from the GI tract. After 4-5 days of not taking it, it ceases to be in the intestines. Follow up with a probiotic.
- ***Olive leaf***
- ***Probiotics:*** Probiotics are supplements containing beneficial bacteria. If you kill the

undesirable bacteria, it may be necessary to replace them with beneficial bacteria by taking probiotics.

The environment is more important than killing pathogens and replacing normal flora: Many who take probiotics supplements find that they have to keep taking them. The good bacteria do not colonize because of poor living conditions. It is a lot like dropping polar bears off in the jungle or leaving tropical birds in Antarctica. They do not survive. You need to create an environment that is friendly to the new bacteria. Diet, chewing your food thoroughly, and addressing the initial phase of digestion need to be addressed if you want the desirable bowel flora to survive.

Review the supplements and other recommendations for Category 3: Need to Heal Intestinal Mucosa. A healthy GI lining is the first line of defense against harmful microorganisms.

Review the supplements and other recommendations for upper GI digestion (in the HCL and Enzymes category): Problems in the GI tract proceed from north to south. In other words, problems with upper GI digestion will create problems further down the line.

IF YOU SIMPLY FOLLOW THE ROADMAP TO HEALTH DIET FOR 30 DAYS, YOU WILL NOTICE AN IMPROVEMENT IN YOUR SCORE WHEN YOU RETAKE THE SYMPTOM QUIZ. CONTACT OUR OFFICE FOR A COPY.