

Gas & Bloating

With Dr. Vasquez

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Since up to 30% of the population complains of gas and bloating, when a patient shares gas and bloating as one of their complaints it opens the door to all kinds of questioning. Gas and bloating come from fermentation. If the gas comes from a diet of refined simple carbohydrates we may think the cause is small intestinal bacterial overgrowth, what we call “SIBO”. But when gas is caused by eating healthy fiber, that’s a different issue and one I never thought about.

Since Dr. Vasquez created a 30 hour CE course on the microbiome, I asked him for his “gut feeling” no pun intended. He shared that the food we eat will determine which bacteria will take up residence and thrive. And since 65% of the standard American diet consists of ultra-processed foods, the bacteria needed to digest fiber will be limited in number.

This means... when you change your patients to an anti-inflammatory diet of seeds, nuts, sprouts, berries and vegetables they may experience gas and bloating



because they don't have the bacteria needed to complete digestion. And many of the bacteria needed are anaerobic bacteria which can't be supplemented with probiotics.

To support the anaerobic bacteria we want to encourage fermented foods each day. Case in point, I had a patient that repeated the NutriClear Plus program. The first time she had complained of gas and bloating but she had great overall results.

After my conversation with Dr. Vasquez, I asked her to consume fermented foods for a few days before “the cleanse” to prep the terrain.

To both of our surprise she had a mild detox reaction before she started the program, but after 3 days noticed a profound change in mental clarity. This time she loved the NutriClear cleanse especially that she didn't experience any gas or bloating.

Wow that was a game changer for both of us. Dr. Vasquez was kind enough to share a short video giving a more detailed explanation and discuss some of the other factors to consider. You can click to the right to watch.

Gas and bloating may not be an exciting topic for some, but I assure you if you are the one

who is experiencing it, it's a big deal. Thanks for taking time to watch, I look forward to being with you again next Tuesday.