

Gut Healing Pearls

"First, we have to make sure the patient is drinking enough water to keep the layer of mucus cells that protect the gut lining hydrated."

Hydrogen chloride, HCl, 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 HCl and heal the stomach lining 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 have to do is make sure the patient is drinking enough water.

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 the layer of protection that we need.

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. If patients are living on cortisol while in the "fight or flight zone", it may be difficult to release the enzymes necessary to digest and absorb food.

So here's a concept, eating with mindfulness. When you pay attention as to how the food tastes, the body actually prepares itself by turning on key enzymes for the food that will be eaten. 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. Eat with 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 who has a compromised digestive tract. When you eat a protein meal,

balance it out with vegetables and salad. Try to reduce the amount of starch.

Typically 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. By the way, you can still use the anti-inflammatory diet while food combining for a greater effect.

When we talk about gut healing, cases are different; so here are three choices to consider in order of their importance.

First is HCl-Ease. Since the digestive over-the-counter drugs and proton pump inhibitors are the number one class of drugs sold, we had to find something that could be used in conjunction with the medications. Dr. Lasneski the developer of HCl-Ease wanted to heal the gut while digesting protein. The other goal was to provide botanicals that reduce the inflammation of the mucus lining. You can see a TM below that describes HCl-Ease in more detail.

When using HCl-Ease, start with three capsules bid between meals. You should see a difference in 48 hours or less but it can take up to a month in some cases.

Next is Gastrazyme. Two major healers for the GI tract are chlorophyll and cabbage juice or vitamin U. Gastrazyme contains both. 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 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 doses for Gastrazyme is 3 - 6 tablets before a meal and continue until the stool becomes green which indicates the body has absorbed as much chlorophyll as it needs for healing.

If results are not seen in a week, add Bio-HPF. This formula is geared to increase the integrity of the mucosal barrier with things 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.

When adding Bio-HPF, use two capsules tid. Bio-HPF is effective for those stubborn bacterial cases like H-Pylori.

So start with increased water, mindful eating and simple food combining while eating an anti-inflammatory diet as a base, and add HCl-Ease. If they don't see changes after one bottle, I switch to Gastrazyme; and if they don't notice a change in one week, I'll add 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.

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's edition. I'll see you next Tuesday.