THE TUESDAY MINUTE

IT'S TIME TO FEEL GOOD AGAIN

THIS WEEK'S TOPIC

Try This 60-Second In-Office Carb Sensitivity Test

"When you start asking your patients about sensitivities, you will be surprised how many have them."

Why can some people eat carbs and not gain a pound, and yet others eat the same amount of carbs, and they feel bloated, gain weight, and/or experience mental fog? Food sensitivities, small intestinal bacterial overgrowth, may be a part of it, but the bigger picture has been articulated by Dr. Sharon Moalem in his book *The DNA Restart*.

Dr. Moalem, MD, PhD has books translated in 35 languages and holds more than 25 patents in the field of biotechnology and human health. And he has a test you can do in your office for free. This simple in-office test gives the physician an overview of your patient's ability to digest carbohydrates. The test is based on the amount of naturally occurring amylase present in one's saliva.

As you know amylase is responsible for cutting large starch molecules into smaller pieces. Those who tolerate and thrive on a higher carb diet appear to genetically have more amylase than the carbohydrate sensitive person. If someone is sensitive to carbs, and they continue to consume them, they can expect to experience excess fermentation, gas, reflux, leaky gut, obesity, microbiome disruption, blood sugar dysregulation, and can be unknowingly setting the stage for autoimmunity.

In the same way patients with lactose intolerance can't digest dairy, people with carbohydrate intolerance can't digest high levels of starch. Genetically, those who tolerate dairy have come from an ancestry that utilized dairy, and over thousands of years, developed higher levels of lactase enzymes. The people that tolerate higher levels of carbs have genetic roots that reflect an increased consumption of starches, probably grains. This is why one-size diet does not work for everybody.

It's a fun test, and one that I recommend you do with all of your staff. Once they see how easy it is, teach them to administer it to every one of your patients. All you need is a stop watch, probably on your phone, and a salt-free cracker. If you're sensitive to gluten, use a slice of potato the size of a dime.

Here are a few caveats that you should explain to your patient before the test. The goal of the test is to identify any change in taste. While chewing, as amylase breaks

down starch, a subtle change in taste will occur. The change is often from bland to slightly sweet. When the taste changes the test is completed. You will test three times and average the scores. OK, here is a brief summary of the test.

With half of an unsalted cracker or small slice of potato, pool up some saliva in your mouth. Start the timer and place the cracker or potato in your mouth and chew. Mix your saliva with the food as thoroughly as possible. Continue chewing until you note a change in taste. Take note of the time.

That's how easy it is. Now, swallow to clear you palate and do the test again two more times. If the average of the 3 tests is 0-14 seconds, you are a full or high carbohydrate digester, a carb digesting machine. If your tests range from 15-29 seconds, you are a moderate carbohydrate digester. If you scored more than 30 seconds, you are a slow carbohydrate digester and have a limited ability to digest starches.

According to Dr. Moalem's work, diets for the 3 types are as follows: Slow carb or restricted digesters should eat 25% carbs, 40% fat, 35% protein; Moderate carb digesters should eat 35% carbs, 35% fat, 30% protein; Full or high carb digesters can eat 50% carbs, 30% fat, 20% protein.

Experienced clinicians recognize that taste, or the absence of taste, is associated with zinc. So if someone fails the test, make sure you do a zinc taste test and supplement appropriately. See a link to the right for explanation.

Also this is a great opportunity to discuss chewing your food. Twenty years ago, Dr. Dietrich Klingheart shared some German research where patients were tested for food allergies as a baseline. Then for 2 weeks they were instructed to eat as fast as they could. They were then retested, and the number of foods they were now sensitive to was dramatically increased. In our fast paced society woofing down food is more common than you realize. People will never really reach optimal health if they don't chew their food, tagging and activating digestive support lower down the digestive tract.

Currently, Dr. Moalem focuses on helping people reduce their starch intake. However, if we know someone has a reduced capacity to digest carbohydrates consider adding Bio-6-Plus in addition to restricting starch. Bio-6-Plus contains 250 mg of porcine pancreatic tissue 50,000 NF units of amylase, 50,000 NF units of protease and 9,300 NF units of lipase per tablet. Use 2 with each meal and more if someone overeats.

For vegetarians, use Bromelain Plus CLA, 2-4 with each meal depending on the size of the patient and size of the meal. Dr. Moalem has some other anti-aging strategies, so consider reviewing his work, but I think this is a big key to help people understand why even good foods create problems depending on your genes.

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