

## Gut Healing 101

A properly functioning digestive system is critical to good health! In fact, 60 -80% of our immune system is located in our gut, and 90% of our neurotransmitters (chemicals responsible for regulating mood) such as serotonin are made in our gut. Problems in our gastrointestinal (GI) tract can cause more than just stomach pain, gas, bloating or diarrhea; they can be the root cause of many chronic health problems. Gut imbalances have been linked to hormonal imbalances, autoimmune diseases such as rheumatoid arthritis, diabetes, chronic fatigue, fibromyalgia, anxiety, depression, eczema and rosacea.

Here is a simple 4 step program that can dramatically reverse chronic and inflammatory illnesses in as little as 3 months:

**Remove** the bad. The goal is to get rid of things that negatively affect the environment of the GI tract such as inflammatory foods, infections and gastric irritants like alcohol, caffeine or drugs. Inflammatory foods such as gluten, dairy, corn, soy, eggs and sugar can lead to food sensitivities. I recommend an Elimination Diet and IgG food sensitivity testing to determine if any foods are a problem for you. Infections can be from parasites, yeast or bacteria. A comprehensive stool analysis is key to determining the levels of good bacteria as well as any infections that may be present. Removing the infections may require treatment with herbs, anti-parasite medication, or anti-fungal medication.

**Replace** the good. Add back in the essential ingredients for proper digestion and absorption that may have been depleted by diet, drugs (such as antacid medications), diseases or aging. This includes digestive enzymes, hydrochloric acid and bile acids that are required for proper digestion.

**Repair** the gut by providing the proper nutrients. One of my favorite supplements is L-glutamine, an amino acid that helps to rejuvenate the gut wall lining. Other key nutrients include antioxidants (vitamins A, C, E as well zinc), omega-3 oils, and herbs such as slippery elm and aloe vera.

**Restore** beneficial bacteria to reestablish a healthy balance of good bacteria. This may be accomplished by taking a probiotic supplement that contains beneficial bacteria such as bifidobacteria and lactobacillus species. I recommend anywhere from 25 -100 billion units a day. Also, taking a prebiotic (food for the good bacteria) supplement or consuming foods high in soluble fiber is important.

*🌿 I strive to inspire & guide You to becoming healthy, happy and whole 🌿*

*Contact me to learn how to achieve optimum wellness naturally!*

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