

The **4R's** of Gut ~ Brain Health

From the American Academy of Anti-Aging Medicine fellowship course currently being undertaken by Dr Prue King.

Did you know?

95 % of your serotonin is produced in your gut. Serotonin and other mood regulating substances are heavily dependent on what is absorbed from and produced in the gut...
Happy gut, happy moods.

It doesn't matter what else you do – healthy digestion, absorption, assimilation and elimination is **THE KEY** to both physical and emotional balance. Without that, nothing is going to work optimally.

Improving your general health by balancing your gut health can be separated into 4 stages:

1. **REMOVE** the pathogens (parasites, candida, 'bad' bacteria) and allergy-causing foods, toxins and emotional stressors.
2. **REPLACE** stomach acid, digestive enzymes and bile salts if they are low.
3. **REPOPULATE** the gut with "good" bacteria – these are essential for a properly functioning digestion.
4. **REPAIR & RESTORE** the gut mucosal lining with nutrients for the gut cells and friendly bacteria.



[Read about the 4R's »](#)



The 4R's for good gut health

1 REMOVE the pathogens (parasites, candida, 'bad' bacteria), allergy-causing foods, toxins and emotional stressors.

- Herbal anti-bacterial and anti-parasitic remedies include oregano oil, grapefruit seed extract, wormwood, cloves, black walnut and garlic. NB They will also kill the good bacteria, just as antibiotics do.
- Antibiotics may be required for very resistant bugs.
- Chronically infected teeth can contribute to problematic bacteria in the gut, so see a dentist if necessary.
- Candida proliferates in the presence of mercury and will be almost impossible to eliminate if you still have amalgam fillings or a high body burden of mercury.
- Gluten should be eliminated from the diet in anyone with gut problems while it is healing as it is the most common allergen to cause gut problems (next are dairy and eggs).



3 REPOPULATE the gut with "good" bacteria – these are essential for a properly functioning digestion.

- Friendly bacteria produce vitamin B12, butyrate (preferred fuel for the colon cells), the short chain fatty acids that go to make up our neurotransmitters for brain and emotional balance, and prevent the overgrowth of the "baddies" and candida.
- Specific probiotic supplements of beneficial bacteria can be used to target different problems.
- **Probiotic** foods include fermented foods such as yogurt, kefir, sauerkraut, kombucha tea, tempeh and miso, and should be part of your daily diet.
- **Prebiotics** are non-digestible parts of foods which feed the good bacteria and allow them to function optimally, e.g. asparagus, artichoke, onions, garlic, lactulose (as a supplement), oat bran, brown rice, carrots, legumes and beets.
- When replacing the gut flora with probiotics they should be used for 1–2 months before introducing the prebiotics.
- Probiotics should be taken concurrently with antibiotics and herbal preparations (including garlic) – between doses, 2 hours after each dose.

2 REPLACE stomach acid, digestive enzymes and bile salts if they are low, for proper digestion.

- If the levels are too low the food will not be broken down or digested properly, creating incomplete absorption of nutrients and allergy forming complexes.
- You will need testing and professional advice for this.
- Symptoms of low stomach acid include bloating, burning, belching and flatulence, within 1 hour after meals (this is often confused with having too much stomach acid, then antacids are inappropriately prescribed).
- Antacids (PPI's) reduce HCl production by the stomach, compromise digestion and lead to low magnesium and tense muscles, setting you up for constipation.
- Symptoms of gas or bloating several hours after eating, constipation or diarrhoea, multiple food allergies and undigested protein in a stool sample will indicate the pancreatic enzymes need supplementing and undigested fats may indicate additional bile salts are needed.

4 REPAIR & RESTORE the gut mucosal lining with nutrients for the gut cells and friendly bacteria.

- Glutamine is the key supplement for this stage.
- Bovine colostrum (ImmuneX) can help with allergies and inflammation.
- Use vitamins A, D and C, plus zinc, magnesium and N acetyl cysteine.
- Eating fermented foods and prebiotics continue to keep the gut flora in balance.
- Fluid, fibre and good oils will encourage a good transit time and regular daily bowel motions – aloe vera, flaxseeds (freshly ground), psyllium husks and slippery elm are all useful.

Help is available...

If all this seems far too much to tackle on your own (and it often is) find a good health practitioner to assist you. Our experienced holistic practitioners offer a wide range of modalities, ready to guide you on your Wellness journey.



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