



Digestive Health

Symptomatic Relief Suggestions

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Here are a list of suggestions in case you end up with constipation, bloating and stomach pain, diarrhea and/or indigestion/acid reflux. These are some great action steps to help you overcome these common digestive problems. You should always consult with your physician before stopping or changing medications or taking on new health strategies.

You should be working with a functional health practitioner to help guide you through these strategies. This is not an exhaustive list and there are other natural therapeutic strategies that I and functional health coaches will utilize to help individuals with similar digestive complaints.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before doing any of these health strategies.

Bloating & Pain:

Pain and intestinal distension and cramping. Caused by excessive microorganism fermentation of food stuffs due to parasites, small intestinal bacterial overgrowth (SIBO) or Candida. Can also be related to food sensitivities to gluten, dairy and other foods.

Peppermint: Drink water with 1-2 drops of peppermint essential oil or drink organic peppermint tea – 1-2 cups per hour until you feel better.

Ginger Tea: Drink organic ginger tea throughout the day to reduce digestive pain

Turmeric: Add turmeric to your ginger or peppermint tea to further reduce inflammation.

Fennel Seeds: Munching on fennel seeds throughout the day can help improve digestion, reduce gas and bloating and freshen your breath. This is a great preventative measure.

Activated Charcoal: Take 2 – 4 caps every 2-3 hours until the bloating and pain stops. Activated charcoal helps to bind up microbes and gas. If you have diarrhea than take this without the magnesium, but if you struggle with constipation than be sure to take this with magnesium (about 90 mins apart) or you may have a worsening of the constipation.

Magnesium: Take 500 mg of magnesium citrate or malate to help improve the smooth muscle contractions of the gut. Take this away from the activated charcoal (about 90 mins) and cycle between the magnesium and the charcoal to prevent constipation.

Massage Your Intestines: Gentle massage around the sore regions of your intestines can help move trapped gas along the digestive system.

Note: Anti inflammatories such as NSAID's usually don't work for this type of digestive pain.

Constipation:

Stools that are infrequent (less than 1 normal and good sized stool per day) and hard. Often caused by SIBO, weak gut-brain axis, low fiber diet and dehydration. This condition can also be related to food sensitivities to gluten, dairy and other foods.

Drink Water In Morning: Luke warm water is best and drink it slowly 16oz or so in the first 20-30 minutes after waking. You could also do an herbal tea (such as smooth move tea). The warm water stimulates the gastro colic reflex in the large intestine better than cold water.

Between Meals: Drink 8-16oz of water (cold or warm). Best to do this 2-3 hours after and 2 hours before eating your next meal in order to not effect digestion.

Massage Your Intestines: Using a good moderately forceful massage of your intestines can help stimulate gastric muscle activity and move feces along through the digestive system. Try to focus on the descending colon with downward strokes from the upper left quadrant to the lower left quadrant of the belly.

Magnesium: Magnesium Citrate or Oxide are the best for improving bowel movements. These are both osmotic laxatives in that they draw water into the intestine by using 500-2000 mg/night and start lower with the 500mg and go up slowly **Note:** Mg dosing is finicky & may need to be adjusted, effect may take 2 days

Increase Fat Intake: Healthy fats increase the motility of the large intestine. Use grass-fed Butter, olive and coconut oil, fatty meats

Increase Insoluble Fiber Intake: Coconut flour, carrots, peas, green beans, chia & flax seeds all work great. If you can handle higher FODMAP fruits and veggies than use them as well.

Fermented Foods: Using kimchi and sauerkraut juice. Stick with the juice of these only during phase I and II and then consume the whole thing in phase III. Can also use pickle brine (pickle brine is excellent as it is also salty which helps draw fluid to the bowel).

Probiotic Supplements: We recommend Prescript Assist or Probiocharge 100 billion. If you have IBS or challenges with lactobacillus strains of probiotics than stick with Prescript Assist

Increase Potassium: You can add lemon to your water or take an electrolyte solution with potassium. (This helps to retain water in the stool)

Fresh Juice: Cucumber, Beets, Celery and Carrots: These all provide a megadose of electrolytes and help to improve bowel movements.

Strengthen Gut-Brain Axis: Gargle as loud as possible and singing loudly stimulate the vagus nerve which connects the brain to the gut and this will increase the gut activity.

High Dose Vitamin C: Get a buffered vitamin C and take 10 grams with 8-16oz of water or until bowel tolerance (you may need more than 10 grams if you are very deficient in vit C) and you will have a fairly quick (within an hour) evacuation. May cause diarrhea but it will also support your anti-oxidant systems. We use [Super C](#) for this.

Enemas: You can either do an organic coffee enema or a diluted apple cider vinegar enema (1 tbs per 4 cups of water).

Salt Water Flush: The salt-water flush has been used for centuries to improve bowel motility. Simple take a 1 tsp of salt in 2-4 oz of water and swallow it down. Follow this up with 8-16oz of water. The salt helps to flush the colon so be sure you have some time over the next 1-2 hours to spend in the bathroom. You can also use a salty pickle brine for this process.

Diarrhea:

This can be described as a watery or runny stool. Common causes are acute (food poisoning) or chronic infections, bile acid malabsorption, SIBO, Candida overgrowth and parasites. Can also be related to food sensitivities to gluten, dairy and other foods.

Stool Strengtheners:

1. **Chia Seeds:** Put ground chia seed in water. The fiber helps to soak up extra water in the stool
2. **Eat Cooked Protein:** Have chicken stew with carrots, squash, green beans, etc. and make sure they are cooked to be real soft in the stew. The fiber and protein combination is best for soaking up extra water in the stool.
3. **Healthy Fiber & Protein:** I recommend a good brown rice, pea, hemp or chia seed protein powder ([Gut Healing Protein](#) is great). Put this in water or in a shake with berries and coconut milk
4. **Activated Charcoal/Bentonite Clay:** These work well to draw up excess fluid and strengthen the stool. We use [Bulletproof Coconut charcoal](#).

Electrolyte Replacement:

1. **Broth:** Organic chicken or vegetable broth from Whole Foods or homemade with lots of good salts and herbs
2. **Coconut Water Kefir:** You can make your own or purchase this at a health food store such as Whole Foods. Add a pinch of salt for extra sodium
3. **Homemade Electrolyte Replacement Drink:** 8oz clean water, ¼ tsp of pink salt, ¼ tsp of baking soda, 1 tsp of apple cider vinegar and 1 tbs of raw honey.
4. **Veggie Juice:** Juice some celery, cucumber, lemon/lime and greens.

Supplements:

1. [L-Glutamine](#): Take 4-5 grams every 3-4 hours in water or a shake until diarrhea stops
2. Prescript Assist Probiotics: Take 2 caps every 3-4 hours until diarrhea stops
3. Activated Charcoal: Take 2-4 caps every 3-4 hours until diarrhea stops (away from L-glutamine and probiotics by 90 mins)

Acid Reflux:

Chronic burning in the upper chest after a meal. Common causes include low stomach acid, h pylori stomach infection & poor esophageal sphincter contractility.

Immediate Relief:

Take 1-2 tsps of baking soda in a glass of water. Begin with one tsp (this usually works) and if that isn't enough wait 15 minutes and try another glass with 2 tsps

Natural Prevention Strategies:

Apple Cider Vinegar: Take 1 tbsp in 4-8oz water about 15 mins before a protein containing meal or an extra-large meal.

Ginger or Peppermint Tea: Drink ginger or peppermint tea throughout the day and in particular about 30 minutes before a protein containing meal or an extra-large meal.

Peppermint Essential Oil: Take 1-2 drops of peppermint essential oil in 4-8 oz of water about 15 mins before a protein containing meal or extra-large meal.

Supplements:

1. **Betaine HCL with Pepsin:** Take at end of a protein containing meal (only use with protein containing meals), start with 1 and may increase to 10 capsules until you notice that you no longer have reflux when consuming protein based meals. We recommend Acid Prozyme
2. **Digestive Enzymes:** Take 2-4 caps in the beginning of the meal. This will help with complete digestion of the meal and optimal nutrient absorption and reduce stress on the stomach. We recommend [Super D-Zyme](#)
3. **Probiotics:** Take 1 cap of [Probiocharge 100 billion](#) or 2 caps of [Prescript Assist](#) daily
4. **Gut Repair Powder:** Take 1-2 scoops daily in water daily. The aloe and licorice root help to reduce H Pylori and improve protective mucous secretions in the stomach.