

# Your Gut's Health

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Peachy's Health Smart

[PeachysHealthSmart.com](http://PeachysHealthSmart.com)

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# Objectives

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- Learn the most common gastrointestinal diseases and problems
- Understand the causes of many GI diseases and the current treatment used
- Determine how to prevent many of the common GI problems
- Learn how to incorporate good nutrition as a powerful defense against Leaky Gut and common GI diseases

# Digestive System: The Gut

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- Should distinguish between whether it is:
- Starved of real nutrients or overfed with toxic processed foods and sugar
- Not to be viewed as merely responsible for converting food into energy or ridding the body of waste
- Manages absorption of nutrients
- Oversees interaction between microbial population and mucosal immune system
- Accounts for 70 percent of our immune system
- **IT IS THE CENTER OF HEALTH**



# Crohn's Disease

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- Chronic disease that causes **inflammation—irritation or swelling**—in the gastrointestinal (GI) tract
- Affects the small intestine and the beginning of the large intestine. However, the disease can affect any part of the GI tract, from the mouth to the anus.
- Researchers believe the following factors may play a role in causing Crohn's disease:

Autoimmune reaction

Genes

Environment

# Treatment & Prevention

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Importance of good nutrition:

Good nutrition is important in the management of Crohn's disease

- Avoiding irritating foods; most common are carbonated drinks (varies for everyone)
- Drinking more liquids
- Eating smaller meals more often
- Keeping a food diary to help identify troublesome foods
- Nutritional supplements and vitamins for people who do not absorb enough nutrients.



# Ulcerative Colitis

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- Chronic disease that causes inflammation—irritation or swelling—and sores called ulcers on the **inner lining of the large intestine**
- Begins gradually and can become worse over time.
- Symptoms can be mild to severe.
- Most people have periods of remission—times when symptoms disappear—that can last for weeks or years.
- The goal of care is to keep people in remission long term.

# Causes & Prevention

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Believed causes:

- Overactive intestinal immune system
- Genes
- Environment: Nonsteroidal anti-inflammatory drugs,<sup>1</sup> antibiotics,<sup>1</sup> and oral contraceptives<sup>2</sup> may increase the chance of developing ulcerative colitis.
- Diet: A high-fat diet and low in fiber may increase the chance of getting ulcerative colitis<sup>3</sup>



# Diverticular Disease

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- Condition that occurs when a person has problems from small pouches, that have formed and pushed outward through weak spots in the colon
- Diverticulum- one pouch
- Diverticula- multiple pouches
- Most common in the lower part of the colon, called the sigmoid colon.
- The problems that occur with diverticular disease include diverticulitis and diverticular bleeding.
- Diverticulitis occurs when the diverticula **become inflamed, or irritated and swollen, and infected.**
- Probable cause: Diet low in fiber



# Causes & Prevention

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- First noticed in the United States in the early 1900s, around the time processed foods were introduced into the American diet.
- Consumption of processed foods greatly reduced Americans' fiber intake.
- Rare in Asia and Africa, where most people eat high-fiber diets.
- Studies have also found links between diverticular disease and obesity, lack of exercise, smoking, and certain medications including nonsteroidal anti-inflammatory drugs, such as aspirin, and steroids.<sup>3</sup>

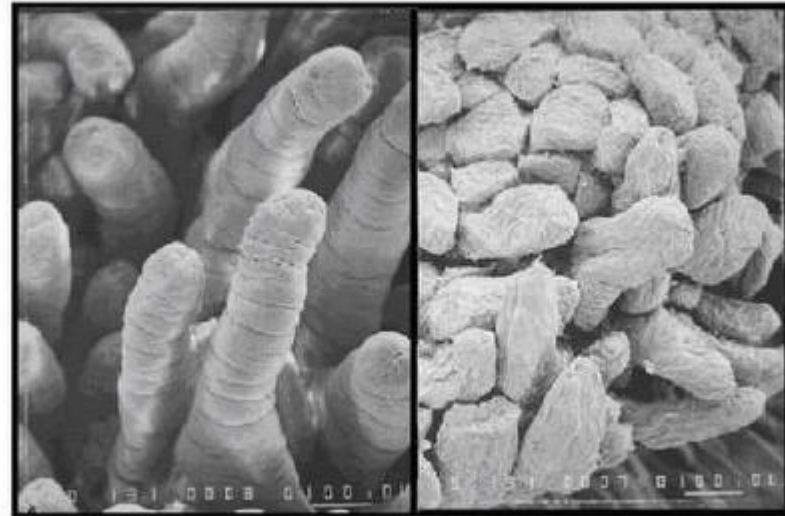
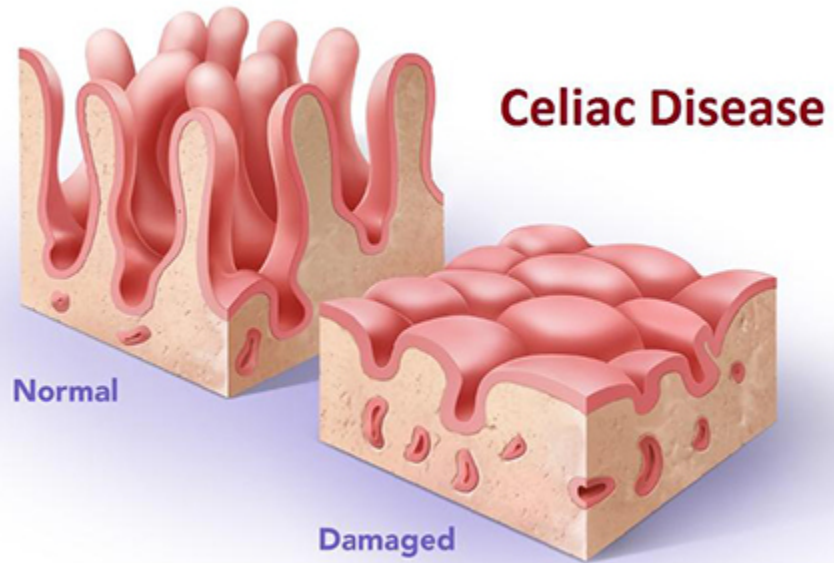
# Celiac Disease

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- Digestive disease that damages the small intestine and interferes with absorption of nutrients from food.
- People who have celiac disease cannot tolerate gluten, a protein in wheat, rye, and barley.
- When gluten is ingested, their immune system responds by damaging the villi—the tiny, fingerlike protrusions lining the small intestine.
- Villi allow nutrients from food to be absorbed through the walls of the small intestine into the bloodstream; **villi becomes inflamed with damaged absorptive capacity**
- Without healthy villi, a person becomes malnourished, no matter how much food one eats.
- Only treatment: Gluten free diet

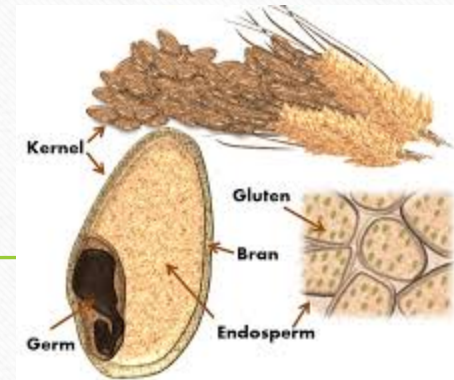


# Damaged Villi



# Gluten

- Group of proteins found in certain grains: wheat, barley, rye
- Gluten is in: pasta, semolina, pizza, cereal, tortillas, bagels
- 1 in 7 has gluten sensitivity; 30 x more prevalent than Celiac
- Gluten sensitivity can also cause other less severe symptoms, such as **joint pain, headaches, fatigue and poor memory.**
- Causes of gluten sensitivity include genetics, leaky gut syndrome, fungal infection and genetic modification of wheat (GMO).



The Gluten protein is mainly found in the endosperm of grain Kernel (seed)



# Gluten Free Diet

- Only treatment for Celiac Disease
- Gluten is a sticky substance with a consistency like glue which is difficult to digest, but which also gives dough its elasticity and allows bread to rise, making it very important for baking.
- Gluten-free diet means not eating foods that contain wheat, rye, and barley. The foods and products made from these grains should also be avoided.
- Non gluten containing products:
  - All beans and nuts
  - Black, brown, red rice
  - All fruits, berries and vegetables
  - Dairy, cheese and meats



# Lactose Intolerance

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- Lactose - sugar found in milk and milk products.
- Small intestine—the organ where most food digestion and nutrient absorption take place—produces an enzyme called lactase.
- Lactase breaks down lactose into two simpler forms of sugar: glucose and galactose, which are then absorbed into the bloodstream.



# Lactose Intolerance, Continued

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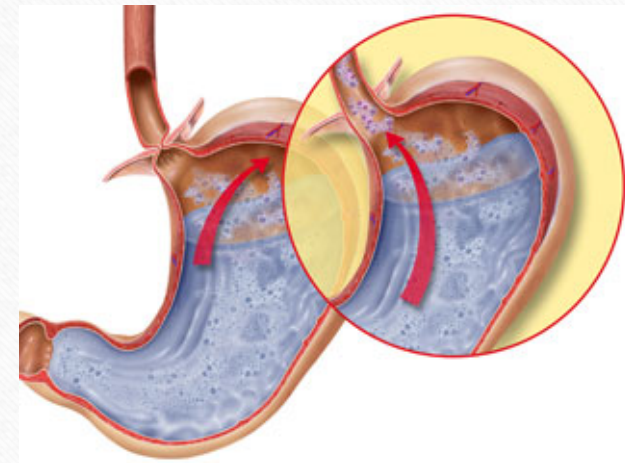
- Condition in which people have digestive symptoms—such as bloating, diarrhea, and gas—after eating or drinking milk or milk products.
- Lactase deficiency and lactose malabsorption may lead to lactose intolerance.
- Most people with lactose intolerance can consume some amount of lactose without having digestive symptoms.
- Individuals vary in the amount of lactose they can tolerate.
- (Not to be confused with Milk Allergy)

# GERD

## Gastro Esophageal Reflux Disease

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- Occurs when the amount of gastric juice that refluxes into the esophagus exceeds the normal limit, causing symptoms associated esophageal mucosal injury (ie, esophagitis).
- Typical esophageal symptoms include the following:
  - 1) Heartburn
  - 2) Regurgitation
  - 3) Dysphagia





# GERD, continued

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- The goals are to control symptoms:
  - 1) heal esophagitis
  - 2) prevent recurrent esophagitis or complications
- Treatment is based on lifestyle modification and control of gastric acid secretion through
  - 1) medical therapy with antacids or proton pump inhibitors
  - 2) surgical treatment with corrective anti reflux surgery

# GERD Lifestyle Modification

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- Losing weight (if overweight)
- Avoiding alcohol, chocolate, citrus juice, and tomato-based products
- Avoiding peppermint, coffee, and possibly the onion family<sup>[7]</sup>
- Eating small, frequent meals rather than large meals
- Waiting 3 hours after a meal to lie down
- Refraining from ingesting food (except liquids) within 3 hours of bedtime
- Elevating the head of the bed 8 inches
- Avoiding bending or stooping positions



# Improper Digestion

(most frequent complain in ‘golden years’)

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- Dyspepsia
- Bloating
- Chronic Nausea
- Weight Loss or Weight Gain
- Chronic Constipation

These are common results of

- Abnormal protein digestion
- Low stomach acid
- Diet deficient in butyrate
- Dysbiosis

# Leaky Gut: Increased Intestinal Permeability

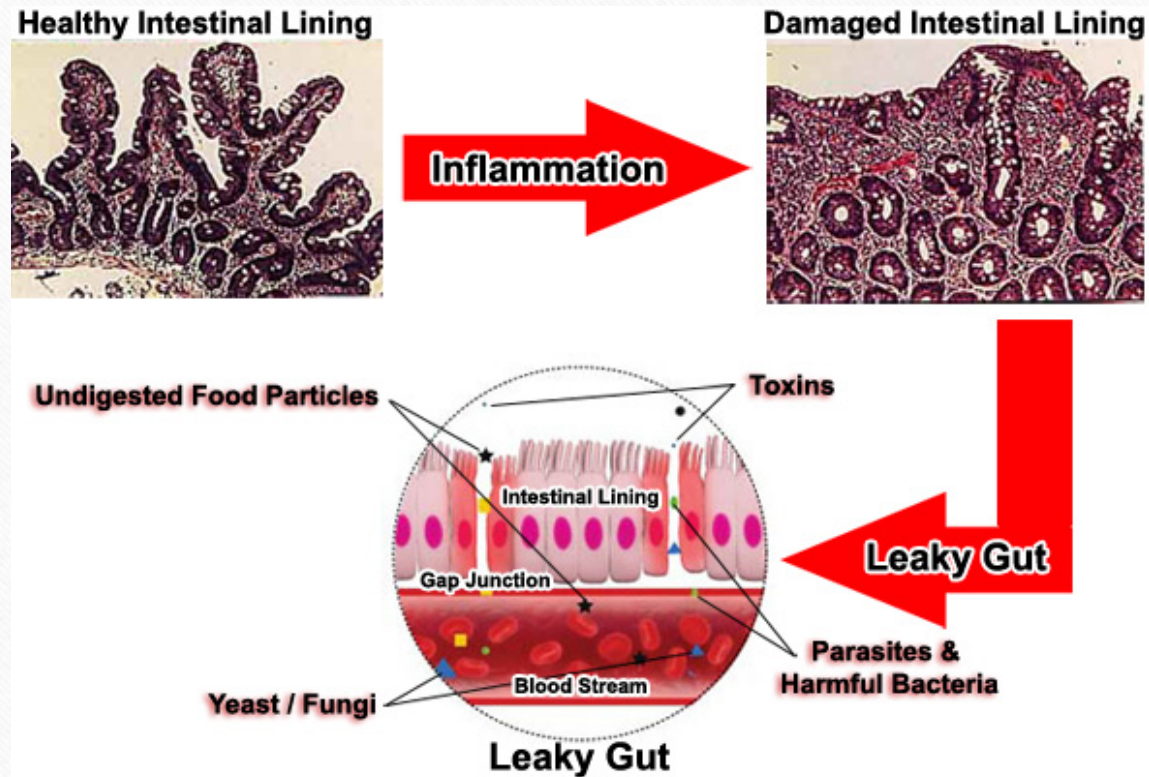
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- Thoroughly been documented in medical literature for over a hundred years
- Recently recognized as a risk factor for many auto immune disease
- Today 50 million Americans (1 in 6 ) struggle with auto immune conditions
- Auto-immune diseases have reaches almost 140; researchers still working on exact mechanism involved
- Conditions like: allergies, asthma, food sensitivities, arthritis, thyroid conditions, digestive diseases, chronic fatigue and autism greatly improve when treated with leaky gut protocol



# Leaky Gut

(Increased Intestinal Permeability)



# Leaky Gut continued

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- Some foreign bodies gets absorbed, causing inflammation
- Body is now focused on fighting the large war, ignoring its little jobs like filtering out the blood, calming inflamed areas of the body, fighting bacteria, regulating the gut, etc.
- This process can lead the body to fighting itself and an array of autoimmune diseases such as Chronic Fatigue, MS, IBS, Ulcerative Colitis, and Fibromyalgia slowly develops.



# Leaky Gut continued

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- Body will begin to produce antibody 'soldiers' designed to fight against these foreign objects (which can be things such as the Casein protein from the milk you're drinking, or other proteins in nuts, grains, or eggs).
- Even chemicals normally found in foods such as Phenols and Glycerin can now trigger immune responses when they enter the body.
- Having sensitivities to more than a dozen foods, you likely have leaky gut. Any undigested foods that are absorbed into the blood stream are now considered enemies of the state, and your immune system will develop reactions to many of them, leading to food intolerances.

# Signs of a Leaky Gut

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- Feeling tired and sluggish
- Frequent indigestion, heartburn, bloating and gas
- Sensitivities to certain foods
- Persistent 'Brain fog', cloudy memory, lack of focus
- Changes on skin, dark circles under the eyes
- Eczema, psoriasis, acne, rosacea
- Weight gain and Syndrome X
- Serious ramifications: Chronic fatigue, adrenal exhaustion, lethargy, joint pain and arthritis, Hashimoto's thyroiditis



# Main Causes Leaky Gut

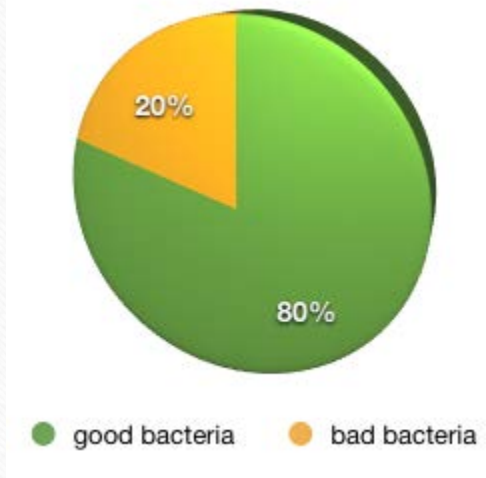


- Sugar
- Processed foods and Toxins in them
- GMO and hybridized foods
- Conventional cows milk
- Chronic Stress
- Chronic Antibiotic use
- NSAIDS, aspirin
- Dysbiosis
- Lack of probiotic rich foods





# Dysbiosis



- An imbalance of microbial colonies. This is most common in the digestive tract, but can happen anywhere there is an exposed mucous membrane, such as the skin.
- System is disturbed
- Resulting in one colony becoming dominant and one becoming weaker
- Instigates a chronic imbalance, debilitates the good guys and compromises our system as a whole.



# Good Bacteria

Maintains a harmonious balance in a healthy digestive tract by keeping each other in check so no one specific strain can dominate

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Helps us with:

- **digestion**
- **absorption**
- **produce vitamins**
- **control growth of harmful micro organisms**
- **keep the intestinal cells well fed by creating short chain fatty acids**

# Good Bacteria

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- Improves Symptoms in Crohn's disease and IBD
- Controls diarrhea
- Restore cases of leaky gut syndrome
- Reduce colonic inflammation
- Inhibit Candida yeast growth: auto immune diseases, eczema, asthma, other infections
- Restores activity of natural killer cells in spleen
- Metabolize long chain polysaccharides



# Bad Bacteria

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- Antibiotics kills off both bad and good bacteria
- Overgrowth can lead to malabsorption and maldigestion
- Undigested carbs ferment in colon and causes bloating, diarrhea, constipation
- High fat, low fiber diet promotes bad bacteria growth (Bacteroides) leads to metabolism of bile acid to form tumor promoters, deconjugates estrogen increase breast cancer risk

# Immune System in the Gut

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- Like a watch dog, it discerns what is friend or foe
- When it's overcome by too much toxins, stress, medication, nutrient deficient diet, it's defenses are weakened, bad bacteria makes their move
- Once they get a foothold, they change the gut's environment, burrow into the mucus of the gut lining and create holes
- Gut barrier weakens and the normally tightly controlled gates open up allowing toxins, bacteria and undigested food to enter the bloodstream



# Immune System, Continued

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- When toxins sneak in the blood, the immune system releases antibodies to fight the invaders
- With chronic leaky gut, it affects entire system (no longer localized digestive issue)
- The immune response gets locked in the 'on' position and attacks everything and anything
- Debilitating auto-immune conditions develops...issues arise

# Keep the Balance 80:20

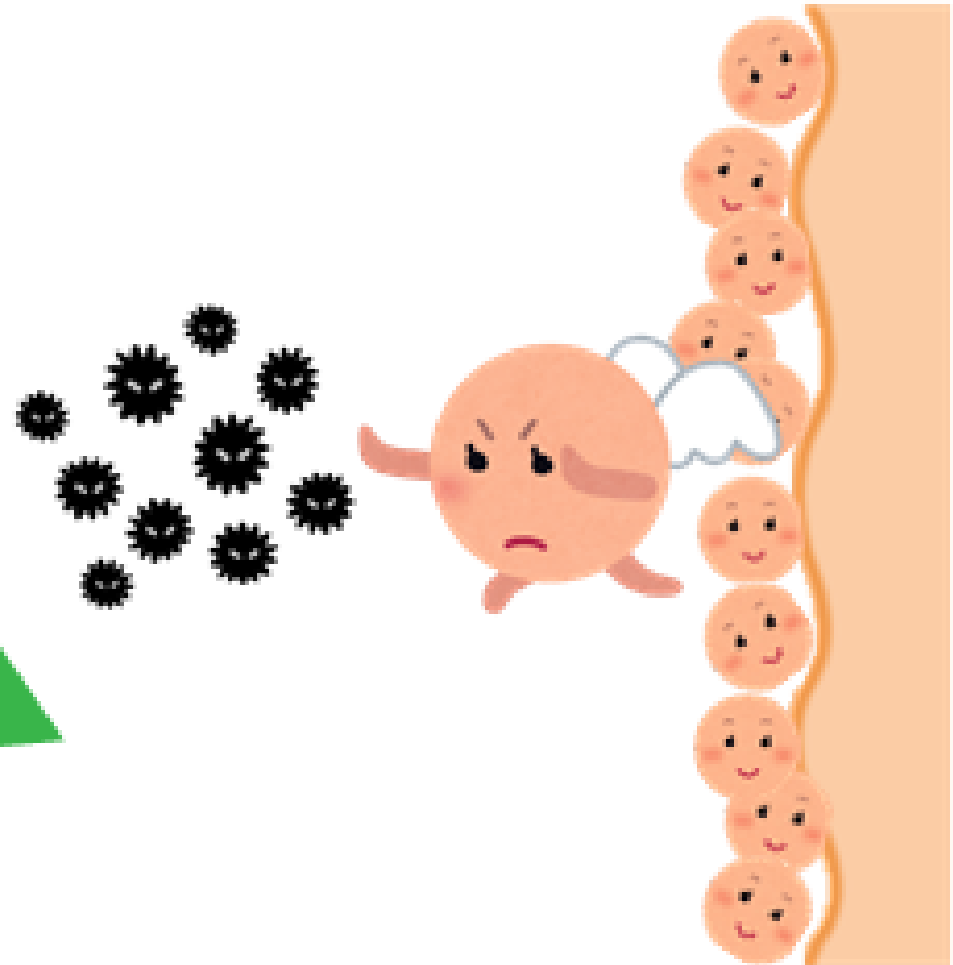
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## Overhaul the diet

- Avoid simple and sugary carbs
- Regularly consume probiotic foods
- Oat bran (great source of Butyrate) and other high fiber foods
- Omega 3 fats
- Flavonoids
- Kefir and yogurt w/ live active cultures
- Easy to absorb supplements: Juice Plus and Probiotic supplements



*Good bacteria physically colonize all the surface area of the intestinal wall, creating a barrier to harmful bacteria, and prevent toxin from seeping through the mucous membrane into the bloodstream.*



# Butyrate

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- Short chain fatty acids
- Highest concentration found in gut; produced by intestinal bacteria from insoluble fiber
- Large intestines uses it as primary source of energy
- Butyrate helps control the growth of the cells lining the gut, to make sure there's good balance between old cells dying and new cells being formed
- It's got some powerful anti-inflammatory effects that translate into protection against colon cancer, gut disorders like IBD, and autoimmune disease, and possibly also obesity.



# Food Sources of Butyrate



- Good butter made from milk of contented grass fed cows
- Lots of fiber with mixed fruits and vegetables, to optimize butyrate production
- Fruits and vegetables provide prebiotics for the good bacteria in the gut
- **Please don't buy fiber in a box**



# Butyrate Summary

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- Heals leaky gut, and therefore improve food intolerances
- Stabilize blood sugar responses, even to carbohydrates
- Lessen hunger and help weight loss
- Stimulate bowel motility
- Help damaged nerve cells to function again
- Cure and fight cancer





# Gut Protectors: Healing Foods



- **Meat-on-the-Bone Broth-** broth made from pasture raised; antibiotic & hormone free chicken beef or pork. **Collagen contains proline, glycine and glutamine amino acids that can help repair our gut lining**
- **Fermented Vegetables-**restores good bacteria in the gut; also enhances nutrient absorption.
- **Fermented Dairy-** kefir, yogurt: helps balance good gut bacteria
- **Cooked vegetables-** easier to digest and absorb for messed-up gut
- **Wild caught fish/organic meat-** high in omega 3 fats which reduces gut lining inflammation

# More Healing Foods

- **Coconut products**
- **Sprouted seeds and grains**
- **Bread from sprouted grains, sour dough bread**
- **Flax, chia and hemp hearts (all in Peachy's Power Porridge)**
- **Clean, filtered water**





# Sprouted Mung Beans





2 days, 6 days, 10 days later

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# How to Fix the Leak

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- Reclaim microbial diversity with consistent microexposure to bacteria, soil, dirt, dust, plant oils and microbes
- Eat seasonally and locally
- Spend time outdoors
- Don't freak out about germs; don't overuse sanitizers
- Avoid medications, toxins and food with chemicals

# Breakfast





# Lunch





# Dinner



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# Summary: Issues resulting from Dysbiosis and Leaky Gut

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- Arthritis
- Autoimmune illness
- Vitamin B deficiency
- Chronic fatigue syndrome
- Cystic acne and eczema
- Colon and breast cancer
- Food allergies and food sensitivities
- Inflammatory bowel disease
- Irritable bowel syndrome
- Psoriasis, skin problems

# Healthy Cooking Classes at Peachy's Health Smart

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- Every Saturday from noon to 1:30
- We cook 2 healthy dishes
- We enjoy the food for lunch
- We have an active discussion about Cooking, Health and Nutrition!
- People bring questions that they want addressed
- **Cost: On Special at \$100 for 10 classes, no expiration dates**



# Monthly Free Seminars and Smoothie Making Classes

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**Health and Nutrition Seminar:**

**First Saturday, 2:30-4:00 PM**

**Smoothie Making Class:**

**First Sunday, 2:30-4 PM**

**Reservations Required: [Peachyseiden@gmail.com](mailto:Peachyseiden@gmail.com)**

# Please Ask Me!

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Or email me at [peachyseiden@gmail.com](mailto:peachyseiden@gmail.com)