Nutritional Strategies for IBS and IBD

Dr. Chris & Melissa Taylor
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Irritable Bowel Syndrome & Irritable Bowel Disease

Signs & Symptoms

Underlying Causes

Complications

Medical Testing

Alternative Testing

Alternative Treatment

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Digestive Anatomy
Disorder versus Disease

Irritable Bowel Syndrome (IBS)
- Functional disorder
- Digestive system looks normal but doesn’t work as it should
- Does not cause inflammation, ulcers or damage to the bowel
- Often used as a catch-all Dx for symptomatic patients, more common

Inflammatory Bowel Disease (IBD)
- Serious and chronic condition causing digestive tract inflammation
- Body’s immune system becomes over-reactive (autoimmune-AI)
- Intestinal walls become swollen, inflamed and develop ulcers
Signs & Symptoms of IBS

- Also known as spastic colon/bowel
- Uncomfortable, but not considered a health risk by medical doctors
- Cramping and pain
- Bloating and gas
- Alternating diarrhea and constipation
- Possible mucous in stool
Mean Gut Transit Time

- Estimate the time for food to completely pass through the digestive system
- Digestion should occur in less than 24 hours
- Alcohol consumption will decrease transit time
- High fiber diets will decrease transit times
- Slow peristalsis may be caused by endocrine

**Instructions:**

- Ingest 5-10,000 milligrams of activated charcoal or 4 steamed whole beets approx. 2 hours after eating breakfast and at least 2 hours before the next meal.
- Note the time that the color in stool changes
  - Charcoal - black
  - Beets - deep red/purple
- Note the time the color is eliminated in the stool

Source for instructions: http://www.drsperoni.com/downloads/articles

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## Mean Gut Transit Time - Results

<table>
<thead>
<tr>
<th>Transit Time in Hours</th>
<th>Probable Indication of Transit Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5 - 11.99</td>
<td>Possible malabsorption issue. The full nutritional value of foods, regardless of the patient’s quality of choices, may not be fully received by the body.</td>
</tr>
<tr>
<td>12.0 - 24.0</td>
<td>Ideal range. This is the optimal transit time and indicates a potentially good condition from which to approach dietary modifications for long-term health and well-being.</td>
</tr>
<tr>
<td>&gt; 24.0</td>
<td>Unsatisfactory bowel transit time. Waste materials are remaining in the colon for too long. Poor transit time increases the risk of colon disease and other serious health conditions.</td>
</tr>
</tbody>
</table>

Mean Gut Transit Time - Solutions

• Regular colon cleanse
  - SP Purification Program, Cholocol II
• Eat 3-35 grams of fiber from whole grains, fruits and vegetables every day
  - Gastro fiber, whole food fiber
• Drink at least ½ the body weight in ounces of filtered water each day
• Eat on a schedule, and stop eating before full
• Exercise at least 30 minutes, 3+ times per week
• Eliminate laxatives
• Take probiotics
  - Lactic Acid Yeast, Prosynbiotic
Royal Lee on Constipation

“Liver dysfunction [is] a constant finding in constipation.”

“Promote thyroid activity [as] hypothyroid is often the cause in stubborn cases.”

- Therapeutic Food Manual

The Manual also recommends the following foods - “all have been helpful:”
  – Sesame butter, molasses, licorice root tea
# IBS with Constipation

<table>
<thead>
<tr>
<th>Product</th>
<th>Dose</th>
<th>Mechanism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zypan</td>
<td>1-3/3x day</td>
<td>Indigestion, flatulence, constipation, assists with assimilation of proteins</td>
</tr>
<tr>
<td>Lactic Acid Yeast Wafers</td>
<td>2/3x day</td>
<td>Acidification of the GI tract, improvement of bowel flora</td>
</tr>
<tr>
<td>Fen-Cho Colax Disodium Phosphate</td>
<td>2-4/3x day (water) 2-4 before bed (short-term) 3-6 upon rising with a full glass of water</td>
<td>For constipation: (1 or more): Fen-Cho has fenugreek, bile salts, collisonia. Can be used long-term, whereas the others are short-term interventions (2-3 wks). Do not use Colax if bowels shift to diarrhea.</td>
</tr>
<tr>
<td>Cramplex</td>
<td>2/2-3x day</td>
<td>Relief from cramping in smooth muscle, supports IBS, digestive colic</td>
</tr>
<tr>
<td>Symplex F/M or Pituitrophin PMG</td>
<td>2/3x day</td>
<td>Metabolic regulation, delayed healing response, GI ulcers, Colitis, Crohn’s</td>
</tr>
<tr>
<td>Okra Pepsin E3</td>
<td>1-2/3x day</td>
<td>Breaks down mucous buildup, ileocecal valve function, enhances absorption</td>
</tr>
</tbody>
</table>
## IBS with Diarrhea

<table>
<thead>
<tr>
<th>Product</th>
<th>Dose</th>
<th>Mechanism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zymex II</td>
<td>3/3x day (empty stomach)</td>
<td>Abdominal worms, gas, epigastric distress, gastric ulcers, constipation or diarrhea, protein metabolism</td>
</tr>
<tr>
<td>Lactic Acid Yeast Wafers</td>
<td>2/3x day</td>
<td>Acidification of the GI tract, improvement of bowel flora</td>
</tr>
<tr>
<td>Cholocol II*</td>
<td>3/3x day</td>
<td>Intestinal detoxification</td>
</tr>
<tr>
<td>Cramplex</td>
<td>2/2-3x day</td>
<td>Relief from cramping in smooth muscle, support for IBS, digestive colic</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>1-2/3x day</td>
<td>Metabolic regulation, lack of calcium secondary to hypothyroid (may add calcium lactate, Cat F, iodine)</td>
</tr>
<tr>
<td>Golden Seal</td>
<td>1-2/2x day</td>
<td>Infectious diarrhea, dysbiosis</td>
</tr>
<tr>
<td>Okra Pepsin E3</td>
<td>1-2/3x day</td>
<td>Breaks down mucous buildup, ileocecal valve function, enhances absorption</td>
</tr>
</tbody>
</table>
Leaky Gut Syndrome

Not medically recognized by conventional physicians, but has been discussed and treated by alternative practitioners for decades.

The condition is evidenced to effect the lining of the intestines, creating increased intestinal permeability, making it more difficult to regulate the internal environment, transport nutrients and filter biological substances. Hence, “leaky gut.”
### Signs, Symptoms & Causes

#### Results
- “Leaking” of gut material into the bloodstream
  - Undigested proteins and fats
  - Bacteria and toxins that should be eliminated through the excretion process
- Autoimmune reaction
- Increase in histamines
- Host of GI problems, skin disorders and joint issues

#### Triggers/Causes
- Chronic and/or non-specified inflammatory state
- Damage from food sensitivities
- Use of Rx and OTC drugs like, nonsteroidal anti-inflammatory drugs (NSAIDS), antibiotics, birth control pills, cancer treatments
- Excessive alcohol consumption
- Immune insufficiency
You Are What You Eat...

- Accumulation of unhealthy bacteria, yeast, parasites and toxins may damage intestinal wall.
- Healthy bacteria coats and protects the intestinal wall, ensures absorption of nutrients and maintains terrain.
### Complex Diarrhea

#### Common Causes
- IBS/IBD (confuses Dx)
- GI Infection (viral, parasitic, bacterial)
- Food/gluten intolerance
- Celiac Disease (1%)
- Excess magnesium or ascorbic acid supplementation
- Sugar alcohol reaction (sorbitol/xylitol) or other food chemical ingredients

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<th>Mechanism</th>
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<tr>
<td>Zymex II 3/3x day</td>
<td>Abdominal worms, gas, protein metab</td>
</tr>
<tr>
<td>Cholocol II* 3/3x day</td>
<td>Intestinal detoxification</td>
</tr>
<tr>
<td>Lactic Acid Yeast Wafers* 2/3x day</td>
<td>Disruption of bowel flora, with antibiotics</td>
</tr>
<tr>
<td>Gut Flora Complex 1-2/3x day</td>
<td>Intestinal dysbiosis, candidiasis</td>
</tr>
<tr>
<td>Golden Seal 1-2/2x day</td>
<td>Infectious diarrhea, dysbiosis</td>
</tr>
</tbody>
</table>

* Can be used for constipation as well.
Digestive Enzymes

Zypan
- HCL and pancreatic enzymes (upper GI)
- Calcium absorption, protein digestion

Multizyme
- Proteolytic enzymes (lower GI)
- Gas, bloating, parasites, carb digestion

Enzycore
- Vegetarian enzymes to breakdown fats, proteins & carbohydrates
- Support for gastric & intestinal phases
Gastro-Intestinal Repair - Weed

**Gut Flora Complex**
- Combo of herbs & essential oils
- Intestinal dysbiosis, AI, IBS, food sensitivities, skin disorders, immunity, etc.

**Wormwood Complex**
- Eliminates various types of parasites/worms
- Eases symptoms of gas & bloating
- 10 days on, 10 days off, 10 days on!!!

**Spanish Black Radish**
- Lower GI tract infection (parasite, bacterial or fungal), candidiasis, etc.
- Promotes systemic detox, activates liver
Gastro-Intestinal Repair - Feed

Prebiotic Inulin
- Food for the growth of native microbes
- Supports good bacteria, increases immunity
- Inulin from chicory, calcium, magnesium

Lactic Acid Yeast
- Acidifies the intestinal pH
- Converts any carbohydrate to lactic acid
- Re-establishes intestinal flora, regularity

ProSynbiotic
- Multi strains of probiotics & prebiotic fibers, like inulin & galactooligosaccharide
- Improves nutrient digestion & absorption

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Signs & Symptoms of IBD

- Confused with IBS, Diverticulitis, Celiac
- Abdominal pain and cramping
- Inflammation and sometimes fever
- Ulcers/bleeding ulcers
- Chronic diarrhea, often multiple times per day
- Visible damage inside the digestive tract
- Loss of appetite, weight loss, loss of nutrients
- Blood and/or mucous in stool, often accompanied by anemia
- Mouth sores and skin eruptions
- Arthritis, Rheumatoid Arthritis (RA)
- Eye problems that can affect vision
- Increased risk in Jewish descent
Common IBD Conditions

Ulcerative Colitis (UC)
• Effects only the colon and rectum
• 20% of people have a close relative with this disease (genetics)
• Patients can have periods of remission and flare-ups
• Inflammation occurs only in the inner-most layer of the intestines
• Surgery is considered a “cure”
Ulcerative Colitis - con’t

Causes
• Genetic predisposition, although lifestyle helps suppress expression
• Autoimmune reaction, creating a damaging inflammatory status
• Viral and/or bacterial infection (environmental)
• Overuse of antibiotics and other drugs (debatable)

Symptoms
• Damaging inflammation
• Abdominal cramping and severe pain
• Diarrhea - may be constant
• Anemia, malnutrition
• Appetite reduction and/or weight loss
• Rectal bleeding/mucous
• Fever
Common IBD Conditions

Crohn’s Disease (CD)

- Affects any part of digestive tract, mouth to anus
- May appear in patches along the digestive tract, leaving sections untouched
- Unlike UC, all layers of the intestinal wall affected, thickens, creating a “cobblestone” effect
- ¾ of cases require surgery
- No known “cure”
Crohn’s Disease - con’t

Causes

• Exact cause is unknown
• Historical Dx was diet, stress and genetics, but most reliable doctors know these aggravate not cause the disease
• Many still lean toward an initial environmental insult, like a bacterial or viral infection

Symptoms

• Same as UC, plus...
• Perianal sores and fistulas through the bowel wall
• Scarring (stenosis)
• More secondary complications, like delayed growth, liver and bile duct problems, eye conditions, skin disorders, mouth sores and bowel obstruction
Conventional Diagnostic Tools

- Blood tests (CBC)
- Stool analysis (hospital)
- Flexible Sigmoidoscopy
- Colonoscopy with biopsy (determines UC/CD)
- Barium enema study
- Computerized Tomography (CT) scan

Example of a barium study demonstrating the obstruction of a segment of small intestine.
Common Medical Treatment

Drug Therapies

*Mainly used to control inflammation during flares*

- **Antibiotics** (oral & IV)
- **Aminosalicylates** (5-ASAs) - sulfa drugs (oral or rectal suppository)
- **Corticosteroids** (oral & IV)
- **Immune modifiers** (immunomodulators)
- **Biologic therapies** (IV & injection only)

Surgery

- **Stricturplasty** - open up narrowed sections of intestines (Crohn’s)
- **Proctocolectomy with ileostomy** - complete removal of intestines, creation of stoma at the ileum, wear an ostomy bag (both UC/CD)
- **Proctocolectomy with rectal or pelvic pouch** - colon removed, internal pouch made from ileum, reconnect to small intestine, no bag (UC)
## PMGs - Secret AI Weapon

<table>
<thead>
<tr>
<th>Standard Process</th>
<th>Gland Related Products</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Protomorphogens</strong> <em>(PMGs)</em></td>
<td><strong>See Pgs. 19-24 in the CRG – Gray</strong></td>
</tr>
<tr>
<td>- Promotes Healing Over Time</td>
<td></td>
</tr>
<tr>
<td>- Extracts of the nucleic acids of the nucleus of the cell</td>
<td></td>
</tr>
<tr>
<td>- Acts as a decoy for problem organs as well as an aid in cellular repair</td>
<td></td>
</tr>
<tr>
<td>- <em>ie</em>: Dermatrophin PMG, Immuplex</td>
<td></td>
</tr>
<tr>
<td><strong>Cytosol Extracts</strong></td>
<td></td>
</tr>
<tr>
<td>- Provides function and relief - right away</td>
<td></td>
</tr>
<tr>
<td>- Extracts from the cytoplasm of the cell, stimulates an immediate response</td>
<td></td>
</tr>
<tr>
<td>- <em>ie</em>: Orchex, Ovex, Thymex, Zypan, Ligaplex I &amp; II</td>
<td></td>
</tr>
<tr>
<td><strong>Whole Glands</strong></td>
<td></td>
</tr>
<tr>
<td>- Provides the nuts and bolts that make up the gland</td>
<td></td>
</tr>
<tr>
<td>- Easiest to manufacture and supplied by many nutrition companies</td>
<td></td>
</tr>
<tr>
<td>- <em>ie</em>: Whole Desiccated Adrenal &amp; Spleen, E-Manganese, Neuroplex, Cal-Ma +</td>
<td></td>
</tr>
</tbody>
</table>
Oral Tolerization

Definition of ORAL TOLERIZATION

treatment of an autoimmune disease by feeding to the affected individual the autoantigen inducing the immune response and causing the disease in order to suppress the immune response by invoking oral tolerance

FEATURED ARTICLE – LOS ANGELES TIMES

October 15, 1993 | THOMAS H. MAUGH II, TIMES MEDICAL WRITER
Nutritional Building Blocks

• PMGs alone will not create a healing environment for the organ in question
  - Provide a decoy for the impaired organ
  - Offers aid for cellular repair

• Always provide organ specific nutrition
  - Combine PMGs with vital nutrients or…
  - Offer special formulas that combine PMG ingredients with vitamins and minerals, for IBD - Immuplex
### Optimal pH Medium for Growth

<table>
<thead>
<tr>
<th>Microorganism</th>
<th>pH Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staphylococcus</td>
<td>7.4</td>
</tr>
<tr>
<td>Streptococcus</td>
<td>7.4—7.6</td>
</tr>
<tr>
<td>Pneumococcus</td>
<td>7.6—7.8</td>
</tr>
<tr>
<td>Corymbacterium diptheriae</td>
<td>7.2</td>
</tr>
<tr>
<td>Clostridium tetani</td>
<td>7.0—7.6</td>
</tr>
<tr>
<td>H. Influenza</td>
<td>7.8</td>
</tr>
<tr>
<td>Gonococcus</td>
<td>7.0—7.4</td>
</tr>
<tr>
<td>Meningococcus</td>
<td>7.4—7.6</td>
</tr>
<tr>
<td>Brucella abortus</td>
<td>7.2—7.4</td>
</tr>
<tr>
<td>Helicobacter pylori</td>
<td>7+</td>
</tr>
</tbody>
</table>

Source: University of Vermont, *Folk Medicine*, by D.C. Jarvis, MD
See Apple Cider Drink Recipe later in this presentation.
Intestinal Microbiology

Markers reflect the bacteriological status of the intestinal tract:

- Beneficial bacterial
- Non-pathogenic bacteria
- Potential pathogens
- Pathogenic bacteria
- Mycology (fungus)
Laboratory Assessment - Microbiology

**Prescriptive Agents**

<table>
<thead>
<tr>
<th>KLEBSIELLA PNEUMONIAE</th>
<th>S</th>
<th>I</th>
<th>R</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trimethoprim/Sulfa</td>
<td></td>
<td></td>
<td>R</td>
</tr>
<tr>
<td>Clindamycin</td>
<td>S</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gentamicin</td>
<td></td>
<td>I</td>
<td></td>
</tr>
</tbody>
</table>

*S* Indicates susceptibility to prescriptive agents
*I* Indicates intermediate susceptibility to prescriptive agents
*R* Indicates resistance to prescriptive agents

**Natural Agents**

<table>
<thead>
<tr>
<th>KLEBSIELLA PNEUMONIAE</th>
<th>Low Inhibition</th>
<th>High Inhibition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berberine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oregano</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plant Tannins</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Uva-Ursi</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Resistance Testing**

Prescriptive Agents - microbial testing performed in-vitro to determine antibiotic sensitivity at standard doses. This often helps explain why some conventional treatments may not be working.

Natural Agents - natural agents are tested against the pathogenic bacteria to determine the inhibition level (reduction on organism growth). The higher the inhibition, the greater the ability of the natural agent to eliminate the problem.
Laboratory Assessment - Microbiology

**Parasitology**

**Microscopic Exam Results:**

- No Ova or Parasites seen
- White Blood Cells: Rare

**Parasitology - Optional Add-on**

Ova/parasites - 22% of all samples submitted were positive for parasites, indicating a widespread problem in the population.
Lactulose and mannitol recoveries are elevated, suggesting an overall increase in permeability both between and through the intestinal epithelial cells. The elevated lactulose reflects increased paracellular permeability (between the cells), which can result in macromolecules, toxins and antigens crossing the intestinal barrier into the lymph and circulatory systems, a condition termed "leaky gut". These particles increase the load on the body's detoxification system and may stimulate immune reactivity. Increased lactulose recovery has been associated with food allergy, inflammatory bowel disease, arthritis and other inflammatory conditions.

The elevated mannitol reflects increased transcellular permeability (through the cells) which may result in the passage of small antigens across the mucosal barrier, thereby triggering an immune response.
## Laboratory Assessment - Celiac & Gluten Sensitivity

### Immunologic Markers

<table>
<thead>
<tr>
<th>Biomarker</th>
<th>Result</th>
<th>Reference Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total IgA</td>
<td>139.8</td>
<td>Sufficient 62.0-343.0 mg/dL</td>
</tr>
<tr>
<td>Anti-Tissue Transglutaminase IgA (tTG IgA)</td>
<td>2.1</td>
<td>Negative &lt;=4 U/mL</td>
</tr>
<tr>
<td>Anti-Degradated Gliadin IgA (DGP IgA)</td>
<td>17.2</td>
<td>Negative &lt;=19 U/mL</td>
</tr>
<tr>
<td>Anti-Endomysial IgA (EMA IgA)</td>
<td>Not Detected</td>
<td>Not Detected</td>
</tr>
<tr>
<td>Anti-Gliadin IgA (AGA IgA)</td>
<td>21</td>
<td>Weak Positive &lt;20 U/mL</td>
</tr>
<tr>
<td>Anti-Gliadin IgG (AGA IgG)</td>
<td>32</td>
<td>Strong Positive &lt;20 U/mL</td>
</tr>
</tbody>
</table>

### Interpretation

Patient results are consistent with Gluten Sensitivity.
Celiac - Gluten Flow Chart

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What You’ll Learn...

- Pathogens, dysbiosis and permeability of the GI tract
  - (option) more extensive stool test that includes occult blood, stool pH, stool abnormalities, etc.
- Prescriptive and natural reagents that are best treatment options
- Determination if gluten reactiveness present, Dx
- **Drawback** - $$$ for the patient, in many cases, best to put money into treatment, test for serious case
### IBD - Acute Care

<table>
<thead>
<tr>
<th>Product</th>
<th>Dose</th>
<th>Mechanism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlorophyll Complex Pearls</td>
<td>2-3/3x day</td>
<td>Strengthens vascular walls, prothrombin factor for clotting, increases internal healing, low RBC, GI tract ulcers <em>(add Ferrofood (3) for anemia)</em></td>
</tr>
<tr>
<td>Okra Pepsin E3</td>
<td>1-2/3x day</td>
<td>If mucous present in stool, strips mucous from villi and increases nutrient absorption</td>
</tr>
<tr>
<td>Cataplex ACP Or Cataplex C</td>
<td>3-4/3x day</td>
<td>All healing, capillary weakness, inflammation, both have vitamin P and rutin</td>
</tr>
<tr>
<td>Dermatrophion PMG</td>
<td>1/3x day</td>
<td>Repair of epithelial cells (intestinal &amp; skin), assists with autoimmune attack on the GI tract</td>
</tr>
<tr>
<td>Pituitrophin PMG</td>
<td>2/3x day (start at 1)</td>
<td>Trophic control of endocrine system, hits underlying causes for tough cases, controls the release of sex hormones to stimulate tissue repair</td>
</tr>
<tr>
<td>Spleen PMG</td>
<td>1/3x day</td>
<td>Systemic autoimmune aid, control of natural tissue antibodies</td>
</tr>
<tr>
<td>Boswellia</td>
<td>2/3x day</td>
<td>Take with a fatty food source, like nut butters, fish or coconut oil, etc.</td>
</tr>
</tbody>
</table>
Other IBD Recommendations

**Dietary**
- Eat small, frequent, nutrient dense meals
- Reduce or eliminate wheat, dairy, caffeine (coffee, tea, chocolate, energy drinks), alcohol and refined sugar
- Increase easily digestible fiber foods a little at a time
- Eat fermented foods like raw kefir, kraut, miso, apple cider vinegar, etc.

**Lifestyle**
- Practice stress reduction through daily actions
  - Plenty of rest, even in the middle of the day
  - Incorporate low impact exercise to your capabilities (walking, rebounding, therabands, yoga, tai’ chi)
  - Consider low stress hobbies like reading, knitting, gardening, cooking
- Acupuncture, hypnotherapy, biofeedback, etc.
Apple Cider Drink Recipe

- 2 tsps of raw and unfiltered apple cider vinegar (ie: Braggs, Spectrum)
- 2-6 ounces of water (to tolerance)
- (option) 1 tsp of raw, local honey
- (option) MH Cinnamon Quills or 1/8 tsp of organic, ground cinnamon

High in potassium, trace minerals, take 2-4 servings per day, preferable after each meal and before bed – for alkalosis

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Benefits of fermented food

Recipes

Tips for processing fermented beverages like kombucha, dairy – kefir and yogurt, vegetables – kraut and kimchi, sourdough breads and fermented soy, like miso and tempeh
Thank You for Attending

Feel free to contact us at:

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