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**Rx for your Gut**name: \_\_\_\_\_

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**I will start by making as many of the following changes as I can in my life:** **Digestion Basics:**

- chew my food well
- stop eating and drinking when I am 2/3 full
- sit and relax during meals
- pay attention to how I feel when I eat certain foods and record what foods I think might be making my symptoms worse.
- drink more water** (for most people 1-2 quarts a day is good)

 **Life Basics**

- Start or increase my Healthy Movement: Sit Less, Move More. Daily!
- Begin a sensible weight loss program: portion size, sodas, snacks, sneaking, emotional eating.
- Begin learning and practicing Relaxation techniques

 **Reduce the three worst foods in my diet:**

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

**Helpful Agents for your digestion:**

Use regularly for 10 to 14 days to decide how much it helps.

- start taking a full spectrum digestive enzymes one to three with each meal.
- start taking betaine hydrochloride: one 20 minutes before each meal, increase by one tablet until you feel a warmth in your stomach before you eat (max 3). Especially helpful with digesting protein.
- Start a probiotic (combination of acidophilus and bifidus about 10 billion organisms a day) or eat fermented foods Yogurt, Kefir, Kim chi, Sauerkraut, Miso, Buttermilk
- Start Bitters: taken 20 minutes before each larger meal. Angostura Bitters are a liquor; Swedish bitters are an extract (in the health food stores). Use one Tablespoon in six ounces of club soda. The sour taste “turns on” the stomach, the gall bladder, and the pancreas, getting them all ready to digest your meal more completely.

**If you are Constipated this needs to be addressed as it will help many other symptoms!**

- I will cut out dairy products for a 2 week trial (cheese, milk, butter, yogurt, etc)
  - I will drink Warm Liquid in the morning: hot water with lemon, herbal tea, others. Activates the colon, generally within 15 minutes!
  - I will increase my fiber with the following:
    - 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_
    - Foods with high content: apple, beans, fruits and vegetables. Supplements such as psyllium (Metamucil), partially hydrolyzed guar gum (Benefiber), oat bran, Ground Flax seeds, 2 Tbsp daily (adds omega 3 fatty acids AND fiber!)
  - For Kids or if on the shorter side - you can put your feet on a stool or bench while on the toilet may help with positioning
- if these are not working well let your clinician know. A trial of senna or other agents may help.

### **If you have a lot of Stress**

- Answer the question: What stresses me out the most? \_\_\_\_\_
- Try the following interventions:
  - \_\_\_ say no
  - \_\_\_ take time for yourself
  - \_\_\_ connect with others
  - \_\_\_ connect with nature – take a walk
  - \_\_\_ laugh
  - \_\_\_ forgive yourself and others
  - \_\_\_ try a news and electronics fast
  - \_\_\_ other?

### **Acid Related Heartburn and Gastritis**

- Elevate the head of your bed by 6 inches (cinder block under each support of the bedhead)
- DGL – deglycyrrhizinated licorice – start w 2 tabs between meals and at bedtime, then taper.
- Calcium citrate powder, about 250 mg, dissolved in a small amount of water, after each meal and if needed, at bedtime (note: tightens the LES).
- For persistent symptoms: Marshmallow Root or Leaf tea (throat coat tea-traditional medicinals) 1-3xdaily
- Slippery Elm Powder, eaten as a gruel. Kin of tasty but on the slimy side.
- avoid the following especially if known to make symptoms worse: tobacco, alcohol, caffeine, Chocolate, Fried, greasy, or oily foods, Peppermint as they decrease the tone in the muscle that protects your esophagus.
- Work with your clinician and begin to look for other ways to treat your conditions then: NSAIDS (like ibuprofen), Antidepressants, Calcium channel blockers, Beta-blockers, Progesterone, Peppermint oil, Fish oils and Proton Pump Inhibitors (like protonix, prilosec, others)

### **Frequent Nausea**

- Keep well hydrated, Exercise, Low fat meals, Tea made from fresh Ginger, trial of Spanish Radish (*Raphanus sativus*), many benefit from Acupuncture/TCM, some are very sensitive to too little sleep or certain smells (if there is a smell that triggers this then carry a counter smell with you)

### **Irritable Bowel –**

- watch for food sensitivity esp to FRUCTOSE, SORBITOL, dairy, wheat, eggs, soy, nuts. Constipation Predominant IBS:

- Ginger Rhizome, dried, 500 mg taken 30 minutes before meals. Might worsen heartburn.

Diarrhea Predominant IBS:

- Peppermint Oil in Enteric Coated Capsules 0.2 ml or 200 mg, 2 caps 30 minutes before meals. If causes heartburn or rectal burning, change to taking WITH meals.

### **To help your gut repair**

- L-glutamine
- Phosphatidylcholine
- Flavonoids – Quercetin, ginkgo, green tea
- DGL
- ↑Omega-3 Fatty Acids, by increasing fish consumption &/or using fish oil supplements.

### **Sources for Supplements**

Online you can save 30-50% so if you can we recommend getting your supplements there.

[www.vitacost.com](http://www.vitacost.com) or [www.iherb.com](http://www.iherb.com)

other local places

Whole foods, Olivers, Trader Joes, Occasionally your pharmacy