

The Happy Gut Solution...

How to Eat your Favorite Foods Again

A Striving for Health Download



It seems that issues with foods are at an all-time high, with millions of people suffering needlessly with a wide variety of symptoms after eating.

Some of the most common symptoms are *bloating, cramping, IBS, reflux, headaches, skin rashes, congestion, foggy head, fatigue, and hives* ... just to name a few.

Two of the main culprits that can contribute to people suffering from digestive symptoms and symptoms related to what they eat are:

- ▶ **Undiagnosed Food Sensitivities**
- ▶ **Imbalanced Gut Microbiota**

Let's dig into each of these topics a bit deeper.

Undiagnosed Food Sensitivities

“Food sensitivity is simply a sign your digestive system is changing. You don’t always have to give up foods you enjoy, but by addressing your changing digestive system, you can make eating more pleasurable and ensure you maintain a healthy diet.”

Dr. Alessio Fasano,
Director of the Center for
Celiac Research & Treatment at
Harvard-affiliated
Massachusetts General Hospital.

Allergy/Sensitivity 101

Millions of people around the globe suffer from food sensitivities daily. Food sensitivities and allergies run the gamut of an annoying reaction to a life-threatening anaphylaxis reaction. For the purposes of this information, we are ONLY talking about food-related allergies and sensitivities that are NOT life-threatening.

There are 3 main words that people use to describe allergies.

1) allergies 2) sensitivities 3) intolerances

Even though they are used interchangeably, they are very different, and it is good to understand the differences.

1) A true **allergy** engages the immune system by making an immunoglobulin (Ig) to the substance. This can cause an immune reaction, from slight to severe.

2) A **sensitivity** can cause slight to severe symptoms as well, but it doesn't engage the body to produce an Immunoglobulin (Ig) reaction. But the symptoms can be the same, ranging from mild to severe. Sensitivities are often missed with traditional Ig testing and many people don't understand that they can have a reaction to something even when it doesn't show up on the blood work.

3) An **intolerance** is when the body doesn't produce something (typically an enzyme) so it cannot break down something else. For example, if someone is lactose intolerant, they don't produce the lactase enzyme to break down the lactose. Not an allergy or sensitivity reaction but a deficiency in the production of a substance.

Yes, millions of people suffer from allergies (about 4% to 6% of the population) but millions more suffer from sensitivities (more than 20% of the population), and most of them don't even know it. People can easily develop food sensitivities at any time in their life and often have no idea they have them or what to do for them.

Milk
Eggs
Shellfish
Wheat
Soy
Peanuts
Tree Nuts
Fish

salicylates
oxalates
histamines

Many of the most common symptoms experienced when eating certain foods stem from an undiagnosed food sensitivity.

Undiagnosed food sensitivities are an unbelievably common issue and can contribute to the following symptoms: *bloating, cramping, IBS, reflux, headaches, skin rashes, hives, itching, drippy nose, foggy head, inflammation, and fatigue.*

Do these symptoms sound familiar to you?

Most common culprits

The bulk of people (in the US) with food allergies are usually reacting to these 8 foods: *Milk | Eggs | Fish | Crustacean/Shellfish | Wheat | Soy | Peanuts | Tree Nuts*

These are well-known common triggers that most people are aware of, so they are easier (although still annoying) to avoid in a daily diet, if necessary.

But, looking closer at foods that can cause sensitivities, there is a limitless list of other foods that can also cause problems for people. Foods like *vegetables, fruits, sugars, grains, wine, nightshades, or food additives*, (just to name a few), are also quite common culprits. Often the foods you crave or the foods you eat all the time can become common reactive culprits as a food sensitivity develops. When the food sensitivity reaction is to a whole food, it can make it easier to identify the item should a reaction occur.

However, many people react to the components found within the food. These are much harder to track and identify within a diet. Some of the healthiest foods contain components that can cause reactions for people. For example, someone may be reactive to **Salicylates**, which is a component found in tomatoes, coconut, berries, citrus, and avocados or, **Histamines** which is a component found in fermented foods like kefir, kombucha, pickles, wine or sauerkraut, leftovers, processed meats, lemons, broccoli, or almonds. Or maybe someone is reacting to **Oxalates** which is a component found in peanuts, spinach, chocolate, coffee, or berries. The list is endless as to what people can react to and what can contribute to their symptoms.

“Exposure to allergens at certain times when the body’s defenses are lowered or weakened such as a viral infection or pregnancy, seems to contribute to the development of allergies.”

National Institute of Allergy and Infectious Disease

Many people may try their very best to eat a healthy diet, but they might be reacting to the components in the foods without even realizing it. They are often left scratching their heads as to why they feel worse after eating healthy foods. Everyone else can drink a healthy smoothy or eat a healthy meal without symptoms, why not you?

It all depends on what foods or components in the food your body is negatively reacting to. Identifying and addressing the specific food or component that the body is reacting to is an important piece in food-related symptoms.

When you eat foods that you are sensitive to, those foods will cause a stress reaction in the body and keep the body in a reactive state, thus more inflammation and symptoms will persist.

Stress makes everything worse!

Did you know that at times of physical or mental stress or when the body’s defenses are lowered with an illness, (which stresses the body), people are more prone to develop food sensitivities?

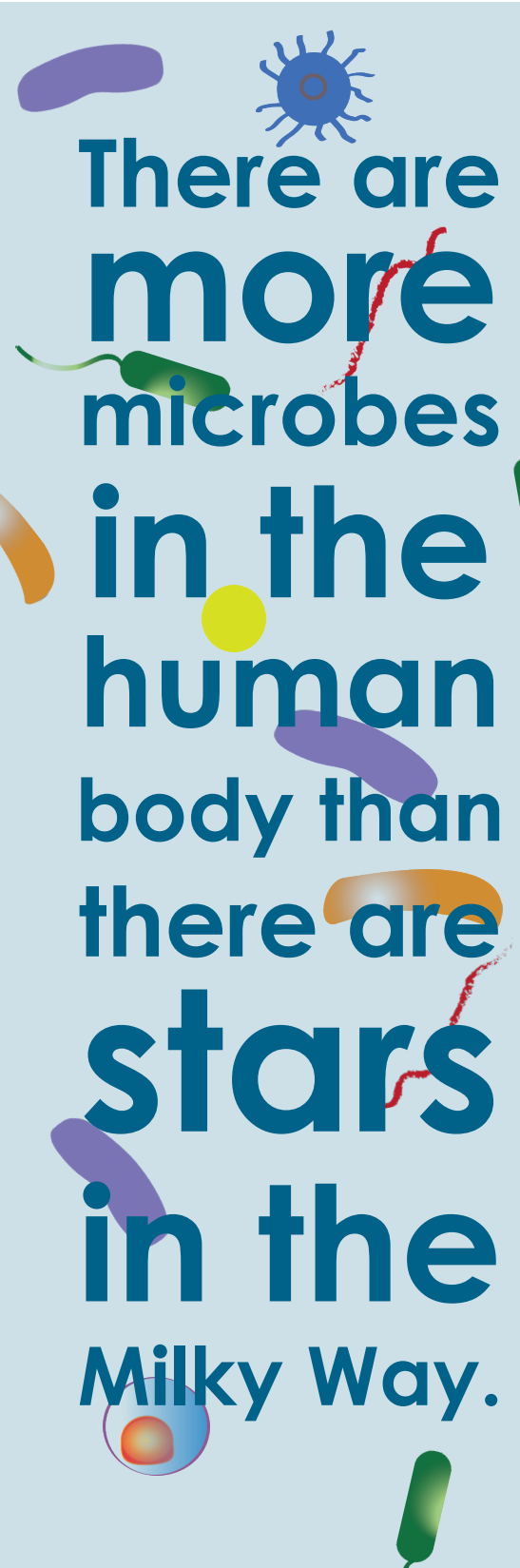
The body can mistakenly associate some type of stress with a specific food or component in that food. Once associated, symptoms can occur when the food is eaten. Once a food sensitivity is established it can, unfortunately, make life miserable by presenting symptoms. It sometimes forces people to avoid their favorite foods, or any food for that matter, because they don’t want the unwanted symptoms that go along with it.

Reestablishing a healthy relationship between your body and the foods you love, so you don’t respond negatively to them anymore, is the first step in correcting food-related symptoms.

This new relationship can be accomplished by simply reducing the stress that is associated with a specific item.

We use a needle-free therapy, based on Traditional Chinese Medicine principles, that works great for this purpose and gets excellent results.

Imbalanced Gut Microbiota



There are more microbes in the human body than there are stars in the Milky Way.

Why do people develop food sensitivities in the first place?

There are numerous factors, stress being one of them as you just read, but the most common culprit is an unbalanced gut microbiota.

Did you know that the organisms living in our gut outnumber us 10 to 1? Crazy right?

Collectively, these organisms make up what is called the 'Microbiome' and everyone's is uniquely different and specific to them.

The gut microbiome is a trillion strong community (10^{14}) of healthy bacteria (plus some archaea and fungi) that live inside us. It can weigh up to 5 pounds and exceeds the liver in the number of biochemical reactions in which it participates. The microbiome constitutes the last human organ under active research. Yep, your microbiome is an organ.

This diverse ecological community works synergistically together, but this community can be destroyed or damaged by what we put in and on our bodies. When the microbiome becomes disturbed it is called 'dysbiosis' and can lead to a slew of health issues.

So, it is vitally important that our gut microbiome be healthy for the body to function properly.

Your gut microbiota supports a healthy body by regulating and strengthening the immune system, metabolizing and synthesizing vitamins (Vit B & K), fermenting and converting the foods we eat for digestion into usable energy, supports healthy serotonin levels, regulates our appetites, protects the body against bad bacteria or viruses that cause disease, helps with sugar metabolism and mineral absorption and helps to reduce inflammation ... just to list a few of the amazing things that the microbiome does every day.

The gut microbes collectively weigh roughly the same amount as the brain

Support your Microbiota by:

Increasing:



Fermented Foods
(kimchi, kombucha, miso, sauerkraut, pickles, kefir)
Prebiotic Fiber
(jicama, garlic, onions, Jerusalem artichoke, asparagus, oligosacharides)
Vegetables
Whole Fruits
Exercise
Restful Sleep

Decreasing:



Sugar
Artificial Sweeteners
Stress
Antibiotic Exposure
(oral, topical, household cleaners, hand sanitizers)

Things that damage and destroy the microbiome are:

Antibiotics

(oral, topical or found in foods)

OTC medications

(Aspirin, Painkillers, and Antacids)

Poor Diet

Low Fiber

Excess Alcohol

Processed Foods

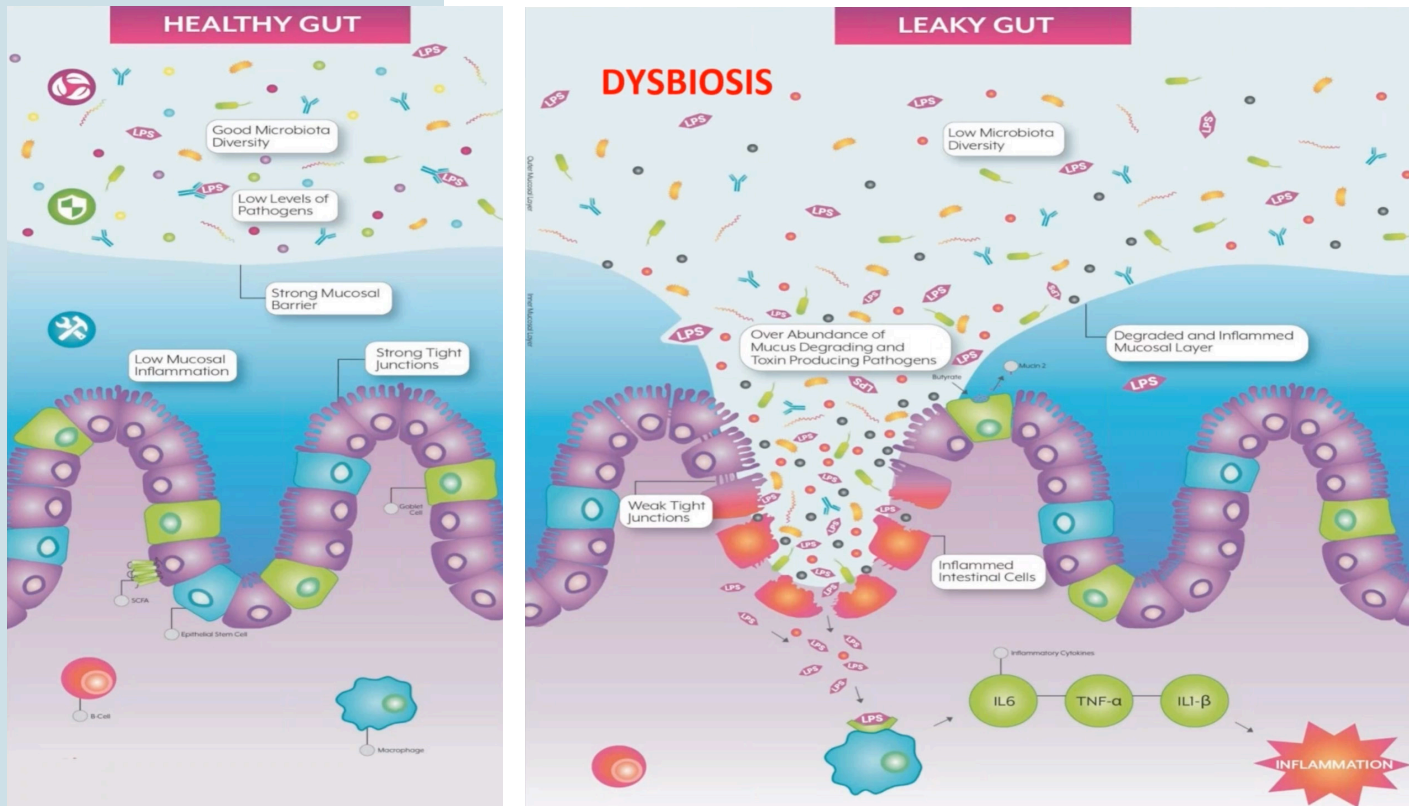
High Stress

Lack of Physical Activity

When our gut microbiome isn't happy, our digestion (and body) isn't happy, and symptoms will absolutely persist, leading to chronic issues. When things are really out of balance, we can have what is called Leaky gut. Not familiar with a leaky gut? Watch this short video to learn more:

[How Leaky Gut Happens](#) - [Microbiome Labs](#)

Simple visual of what happens with leaky gut.



Common symptoms associated with leaky gut

bloating
 abdominal cramping
 IBS
 diarrhea
 foggy head
 inflammation
 headaches
 skin rashes
 itching
 fatigue
 food sensitivities

When the microbiome isn't healthy or becomes unbalanced, the intestinal lining suffers. The junctions that are typically tight become loose and the mucosal lining becomes damaged which allows pathogens, toxins, inflammatory agents and other particles (like food particles) to pass directly into the body, causing chronic inflammation, allergies, and general mayhem.

Because of this, it is super common for people to develop some type of food sensitivity and/or food allergy to something they eat. It is very common for people to become reactive to their favorite foods or food that they eat more often. With an unbalanced microbiome, there is a higher probability that a more common food or a component in food will make it through the gut barrier and into the body, where it can be identified as something foreign and symptoms can begin.

An unhealthy microbiome can contribute to more than just digestive symptoms, like *IBS*, *Crone's*, *C-Diff*, *Diverticulitis*, *SIBO*, or *Ulcerative Colitis*. An imbalanced microbiome has been shown to contribute to *Anxiety*, *Eczema*, *CFS*, *Obesity*, *Diabetes*, *Alzheimer's*, *Arthritis*, and *Depression*.

In order to get any digestive symptoms under control, as well as improving overall health of the body, it is essential to maintain a healthy balance in the microbiome.

So, how can you fix a leaky gut and get these symptoms under control?

A gut restoration program is a simple and extremely effective way to foster and promote keystone species in the gut, strengthen the gut lining and tighten the junctions to reduce inflammation and help us with digestion and a variety of metabolic processes that are completed in the gut. A healthy microbiome supports a healthy life.

The three fundamental aspects of gut health include the microbial population, physical structures, and regulatory immune function. A healthy gut microbiome is multi-faceted and relies heavily upon all 3 of these factors, like a three-legged stool. For this reason, therapies that only address one of these facets do not typically provide total restoration of a dysfunctional GI tract.

This can be achieved with a very specific protocol that focuses on all 3 of these aspects to ensure the best results. A typical course of treatment is done over a 3-month period.

What does my specific gut microbiome look like?

An essential tool for anyone on a gut health journey is to have a stool test done to take a closer look at what your specific microbiome looks like. A stool test can measure the overall resilience and strength of the microbiome and how it functions as a community. Depending on your specific microbiome make up, certain foods and nutrients may be more difficult for you to digest, thus leading to even more symptoms.

A few examples:

If someone has more histamine producing bacteria in the gut, it can cause a person to have more issues with histamines found in foods leading to itching, digestion problems or headaches. Some lactobacillus probiotics actually increase histamine in the gut, so be aware.

Someone may have too much of a bacteria that produces acetate when fermenting fibers and not enough butyrate producing bacteria. This microbe combination will lead to fat gain, particularly around the liver.

3

pillars of gut health restoration

RECONDITION

REINFORCE

REBUILD

“When you alter your diet, such as switching to a high-fiber diet, changes in the microbiome can be detected within three days. It has been suggested that changes in diet can account for over half of the variations in the microbiome in a person (57%) while genetic variations account for only 12%.”

B. Brett Finlay, PhD,
co-author of
The Whole Body Microbiome and
Let Them Eat Dirt: How Microbes
Can Make Your Child Healthier

Maybe someone is on a high protein diet but not feeling great. That can happen when certain bacteria in the microbiome are not in high enough proportions to break down the proteins properly or there are high ammonia producing bacteria in the gut that is overwhelming the liver, causing unwanted inflammation throughout the body. So for this example, reducing proteins and increasing carbs and fiber would be a better dietary direction for this person.

Someone else may have more methane producing bacteria in their gut leading to gas, bloating and digestive issues.

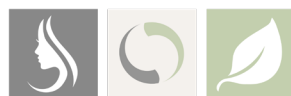
Someone may find they need less or more vitamin B supplementation in their diet based on the bacteria composition of their gut since gut bacteria synthesize many of the B vitamins.

So, through proper stool testing, the interaction within the bacteria community of the microbiome, the fermenting abilities in the microbiota and the vitamin synthesis can be identified, then specific direction can be taken to correct an out of balance microbiota. This can be done through diet and supplements. A balanced microbiota is so important and knowing what is going on inside, will help you on the outside.

Hopefully, this information is helpful to you. These simple treatment tips, especially when done together, can make the world of difference for anyone suffering needlessly with any of the symptoms listed above.

If you would like to learn more about how you can take the next step in reducing your symptoms around food with some of these treatment options, book in for a **FREE Health & Wellness Consult.**

Striving
FOR Health



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