

Improving The Health Of Our Digestive System

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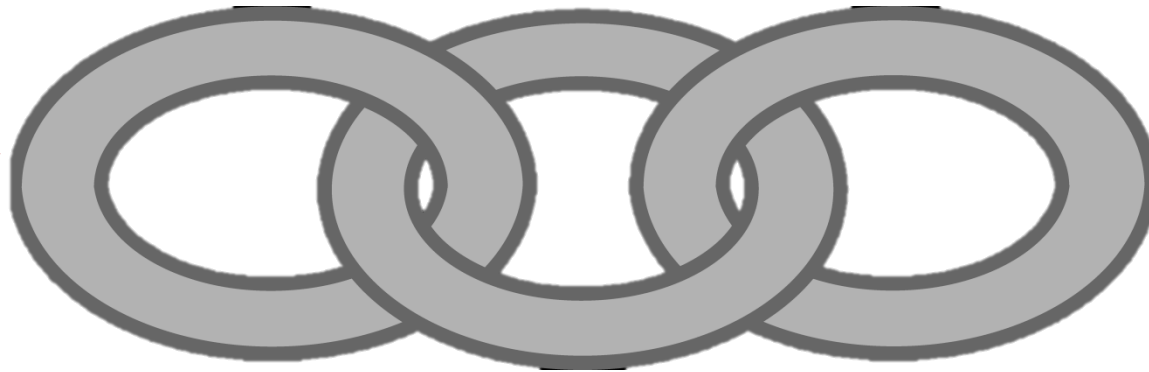
Digestive Health

Why is it important?

Digestive health and overall health

Mental Health

Digestive
Health

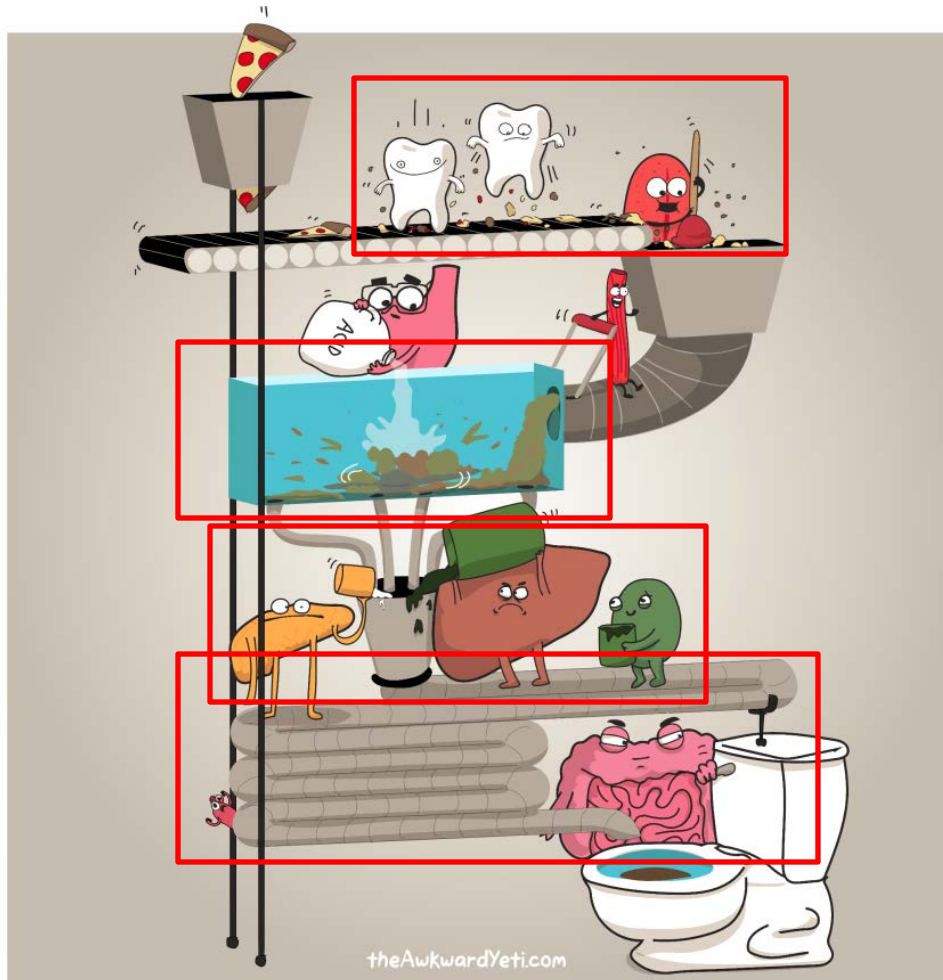


Physical
Health

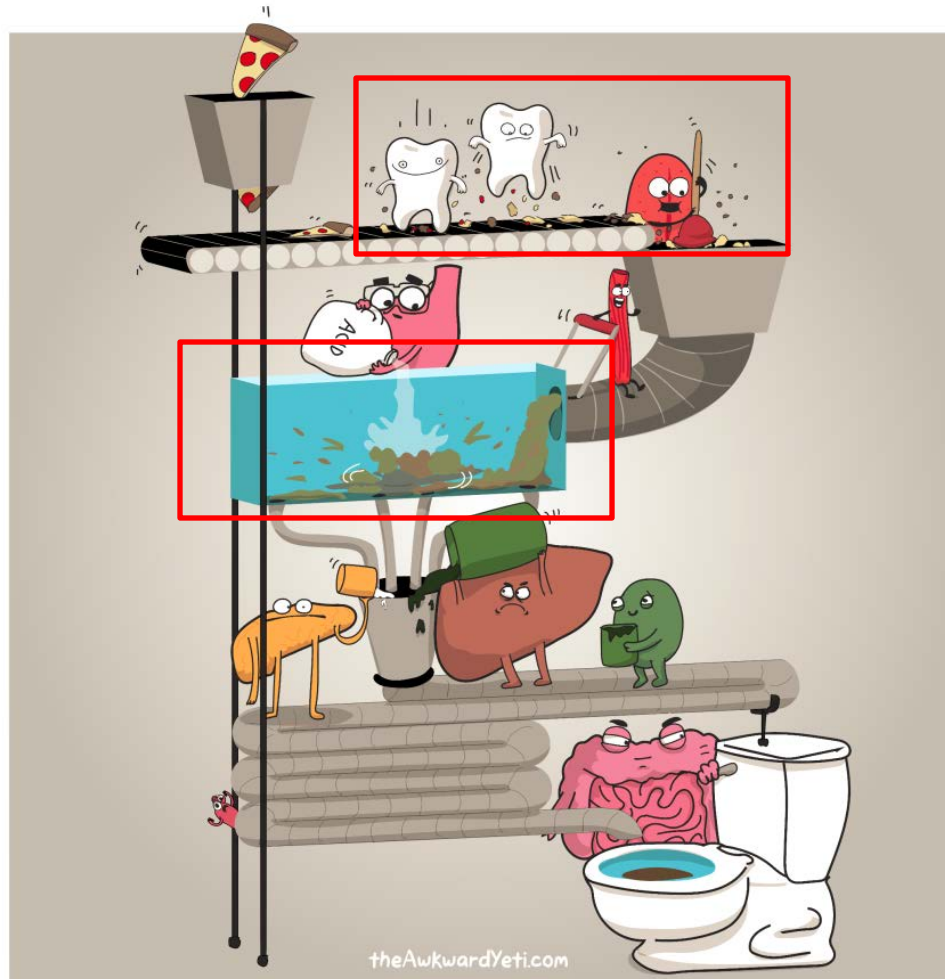
Digestive Health

Process of Digestion

Process Of Digestion



Process Of Digestion



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Stomach Acid and Reflux

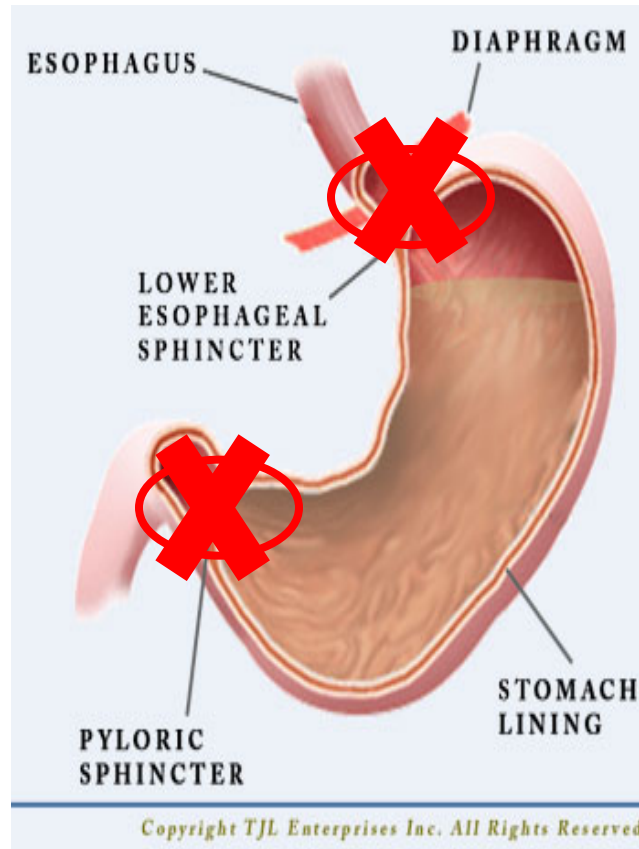
Normal Digestion

Enough Stomach Acid

Top valve closes

Lower valve opens

Food moves into intestine
for digestion



Improper Digestion

Low Stomach Acid

Top valve stays open

Lower valve stays closed

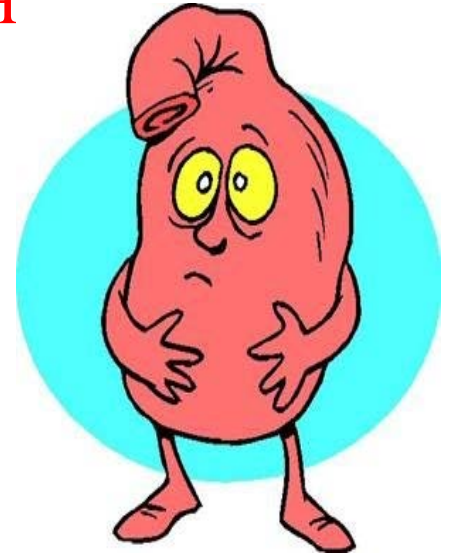
Food accumulates in stomach

Acid can splash back through
open top valve

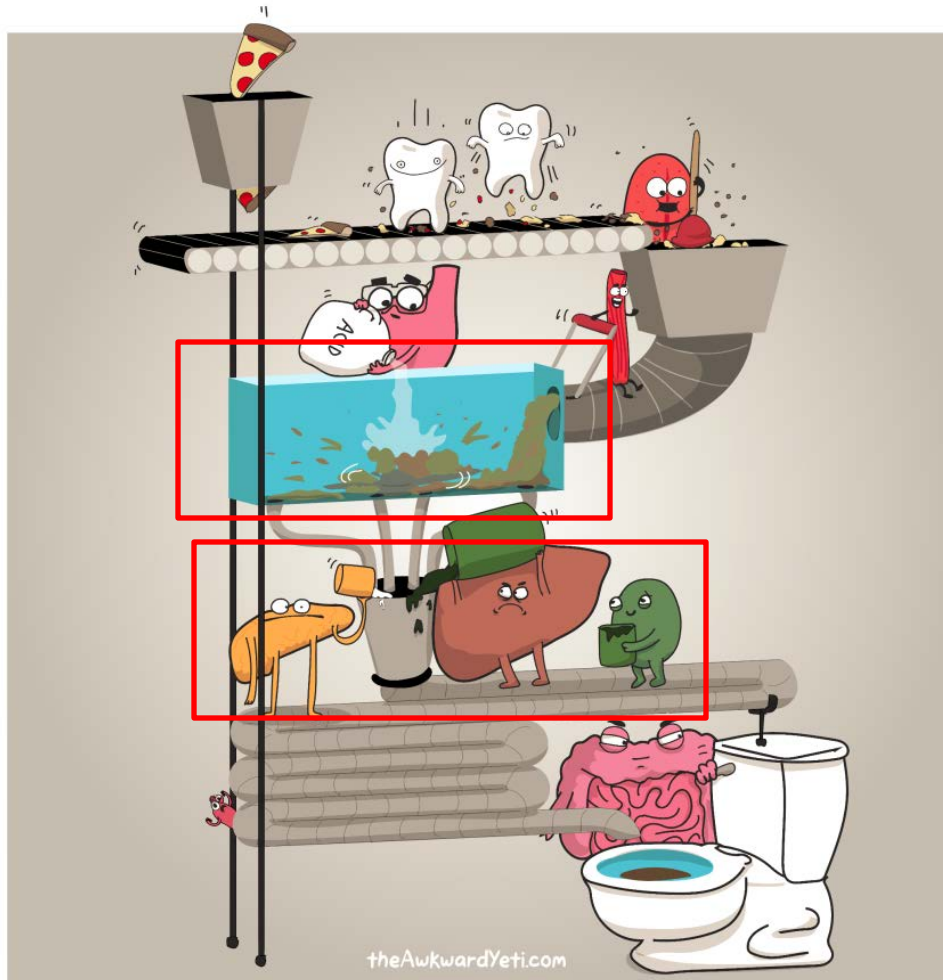
Two Valves

Acid Reflux

- You can experience acid reflux problems
EVEN IF YOU PRODUCE LESS STOMACH ACID
 - Feel it only after eating food
 - Feel like food just sits in your stomach after meal
 - Eating more food can help relieve this
- What is the first thing we do when we have reflux or acidity?
 - Rely on antacids and proton pump inhibitors
 - Could add to the problem
- What can you do?
 - Timing, type and amount of food
 - Supplements to help adjust stomach acid production



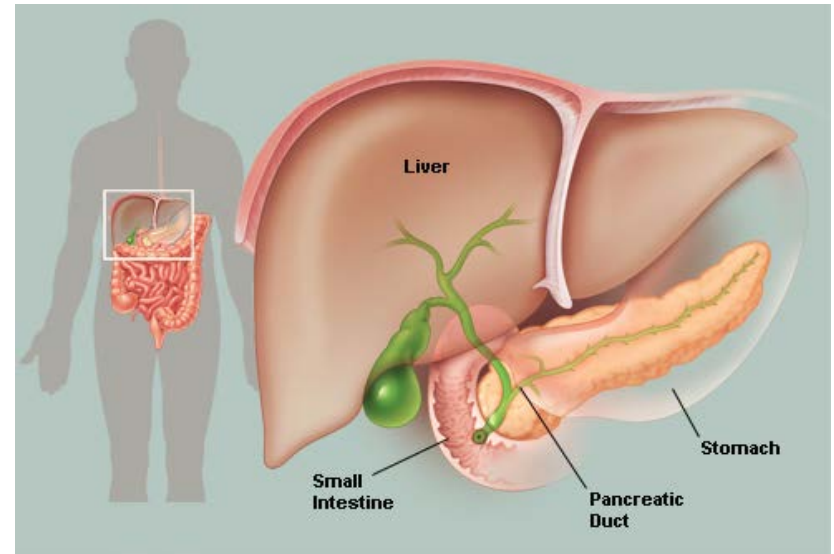
Process Of Digestion



Gall Bladder – Important?

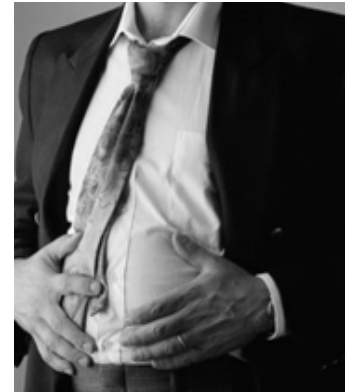
YES!

- Stores and releases bile
 - Bile is made in the liver but stored in the gall bladder
 - Concentrated bile
 - Released when it reaches small intestine
- Why is the bile important?
 - VITAL step in digestion
 - Component that activates thyroid hormone
- No gall bladder?
 - Need bile support for life

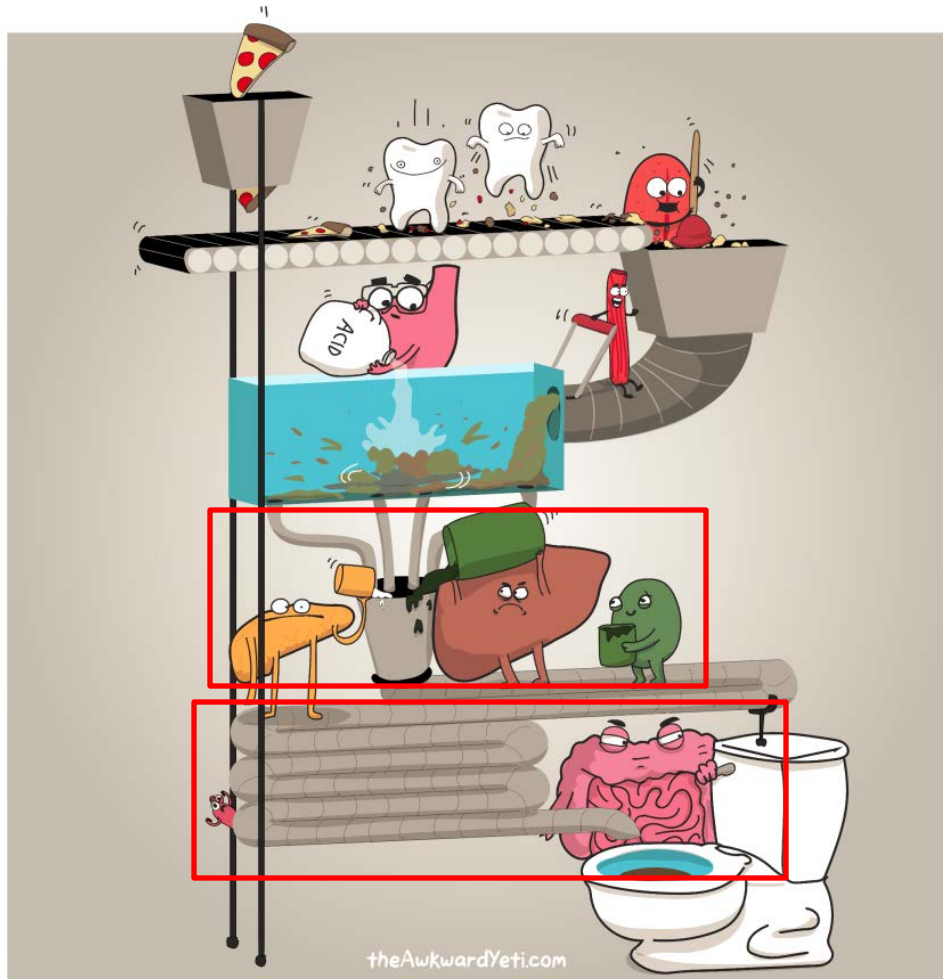


Gall Bladder Not Functioning Optimally?

- Affects color of stool – lighter stools indicate an issue
- Uneasiness or discomfort after eating fatty foods
 - Fried foods
 - As well as avocados, nuts or cheeses (anything high in fat)
- Dry skin because fat is not being utilized properly
- Pain near shoulder blade
- Diarrhea and/or constipation
- What can you do?
 - Bile support
 - Beets



Process Of Digestion



Small Intestine

- Site of complete breakdown of nutrients
- Where all absorption of vitamins and minerals occurs
 - Very important to have healthy intestinal cell structure
- 90% of serotonin receptors (neurotransmitter that helps you regulate mood and sleep) are found in our intestine – how mental health is associated with our digestive health
- 70% of the immune system is associated with the small intestine
 - Reactions can get magnified

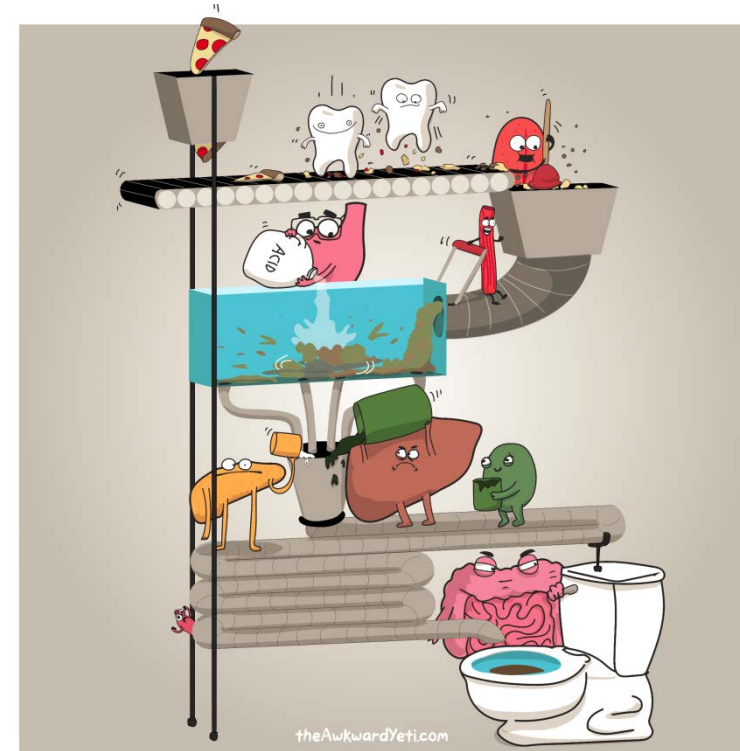
Large Intestine

- Official residence of bacteria in our gut
 - Nearly five pounds!
 - Happy campers – good bacteria
 - Produce vitamins and other beneficial compounds that are absorbed here
 - Unhappy campers – bad bacteria
 - Form undesirable fermentation products
 - Increase toxin load
- Reabsorption of water
- Excretion of waste



Recap

- Digestive health is linked to mental and physical health
- Digestion
 - Chew your food well
 - Pay more attention to any reflux and see if it is because of more or not enough stomach acid production
 - Gall bladder health is important for fat digestion and thyroid health
 - Small intestine is vital for breakdown and absorption of nutrients and plays a huge role in mental health and overall health
 - Large intestine is home to all the bacteria, good and bad, in our gut and helps form and excrete waste



How To Heal Your Digestive System

The Role of Nutrition and Lifestyle Changes

The 5R Program

- A series of clinical steps to help yourself
- Five basic steps:
 - Remove
 - Replace
 - Re-inoculate
 - Repair
 - Rebalance

Step 1 - Remove

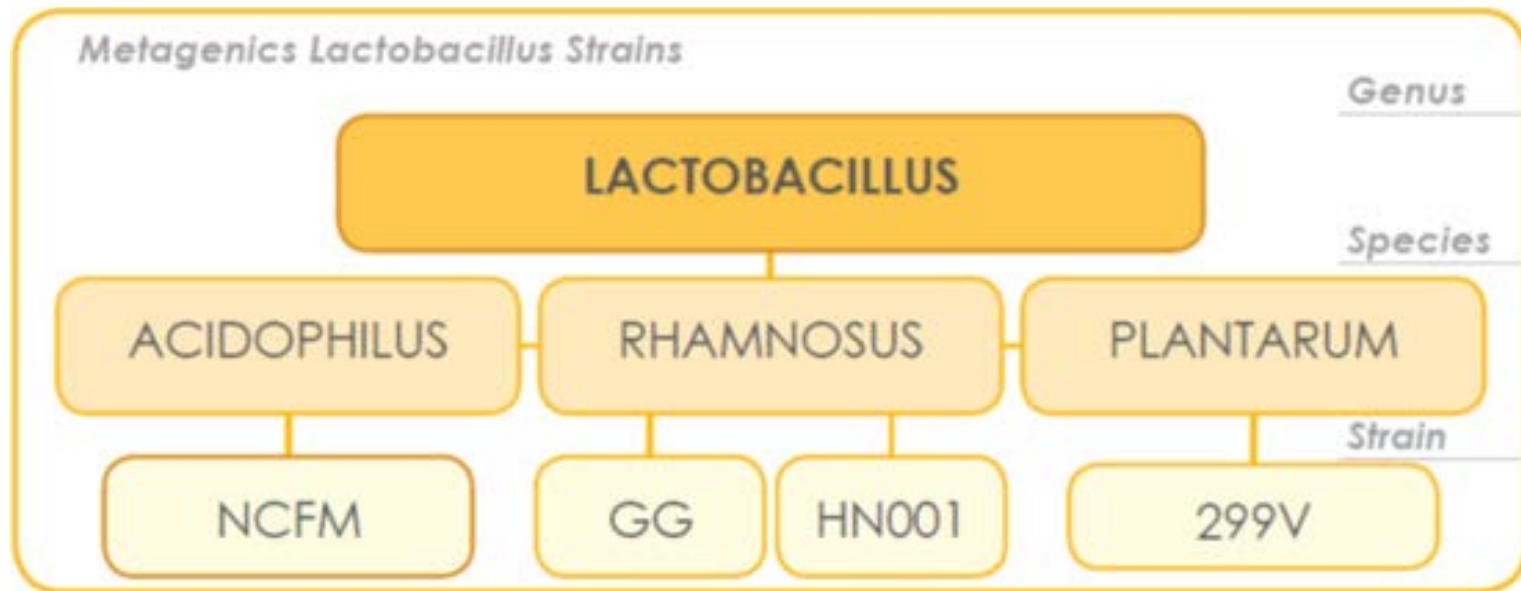
- Remove pathogenic organisms, toxins and allergens from the diet
- May need a food antibody test to determine allergens
 - May benefit from removing the most common allergens from your diet
 - Ex: dairy, peanuts, corn, wheat, soy, eggs etc
- This is a critical and essential step to remove irritants

Step 2 - Replace

- Replace factors that may be deficient
 - Digestive enzymes or bile salts
 - Stomach acid
- This step is essential to assure that food is being broken down properly

Step 3 – Re-inoculate

- Reintroduce beneficial bacteria via
 - Probiotics
 - Research has shown that probiotic benefits are **STRAIN SPECIFIC**
 - Need to look at genus, species and strain



Step 3 – Good Bacteria

- Are fermented foods good sources of good bacteria?
 - Can be unless you have a specific health concern to address
 - You won't find the specific strains necessary to address specific issues
 - They also have only a few million colony forming units per serving. **Therapeutic dose is anywhere between 6 billion CFU to 60 billion CFU of specific strains**

Step 4 – Repair

- Using nutritional support to repair the intestinal wall structure
- Possible nutrients include:
 - Amino acid - Glutamine
 - Homemade broths and soups
 - Vitamins - A,C and E
 - Citrus fruits, red and yellow bell peppers, carrots, nuts, seeds
 - Minerals - Zn and Mn
 - Green leafy vegetables
 - Antioxidant - Glutathione
 - Cumin, asparagus, potatoes, garlic, tomatoes, avocados

Step 5 - Rebalance

- Improve diet
 - Real. Whole. Simple.
 - Multiple well balanced meals through the day
 - Breakfast. Snack. Lunch. Snack. Dinner.
- Work on stress management
- Introduce or improve exercise routine

Recap

- 5R program
 - Remove irritants – bad bacteria, toxins in environment, allergens in food
 - Replace – digestive factors that might be necessary
 - Re-inoculate – good bacteria through specific probiotics
 - Repair – gut lining by eating a good variety of food and introducing broths and soups into your diet
 - Rebalance – your diet, lifestyle and exercise routine

QUESTIONS?

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Image Contributions

- www.weekendswithdad.com
- www.stress.org
- www.withmartijn.com
- www.lifescapesolutions.com