



QUICKGUIDE TO THE **TOP 10**
MISTAKES PEOPLE MAKE WHEN
IMPROVING THEIR DIGESTION
*& What To Do About Them **

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Have you followed the usual advice to fix your digestion but you're still suffering?
This easy guide will explain what you could be doing wrong and offer food and lifestyle
solution for YOUR digestive and general health.

Myth	Fact	Solution
<p>1. Acid reflux / heartburn / GERD are caused by too much stomach acid.</p>	<p>The reverse is often true. Usually insufficient stomach acid means food hasn't reached the right pH or acidity to be released into the small intestine. Instead it ferments and putrefies until it escapes up the oesophagus. More stomach acid is usually the answer but gut healing may be required first.</p>	<ul style="list-style-type: none"> - First heal your stomach with foods like slippery elm (tea), and the herbs liquorice and peppermint. - Then improve your stomach acid levels by sipping vinegar or lemon in a little water before meals and taking zinc. - Always eat in a relaxed state to release gastric juices. - For reflux, sip 1 tsp bicarbonate of soda mixed with water.
<p>2. Constipation, diarrhoea, bloating and gas are common and therefore normal.</p>	<p>While common, these are not normal. They are signs and symptoms of digestive dysfunction like low stomach acid and digestive enzymes; bacterial, parasitic or yeast overgrowths; gallbladder and liver dysfunction; a damaged intestinal lining; a lack and low diversity of beneficial bacteria; SIBO; or gut nerve damage impacting motility (contractions).</p>	<ul style="list-style-type: none"> - Cut out or reduce sugar and refined carbs. These harm your digestion in multiple ways. - Eat a wide range of whole fibres coming mainly from vegetables, but also fruit, and if tolerated, soaked whole grains and legumes. - Hydrate with clean water, your body weight in kgs / 30 in litres. Dehydration is the #1 cause of constipation.
<p>3. Everyone should take a probiotic.</p>	<p>The wrong probiotic can exacerbate a condition e.g. contribute to inflammation (histamines) or feed a yeast overgrowth.</p> <p>To be effective, a probiotic must be matched to the condition, and ONLY by the strain, not family.</p> <p>There is no regulation of probiotic manufacturer claims in Australia meaning they may not be verifiable.</p>	<ul style="list-style-type: none"> - Eat live foods like sauerkraut, kim chi, kefir, yoghurt, kombucha, tempe, miso, natto. - Medicinal yoghurts containing high levels of probiotics exist like Vaalia, Activia if you tolerate dairy. - If you cannot tolerate these foods it may be a sign of histamine intolerance, possibly caused by digestive dysfunction resulting from poor diet, lifestyle and/or stress.
<p>4. To fix your digestion, you need to permanently go on a [low FODMAP, Keto, candida, GAPS etc.] diet.</p>	<p>Specific diets can be important for reducing symptoms and allowing your gut to heal by pulling out inflammatory or reactive foods. But having to remain on them long term may be a sign that the root cause hasn't been addressed. This could be gut infections, poor motility (contractions), systemic or brain injury or inflammation, and thyroid or hormone imbalances.</p>	<p>Lab testing and professional guidance can be key to uncovering and addressing the root cause of ongoing health challenges.</p>

<p>5. Low fat diets prevent, and are good for, gallstones.</p>	<p>Causes of gallstones include a low fat, high carb and low fibre diet; and food sensitivities/allergies.</p> <p>When the gallbladder doesn't get the signal to squeeze out bile, this stasis means bile sits in the gallbladder for too long. If the bile filling the gallbladder is also deficient in phospholipids (fats) and bile salts (minerals), it can become a super-saturated sludge that can develop into gallstones.</p>	<ul style="list-style-type: none"> – Eat a healthy diet as in 6. below. – Eat naturally occurring dietary fats like in deep-sea fish, grass-fed red meats, nuts and seeds. – Add in healthy fats like olive, coconut, flax and hemp seed oils, and some grass-fed butter. – Avoid inflammatory, toxic fats like canola, soy, corn, sunflower and safflower oils; spreads like margarine, olive and vegetarian; and man-made transfats.
<p>6. You'll know if a food is good or bad for you by how you react.</p>	<p>True food allergies are obvious as reactions are severe, but other types of food sensitivities can take up to 3 days to appear. Therefore, you may not link them with the foods you previously ate.</p>	<ul style="list-style-type: none"> – If you suspect a food, keep eating your usual diet and remove that food for two weeks. Then eat several small portions of it over a day and note down any symptoms over the next 3 days. – Alternatively, remove all common reactive foods like gluten, sugar, soy, dairy, eggs, nuts, seeds, corn. Reintroduce them one at a time as above.
<p>7. Improving your gut flora is the answer to all your digestive problems.</p>	<p>Digestion is north to south and involves bio-chemical (stomach acid, digestive enzymes, bile etc.) and physiological (chewing, muscles) processes. If these go wrong due to diet, lifestyle and stress, imbalances occur southwards into your colon. While a diverse balance of beneficial bacteria in there is key to overall health, mood and immunity, this will not improve without addressing diet, stress and bio-chemical and physiological problems further up in digestion.</p>	<ul style="list-style-type: none"> – It's critical to address northern digestive issues like low stomach acid and digestive enzymes, leaky gut, and gallbladder and liver insufficiencies for healthy gut flora to proliferate and prevent any harmful bacteria, parasites and yeasts from taking over. – A healthy diet and lifestyle, and reduced stress are vital to all aspects of gut health. Research shows that stress causes leaky gut (intestinal permeability).
<p>8. Your lack of digestive symptoms means you have no digestive issues.</p>	<p>We do not have nerves in our digestive system, so infections or diseases there may not be obvious. Many with Coeliac disease or other gut disorders have no digestive symptoms. Rather, they have systemic inflammation across their body and brain, causing chronic health problems.</p>	<ul style="list-style-type: none"> – Inflammation is linked to 90% of disease and often begins, or involves, digestive health. If you have any an inflammatory disease, it may be worth exploring your diet, lifestyle, stress levels and digestive health. – As Hippocrates said, 'All disease begins in the gut'.

<p>9. You can out-supplement a poor diet.</p>	<p>Taking fibre, pre or probiotics, short chain fatty acids, HCl and digestive enzymes can be therapeutic when part of a gut-healing protocol. However, a poor diet will always prevent longer-term and deeper healing, and continue to override any supplementation. Food is foundational and how our cells and bodies have evolved to thrive.</p>	<ul style="list-style-type: none"> – Change your diet by reducing or cutting out added sugar, refined carbs and alcohol; eating whole foods, especially lots of vegetables; taking out vegetable oils and replacing them with olive, coconut, flax and hemp seed oils, and butter. – Reduce stress and add in regular movement to directly benefit your digestion.
<p>10. Colonic irrigation and enemas are always beneficial.</p>	<p>These practices change your gut flora – the balance of important microbes in your large intestine – and possibly for the worse. Their benefits – such as unblocking the colon, detoxification, mould and mycotoxin eradication, vagus nerve stimulation – need to be weighed up against other potential effects. This is bio-individual.</p>	<ul style="list-style-type: none"> – Understand the right reasons for these practices and continue only as long as necessary. Consult a professional if you're unsure. – Seek out the root cause of your problems, and eradicate it. – Ensure you eat plenty of fibrous foods and supplement appropriately with the right pro- and pre-biotics to support microbial balance.

**** Disclaimer***

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