

The GI Support Program: A Nutritional Approach for IBS, IBD*

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Optimal gut function may be a key to overall health. Gut dysfunction has been linked to many other diseases and conditions. An inflamed and dysfunctional GI tract can have an impact on nearly every body system, thus affecting health of joints, immune system, respiratory tract, mental acuity, energy level, mood, weight, bowel regularity, and complexion.

Overall nutrition must be considered in compromised gut function. A diet high in nutritional value and low in allergens is helpful in achieving optimal healing of the GI tract. For years, holistically oriented physicians and nutritionists have successfully utilized the program outlined below:

The 4R program: Remove, Replace, Reinoculate, and Repair.

Remove factors that may be contributing to a dysfunctional GI tract:

- Hypoallergenic diet (free of wheat, dairy, sugar, pop, corn, coffee, chocolate, nightshade vegetables, fried foods, MSG, additives, colorings, artificial sweeteners, etc.)
- Eat rice, most veggies, fruit, fish, poultry. Rice/whey protein smoothies. Limit beef, eggs.
- Herbal antimicrobials (Cat's claw, oregano) to reduce pathogens

Replace whatever may be missing or inadequate:

- Fiber (flax, rice bran, psyllium, etc.)
- Digestive enzymes with Betaine hydrochloride and bile acids

Reinoculate via "friendly bacteria" or "probiotics":

- Lactobacillus acidophilus and Bifidobacteria
- Prebiotics (fructooligosaccharides /FOS) "fertilizer" to aid probiotic growth

Repair by providing support for healing of the GI mucosa:

- Mucosal lining support: L-Glutamine, colostrum, whey protein, aloe vera, DGL/licorice
- Key nutrients: Pantothenic acid, niacinamide, vitamin C, beta-carotene, zinc
- Nutritional anti-inflammatories: curcumin, ginger, green tea extract, fish / flax/ borage oils

*IBD: Inflammatory Bowel Disease. Includes Crohn's and Colitis.