Are These 5 Everyday Things Disrupting Your Microbiome? Transcript

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5 Everyday Things Secretly Disrupting Your Gut Microbiome

Maybe you've started watching what you Maybe you've started watching what you eat and even cutting things out like eat and even cutting things out like gluten, alcohol, processed dairy, but gluten, alcohol, processed dairy, but you're still flaring with IBD. Here's you're still flaring with IBD. Here's the mistake. You're auditing some food the mistake. You're auditing some food intake, but your medicine cabinet, your intake, but your medicine cabinet, your beauty products, or even the gum you're beauty products, or even the gum you're chewing are disrupting your gut. These chewing are disrupting your gut. These five everyday things are quietly five everyday things are quietly reshaping your gut bacteria and you're reshaping your gut bacteria and you're Hey, my name's Dane Johnson and I nearly Hey, my name's Dane Johnson and I nearly lost my life to Crohn's Colitis before I lost my life to Crohn's Colitis before I found the pieces nobody was talking found the pieces nobody was talking about. Today, I'm walking you through about. Today, I'm walking you through five everyday things quietly messing up five everyday things quietly messing up our gut microbiome and none of them are our gut microbiome and none of them are your regular trigger food list. Now, two your regular trigger food list. Now, two are hiding in your food marketed by your are hiding in your food marketed by your grocery store as safe. One is in your grocery store as safe.

Food Emulsifiers (CMC and Polysorbate 80) and Gut Inflammation

One is in your medicine cabinet, one is in your medicine cabinet, one is in your bathroom sink, one might just surprise bathroom sink, one might just surprise you because your doctor probably handed you because your doctor probably handed to you without a second thought. So, to you without a second thought. So, let's jump into it. First up, the food let's jump into it. First up, the food additive hiding in healthy processed additive hiding in healthy processed snacks. Now, their clinical names are snacks. Now, their clinical names are carboxymethylcellulose carboxymethylcellulose carboxymethylcellulose or CMC and polysorbate 80 or P80. These or CMC and polysorbate 80 or P80. These are example emulsifiers, the ingredients are example emulsifiers, the ingredients that keep oil and water from separating that keep oil and water from separating in foods like plant-based milks, ice in foods like plant-based milks, ice cream, and healthy protein bars. You cream, and healthy protein bars. You see, emulsifiers thin the mucosal see, emulsifiers thin the mucosal membrane that lines your gut. Think of membrane that lines your gut. Think of that layer like the nonstick coating on that layer like the nonstick coating on a pan. When it thins, gut bacteria sit a pan. When it thins, gut bacteria sit closer to the intestinal wall than they closer to the intestinal wall than they should, and that closeness drives a should, and that closeness drives a low-grade inflammation. In one clinical low-grade inflammation. In one clinical study, we saw mice predisposed to study, we saw mice predisposed to ulcerative colitis and the emulsifiers ulcerative colitis and the emulsifiers CMC and polysorbate 80 didn't just cause CMC and polysorbate 80 didn't just cause mild irritation, they triggered full-on mild irritation, they triggered full-on colitis. Now, this isn't only an animal colitis. Now, this isn't only an animal study finding. Another study on study finding. Another study on emulsifiers in humans with Crohn's emulsifiers in humans with Crohn's disease eating significantly more disease eating significantly more emulsifiers like P80 and sweeteners in emulsifiers like P80 and sweeteners in just the past 1 year had more active just the past 1 year had more active disease in the gut than those without disease in the gut than those without inflammatory bowel disease. This inflammatory bowel disease. This correlation could be more than ingesting correlation could be more than ingesting CMC and polysorbate 80, but it could CMC and polysorbate 80, but it could increase the likelihood that it's increase the likelihood that it's correlated with Crohn's disease or correlated with Crohn's disease or inflammatory bowel disease. So, flip the inflammatory bowel disease. So, flip the label on anything marketed as healthy or label on anything marketed as healthy or clean, like plant milks, dairy ice clean, like plant milks, dairy ice cream, protein bars, and see if you see cream, protein bars, and see if you see the ingredient CMC, the ingredient CMC, carboxymethylcellulose, carboxymethylcellulose, carboxymethylcellulose, or polysorbate 80 or just emulsifiers on or polysorbate 80 or just emulsifiers on that ingredient list. That's worth that ingredient list. That's worth noticing and avoiding 100% with IBD.

noticing and avoiding 100% with IBD. Now, here's where it gets interesting. Now, here's where it gets interesting.

How Sucralose and Artificial Sweeteners Affect Gut Bacteria

Because the additive right next to Because the additive right next to emulsifiers on a lot of labels might be emulsifiers on a lot of labels might be doing something similar. Next, the doing something similar. Next, the sugar-free swap that may confuse your sugar-free swap that may confuse your gut bacteria. We're talking about gut bacteria. We're talking about sucralose, the sweetener behind Splenda sucralose, the sweetener behind Splenda and a long list of Coke Zeros or diet and a long list of Coke Zeros or diet sodas or other types of sweetened sodas or other types of sweetened products. The same human study we just products. The same human study we just discussed on emulsifiers found in discussed on emulsifiers found in Crohn's disease patients had Crohn's disease patients had significantly higher recent intake of significantly higher recent intake of sucralose as well, specifically. Not sucralose as well, specifically. Not just emulsifiers. That's no coincidence.

just emulsifiers. That's no coincidence. In mice bred to develop Crohn's-like In mice bred to develop Crohn's-like inflammation, 6 weeks of sucralose inflammation, 6 weeks of sucralose sweetener worsened gut inflammation and sweetener worsened gut inflammation and suppressed protective beneficial suppressed protective beneficial bacteria in their microbiome. Sucralose bacteria in their microbiome. Sucralose appears to shift the bacteria that are appears to shift the bacteria that are thriving in your gut, that are healthy, thriving in your gut, that are healthy, and some ones that push down may also be and some ones that push down may also be protective of your body, causing a major protective of your body, causing a major imbalance. Check labels on gum, protein imbalance. Check labels on gum, protein powders, diet sodas, and anything marked powders, diet sodas, and anything marked sugar-free. These products are often sugar-free. These products are often marketed to health-conscious people marketed to health-conscious people managing weight or blood sugar, which is managing weight or blood sugar, which is exactly why this one flies under the exactly why this one flies under the radar. Most people never think to radar. Most people never think to question the diet version of something.

question the diet version of something. That's the whole problem with this item That's the whole problem with this item on the list, and those of us working to on the list, and those of us working to protect our gut need to be aware that protect our gut need to be aware that diet doesn't mean healthy always. That's diet doesn't mean healthy always. That's two things potentially sitting in your two things potentially sitting in your pantry right now. But, the next one pantry right now. But, the next one isn't food at all. It's something your isn't food at all. It's something your doctor may be handing you. If this is doctor may be handing you. If this is already changing how you look at your already changing how you look at your kitchen, do me a favor and hit subscribe kitchen, do me a favor and hit subscribe and like this video. I share gut health and like this video. I share gut health videos like this every week walking videos like this every week walking through the research nobody else is through the research nobody else is connecting with IBD and IBS. And so it connecting with IBD and IBS.

Do Antibiotics Increase Your Risk of IBD?

And so it would mean a lot to us. Thank you so would mean a lot to us. Thank you so much. Number three, the medicine that much. Number three, the medicine that quietly resets your gut microbiome, quietly resets your gut microbiome, antibiotics. I want to be clear upfront.

antibiotics. I want to be clear upfront. This isn't me telling you to skip a This isn't me telling you to skip a prescription or not do what your doctor prescription or not do what your doctor says. This is about understanding what's says. This is about understanding what's happening in the background. Antibiotics happening in the background. Antibiotics don't just kill the bacteria making you don't just kill the bacteria making you sick. They wipe out helpful bacteria too sick. They wipe out helpful bacteria too and they can reduce the overall and they can reduce the overall diversity of your gut microbiome. A diversity of your gut microbiome. A recent study pulled together many other recent study pulled together many other studies on this. It found kids who took studies on this. It found kids who took antibiotics had a 42% higher risk of antibiotics had a 42% higher risk of developing IBD later in life. For developing IBD later in life. For Crohn's disease specifically, that risk Crohn's disease specifically, that risk was almost in 60% higher. That's in a was almost in 60% higher. That's in a huge number. This is a strong huge number. This is a strong association from pulled research, not association from pulled research, not proof that antibiotics alone cause IBD proof that antibiotics alone cause IBD in any one person. Frame it as a risk, in any one person. Frame it as a risk, not certainty. When antibiotics are not certainty. When antibiotics are generally

necessary, take them. It's generally necessary, take them. It's fair to ask your doctor whether a short fair to ask your doctor whether a short course or a more narrow spectrum option course or a more narrow spectrum option may fit your situation. And to pay extra may fit your situation. And to pay extra attention to gut support during and attention to gut support during and after antibiotic usage. I also like to after antibiotic usage. I also like to ask my doctor if a more gentle ask my doctor if a more gentle antibiotic, such as something like antibiotic, such as something like doxycycline, could be used instead of doxycycline, could be used instead of stronger or potentially harsher stronger or potentially harsher antibiotics due to my IBD background. So antibiotics due to my IBD background. So antibiotics is something your doctor antibiotics is something your doctor recommends for you. But the next one is recommends for you.

Why Triclosan in Antibacterial Soap Was Banned by the FDA

But the next one is something most people reach for in their something most people reach for in their own without thinking twice. Number four, own without thinking twice. Number four, the clean soap ingredient the FDA had to the clean soap ingredient the FDA had to ban, triclosan. This is the antibiotic ban, triclosan. This is the antibiotic that used to be standard in all that used to be standard in all antibiotic soaps. The irony here is real antibiotic soaps. The irony here is real people reach for antibiotic soap because people reach for antibiotic soap because it feels like the safer, cleaner choice.

it feels like the safer, cleaner choice. The research says otherwise, though. In The research says otherwise, though. In mice, triclosan reduced the protective mice, triclosan reduced the protective bacteria that helped calm inflammation.

bacteria that helped calm inflammation. At the same time, it increased a harmful At the same time, it increased a harmful type of bacteria and it made colitis type of bacteria and it made colitis worse in the study. It's a bit like worse in the study. It's a bit like spraying weed killer across your whole spraying weed killer across your whole lawn instead of just pulling the weeds.

lawn instead of just pulling the weeds. You don't just lose the bad stuff, you You don't just lose the bad stuff, you lose the good stuff, too. The FDA lose the good stuff, too. The FDA actually banned triclosan from actually banned triclosan from over-the-counter antibacterial soaps over-the-counter antibacterial soaps back in 2016. They were worried about back in 2016. They were worried about safety and antibiotic resistance. It safety and antibiotic resistance. It still shows up in a few other products, still shows up in a few other products, though. So, check labels on soaps. It's though. So, check labels on soaps. It's in some toothpaste and certainly cutting in some toothpaste and certainly cutting boards may have this. So, I personally boards may have this. So, I personally love an organic non-scented goat milk love an organic non-scented goat milk soap for everyday showers and hand soap for everyday showers and hand washing. So, that's the sink, but the washing.

NSAIDs, Leaky Gut, and IBD Flares

So, that's the sink, but the last one might be the biggest surprise last one might be the biggest surprise because it's sitting in almost every because it's sitting in almost every medicine cabinet. Last one, the medicine cabinet. Last one, the painkiller most IBD patients reach for painkiller most IBD patients reach for without thinking twice, NSAIDs.

without thinking twice, NSAIDs. Non-steroidal anti-inflammatory drugs, Non-steroidal anti-inflammatory drugs, think naproxen, ibuprofen, Tylenol. But, think naproxen, ibuprofen, Tylenol. But, I want to slow down here. The evidence I want to slow down here. The evidence on this one is more mixed than the rest, on this one is more mixed than the rest, and I'm not telling anyone to stop a and I'm not telling anyone to stop a medication without talking to your medication without talking to your doctor first. I'm just saying that the doctor first. I'm just saying that the research has shown that most NSAIDs research has shown that most NSAIDs increase small intestine permeability.

increase small intestine permeability. Some people also call that leaky gut. Some people also call that leaky gut. Studies also found measurable intestinal Studies also found measurable intestinal inflammation in humans who took these inflammation in humans who took these NSAIDs. The link between NSAID use and NSAIDs. The link between NSAID use and IBD flares specifically is not settled IBD flares specifically is not settled science, but the

permeability and science, but the permeability and inflammation mechanism is well inflammation mechanism is well documented. But, not every study finds a documented. But, not every study finds a consistent flare connection. Keep this consistent flare connection. Keep this framed as may increase risk of a flare, framed as may increase risk of a flare, but it's not flat-out perfectly but it's not flat-out perfectly correlated. So, if I had to use an NSAID correlated. So, if I had to use an NSAID as someone with IBD a few times, I as someone with IBD a few times, I personally would choose something like personally would choose something like ibuprofen if I had to use an NSAID, ibuprofen if I had to use an NSAID, which I never try to do, because it has which I never try to do, because it has a lower risk profile than other types of a lower risk profile than other types of NSAIDs. You can also use a topical NSAIDs. You can also use a topical NSAID, which may be a better choice, or NSAID, which may be a better choice, or non-drug options like ice, heat, non-drug options like ice, heat, physical therapy. Taking IBD-specific physical therapy. Taking IBD-specific like Nature Probiotics may also help like Nature Probiotics may also help mitigate some of the reactions from an mitigate some of the reactions from an NSAID if you have to use them NSAID if you have to use them chronically. For occasional use, this is chronically. For occasional use, this is worth a conversation with your care worth a conversation with your care team, especially if you're reaching for team, especially if you're reaching for NSAIDs on a regular basis for joint pain NSAIDs on a regular basis for joint pain or cramping. It's something to talk or cramping. It's something to talk about. So, that's all five, and once you about.

How to Protect Your Gut Microbiome Starting Today

So, that's all five, and once you see them side by side, there's one thing see them side by side, there's one thing that they all have in common. None of that they all have in common. None of these five are cheap foods. They're these five are cheap foods. They're things you reach for because they seem things you reach for because they seem responsible, clean, medically necessary.

responsible, clean, medically necessary. The healthy bar, the sugar-free gum, the The healthy bar, the sugar-free gum, the prescription you trust, the soap by your prescription you trust, the soap by your sink, the painkiller in your bag. That's sink, the painkiller in your bag. That's exactly why they fly under the radar, exactly why they fly under the radar, and we don't notice them. If you take and we don't notice them. If you take one thing from today's training, start one thing from today's training, start with your labels, emulsifiers, with your labels, emulsifiers, sweeteners, and start a conversation sweeteners, and start a conversation with your doctor about the other three.

with your doctor about the other three. You don't have to overall everything You don't have to overall everything today. You just have to know what to today. You just have to know what to look for and how it might be affecting look for and how it might be affecting you. If you want to go deeper on you. If you want to go deeper on rebuilding your gut after something like rebuilding your gut after something like antibiotics or something like a major antibiotics or something like a major reaction you've had, I've got IBD reaction you've had, I've got IBD doctors, IBD coaches, and over 2,000 IBD doctors, IBD coaches, and over 2,000 IBD warriors all working together to get warriors all working together to get life-changing results. And we can offer life-changing results. And we can offer you a free 1-hour IBD strategy session you a free 1-hour IBD strategy session to discuss your case, your needs, your to discuss your case, your needs, your experience. We just want to put our best experience. We just want to put our best foot forward for you. So, you can link foot forward for you. So, you can link that to below and schedule your session.

that to below and schedule your session. Until then, happy healing, and I'll see Until then, happy healing, and I'll see