Doctor Talks Intro

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

I'm here with Doctor Natalie Sheila, one of the doctors at Modern Man. She specializes in inflammatory bowel disease.

Introducing the Bean Protocol

And we recently got a question that came in and I wanted to ask her and and post the video about it so that other people would be informed about the Beam protocol.

So first off, welcome, Doctor Sheila. Thank you. Are you heard of this being protocol? And, what are your thoughts on it? Yeah, so relatively new to me.

But, I did do a little diving into this, so it seems like it was created by, Karen Hurd, who? She created the protocol because her daughter was poisoned with insecticide, and she figured out that the the basis of, being protocol is that you are consuming small amounts of beans which have soluble fiber in them.

And so consuming those small amounts of soluble fiber can help bind, bile, which is what our gallbladder releases to digest fats. And with that, fat soluble toxins, will be in that bile.

And so soluble fiber can bind to that by us that we do not reabsorb it and that we poop it out. And so that can be really effective if somebody does consume, toxins that are fat soluble.

How the Bean Protocol Works

And so Karen figured that out and started using the bean protocol on her daughter, who had significant benefit and then, another person, unique. Hammond found that protocol and started using it to, improve her Crohn's disease symptoms.

And she has kind of taken it and ran with it and has, produced a lot of information for for people with Crohn's disease to use, the bean protocol for themselves.

Yes. And so basically what it entails is small amounts of beans throughout the day, to help with, to increase that soluble, soluble fiber intake. But with uniques program, she also has some additional recommendations.

So eliminating alcohol as well as, fatty foods, sugars including fruit, dairy, processed foods, all of that removing that and then, making sure to rest appropriately.

Generally low amounts of exercise water and consuming enough water. You other kind of generally health promoting behaviors. And you personally as well as antidote.

Anecdotally, other people have had benefit from that. Yeah. No research though we haven't seen like, a

randomized clinical trial about the, the in protocol now. Yeah. No.

So there's no. Oh, yeah. Yeah.

Evidence, Fiber, and IBD

So no research on the bean protocol specifically. There is some research about fiber and inflammatory bowel disease in general, and those tend to be mixed.

And I do see two in my in the patients that I see with inflammatory bowel disease, fiber can be helpful or it could be harmful depending on the individual sometimes can worsen symptoms, kind of make some symptoms better.

But no no specific beam protocol research. Yeah. Yeah. Interesting. And anything that talks about why beans. Because there's so many sources of soluble fibers.

And so I'm just wondering, like, why beans specifically? Yeah, that's a good question. I do not know the answer to, I think I as far as, I'm not sure why she went, why she promotes beams, I guess.

Easy to consume and small amounts. And easy accessible to. Yeah, yeah, yeah. And I don't know about your experience, but in mine, it's like people are that are in a flare of IBD, whether it's Crohn's or colitis, the fiber is usually more difficult in that time.

And then once they're out of a flare and they're in clinical remission, then adding the fiber at that time, you know, I think is so important just for diversity in general wellbeing.

Do you see the same thing or do you see something different when you see. Yeah. No. See the same thing. Yeah. So I wouldn't recommend being protocol in a flare to a patient would you.

No I would not.

Flare Management and Dietary Caution

I would and working with prior to the other concern I have is that the, the diet is very restrictive outside of those beans. So adding in beans, if you feel good on them is generally safe.

And we like water. We like rest all of those good things. But restricting a diet so significantly to take all, all sugar and including fruits, our fatty foods are processed foods can be really, really difficult and challenging.

Especially if there is a history of an eating disorder. I want to be really cautious with that. So all of that might not be necessary and, and not something you want to do alone if you are making such drastic dietary changes.

Yeah. Don't beans. Cause, gosh, like, are you worried about, like, potential side effects of eating a ton of beans? Yeah. I mean, beans can increase gas production and can increase gas and bloating for some, and so definitely not necessarily a cure all.

Yeah. Okay. And so if somebody wanted, like, a 62nd or less, view of Doctor Natalie Sheeler on the bean protocol, what would you say in terms of IBD? Of course.

So we're just happy to be like, what's your what's your take on it? Yeah. So in general, as we said earlier, probably I would not recommend being protocol during a flare.

I would want to be cautious with the fiber intake. Something that you could consider adding in, beans when you are doing, when you're not in a flare, when you're in maintenance, to help support that microbiome.

And then some of those I am for some of those health promoting behaviors like rest and sleep, and drinking

enough water.

Beans, Side Effects, and Final Takeaway

But when to be really, really cautious with such an extreme, restrictive diet, and want to generally try to avoid such restrictions, such extreme restrictions, but if it's something that you would like to do working with a provider.

Yeah. Yeah, I think that's makes a ton of sense. We like beans, of course. I think that they're great health promoting food. Are they a magic bullet? Probably not, but great source of fiber.

So makes sense from that point just to increase diversity in your diet as well. Thank you for this. If you are watching this video and you're interested about inflammatory bowel disease, we have two other videos on YouTube with Doctor Sheeler talking about IBD, ulcerative colitis and Crohn's, and then another video on FMT fecal microbiota transplantation.

So check those out as well. Doctor Sheila's accepting new patients and she has her license in California, Arizona and Maryland. So please feel free to schedule a complimentary call with her.

Closing and Doctor Talks Outro

The link is below. And thank you so much, Doctor Sheila. Thank you. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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