Cell Danger Response Treatment: How to Heal the Gut First Transcript

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Introduction and Cell Danger Response Overview

30 years ago, when I started talking about the microbiome in relationship to leaky gut, doctors would tell their patients, don't ever go see that guy.

He's a lunatic. Guts can't leak. And now, of course, there are dozens and dozens of tests to show not only do you have a leky gut but how severe it is.

You take poop out of someone that's very thin, you put it into someone who's obese, and the obese person starts losing weight. Well, how can that happen?

Hi, welcome to The Balancing Point. I'm Dr. John Needers and I am here to make traditional Chinese medicine, functional medicine and integrative health simple, practical and fun so you can restore balance, boost vitality and enjoy a healthier life every single day.

Hi, this is Dr John back with another episode of The Balancing Point. And today I'm gonna continue the discussion of cell danger response. And the reason I am doing that is because the majority of patients that I see in my practice are complex chronic disease patients.

People with long COVID, people with vaccine injuries, POTS, dysautonomia, a whole range of metabolic disorders. So to my patients, this is quite relevant.

and may be relevant for many of you also who never realized you had cell danger response, or not that you have it, but that were suffering from it. So today, I'm going to take you into podcast number five, and we're going start looking at specific treatments for specific stages of cell-danger response.

This first page is really the caveats, right? And this is very important. Every person is different. You are not your disease, you are your condition, and you may suffer from a condition or may suffering from disease.

And that's a really different way to look at these issues than is usually done in Western medicine.

Treatment Caveats and Personalized Medicine

So, it's also very importantly, every condition is And because of that, self-diagnosis can prove dangerous, not just not fruitful, but actually dangerous if you take the wrong steps and you're suffering from cell danger response.

And even more importantly, 8I diagnosis can improve even dangerous. I did an entire podcast looking into the dangers of it. I'm not against AI. I use AI several times a day for different things.

You know, I was trying to see what the most current estimate is of the number of molecules of adenosine triphosphate that are produced in a healthy mitochondria versus the numbers in an unhealthy mitochondrion.

And I didn't want to dig through a bunch of textbooks because it really wasn't that significant that it be 100% accurate. Now, what I came up with is about 30, and that's great.

And so that saved me probably 15 minutes of grabbing a textbook, going through it, etc. But I would never self diagnose myself or use it to diagnose a patient because it can't take pulses.

And no matter what you say about the pulses, it's not the same as taking them. It can't diagnose a tongue. They can diagnose the 10 to 15 items that I see on people's hands, fingers and fingernails.

And so it can really get the context of your condition. So in Chinese medicine, there's a key statement. One disease, many treatments. Many diseases, one treatment.

Now, what does that riddle actually mean, right? Well, I could get four or five patients that come in in one day that have been diagnosed with diabetes, say.

Well, depending on the underlying problems and the etiology and their other conditions, I might give each of them a completely different treatment because I'm not treating diabetes.

I am treating the person who has high blood sugars. Many diseases, one treatment. So I, again, could get five people come in with different diagnoses from their doctors, and I may do the same treatment on all of the them if they have the fundamental conditions.

So, in Chinese medicine, we look at things like yin and yang. Is this condition more yi? Is it more yang? And then, is it excess ying or more deficient y?

It is hot or cold? That's not just describing how you might feel. It's much deeper than that. You have a hot constitution. Do you have cold constitution?

Are you getting good blood flow, et cetera? And then is it internal or external? So the bottom line is this whole podcast is just for education and is not in any way a suggestion for cell treatment.

Now, if you're working with a practitioner who doesn't have a lot of experience with cell danger response, you might want to share it with them so that they can see which formulas and which supplements I prefer for treating this and could be valuable there.

So the first thing that I'm talking about today, which was the last item I originally brought up on the on first episode about the causes of cell danger response, it's that you must address the trauma.

The body doesn't forget trauma until you resolve it. Now, you may have found a way to block it out. Right. Maybe you developed a great sense of humor.

really reminded of these issues, but your body knows.

Addressing Trauma and Nervous System Support

And it will not get you out of cell danger response until that trauma has been looked into and hopefully resolved. So it could be mental. It could be emotional.

It can be spiritual. it could physical. You could have happened in childhood. Could have happen in adulthood. could PTSD, post-traumatic stress disorder.

And that you see that a lot with people coming back in the military. So one of the things I want to mention, and this was in my book recommendations for fall, Dr.

Amy Apigian has come out with a book actually, looking at how to diagnose trauma with inexpensive blood tests. Now you can go expensive also, but a lot of it you could detect with very inexpensive test.

We do that all the time to assist in our diagnoses and treatment plan. Then find a superior therapist. You know, if you have a plan that says you can go to X or Y therapists and they don't have, uh, a specialization in treating your type of trauma, it could make it worse.

So, check around. There are a lot of forums, I'm sorry, there are lots of groups in your area where people discuss names of therapists or physical trainers, etc.

of all kinds, and there will be someone that specializes in your form of trauma. There are also online programs that may help. We've had people do the Gupta program, thought it was excellent.

And now there's a free version, and then there is an upscale version that you can pay for. Most of my patients did the free program and thought that was helpful.

I have one patient right now going through a Primal Trust program. It feels like it's quite beneficial for her. You can get help from a device. I'm certainly not against cheating with this stuff.

So some do biofeedback, which stimulates the vagus nerve, but also does other things. And you can treat the Vegas nerve directly. The muse and heart math have been around a long time.

Lots of good evidence for their success, a lot of research studies, and they're mostly for biofeedback. Heart math is a little more visual. Muse is little bit more auditory.

And then pulsato is directly to stimulate the vagus nerve. I have a few patients that feel that it's being helpful for them. If you have mindfulness meditation practice, definitely, start doing it.

Now, if you don't have one, it's very difficult to start. I'm not saying don' t try. It's difficult when you're suffering from cell danger response. You just don t have the energy to try something new.

What is easier is to do breathing exercises, because you're going to be breathing no matter what. So it doesn't add a lot of activity, physical or mental.

One way is box breathing. And by the way, there are more ways of breathing than you can imagine. Box breathing, and that's typical done with something like an inhale to three, hold your breath to a count of three.

Exhale to account of the three leave your exhalation there with no breath for a count of three. So it would be, so that can be very effective. That's practiced by a lot of the military and a lotta people who have to like calm their heart rate down very quickly.

Four, seven breathing is what I mostly do. And so there I'm inhaling to a account of four. And then I'm breathing out to a count of seven. But I also add the straw exhale form.

So as I am exhaling, I purse my lips so that it feels like I breathing through a straw. Inhale to four. Exhale to seven, like you're blowing out through a straw.

So nothing could be easier than these. You can do them anywhere at any time. People don't even have to know that you are doing them. I would really focus on this a bit because that can make a big difference.

And then do acupuncture for the vagus nerve. I don't know how long ago, a year and a half, two years ago. Vagus nerve became really popular. I'm sure some influences were talking about it.

And I was just flooded with patients who'd say, hey, Dr. Needers, can you treat my vagus nerve with acupuncture? And every time I just had to laugh, it's like, I cannot not treat your vagous nerve, with Acupunctur.

That's a fundamental thing that many of the points treat. It lowers anxiety. increases heart rate variability, which is a good thing. It balances the sympathetic and parasympathetic nervous system, Which is the biggest key here for cell danger response.

So acupuncture, just another word on acupunture. The longer I'm in this field and it's been a while now and the more research I do. In fact, I did a couple courses, continuing education courses over this last weekend and one fellow who is very, very well versed in neurological conditions, and that's what his class was on, four-hour class.

And he has gone through massive amounts of research on acupuncture for neurodegenerative diseases.

Acupuncture, Vagus Nerve, and Key Points

So we're talking Alzheimer's, other types of dementia, Parkinson's post-stroke care, et cetera. stomach 36, it has so many positive uses it sounds too good to be true.

It was mentioned in 153 studies on prevention and treatment. So a huge, that one point alone. And then it's on stomach channel. it helps with appetite, It helps heal the gut and it can help nausea.

In fact, kind of a funny, weird story. Many years ago, I was at an outdoor concert, Reggae on the River, and a good friend of mine named Linda came up and introduced me to her new boyfriend, whose name was also John.

And she said to me, Johnny, I think he's got a food poisoning. We ate some stuff off the food truck. I feel crappy, but he is really a mess. And so I introduced myself and I said, do you want me to help you with the nausea?

And he said yeah. So I took out my magic thumbs and gave him a strong stimulation. at stomach 36, has to be strong because I don't have any needles there.

Stomach 36. All of a sudden, he got this weird, weird look on his face, like dogs get when they hear a noise that they don' understand. And he instantly turned around and threw up into the bushes.

And he looked at me like, what have you done to me? And so it waited about a minute. I said, do you feel better? He said. Yeah, I feel great. You're welcome.

So this is a very powerful point. It helps lower brain inflammation. And that's what. Joe Jennings, the person that was presenting over the weekend, pointed out the very, very specific ways that it lowers brain inflammation.

It also increases the energy in the mitochondria in brain by increasing AMPK levels. it increases energy and the Mitochondria, in general. And this is one point.

We have hundreds. That's one. Okay. Dr. John's favorites. Um, not to be confused with Dr. John's favorites. There is a company that owns a, uh, has Dr John favorites where we have private labeled many different products.

Now we don't make those products, we just take the ones that we think have the greatest efficacy and put our names on them. But today I'm not going to talk about our private labels.

I am going talk the products from companies that we respect. Now, there are now so many really good companies, that are making supplements. Not like it was when I hit the wild, wild west 55 years ago, looking for good supplements, so there were a lot of good company.

And I've been taking and prescribing supplements and herbs for only 55-years. I started studying herbs and supplements with my teacher in 1972. And I've had over the last few decades, over 70,000 patient visits to my clinic in Alameda Acupuncture.

Now why am I telling you this? I'm telling this to show you that I didn't just kind of pull these out of the air. These are products that have a lot of experience with.

We track what's most effective for our staff and our patients. And it's stunning. We will find products that have exactly, precisely the same elements, dosages on the labels, and we get completely different results.

So we've gone with the ones that are most affected. So if you do buy online, here's one caveat, buy directly from the company or you can buy from us to avoid the possibility of counterfeit products.

I was just educated to this a few years ago as to how many places, sites that you go to to buy a product. Even though it has a label from a reputable company, it may still be counterfeit because it's been purchased from the company and then repackaged.

So, buy directly from The Company. Okay, now we're going to talk about the first line of treatment in almost all cases, not all, but almost cases. Heal thy gut.

Now, one of my heroes in Chinese medicine, Li Dongyan, wrote, the treatise of the spleen and stomach, or the pi wei lun, in 1249, that's a while ago, and he completely nailed chronic disease, particularly complex chronic diseases, which he called knotty, K-N-O-T- T-Y, because they're like a knot in a tree.

You can easily cut through maybe a branch of a three, but when you get to a not, man, you got a whole, whole different thing to deal with. Because if you can't digest, process and assimilate the vitamins, minerals, and other micro and macro nutrients, whatever food supplement or herb can't help you.

You can utilize it. So his point was always treat the digestive system first. And then I put usually. There are a couple of exceptions. Well, modern research completely validates this.

Every week there's a new study out about the microbiome. Thirty years ago when I started talking about microbiomes in relationship to leaky gut, doctors would tell their patients, don't ever go see that guy.

He's lunatic, guts can't leak. Now, of course, there are dozens and dozens of tests to show not only do you have a leakey gut but how severe it is.

Heal the Gut: Microbiome and Leaky Gut

And so patients with different diseases have different microbiomes, different gut permeability, a different digestive enzyme capacity, and very importantly, difference assimilation capacity.

So we've known this in the Western sense for decades because they started doing fecal transplants. You take poop out of someone that's very thin, you put it into someone who's obese, And the obese person starts losing weight.

Well, how can that happen? It's because the microbiome controls so much. It controls mood. Parkinson's patients have different microbiomes than the general population, et cetera.

So this is a really critical piece. Heal thy gut. Okay, so now we're gonna get into some of my favorites. So probiotics with pre and postbiotics. Most people that use probiotic are wasting their money, okay?

And so you need to do this to lower the levels of bad bacteria, like in small intestinal bacterial overgrowth, to the lower levels a bad yeast level, such as in a small intestine fungal over growth.

Then you need specific enzymes, and those are specific for diet. Carnivore needs completely different enzymes than a vegetarian or a vegan or someone doing a Mediterranean diet, et cetera.

Then you need supplements to increase secretory IgA. This is often, often overlooked. And it was when I started doing gut health almost 30 years ago, it the first thing that came into my consciousness as in being important in treating leaky gut.

So secretori Ig A. Ig-A is an immunoglobulin. You've got many different kinds. you've Got IgE, which will in large measure fuel Allergic reactions, you have IgG, which fuels many other reactions including hypersensitivities.

And then IgA is really relegated to the gut, the mucosal membranes. You have muccosals membrane that run from the tip of your nose all the way down through your lungs and out and then all of the down to your anus and from your mouth.

same passageways, and so IgA is critical for mucous membrane immune function. And so the level of secretory IgLA is the easiest way, in my opinion, to gauge gut immune So I've often said, if I had 10 patients, and they're going to Mexico, they are going eat the food down there.

If I test the secretory IgA, the person with the lowest secretori IgAs is the one that will get travelers diarrhea. Now other people might too, but they the most prone.

EpiCore is a compound that is extremely helpful for this. And while I'm a secretor Iga, this is really significant. There are many things that lower secretory IgA levels, gut infections, et cetera, but also mood.

It's been found that 15 minutes of anger will substantially lower IgE levels for at least 24 hours, and I mean substantially. So this is something that you don't want to take lightly.

Don't get angry. If you do, get over it within 30 seconds, move on, because you're damaging yourself. The person you are angry at, they're fine, but you damage yourself, so keep that secretory IGA positive.

And then supplements to heal leaky gut. So you want to lower gut inflammation, you wanna heal the enterocytes, those are the cells lining your gut so that you can close the gut junctions to get over leakey gut, so here we go.

Dave Stouter, Dave's an old friend of mine. We used to do a show called The Medicine Men, a radio show pretty much forever ago, I'm guessing 20 minutes, and Dave has been in the, supplement industry forever, decades and decades.

He used to own a health food store over on the other side of the bay from me. And Dave's so amazing, he would actually call me and say, hey, I've got someone here and they're asking about different forms of magnesium.

John, what do you think they should do? I mean, who else is going to do something like that? So Dave and I became friends. And I was talking to him recently and we were talking about pre, post and probiotics and he said, okay, let's say you've got a really fertile area and you got lot of animals grazing there and eating and then a fire comes through and burns it all off.

And so there are no animals. So if you just put the animals back, what do you think happens? they die, they don't have anything to eat. So you have to restore the entire biome so that the animals have something to Eat, right?

And then once you get them there and they have Something to EAT, you've got to continue to make sure they've Got something To eat, Right? So that The entire Biome can be redeveloped and rebalanced.

so you need prebiotics so That there is something for the probiotics to Consume so they Don't starve. There are postbiotics that are critical to continue to support the microbiome.

And ideally, we want to consume a large amount of resistant starch to feed the bacteria in the large colon to produce butyrate and other short-chain fatty acids that are going to support those enterocytes, those cells, to heal the small intestinal lining.

Now, a resistant start is a starch that mostly doesn't break down in your small intestine where it would feed bad bacteria. It continues on into your large intestine, where it feeds the bacteria that produce butyrate and other short-chain fatty acids that are going to heal your gut.

So, it's really, really a fascinating dynamic. Butyurate, by the well, is named for butyric acid, which is commonly found in high levels in butter. Okay.

Reducor from Orthomolecular Products. Now, again, I don't know every product on the market. I just see the ones that sound good, we test them out, and we come up with the one that seems most efficacious.

This is a pretty new product, but my patients love it, I love, it and I'd love because it's multipurpose, right? You can make a smoothie out of five, six different things, or you can put Reducor in it.

And it will be better than all of them. Right, it's just when I first saw this product and it was introduced to me by one of our brightest reps from the company, I was a little bit, you know, skeptical.

But it supports balanced blood glucose levels, right, sugar levels by reducing postprandial, that's after meal, sugars spikes.

Targeted Gut Supplements and Probiotics

And by producing postpandial insulin spikes by naturally stimulating GLP-1 and PYY signaling. How cool is that? And so this is also one of the products that we use with our patients when they are starting to go off and wean down from their GLP-1s and sometimes GPPs also.

And, so, this a way to make that transition. It has a special form of leucine called LEAA. In placebo-controlled studies, and again, this is mind-blowing, one and a half grams of LEAA increased protein synthesis, more than 40 grams, of whey protein.

That's because the whay protein, One of the primary things that's going to stimulate muscle synthesis is the leucine. Well, they've come up with this special form that is dramatically more effective.

It also contains significant amounts of resistant starch to support rebalancing the microbiome and healing the gut. In fact, it increased two microbiomes species by over 200% versus placebo.

The placebos were 10 to 15% and the, with the Reducor, It was well over 100%. So a shocking, shocking increase. Okay, now we got to heal the gut. Adding specific probiotics.

Now, I don't know how many we carry now, but we have at one time or another carried 10 or 12 different probiotic because each one of them has a tendency to assist in a certain condition.

For example, acromansia, the probiotic, bacteria, is the new darling. I mean, everybody's studying acromancia, and with good reason. It largely controls blood sugar levels, as well as many, many other things.

And so if we know through stool testing, or assume from symptoms, we'll go with a product that has high levels of acrimansio. So our go-to for acramansias is called There should only be one A in a row there.

It looks very Dutch. Acromansia Pro GLP-1 Probiotic, and that's by Designs for Health, which is one of my favorite companies to use. For SIBO, small intestinal bacteria overgrowth, we use Orthospore IG from Ortho Molecular Products, an incredible company.

Both of these companies I love because of their science departments. They are on top of it. If there's inflammatory bowel disease suspected or known, such as Crohn's disease or ulcerative colitis, we use probiotic 225 from orthomolecular products.

Now, that's an interesting product. That, excuse me, had been a patented medicine, and it was very expensive, $400 to $500 for a month's supply. And now they've been able to use it as a non-pharmaceutical at a much lower cost, and it's still the same product.

So, got to heal those, heal that gut. We have started using more and more GI Revive from Designs for Health. We found that it really helps support GI integrity.

It helps to soothe and coat the gut. And most of my other products are not great at doing that. They're actually soothing it, it's coating it. The gut lining and supporting gut repair processes.

So it supports the natural healing mechanisms. We like IgG protect from orthomolecular products. It's got IgE for immune function colostrum as a primary product for the gut lining and shouldn't be linking, you know, kids, infants.

Well, most species, mammalian species. This is called the pre-milk or goes by many other names. And so before the milk itself starts to flow, the nipple secretes colostrum.

Colostum is what prepares that delicate, gut to start the healing process and be able to utilize food that's brought in and to create a healthy microbiome.

And so this is one of the problems that in infants and other mammals that are not allowed to nurse, they don't get that colostrum, that first pre-milk in.

Then lactoferrin also for gut healing. So I like that product, IgG Protect. And then we're going to sneak another company in here, Pure Encapsulations, which they also make great products.

And this is Pure Defense with NAC. We use this because it has high levels of EPICOR to stimulate the secretory IgA, as I mentioned before, is critical.

It also has a high level of Nac, N-acetylcysteine. as a glutathione precursor for profound antioxidant protection. So glutothione is often seen as the master antioxidate.

It is not easy to get it through the digestive system. There are new ways that they have formulated that in liposomal forms and other ways to semi-protect it.

Chinese Medicine Perspective and Closing Remarks

But we find we get great results with N-acetyl cysteine. Okay, so today the emphasis is on functional medicine. Now Chinese medicine has been successfully treating gut problems for thousands of years.

And it became systemized in written form around 219, 220 A. D. by a fellow named Zhang Zhongjing, and he wrote a text with a longer title, but it's been separated into two separate books.

The Shanghan Lun, that's for more external conditions, And the Jinggui Yaolui, more oriented toward internal medicine. And my herbal studies in China were with Wu Bo Ping, Wu Bo Ping specialized in and taught the Jinggui Yaolui and his insights into that.

You know, a lot of these older Chinese texts were almost written as riddles. And so having a teacher who understands ancient Chinese and can read it and has been trained through, you know by centuries of prior teachers, and that's who I was fortunate enough to study with.

And so there are over 10,000, I'm going to say formalized formulas. That means they're in textbooks somewhere with an infinite number of possible combinations, right?

You can combine those 10 thousand in literally an infinity number ways. And the reason I'm not discussing them here, it's its very nature of those formulas, given there are so many, that are very specific to particular patterns and symptoms.

And they're very specifically to a total person, not just their symptoms, so it is way beyond what would be appropriate to discuss here. Now you can pick up all kinds of books and it will say, if you've got upset stomach, do this, and if Some other condition do that and usually those are very safe.

But if you want to get to the root of the condition, go see an herbalist. You'll be much safer. So that does my talk for today. I want thank you for joining with me and use this information wisely.

And I'll back soon to finish cell danger response. Thank you. Thank you for joining me on The Balancing Point. If you enjoyed today's episode, please follow the show, share it with a friend, and leave a review.

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you.