Nutrients that Support a Healthy Gut Transcript

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Hey everybody. So excited to have Doctor Michael Murray with us. My good friend. And if you've been in natural medicine, integrative medicine for any period of time, you know who he is.

If you're new to natural medicine, he's really referred to by many as the voice of natural medicine. Here's a guy who looks at the evidence. But more than that, he portrays he distributes evidence to both doctors and the layperson, the public.

In a way that's very understandable, which is very, very important, because if you have someone as smart as he is and he's looking at the evidence of natural medicine, but you can't understand what it means and how to use it, what good is it?

So, doctor. I've always appreciated that about you. You've collected over 65,000 scientific studies. That's probably a record in our field. And are you looking at studies pretty much on a daily basis?

And like I said, you train doctors, you train the public how to best use natural medicine. And your website, doctor Murray, that's spelt out. Doctor Murray.

Murray.com. doctormurray.com you have a free newsletter and I get that. And you always have updates and the breakthroughs in natural medicine. So I appreciate that.

And you've read many books I think you've got. Well I don't know. I haven't kept track over 40 books. You're well known for the textbook of Natural medicine for practitioners.

I have that my library here and if for the public, the Encyclopedia of Natural Medicine. So this is really good stuff. So thanks so much for coming on the program today.

Oh it's my pleasure, Mark. I think the other day I was going to get into a debate, maybe some doctors who are skeptics of natural medicine. And let's say it was like a team debate, like, who would I choose?

In about two seconds, my brain said, Doctor Murray, well, I have for you and your work as well. So in this section, we want to talk about nutrients that heal the gut.

Now, before we get into that, you have written extensively about the complexities, the dynamics of the digestive system and how that affects whole body health.

Might just sharing your views on that. And we'll talk about the nutrients that are so important for gut healing. Well, as Hippocrates said it. Well he said all health begins in the gut.

So nowadays there's a greater appreciation. We're learning more and more of the intricacies in gut health. We have the microbiome to take into consideration, as well as the terrain and as a nature path.

I always look at the terrain. In the case of the gut, we're looking at the interface, the lining of the gut, and how it interacts with the microbes. We have many more microbial cells in our body than human cells.

And so they they play a huge role in our health. And the way in which we interact with those microbes is really important to our physiology, the way our body works, it's very important to our immune system, and it's very important in the gut brain connection.

So yes, everything does seem to begin in the gut. So it's very important to do everything we can to have optimal gut health. Absolutely. That is so true.

And so we recognize as holistic doctors you can't have whole body health unless the guts in good shape. And I remember many decades ago it was kind of poo pooed this relationship, at least by conventional doctors.

You know, treating a God can help, say joint problems, skin problems, brain problems. And now you look at the medical literature, tons and tons of studies of mainstream literature showing this access to in the gut and basically all the organ systems of the body.

This is something you had written about a long time ago, but the evidence has accumulated even more. So. Yeah, absolutely. It's undeniable. It's really a fascinating frontier.

We're learning more and more every day. And this knowledge, it has yet to be fully put into into use. And I think nature paths have come the closest to basically employing good measures to improve gut health.

And it's a very complex situation because everything affects gut health the way that we think, the way that we feel, what we eat, how we supplement our level of exercise, the hormones we have floating around in our body.

Environmental factors, you know, microplastics, pesticides, all sorts of different compounds can disrupt gut health. So it's a fun field. Nature medicine.

And I you know, it's been fun to learn how the gut influences our health, our mood and our ability to function in this world. And lastly, along those lines, now we're getting the nutrients that are so important for healing the gut and the kinds into why we need these nutrients.

And that's the idea of leaky gut syndrome. I wrote a book recently, and I went through all the mainstream literature on leaky gut. And, you know, it's in the mainstream literature, in mainstream journals, journal vendor chronology, all these mainstream journals talking about leaky gut syndrome.

Interestingly, had a patient just the other day who was at her primary care doctors offices and said how based on her symptoms, some testing we did. I said she had leaky gut syndrome.

And he said, oh, in such a thing doesn't exist. Maybe talk about maybe talk about that if you would. Well, yeah, that integrity is very important. It's we're a very simple being in some ways.

We're a tube that has a tube inside of us. And the health of the gastrointestinal tract is largely determined by the integrity of that particular layer.

So when that protective layer is disrupted, we start absorbing compounds that the body is not designed to absorb. And when you have increased gut permeability, popularly known as leaky gut, you started compounds that create a lot of inflammation that can overwhelm the immune system, can lead to all sorts of liver issues and result that can dramatically impact our health.

And so it is a real thing that can be measured through diagnostic processes. There's, as you said, there's there's a significant amount of medical literature these days on the role that increased gut permeability plays in health slowly.

And so with the small intestine, the gut health, you know, we kind of have this paradox because that's where, you know, basically the gatekeeper of the body is allow things into the body, into the bloodstream and get to ourselves.

So that's important. We want the good things coming in, the nutrients and so forth, the bad things not coming in. If leaky gut syndrome, you get malabsorption, you get things coming that shouldn't.

You're getting immune response damage to the digestive tract. And there's many factors, like you said, which affect that leaky gut. But talk to us about nutrients.

So someone out there, let's say they have leaky gut. They get all the symptoms of it. What would you say are the key nutrients or supplements, if you will, that people should focus on to help heal up the lining of the gut?

I know we've written about this in your books and materials. Well, basically, our overall health is determined by the help of each individual cell in our body and the cells that line our gastrointestinal tract.

They're constantly turning over. The lining is turned over every 1 to 4 days. So a deficiency of any nutrient can lead to an inability to make a new intestinal cell.

So a lot of times leaky gut is simply a result of a micronutrient deficiency of vitamin and mineral deficiency. So yes, it's popular to look at individual nutrients as some of the key ones zinc, vitamin A full of acid.

These are all really critical nutrients, but in general, all the essential nutrients are necessary for that intestinal cell to function in its role as a barrier.

So if you are deficient in any single nutrient, it could lead to leaky gut. So this this goes a long way in supporting the use of a multiple vitamin and mineral formula.

Is your foundation upon which to build the nutritional supplement of strategy for intestinal health. Some of the key nutrients is. Zinc is probably the number one key nutrient for the health of that intestinal lining.

And I would put vitamin A up there along with it. These days, most people are not getting vitamin A in their dietary supplement, multiple vitamin and mineral formula.

They're getting beta carotene and people, they still need that preformed vitamin A, I think. So I think that that's kind of a missing element for a lot of people.

Vitamin A was given that name for a being anti-infective. It was known as the anti-infective vitamin. And it's really critical to that health of that, that that mucous membrane, that intestinal lining.

So I just would recommend that, that people, you know, take, you know, 5000 I use per day. That's a safe amount of vitamin A, and it's going to provide the recommended dietary allowance for vitamin A in that preformed form.

And that's going to produce some really good health benefits for for a lot of people, particularly to kids. Yes. And thank you. Said you can get higher quality multivitamins, mineral forms which have the vitamin A in them.

So you know you're getting that guaranteed amount. What what would you recommend for zinc for the average person? I like a higher amount than the days.

I like an amount between 20 and 30mg per day. I think that's a good, safe amount. And as I said, if you're deficient in zinc, it's really, I think, the key nutrient for that intestinal lining.

There's some specialty supplements that I think are really important as well. LED by an essential cysteine. And acetyl cysteine is a form of acid, cysteine.

It has great effects in boosting glutathione levels so it can act as an antioxidant in the gut. But it's also critical for the manufacturer of the muse and lining.

The lining is very rich in sulfur molecules, mainly cysteine. And so you're providing a good nutrient boost for that protective layer. So I like I like cysteine and there's some good data.

And I'm sure you wrote about it in your book on anesthetic cysteine and supporting intestinal integrity and helping with wiki gut. Excellent. And what about a lot of people recommend the amino acid glutamine?

What are your thoughts now? Do you like it as a supplement? People trying to treat leaky gut. Do you want people to just get in the diet? What do you normally recommend?

Way protein for for for athletes. And there are certain indications for for l glutamine. It's great for patients

undergoing chemotherapy, chemotherapy and radiation as a ravaging effect on the body.

And it really disrupts that in barrier. In L, glutamine has been shown to be very helpful in protecting against that side effect of chemotherapy. So I like it specifically for that.

But so I think that's the real key use for for l glutamine. Otherwise I think if you're eating a pretty high protein diet, you're going to get a good amount of L glutamine in your diet.

Okay. And we're getting near the end of our time. So I don't want to get into too much depth. But you're also an expert on prebiotics, probiotics, Pulse Bionics.

What's your recommendation in terms of those supplements? Obviously people getting these things are diet fermented foods, low sugar yogurt products. But it seems to me the supplements, it's a little tricky because a lot of the probiotics out there, they're using strains which don't have human studies.

Now, there are very good probiotics available, but tell us your thoughts on how that I mentioned the intestinal terrain and I focus on improving that intestinal train.

So my key approach to helping people with digestive issues is make sure they have the right digestive secretions. Many people are low and hydrochloric acid, and if they're low and hydrochloric acid, that is an important barrier to infectious organisms.

And it leads to various nutrient deficiencies as well. So I like hydrochloric acid supplementation. When indicated I can go to my website and do a search.

I have a protocol for testing. It's just a trial of taking. It identifies who has a c l deficiency, and then there's a trial process to know what your right dosage is.

Generally, if someone has digestive, bloating and irritation almost immediately when they eat, that's usually a sign of low HCL. If the gas and bloating comes 30 minutes or more, that's usually a sign of low pancreatic enzyme activity.

So then I'll use pancreatic enzymes in those patients. But I think making sure that they have sufficient digestive secretions is really important for gastrointestinal health.

And that plays a huge role in the composition of the microbiome. And I don't generally take probiotics myself. I look at, you know, our intestinal flora a lot like a person's lawn.

If you have a really healthy lawn or garden, you don't need to keep throwing seeds on it. What you need is you need to keep feeding it and watering it.

And the way we feed our microbiome, we hear a lot about prebiotics. But the most important class of compounds, I think, for microbiome health are the flavonoids.

I love flavonoids, so I've I've written about them extensively. These are plant pigments. They're responsible not only for many of the colors and flowers and fruits and vegetables, but they're also responsible for many of the medicinal effects that we get from various medicinal herbs.

So I like to high flavonoid diet. Again, I've got a lot of information on, on how to measure your intake of flavonoids and try to hit a certain target.

If we look at all the healthy diets around the globe, it's pretty clear that those that have a varied amount of our associated with the greatest degree of health.

So yes, before we go to any expensive probiotics, let's make sure we're we're giving our microbiota the

microorganisms in our gut, the foods that they need to flourish.

And I think flavonoids, I think, are one of the key probiotic compounds that we have out there. Oh yeah, I think you're exactly right. That's a higher level of prescribing, as I call it, starting with making sure the digestion from the beginning is working well, because obviously that affects your absorption, the health of your small test and then the microbiome, like you said, getting those flavonoid rich diets which feed the good bacteria.

So that's that's a higher level of prescribing that makes a lot of sense. So Doctor Murray, thank you so much for your time. Everyone can get more information at Doctor murray.com.

And we'll have another segment with them as well on anti-aging. Very good. Thanks, Mark.