Optimizing Senior Health: Leaky Gut, Brain Detox and the Power of Fermented Foods Transcript

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Introduction to Dr. Sears and the Topic

Well. Hi, everybody. Great to be with you. And I have a good friend of mine, doctor Bill Sears, a very well-known doctor. Has written 47 books, if you can believe it.

An expert on integrative medicine, nutritional medicine is also a pediatrician. But he treats actually people of all ages. Using functional nutritional medicine has been a practice for 52 years.

Believe it or not. That's amazing. Still going strong. And like I said, together with his wife, Martha was also a nurse. They've written 47 books and covered a wide gamut of health conditions, pediatrics to brain health and many other conditions, but a very solid basis in nutrition, which is so important for health.

And I had another segment with them which you can watch. And on that segment we covered the connection between gut health and brain health. But in today's episode, I want to cover the importance of gut health and seniors health.

Because so many seniors have got problems, it's really inhibiting their health, whether it be their energy, their cognitive function, their digestive function, their joint health, their mood, it just goes on and on.

So, Doctor Sears, thank you so much for taking the time out to share this important information with our audience. Thank you Mark. And being a senior myself, they all have to take care of yourself in your own group.

Well, tell us what you see. I mean, it makes some common sense to people as we age. We're going to be more prone to having digestive problems. But we know there's such a connection between gut health and all the cells and organs of the body.

So maybe talk about that a bit. Leaky gut.

Why Seniors Are Prone to Gut Problems

Why seniors are more prone to having problems and bad nutrition, and how this just affects so many different aspects of their health, if you would. Yes. And I see seniors now in my office because they young people are bringing their mom and dad in.

And it's funny because a mom will say, no, dad, daddy. Dad said still and listen to doctor. Listen. So becoming a senior I am. I met a young age of 84 now and, was in health, but I didn't always say I had a major child formation.

Most seniors. It takes a serious illness to make you wake you up. I had colon cancer at age 57, and cancer changed my life, and I, I that's why. Why we're here now.

I guess I'm so motivated to help seniors earlier because as you get older, through the gut for a minute, as you get older, I just slows a sliver, digest in the mouth and find out the stomach gets a little weaker.

It's more affected by acids. That's why you have three what? Your gut leaks a little bit and your lower ball gets lazy. You get off the page and so you're intestines slow down and you're older.

So when there's a solution, slow down or eating just my intestines more slowly, I'm going to eat more slowly. So that's I'm working through now on a daily thing what you do.

So first of all, I give them a recipe or a studio in the morning, maybe 1 or 5 days a week for me. But all the ingredients in a healthy food that you like, protein and grains and and blueberries, the brain, berries, in it cheaper.

So much to not someone to chase her over temptation.

Diet, Smoothies, and Eating Habits for Seniors

So cheaper I do that. I have about five ounces of cheese or a day and I make my own. So that's the first thing. Start the day with it. I'll say smoothie.

Secondly, you, according to what I call my rule two twice as often you are smaller. Your meals become a grazer instead of a gorgeous. Young folks think I'm going and sometimes get away with it.

We can't do. We have to eat slowly. I still like to go out to buffets and I still love to eat. If I'm going out and say I get a small plate on a big plate and I go back and I'll socialize a little bit, you know, and I can either walk, but I'm eating more slowly.

I'm sure in longer I'm sure I wanted to find the 5 or 6 and remember what we are taking up to the last thing we did. The longer you chew, the better you chew better, you fool, because seniors get constipated so twice as often.

As much sugar? Twice. Okay. I'm dying. See your. No. Another thing about seniors. Let me ask you a question. What do you think is the top food? Number one.

So say you are Iowa and the only thing you could. You only have one food or something like that. I think the top senior food is real good health. Well, I well, Bill, because I've read your books I'm going to say I'm going to cheat.

I'm going to say salmon. Oh yeah. You've been on our health for a sample now. Salmon wild salmon and salmon. Healthy brain book. Hey on the piece of well, salmon has 11 nutrients.

They're good on your brain. The healthy cells. Because, Mark, we are fat heads. That's why I get my patients. Remember that you want healthy fat. Skip that term.

Low fat diet, smart fat diet, not necessarily low fat diet. And they took low fat diets. They worked hard. So carb to start fat diet and salmon has smart in it.

It has antioxidants in it because the fat head is more fat. But why do we get all Simons that?

Leaky Gut and Nutrient Absorption

No, it's not because our brain oxidizes, turns rancid, piece of fish out over night and still up in the morning. It stinks, says a medical oxygen. Therefore you need more oxygen, antioxidants and festivals.

Like mom said, doctor, mom said put more color on your plate so well, salmon and a salad. So I have to wait in the evening to be in the morning. Or my essence, my smoothie in the morning.

I salmon in the evening, in the morning and my salad in the evening. Your gut health? Well yen. Also you need those good omega three fats to keep inflammation down in the gut.

Prevent things like leaky gut. You understand? Leaky gut. A lot of doctors don't. Would you mind telling us a bit more about what is leaky gut and how common is it in seniors?

Yes, it's very common in seniors. And older you get, the more you leak, older you get your leak. Okay, now you can turn that whatever you want, but see and gut the small intestine, the ideal small intestine.

It has small yeast cells. Between the cells are tiny little junk and little pathways. And so the lining of the gut, that's

through the nutrients, the good stuff that causes the junction.

Keep the best of the. And all those herbicides and all those chemicals, the things that you can't pronounce, they put in food nowadays. Yeah. Healthy gut.

It closes the door. The bad stuff, the bad guys. It opens the door at the junction they open and let the bad guy said, yeah, that's what you guys think God is.

And so this is why it's a lot of doctors from a lot of time talking about leaky gut. That means that starts the changing your diet and the magic word cemented food more to eat, the less should go.

This going to leave. And so you got a couple of things happening. When you get that leaky gut in seniors, obviously they can get more digestive problems gas, bloating, stool, constipation, all sorts of things.

But they're also not going into nutrients, into their system, going to all their organs, going to their brain. And so you got two things going on there.

What other things do you recommend the seniors that they can do? Are there any supplements you recommend to enhance absorption digestion? Yes, supplements I recommend.

Well, first of all, Mega 3GHEP. Secondly, antioxidants. Certain vegetables supplement one called after assessment.

Supplements, Movement, and Sleep

You see what makes 7 p.m. oxidants. Also two things that help. I call it my five S's. Smart smart smart, sleep smart and share smart. And one of the things I caught was sitting disease still eyes that the older we get, the more we need to move.

Because movement. What was movement and march? The key to medicine is every ordinary body only as healthy as a blood flow to it. Yeah, the more you move, more blood flow for your organs, the sitting disease and finally sleep.

The older we get some scientists harder to sleep because of all the eights and pains and everything. But during sleep is when shift of immune system workers appeared to figure go down to sleep.

Obviously. And to your system. The whole system arrives. A night shift, a new system. Workers, garbage collectors. It's called me glimpse system. Do your cells are your garbage collectors clean out all the garbage in the day thoughts you had that you don't want to keep.

And then they have it fine. So there's more. To empty the garbage. So sleep. It's amazing to sleep. Is the quality sleepers like the doctrine getting necessary especially for.

Yeah. And I would presume I would presume Bill. Also, if someone has leaky gut like a senior does, you know, those toxins we know can get in the bloodstream, get to the brain so that detoxification of the brain at night is adversely affected, you know, from poor digestive issues going on, too.

Would you agree with that? Absolutely. Mark, sleep is so important. Sleep and movement so important to attack as you're wearing to an all time of specialist.

And you want to say, doctor, I want to prevent all this also in my family. And it's telling you something like all timer begins and the gut. Oh, so let's begin with keeping also keeping the jump out of the sun.

Go see when your gut barrier, the head brain barrier suddenly. So especially the older we get, you know. And my mission right now one of my missions. Mark get people to change on their younger instead of working with the state

until something happens because you may not get a second chance.

Gut-Brain Health, Gratitude, and Final Advice

Wow that's a great message. Well maybe in summarizing here for the, you know, the seniors and family members of seniors and friends of seniors watching today maybe gives just your summary in terms of the importance of gut health for seniors and how that really affects just their whole health.

And, you know, basically they can't have great health if they have got problems. Yes. And one of the way another little tip is how you start today. Start the day with the happy place.

And I call it the attitude of gratitude. The gut brain loves. And we start thinking about no matter how life's ups. And it does sometimes start. Well, I get out of bed and look out the window because daylight is so.

And I start with thank you God for my legs before you. Thank you for my life. If you eight years. Thank you for my health cancer survivor. Thank you for my wealth and for my always make it my ministry.

I could get us bring on the day. Oh again the old. Yeah. The more you take more time. Time out like I just did. 30s time out. Guess on has to be thankful for.

Yeah, that's that's great advice. Yeah. So maybe give us just your summary statement then on gut health and seniors why people need to take that into account.

The doctors, the family members, the seniors themselves. Well, somebody would be as we get older, we usually take more pills. I want to reverse them. For the chills and skills model of health.

This person comes in and they say, well, doctor, what can I do? The skills. And then secondly, what do I need to take? Pills, water. Minnesota. Unfortunately, it will take you to take this.

Well, doctor, what just takes this? Because what's interesting is take more tilts as we get older. But our gut doesn't handle bills. I call as we get older.

I call it the ounce of antidepressants and inflammatory and and essence antacids. Three outs. And also if you got so that would be a home message. The older you get more you want to concentrate on more skills.

Sewer pills. Excellent. Well that is great advice and doctor series. Thank you so much for taking the time to share your wealth of information with the listeners.

And your website is askdoctorsears.com right askdoctorsears.com. Yes. Yeah. They can read about your books. You know you have a lot of free information on good nutrition for all ages.

So again thank you so much for your time. Thank you doctor Mark.