The Bloating Epidemic: What's Really Going On Inside Your Body Transcript

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Introduction: Why eating clean and cutting foods doesn't always stop bloating

You've cut gluten. You've cut dairy. You've cut gluten. You've cut dairy. You're eating cleaner than ever and You're eating cleaner than ever and you're still bloated.

you're still bloated. And this happens after every meal. And this happens after every meal. What if the problem isn't what you're What if the problem isn't what you're eating? Today, I'm going to show you the eating? Today, I'm going to show you the three hidden causes of bloating that three hidden causes of bloating that even eating clean will never fix. And even eating clean will never fix.

Dr. Myra Reedu2019s 4 Pillars (Hormones, Gut, Lifestyle, Environment)

And one common health supplement that might one common health supplement that might be making even worse. Hi, I'm Dr. Myra be making even worse. Hi, I'm Dr. Myra Reed. I'm a functional internal medicine Reed. I'm a functional internal medicine specialist with over 35 years of specialist with over 35 years of experience. I practice early detection experience. I practice early detection longevity medicine. I help people find longevity medicine. I help people find what others miss and the symptoms that what others miss and the symptoms that happen before disease occurs.

happen before disease occurs. Everything I do runs through my four Everything I do runs through my four pillars. Hormones, gut, pillars. Hormones, gut, lifestyle, environment.

lifestyle, environment. I want to help you live smarter, I want to help you live smarter, stronger, for longer. Because I don't stronger, for longer. Because I don't want your first symptom being your last.

want your first symptom being your last. This is week three of my gut health This is week three of my gut health series. Week one, we talked about what series. Week one, we talked about what leaky gut actually is. And week two, how leaky gut actually is. And week two, how your gut triggers autoimmune disease.

your gut triggers autoimmune disease. Today, we're going to talk about Today, we're going to talk about bloating that just won't go away even bloating that just won't go away even when you've done everything right. There when you've done everything right.

Looking beyond food: Why digestion mechanics matter more than diet

There are three hidden causes that we're going are three hidden causes that we're going to talk about. When someone comes to me to talk about. When someone comes to me with that chronic bloating, the first with that chronic bloating, the first thing I want to know is, has anyone thing I want to know is, has anyone looked beyond the food? Because most looked beyond the food? Because most people and most doctors focus entirely people and most doctors focus entirely on what you're eating. Remove this food.

on what you're eating. Remove this food. Avoid that food. Try this diet. But Avoid that food. Try this diet. But bloating isn't always just about the bloating isn't always just about the food. It's often about what's happening food. It's often about what's happening inside the digestive process itself.

inside the digestive process itself.

Hidden Cause #1: SIBO (Small Intestinal Bacterial Overgrowth) & IBS misdiagnosis

There's three hidden causes that clean There's three hidden causes that clean eating just will never fix. The first

eating just will never fix. The first one let's talk about is SIBO, S I B O, one let's talk about is SIBO, S I B O, which stands for small intestinal which stands for small intestinal bacterial overgrowth. Your small bacterial overgrowth. Your small intestine is supposed to have relatively intestine is supposed to have relatively few bacteria. The large intestine is few bacteria. The large intestine is where the majority live.

where the majority live. When that bacteria migrates upward or When that bacteria migrates upward or over grows in that small intestine, they over grows in that small intestine, they start fermenting food before your body start fermenting food before your body has a chance to absorb it.

has a chance to absorb it. That fermentation produces gas and that That fermentation produces gas and that gas causes bloating, distension, gas causes bloating, distension, cramping, sometimes diarrhea, sometimes cramping, sometimes diarrhea, sometimes constipation, sometimes alternating constipation, sometimes alternating between the two of them. SIBO is one of between the two of them. SIBO is one of the most under-diagnosed gut conditions the most under-diagnosed gut conditions that I see.

that I see. Many people have been told that they Many people have been told that they have IBS, irritable bowel syndrome, but have IBS, irritable bowel syndrome, but IBS is a description of the symptoms, IBS is a description of the symptoms, not a diagnosis of cause. SIBO is often not a diagnosis of cause. SIBO is often the cause behind the IBS label and it's the cause behind the IBS label and it's testable. A simple breath test can testable.

Hidden Cause #2: Low Stomach Acid (Hydrochloric Acid / HCL) & why PPIs/antacids can worsen it

A simple breath test can identify it, but most doctors don't even identify it, but most doctors don't even order it or they order the wrong one. order it or they order the wrong one.

Cause number two, low stomach acid, Cause number two, low stomach acid, which is probably the most significant which is probably the most significant one.

one. one. This is the one that surprises people. This is the one that surprises people. Most people assume that bloating means Most people assume that bloating means too much acid or that reflux is caused too much acid or that reflux is caused by too much acid. That's what the by too much acid. That's what the commercials tell you. Take any antacid, commercials tell you. Take any antacid, take a proton pump inhibitor PPI, reduce take a proton pump inhibitor PPI, reduce the acid. If the problem is not enough the acid. If the problem is not enough acid causing the food to come up into acid causing the food to come up into the esophagus causing that burning the esophagus causing that burning instead. So, if it's not the problem of instead. So, if it's not the problem of having too much stomach acid, but having having too much stomach acid, but having stomach acid in the wrong place, that stomach acid in the wrong place, that stomach acid, which we call hydrochloric stomach acid, which we call hydrochloric acid, is what breaks down your food, acid, is what breaks down your food, especially protein.

especially protein. When the stomach acid is low, food sits When the stomach acid is low, food sits in the stomach like I say a disposal in the stomach like I say a disposal that just is not working right. And the that just is not working right. And the food sits there longer, it starts food sits there longer, it starts fermenting, producing gas, causing fermenting, producing gas, causing bloating and that feels exactly like too bloating and that feels exactly like too much acid coming up. But, here's the much acid coming up. But, here's the irony. Long-term use of these acid irony. Long-term use of these acid blockers, especially those proton pump blockers, especially those proton pump inhibitors, the PPIs, can actually make inhibitors, the PPIs, can actually make this worse and cause more downstream this worse and cause more downstream problems. Because if you're taking this problems. Because if you're taking this proton pump inhibitor, it's actually proton pump inhibitor, it's actually blocking the acid which digests your blocking the acid which digests your food. Sure, it makes you feel better cuz food. Sure, it makes you feel better cuz you said, "Oh, it's I'm not having that you said, "Oh, it's I'm not having that burning." But, that's a false sense of burning." But, that's a false sense of security, I say. Because if you're not security, I say. Because if you're not having the burning, well, how do you having the burning, well, how do you know if it's taking care of digesting know if it's taking care of digesting your food or killing the bacteria or your food or killing the bacteria or viruses that are the bad things that are viruses that are the bad things that are in the food that your body's

supposed to in the food that your body's supposed to attack. So, it's the opposite thought.

attack. So, it's the opposite thought. And so, we're going to go into this some And so, we're going to go into this some more. Stomach acid naturally declines more. Stomach acid naturally declines with age. So, if your bloating started with age.

Hidden Cause #3: Bile Insufficiency & issues digesting healthy fats (especially post-gallbladder removal or after 40)

So, if your bloating started in your 40s or 50s, low stomach acid in your 40s or 50s, low stomach acid could be on that list being the initial could be on that list being the initial problem. Cause number three, bile problem. Cause number three, bile insufficiency. Bile is produced by your insufficiency. Bile is produced by your liver, stored in your gallbladder, and liver, stored in your gallbladder, and released when you eat fat. Its job is to released when you eat fat. Its job is to emulsify the fat, break it down into emulsify the fat, break it down into these small enough that these particles these small enough that these particles can be absorbed by your body and used in can be absorbed by your body and used in the proper way. When bile flow is the proper way. When bile flow is sluggish or if you've had your sluggish or if you've had your gallbladder removed, fat doesn't get gallbladder removed, fat doesn't get properly broken down. The result is properly broken down. The result is after eating a fatty meal, you get after eating a fatty meal, you get nauseated, loose stools, a feeling of nauseated, loose stools, a feeling of heaviness. And if this is incredibly heaviness. And if this is incredibly common and especially in women after the common and especially in women after the over 40, and especially during over 40, and especially during perimenopause when hormonal shifts perimenopause when hormonal shifts affect the bile production. And if affect the bile production. And if you've noticed that you feel worse after you've noticed that you feel worse after eating those healthy fats like avocado, eating those healthy fats like avocado, olive oil, nuts, it might not be the olive oil, nuts, it might not be the fat. It might be that your body can't fat. It might be that your body can't process it properly. Now, I want to tell process it properly.

The Supplement Mistake: Why probiotics can make SIBO bloating worse

Now, I want to tell you something that might go against you something that might go against everything that you've heard. everything that you've heard.

Let's talk about probiotics. Let's talk about probiotics. Probiotics can make bloating worse. I Probiotics can make bloating worse. I know everyone says that probiotics are know everyone says that probiotics are good for your health and everybody needs good for your health and everybody needs to go get probiotics and they don't even to go get probiotics and they don't even know which ones are supposed to be know which ones are supposed to be taking. And for some people, they might taking. And for some people, they might be helpful. But if you have SIBO, that's be helpful. But if you have SIBO, that's small intestinal bacterial growth, that small intestinal bacterial growth, that bacteria are already overgrown. And if bacteria are already overgrown. And if you're adding more bacteria from you're adding more bacteria from probiotics, they can feed that probiotics, they can feed that overgrowth and cause the bloating overgrowth and cause the bloating significantly worse.

significantly worse. I see this constantly. Patients come in I see this constantly. Patients come in bloating for months, taking three bloating for months, taking three different probiotics because that's what different probiotics because that's what the internet or social media told them the internet or social media told them or they heard it from somebody.

or they heard it from somebody. If we remove these probiotics and treat If we remove these probiotics and treat the SIBO and the bloating improves, then the SIBO and the bloating improves, then that's a win.

that's a win. The supplements that are supposed to The supplements that are supposed to help you was making things worse. I help you was making things worse.

Diagnostic testing to look for (SIBO breath test, stool analysis, stomach acid

assessment)

I always say this, don't let your first always say this, don't let your first symptom be your last and don't let the symptom be your last and don't let the wrong supplement or probiotic delay the wrong supplement or probiotic delay the right diagnosis. So, let's talk about right diagnosis. So, let's talk about what testing looks like. If you've been what testing looks like. If you've been bloated for months and nobody has looked bloated for months and nobody has looked beyond the food, here's what I want to beyond the food, here's what I want to test. The SIBO breath test to check for test. The SIBO breath test to check for bacterial overgrowth, a comprehensive bacterial overgrowth, a comprehensive stool analysis to evaluate your stool analysis to evaluate your microbiome, your inflammatory markers, microbiome, your inflammatory markers, your digestive markers, and your stomach your digestive markers, and your stomach acid assessment to determine if the HCL, acid assessment to determine if the HCL, the hydrochloric acid, is sufficient.

the hydrochloric acid, is sufficient. Let's look at your bile function, Let's look at your bile function, especially if fatty foods are a trigger. especially if fatty foods are a trigger.

Food sensitivity panel to identify the Food sensitivity panel to identify the hidden inflammatory triggers. This is hidden inflammatory triggers. This is not complicated testing. It's just not complicated testing.

Targeted treatments: Antimicrobial protocols, HCL support, digestive enzymes, and bile support

It's just testing that most doctors don't order testing that most doctors don't order because they're not trained to look for because they're not trained to look for these things. So, let's see what these things. So, let's see what actually works.

actually works. The answer is not always just another The answer is not always just another elimination diet, though I do try those elimination diet, though I do try those at first. The answer is find out why at first. The answer is find out why you're bloated and address the root you're bloated and address the root cause. If it's SIBO, target it cause. If it's SIBO, target it antimicrobial protocol. I like to use antimicrobial protocol. I like to use more of the natural ones like herbal more of the natural ones like herbal type things or the natural probe type things or the natural probe anti-inflammatory products. And not just anti-inflammatory products. And not just doing probiotics, though I use targeted doing probiotics, though I use targeted kinds, the right kind. So, it's not kinds, the right kind. So, it's not about just killing it off with the about just killing it off with the antibiotics. I like to use the natural antibiotics. I like to use the natural approach first and then rebuild that gut approach first and then rebuild that gut lining. If it's low stomach acid, then I lining. If it's low stomach acid, then I give a nice gentle HCL support and give a nice gentle HCL support and digestive enzymes if needed. If it's digestive enzymes if needed. If it's bile insufficiency, I do the bile bile insufficiency, I do the bile support, especially people who have support, especially people who have gallbladders removed. I have another gallbladders removed. I have another technique that I like to use naturally.

technique that I like to use naturally. And then I rebuild, repair the lining of And then I rebuild, repair the lining of the gut, restore the microbiome the gut, restore the microbiome strategically, strategically, strategically, and reintroduce foods systematically.

and reintroduce foods systematically.

Preview of next week's topic (Gut-Brain Connection: Brain fog, anxiety, and serotonin)

That's how you stop guessing and start That's how you stop guessing and start healing. Next week we're going to talk healing. Next week we're going to talk about brain fog, anxiety, depression, about brain fog, anxiety, depression, why your gut is the real problem, and why your gut is the real problem, and why 90% of your serotonin is made in why 90% of your serotonin is made in your gut, not just your brain. If you're your gut, not just your brain. If you're still bloated after eating clean, it's still bloated after eating clean, it's not you. Nobody has looked deep

enough.

not you. Nobody has looked deep enough.

Free assessment and conclusion

Reply to the top comments on my original Reply to the top comments on my original bloating video and if that video has bloating video and if that video has helped you, this one goes even deeper. I helped you, this one goes even deeper. I have the link to my previous videos in have the link to my previous videos in here. Take my free assessment. The link here. Take my free assessment. The link is in the description because everything is in the description because everything I do, every protocol, every patient, I do, every protocol, every patient, every video, everything runs through my every video, everything runs through my one belief. I'm Dr. Myra Reed, helping one belief. I'm Dr. Myra Reed, helping you to live smarter, stronger, and you to live smarter, stronger, and longer, because I don't want your first longer, because I don't want your first