The ONLY 5 Supplements You Need to Support Gut Health Transcript

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The Best Supplements for Gut Health

I have had plenty of patients where we I have had plenty of patients where we found three food groups or three foods found three food groups or three foods that were really bugging them and we get that were really bugging them and we get their gut healed up and they're their gut healed up and they're healthier and all this stuff and a year healthier and all this stuff and a year later they can eat those foods with no later they can eat those foods with no problem.

Welcome to my YouTube channel. I'm Dr. A Welcome to my YouTube channel. I'm Dr. A and I've been treating people with and I've been treating people with complex chronic illness for decades.

complex chronic illness for decades. I've also been involved in teaching and I've also been involved in teaching and research around integrative medicine for research around integrative medicine for the last 30 years now and I'd love to the last 30 years now and I'd love to use this channel to answer people's use this channel to answer people's questions. And so one of the questions questions.

Probiotics and Choosing the Right Strain

And so one of the questions that we got was what are your favorite that we got was what are your favorite things for digestive health? Now this things for digestive health? Now this could be a lot of things. The first one could be a lot of things. The first one is one everybody's probably heard of, is one everybody's probably heard of, probiotics. And here's the thing, probiotics. And here's the thing, there's a lot of both really good there's a lot of both really good research and writing about probiotics.

research and writing about probiotics. There's also a lot of really conflicting There's also a lot of really conflicting and complicated research about and complicated research about probiotics and then you get some probiotics and then you get some articles that say, well, we know that articles that say, well, we know that the gut microbiome, so all the good and the gut microbiome, so all the good and the bad flora that's in your gut is the bad flora that's in your gut is important, but we don't know enough to important, but we don't know enough to treat it. Here's the bottom line with treat it. Here's the bottom line with probiotics. The ones that you take probiotics. The ones that you take orally are going to be partially used by orally are going to be partially used by your body. They're going to be your body. They're going to be partially, you know, set up shop and partially, you know, set up shop and live in your digestive tract and then live in your digestive tract and then they're going to be partially digested they're going to be partially digested and not used. But one of the things and not used. But one of the things that's important and this has been that's important and this has been around for probably 20 years in research around for probably 20 years in research or more is that there are pieces of the or more is that there are pieces of the probiotics that don't need to stay alive probiotics that don't need to stay alive to have an interaction with receptors or to have an interaction with receptors or other biota, other creatures in your other biota, other creatures in your digestive system to help turn them to digestive system to help turn them to the correct way. So when it comes to the correct way. So when it comes to probiotics, what I normally tell people probiotics, what I normally tell people is if you can optimize them through your is if you can optimize them through your diet and the way that you eat, etc., diet and the way that you eat, etc., that's the best way to get them cuz that's the best way to get them cuz that's kind of how nature gets them into that's kind of how nature gets them into you. If you've gone beyond that and you. If you've gone beyond that and let's say you just had a whole bunch of let's say you just had a whole bunch of antibiotic treatment, or you had antibiotic treatment, or you had chemotherapy, or some other thing, we chemotherapy, or some other thing, we may have to give you some extra may have to give you some extra probiotics to help you out. So, taking probiotics to help you out. So, taking probiotics is nothing wrong with it.

probiotics is nothing wrong with it. It's not going to hurt anybody, for the It's not going to hurt anybody, for the most part, but you should be able to get most part, but you should be able to get to a point where you heal your gut to a point where you heal your gut enough that it can take care of the good enough that it can take care of the good

flora, the probiotics. Now, there are flora, the probiotics. Now, there are some, and this is what they even have some, and this is what they even have advertisements on television now, advertisements on television now, probiotic strains that have been probiotic strains that have been researched for things like irritable researched for things like irritable bowel syndrome symptoms, or bowel syndrome symptoms, or constipation, or diarrhea, and other constipation, or diarrhea, and other things like that. Those have value, and things like that. Those have value, and there's also, of course, a commercial, there's also, of course, a commercial, you know, benefit to somebody who's you know, benefit to somebody who's selling them, and often you see them selling them, and often you see them mixed into, you know, yogurts and other mixed into, you know, yogurts and other things like that. We all know yogurt things like that. We all know yogurt least starts out with probiotics in it.

least starts out with probiotics in it. So, a lot of times they're put in there, So, a lot of times they're put in there, and there's nothing wrong with those and there's nothing wrong with those things. If you really need a lot, heavy things. If you really need a lot, heavy dose of probiotics, billions of dose of probiotics, billions of organisms, might need other organisms, might need other supplementation. But, if you're just supplementation. But, if you're just going to eat something every day to kind going to eat something every day to kind of keep something good going through, of keep something good going through, and you have a chronic digestive and you have a chronic digestive problem, nothing wrong with those problem, nothing wrong with those things, okay? Are they the best way to things, okay? Are they the best way to do it? No, but are they a way that do it? No, but are they a way that people will do? Yes. So, something to people will do? Yes. So, something to consider there. The other thing is when consider there. The other thing is when you get to people with immunological you get to people with immunological deficiency. So, this could be a I'm in deficiency. So, this could be a I'm in chemotherapy, radiation, or I just got chemotherapy, radiation, or I just got done with chemo or radiation, my immune done with chemo or radiation, my immune system is shot, or I'm on certain types system is shot, or I'm on certain types of biological drugs that might be used of biological drugs that might be used for autoimmunity, or cancer, et cetera.

for autoimmunity, or cancer, et cetera. So, my immune system isn't quite So, my immune system isn't quite balanced, or I'm on high doses of balanced, or I'm on high doses of steroids, so my immune system steroids, so my immune system suppressed. What we generally recommend suppressed. What we generally recommend with people around probiotics then, is with people around probiotics then, is that they use a human microflora blend.

that they use a human microflora blend. So, HMF is just it's not a brand, it's a So, HMF is just it's not a brand, it's a type of a mixture. And why would we type of a mixture. And why would we recommend human microflora blend recommend human microflora blend when you have immune suppression, it's you have immune suppression, it's because there's other probiotics that because there's other probiotics that that that a healthy person might do that that a healthy person might do great with, but they have types of great with, but they have types of bacteria specifically in them that might bacteria specifically in them that might be dangerous for somebody who's immune be dangerous for somebody who's immune suppressed. On the other hand, if you're suppressed. On the other hand, if you're using human microflora and you have using human microflora and you have immune suppression, as long as you're immune suppression, as long as you're eating the probiotic and not, you know, eating the probiotic and not, you know, doing something else with it, you're doing something else with it, you're going to get human microflora in you, going to get human microflora in you, which your digestive system is supposed which your digestive system is supposed to be seeing. So, there's not some to be seeing. So, there's not some weird, you know, streptococcal organism weird, you know, streptococcal organism or some other thing they're putting in, or some other thing they're putting in, it's just the human stuff. Now, if you it's just the human stuff. Now, if you don't have immune suppression and you don't have immune suppression and you need certain types of help, there's need certain types of help, there's other types of probiotics we do hours on other types of probiotics we do hours on probiotics that may be more helpful and probiotics that may be more helpful and you might be recommended to use. How you might be recommended to use.

Magnesium for Digestion and Regularity

How about magnesium? Now, we have a lot of about magnesium? Now, we have a lot of magnesium content, it does everything, magnesium content, it does everything, but the reason for the gut that but the reason for the gut that magnesium can be good is there's a lot magnesium can be good is there's a lot of forms of magnesium, we got another of forms of magnesium, we got another video on a bunch of forms, that will go video on a bunch of forms,

that will go in, we eat the magnesium, take it as a in, we eat the magnesium, take it as a pill, whatever, and it'll go in, it's pill, whatever, and it'll go in, it's always bound to something else, and a always bound to something else, and a lot of that magnesium won't break off of lot of that magnesium won't break off of whatever it's bound to. So, that means whatever it's bound to. So, that means that magnesium doesn't absorb into your that magnesium doesn't absorb into your blood and it goes through your digestive blood and it goes through your digestive tract. Now, there's two big ways tract. Now, there's two big ways magnesium affects the digestive tract.

magnesium affects the digestive tract. One is if it totally doesn't One is if it totally doesn't disassociate, that magnesium will go all disassociate, that magnesium will go all the way to your colon and pull water in the way to your colon and pull water in as an osmotic agent, and it will help as an osmotic agent, and it will help you with constipation. Now, if you don't you with constipation. Now, if you don't have constipation, it may give you loose have constipation, it may give you loose stool. So, you have to be careful with stool. So, you have to be careful with that. But, the other side of it is that. But, the other side of it is magnesium that does come apart in our magnesium that does come apart in our digestive system will go and be digestive system will go and be absorbed, and it can help with the absorbed, and it can help with the neuromuscular action of your digestive neuromuscular action of your digestive system. So, if you're a person who system. So, if you're a person who suffers a lot from cramping and other suffers a lot from cramping and other reactions to food that may be cramping reactions to food that may be cramping oriented, etc., this type of magnesium, oriented, etc., this type of magnesium, the magnesiums that absorb well, will the magnesiums that absorb well, will help you out there. So, it can be an help you out there. So, it can be an osmotic agent, if it absorbs, it can be osmotic agent, if it absorbs, it can be a calming agent, two for one. Now, you a calming agent, two for one.

Prebiotic Foods That Feed Your Microbiome

Now, you might say to yourself, "Well, how did might say to yourself, "Well, how did humans survive before we had probiotics humans survive before we had probiotics in a capsule?" Right? Cuz we haven't had in a capsule?" Right? Cuz we haven't had that forever. Well, there's a couple of that forever. Well, there's a couple of ways. One is, generally, you have, as ways. One is, generally, you have, as nature sets up, good human microflora.

nature sets up, good human microflora. And if you're eating enough variety of And if you're eating enough variety of food, some of the foods that you eat food, some of the foods that you eat will be prebiotic will be prebiotic foods. Now, I could go into really long foods. Now, I could go into really long lists of prebiotic foods. They include lists of prebiotic foods. They include things that are fermented and other things that are fermented and other stuff like that. A lot of foods you see stuff like that. A lot of foods you see in almost every traditional culture in almost every traditional culture around the world are prebiotic foods. A around the world are prebiotic foods. A lot of us have gotten away from eating lot of us have gotten away from eating these things. Some people like them, these things. Some people like them, some don't. But that's literally one of some don't. But that's literally one of the ways that for millennia people have the ways that for millennia people have been able to keep their microbiome been able to keep their microbiome balanced is by eating prebiotic foods.

balanced is by eating prebiotic foods. So, again, if you don't need a ton of So, again, if you don't need a ton of probiotics, we might just have you eat probiotics, we might just have you eat prebi- otic foods to see if we can't prebi- otic foods to see if we can't build it up naturally in your system.

build it up naturally in your system. Look, do a search and you'll find Look, do a search and you'll find different levels of information, as different levels of information, as always, on the internet. But look up always, on the internet. But look up prebiotics. So, not pro, p r o, but p r prebiotics. So, not pro, p r o, but p r e, prebiotics. And you'll see, if you e, prebiotics. And you'll see, if you look at three lists, you'll generally look at three lists, you'll generally see a crossover with the major prebiotic see a crossover with the major prebiotic type foods. Now, people all say, "Well, type foods. Now, people all say, "Well, I I'm allergic to that prebiotic food." I I'm allergic to that prebiotic food." Well, then don't eat it. If a food Well, then don't eat it.

L-Glutamine for Gut Lining Repair

If a food doesn't, you know, make you feel well to doesn't, you know, make you feel well to eat, there's other

prebiotic foods you eat, there's other prebiotic foods you can eat. So, just think of it that way.

can eat. So, just think of it that way. Another one is an amino acid called Another one is an amino acid called glutamine, L-glutamine usually. This you glutamine, L-glutamine usually. This you might find really high in things like might find really high in things like cabbage, for example. There's a lot of cabbage, for example. There's a lot of glutamine. There's a lot of glutamine in glutamine. There's a lot of glutamine in other foods. Just look, type in other foods. Just look, type in glutamine in foods, you'll get plenty of glutamine in foods, you'll get plenty of lists. But glutamine is the amino acid lists. But glutamine is the amino acid in your body in the highest quantity, in your body in the highest quantity, okay? There's people that are okay? There's people that are advertising. Now, I just saw an ad for advertising. Now, I just saw an ad for glutamine. And it's been used for a long glutamine. And it's been used for a long time in medicine. It's been used in time in medicine. It's been used in weightlifting and all sorts of stuff.

weightlifting and all sorts of stuff. But glutamine is used by the digestive But glutamine is used by the digestive tract cells and other cells in your body tract cells and other cells in your body to help maintain. So, we will often give to help maintain. So, we will often give people L-glutamine orally to help with people L-glutamine orally to help with repair, say after a treatment for H.

repair, say after a treatment for H. pylori or after uh any other digestive pylori or after uh any other digestive inflammatory problem. We may do inflammatory problem. We may do L-glutamine or we might have them do L-glutamine or we might have them do juicing of high-glutamine foods or make juicing of high-glutamine foods or make you know, uh soups or smoothies or you know, uh soups or smoothies or something out of high-glutamine foods.

something out of high-glutamine foods. So, glutamine can be very helpful. The So, glutamine can be very helpful.

Carnosine and Botanical Demulcents

The next one is less known, but it has a next one is less known, but it has a similar effect to glutamine and that's similar effect to glutamine and that's called carnosine. It usually comes in a called carnosine. It usually comes in a supplement form of zinc carnosine. So, supplement form of zinc carnosine. So, this is one of those chelate things this is one of those chelate things where the zinc is stabilized on the where the zinc is stabilized on the carnosine. You're really getting more carnosine. You're really getting more carnosine than zinc in those carnosine than zinc in those supplements. But carnosine, there are supplements. But carnosine, there are some people where we might not want to some people where we might not want to give them glutamine and so carnosine can give them glutamine and so carnosine can be a good backup or good primary be a good backup or good primary treatment. The next are demulcents. Uh treatment. The next are demulcents. Uh demulcent is from the world of botanical demulcent is from the world of botanical medicine and it includes plants that medicine and it includes plants that have sort of a slippery, uh you could have sort of a slippery, uh you could even say slimy sort of nature. So, lots even say slimy sort of nature. So, lots of demulcents in the world. Ones that of demulcents in the world. Ones that you probably heard of are slippery elm, you probably heard of are slippery elm, hence the name slippery. Slippery elm in hence the name slippery. Slippery elm in a capsule or sometimes the powder mixed a capsule or sometimes the powder mixed into something, you know, like yogurt or into something, you know, like yogurt or applesauce can be used and really applesauce can be used and really soothing. Demulcents kind of coat your soothing. Demulcents kind of coat your digestive system. Another is marshmallow digestive system. Another is marshmallow root, so not the white things that you root, so not the white things that you put on cocoa, but marshmallow root.

put on cocoa, but marshmallow root. That's another demulcent. Uh okra, if That's another demulcent. Uh okra, if you've ever made okra, it's kind of you've ever made okra, it's kind of slimy. That's another demulcent they slimy. That's another demulcent they use. There's lots of demulcents. But use. There's lots of demulcents. But what we use them for? I always tell what we use them for? I always tell patients it's kind of like liquid patients it's kind of like liquid bandage. You know, it goes through and bandage. You know, it goes through and let's give you a quick tip. If you're let's give you a quick tip. If you're going to take a demulcent like slippery going to take a demulcent like slippery elm or okra or marshmallow or something elm or okra or marshmallow or something like that, and you're got to mix it in like that, and you're got to mix it in your applesauce or your yogurt and then your applesauce or your yogurt and then you going to eat it eat it right away you going to eat it eat it right away because as soon as you put

the powder because as soon as you put the powder into water, yogurt, applesauce, into water, yogurt, applesauce, whatever, it's going to get gooier and whatever, it's going to get gooier and gooier and gooier. And that's what you gooier and gooier.

Identifying and Removing Food Sensitivities

And that's what you want inside, but it gets really hard to want inside, but it gets really hard to eat when it's that gooey. And the last eat when it's that gooey. And the last is not really a supplement but we're is not really a supplement but we're talking about, you know, kind of global talking about, you know, kind of global treatments and that is talked about this treatments and that is talked about this a bunch of other videos, but everybody a bunch of other videos, but everybody has things that they may not be allergic has things that they may not be allergic to, but their body just does not like to, but their body just does not like them to eat. It's a sensitivity to a them to eat. It's a sensitivity to a food. So, food sensitivities are things food. So, food sensitivities are things that we want to eliminate, especially that we want to eliminate, especially when we have an inflamed dysfunctional when we have an inflamed dysfunctional digestive tract. So, as we eliminate digestive tract. So, as we eliminate these things, we do what's called an these things, we do what's called an elimination and re-challenge diet. And elimination and re-challenge diet. And I've described it on other videos and I've described it on other videos and there's tons of resources on elimination there's tons of resources on elimination diet. But normally what you do is you diet. But normally what you do is you first look at well, what what do I what first look at well, what what do I what I typically eat? Because the things that I typically eat? Because the things that we eat repeatedly every day can have we eat repeatedly every day can have reactions in our body, but we eat them reactions in our body, but we eat them so much we don't there's not a cause and so much we don't there's not a cause and effect we notice. Normally, if you eat a effect we notice. Normally, if you eat a food and you get really nauseated or you food and you get really nauseated or you eat a food and it gives you a headache eat a food and it gives you a headache or you eat a food and it gives you or you eat a food and it gives you diarrhea or something, you probably diarrhea or something, you probably stopped eating that food, right? Or if stopped eating that food, right? Or if you're truly allergic to something like you're truly allergic to something like you eat shellfish and you have you eat shellfish and you have anaphylaxis, you're not going to eat anaphylaxis, you're not going to eat shellfish anymore. But food shellfish anymore. But food sensitivities are just my body doesn't sensitivities are just my body doesn't really gel with, you know, whatever the really gel with, you know, whatever the food is. Now, people normally pick the food is. Now, people normally pick the big things like, you know, dairy big things like, you know, dairy products and grains or gluten products products and grains or gluten products and you know, other stuff like that.

and you know, other stuff like that. Eggs are commonly eliminated, but it Eggs are commonly eliminated, but it depends a lot what you eat. If you don't depends a lot what you eat. If you don't eat eggs, then you don't need to put eat eggs, then you don't need to put them back into your diet to try and see them back into your diet to try and see if it's a problem. Just don't eat them, if it's a problem. Just don't eat them, right? If you've already eliminated right? If you've already eliminated gluten foods and that helped you out, gluten foods and that helped you out, don't put them back in. So, look at what don't put them back in. So, look at what you normally eat, look at what you eat a you normally eat, look at what you eat a lot of and commonly, and then do an lot of and commonly, and then do an elimination and re-challenge. And again, elimination and re-challenge. And again, you can look up how to do that because you can look up how to do that because it's a fairly straightforward process.

it's a fairly straightforward process. But the bottom line is, if you But the bottom line is, if you re-challenge it, and if your body hasn't re-challenge it, and if your body hasn't seen a food in 2 3 4 weeks, and then you seen a food in 2 3 4 weeks, and then you eat it, and then you challenge it day eat it, and then you challenge it day one, and you challenge it day two, and one, and you challenge it day two, and you get some symptoms, you'll know that you get some symptoms, you'll know that that food it's Again, you're not really that food it's Again, you're not really allergic, it's just a food that's going allergic, it's just a food that's going to inflame you. And there's a there's a to inflame you. And there's a there's a million reasons for that. But the bottom million reasons for that. But the bottom line is, just don't eat it right now.

line is, just don't eat it right now. Take it out of your system. I've had Take it out of your system. I've had plenty of patients where we found three plenty of patients where we found three food groups or three foods that were food groups or three foods that were really bugging them, and we get their really bugging them, and we get their gut

healed up, and they're healthier, gut healed up, and they're healthier, and all this stuff, and a year later, and all this stuff, and a year later, they can eat those foods with no they can eat those foods with no problem. And so, a lot of it has to do problem. And so, a lot of it has to do with how healthy things are in your with how healthy things are in your digestive tract. All right, that's our digestive tract. All right, that's our video for today. I hope that answers the video for today. I hope that answers the questions that we got asked. If you like questions that we got asked. If you like this video, we're going to put up a this video, we're going to put up a video or two here for you to take a look video or two here for you to take a look at, and I will see you guys all on the at, and I will see you guys all on the