The REAL Reasons to Use L-Glutamine Transcript

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Why Glutamine Matters for Gut Repair

I want to talk to you about the real reasons to use L-glutamine for gut repair. L glutamine is the most abundant free amino acid in the body. Now, your body can make it, but it's also important to get it in your diet, especially if you exercise a lot, if have chronic illness, perhaps you have digestive problems such as irritable bowel syndrome, leaky gut syndrome clitis, Crohn's disease.

Glutamin could be very important, to increase the amount you get to help with repair and your intestines use about one third of the total amount of glutamin in And the small intestine actually uses glutamine more than any other organ system in the whole body.

And it supports gut function and the integrity of the gut mucosa. So it helps with the normal regeneration of cells. The lining of small intestines also helps healthy colon cells as well.

How Glutamine Supports Intestinal Cells

Let me talk to you about what the International Journal of Molecular Science explains. They say that the role of glutamine for intestinal health is as follows.

This amino acid has been shown to prevent premature cell death of the intestina cells. The intestin cells turn over every 3 to 4 days a type of regenerative effect.

Premature death in intestine cells occurs in conditions like ulcerative colitis or bacterial infections. Glutamine prevents premature apoptosis or death by functioning as a precursor to the antioxidant glutathione.

regulating the enzymes and proteins involved in apoptosis, controlling inflammation and decreasing cellular stress, as well as regulating, the breakdown and replacement of the intestinal cells.

Well, I hope you're enjoying the video. If you are looking for quality supplements, go to my website drstengler.

Research on Gut Integrity and Inflammation

com and there you can see the nutritional supplements I've been using with my patients for many decades. They involve a lot of scientific research. Many of them I have created myself.

So again, thank you for watching the videos and check out my supplement store at dr.stegler dot com. So you can see why glutamine is so important for intestinal health because as our intestine is constantly recycling itself, regenerating itself.

Glutamine plays a very important role, actually acts as a fuel source for those cells. So if you suffer from irritable bowel syndrome, let's say colitis, Crohn's disease, conditions like this, then very importantly that you get enough glutamate in your diet and consider supplementing it for a period of time until you're doing better.

The Journal Frontiers and Nutrition report that glutamin does indeed promote healthy small intestine cell proliferation. It regulates the tight junction proteins.

So those are the proteins which basically connect the cells of your small intestines known as the epithelial layer. They note that it reduces inflammatory pathways and it also promotes a healthy gut microbiota or your microbiome.

Supplement Advice and Typical Dosage

That's very, very important. We know in studies that glutamine supplementation also has been shown to reduce the symptoms of irritable bowel syndrome when combined with a low FODMAP diet.

And so according to the Opinion in Clinical Nutrition and Metabolic Care Journal, it states that again, glutamine is a major nutrient to maintain intestinal function in animals and humans.

And so we know that glutamine helps to repair the intestine villi, these projections that stick up in our small intestine where the absorption takes place.

So if you don't have healthy villii, you're not going to have a healthy absorption. higher amounts than slowing a bunch of pills and tablets. And for my patients, most of them have consumed 2000 to 5000 milligrams a day of glutamine.

That's an amount where you can get that regenerative effect on the small intestinal health.

Closing Thoughts on Gut Health

Well, I hope you liked that video. I have many videos on gut health through nutrition and supplementation and other holistic techniques.