Why Your Gut Healing Fails (It’s Not What You Think) Transcript

(Transcripts are generated by AI and may contain errors)

Why gut healing fails when done in the wrong order

If you've been trying to heal your gut If you've been trying to heal your gut and nothing seems to stick, and nothing seems to stick, you've been trying these elimination you've been trying these elimination diets, probiotics, bone broth, diets, probiotics, bone broth, supplements, and you feel better for a supplements, and you feel better for a week or two, then everything comes right week or two, then everything comes right back, it's probably not because you're back, it's probably not because you're doing things wrong. It's because [music] doing things wrong. It's because [music] you're doing the things in the wrong you're doing the things in the wrong order. Today, I'm going to walk you order.

Overview of the 5R Framework

Today, I'm going to walk you through the exact five-step protocol through the exact five-step protocol that I use in every gut patient in my that I use in every gut patient in my practice, which is pretty much everyone.

practice, which is pretty much everyone. It's called the five-R framework. It's called the five-R framework. Remove, replace, reinoculate, repair, Remove, replace, reinoculate, repair, rebalance. And the order matters more rebalance. And the order matters more than people really realize. Most people than people really realize. Most people start their gut healing journey by start their gut healing journey by adding things. [music] adding things. [music] They add probiotics when they just find They add probiotics when they just find over-the-counter, and they think eating over-the-counter, and they think eating yogurt [music] yogurt [music] with the probiotics enough. They add with the probiotics enough. They add supplements. They add fermented food.

supplements. They add fermented food. [music] And that makes sense [music] And that makes sense intuitively. And if the gut is intuitively. And if the gut is unhealthy, adding healthy things should unhealthy, adding healthy things should be the right answer, right? But here's be the right answer, right? But here's the problem. [music] You can't repair a the problem. [music] You can't repair a gut that is still being damaged. If you gut that is still being damaged. If you add probiotics, and sometimes even the add probiotics, and sometimes even the wrong ones, wrong ones, >> [music] >> [music] >> [music] >> you're still eating inflammatory foods, >> you're still eating inflammatory foods, still taking those NSAIDs, those still taking those NSAIDs, those anti-inflammatory drugs. You're under anti-inflammatory drugs. You're under chronic stress. [music] You're still chronic stress. [music] You're still exposed to environmental irritants. The exposed to environmental irritants. The probiotics can't overcome the damage probiotics can't overcome the damage that's still happening.

that's still happening. >> [music] >> [music] >> [music] >> That's why step one is remove, not add, >> That's why step one is remove, not add, remove.

remove. remove.

Step 1: REMOVE u2013 Eliminating gut triggers (inflammatory foods, NSAIDs/medications, infections, toxins, chronic stress)

And it's the [music] step that most And it's the [music] step that most people skip. So, step one, remove. people skip. So, step one, remove. [music] [music] [music] Remove what's causing the damage. This Remove what's causing the damage. This is the hardest step and the most [music] is the hardest step and the most [music] important. What I'm looking to remove, important. What I'm looking to remove, things like inflammatory foods, things like inflammatory foods, processed foods, [music] refined sugar, processed foods, [music] refined sugar, gluten for most people, cuz it's very gluten for most people, cuz it's very irritating, dairy for most people, and irritating, dairy for most people, and alcohol. Gut-damaging medications, where alcohol. Gut-damaging medications, where possible, things like [music] NSAIDs, possible, things like [music] NSAIDs, ibuprofen,

naproxen, unnecessary ibuprofen, naproxen, unnecessary antibiotics, long-term acid blockers, antibiotics, long-term acid blockers, [music] [music] [music] even the ones that your doctor told you even the ones that your doctor told you to take. Infections and overgrowth are to take. Infections and overgrowth are another thing.

another thing. >> [music] >> [music] >> [music] >> SIBO, candida, parasites, pathogenic >> SIBO, candida, parasites, pathogenic bacteria and viruses. These require bacteria and viruses. These require testing to [music] identify and targeted testing to [music] identify and targeted treatment to resolve. Environmental treatment to resolve. Environmental triggers, mold exposure from triggers, mold exposure from water-damaged buildings, pesticides, water-damaged buildings, pesticides, heavy metals, endocrine [music] heavy metals, endocrine [music] disruptors, and chronic stress, which disruptors, and chronic stress, which sounds like [music] a lifestyle issue, sounds like [music] a lifestyle issue, but is actually a biological one.

but is actually a biological one. Chronic stress directly [music] damages Chronic stress directly [music] damages the gut lining through cortisol. This the gut lining through cortisol.

Step 2: REPLACE u2013 Restoring digestive factors (enzymes, stomach acid, bile support)

This step alone step alone >> [music] >> [music] >> [music] >> can take two to four weeks, and for many >> can take two to four weeks, and for many patients, they start feeling patients, they start feeling significantly better just from removing significantly better just from removing what's causing the damage [music] before what's causing the damage [music] before we add anything back. Step two, replace.

we add anything back. Step two, replace. Replace what's missing with proper Replace what's missing with proper digestion. Remember from week three when digestion. Remember from week three when I talked about low stomach acid and bile I talked about low stomach acid and bile acid insufficiency and hidden causes of acid insufficiency and hidden causes of bloating? In this [music] step, bloating? In this [music] step, digestive enzymes, some of them that digestive enzymes, some of them that help break down food properly. [music] help break down food properly. [music] Hydrochloric acid, which supports for Hydrochloric acid, which supports for patients, that's the HCl. People [music] patients, that's the HCl. People [music] with low stomach acid, especially those with low stomach acid, especially those people over 40, or those who have been people over 40, or those who have been on long-term acid blockers. Bile on long-term acid blockers. Bile support, [music] especially for patients support, [music] especially for patients who've had their gallbladder removed, or who've had their gallbladder removed, or those who struggle with eating those those who struggle with eating those >> [music] >> [music] >> [music] >> digesting fatty foods. The goal here is >> digesting fatty foods. The goal here is simple. Make sure your body can actually simple. Make sure your body can actually break down and absorb the foods [music] break down and absorb the foods [music] you're eating. Because the best diet in you're eating. Because the best diet in the world doesn't help if your body the world doesn't help if your body [music] can't process it. Step three, [music] can't process it.

Step 3: REINOCULATE u2013 Rebuilding healthy flora (probiotics, prebiotic & fermented foods, 30 plants per week)

Step three, reinoculate. Now, and only now [music] reinoculate. Now, and only now [music] do we start adding back. This is where do we start adding back. This is where some probiotics can come in, but some probiotics can come in, but strategically with the right ones, not strategically with the right ones, not just random.

just random. >> [music] >> [music] >> [music] >> Really knowing which one to use. In week >> Really knowing which one to use. In week three, I talked about how probiotics can three, I talked about how probiotics can make SIBO worse. That's why we remove make SIBO worse. That's why we remove and treat [music] SIBO first, then and treat [music] SIBO first, then reinoculate. When reinoculation, what reinoculate. When reinoculation, what can [music] look like is targeted can [music] look like is targeted probiotics, the right kind, specific probiotics, the right kind, specific strains based on what your stool strains based on what your stool analysis shows. Not a generic analysis shows. Not a generic >> [music] >> [music] >> [music] >> blend from the grocery store or >> blend from

the grocery store or something you get from an influence something you get from an influence online.

online. online. Prebiotic foods, [music] garlic, onion, Prebiotic foods, [music] garlic, onion, asparagus, artichoke. These feed good asparagus, artichoke. These feed good bacteria. Fermented foods [music] like bacteria. Fermented foods [music] like sauerkraut, kimchi, kefir, yogurt, sauerkraut, kimchi, kefir, yogurt, natural sources of diverse bacteria.

natural sources of diverse bacteria. Those former market vegetables [music] Those former market vegetables [music] even. even. even. Dietary diversity, the more diverse your Dietary diversity, the more diverse your plant intake, the more diverse your plant intake, the more diverse your microbiome. Research suggests aiming microbiome. Research suggests aiming [music] for 30 different plant foods per [music] for 30 different plant foods per week. That sounds like a lot, but week. That sounds like a lot, but including herbs, spices, including herbs, spices, >> [music] >> [music] >> [music] >> nuts, seeds.

>> nuts, seeds. It all adds up fast. And if you really It all adds up fast. And if you really don't like vegetables, just pick one and don't like vegetables, just pick one and try that for that week, [music] and then try that for that week, [music] and then start adding another one gradually.

start adding another one gradually. Start with the ones that you're more Start with the ones that you're more likely to want to try, and then build on likely to want to try, and then build on top of that, but not eating the same top of that, but not eating the same vegetable [music] all the time. That's vegetable [music] all the time. That's not giving you diversity. You need a not giving you diversity. You need a different amount and different kinds, different amount and different kinds, rotating different ones, so you get the rotating different ones, so you get the different [music] nutrients and different [music] nutrients and different substances that these great different substances that these great plants have to offer to our body, our plants have to offer to our body, our gut, and our whole [music] overall gut, and our whole [music] overall well-being. And it adds different kind well-being. And it adds different kind of fibers as well, which is good [music] of fibers as well, which is good [music] for your gut. Makes your gut happy for your gut. Makes your gut happy mixing all these different plants. So, mixing all these different plants. So, the more diverse your plant intake is, the more diverse your plant intake is, the [music] more diverse your microbiome the [music] more diverse your microbiome will be.

will be. So, mix those different vegetables and So, mix those different vegetables and fruits. fruits. fruits. Research suggests that aiming for these Research suggests that aiming for these 30 different plants per [music] week, 30 different plants per [music] week, well, these are things that you can even well, these are things that you can even incorporate without even knowing.

incorporate without even knowing. >> [music] >> [music] >> [music] >> Just start mixing things in salads or >> Just start mixing things in salads or soups and such. If you're finding this soups and such. If you're finding this helpful, I want you to subscribe cuz we helpful, I want you to subscribe cuz we go into this deep [music] every week.

go into this deep [music] every week.

Step 4: REPAIR u2013 Healing the gut lining (L-glutamine, zinc carnosine, collagen, BPC-157/KPV, immunoglobulins)

Now, step four, repair. We want to know Now, step four, repair. We want to know how to actively repair the gut [music] how to actively repair the gut [music] lining. Remember, the gut lining is only lining. Remember, the gut lining is only one cell layer thick and it regenerates one cell layer thick and it regenerates every 3 to 5 days. So, the capacity for every 3 to 5 days. So, the capacity for the gut to heal is where we need to the gut to heal is where we need to start and just [music] give it the right start and just [music] give it the right support and the right love. What I use support and the right love. What I use in my practice to repair [music] is in my practice to repair [music] is things like L-glutamine, the most things like L-glutamine, the most studied gut lining repair nutrient and studied gut lining repair nutrient and primary [music] fuel source for the primary [music] fuel source for the cells that line your gut, especially in cells that line your gut, especially in the colon. Zinc carnosine, which the colon. Zinc carnosine, which supports the tight junction integrity.

supports the tight junction integrity. Remember the shower tiles that I had Remember the shower tiles that I had talked about in week one? talked about in week one? Well, Well, Well, zinc [music] carnosine helps reseal zinc [music] carnosine helps reseal these tight junctions of the zonulin.

these tight junctions of the zonulin. Collagen and bone broth provide building Collagen and bone broth provide building blocks for gut lining repair. [music] blocks for gut lining repair. [music] And for patients who need more targeted And for patients who need more targeted support, this is where I like to use support, this is where I like to use peptides [music] like BPC 157. If you peptides [music] like BPC 157. If you watched my peptide series, you know that watched my peptide series, you know that BPC 157 [music] is a body protective BPC 157 [music] is a body protective compound connected to the gut lining compound connected to the gut lining into those proteins that were made in into those proteins that were made in the stomach. [music] And these that are the stomach. [music] And these that are produced will really help support gut produced will really help support gut lining and repair. And this is [music] lining and repair. And this is [music] happening at a level that supplements happening at a level that supplements alone can really reach. Many times I'll alone can really reach. Many times I'll even combine the peptide KPV, an even combine the peptide KPV, an anti-inflammatory peptide for the gut anti-inflammatory peptide for the gut health, and [music] the GHK-Cu health, and [music] the GHK-Cu for tissue remodeling, and the PEA. But, for tissue remodeling, and the PEA. But, peptides are a tool. [music] They work peptides are a tool. [music] They work best when when steps one through three best when when steps one through three have already been done. And one of my have already been done. And one of my favorite things to repair the gut lining favorite things to repair the gut lining is [music] immunoglobulins. And I like is [music] immunoglobulins. And I like to use targeted ones that people to use targeted ones that people tolerate. That has really [music] been a tolerate. That has really [music] been a game-changer for sealing that leaky gut.

game-changer for sealing that leaky gut.

Step 5: REBALANCE u2013 Preventing relapse (sleep, stress, movement, food reintroduction)

Step five, rebalance. This is the step Step five, rebalance. This is the step most protocols forget and is why people most protocols forget and is why people [music] relapse. Rebalance is about [music] relapse. Rebalance is about maintaining what you built and maintaining what you built and addressing the lifestyle factors that addressing the lifestyle factors that will determine whether that this healing will determine whether that this healing will last. That's why I talk about one will last. That's why I talk about one of my pillars being lifestyle. [music] of my pillars being lifestyle. [music] Things such as sleep, 7 to 8 hours Things such as sleep, 7 to 8 hours minimum. Growth [music] hormone for the minimum. Growth [music] hormone for the gut is released during this deep sleep.

gut is released during this deep sleep. So, that's why deep sleep is so So, that's why deep sleep is so important because we know that poor important because we know that poor sleep means poor healing. Stress [music] sleep means poor healing. Stress [music] management, chronic stress directly management, chronic stress directly damages the gut lining through cortisol.

damages the gut lining through cortisol. That's why breathing [music] exercises, That's why breathing [music] exercises, meditation, being out in nature, setting meditation, being out in nature, setting boundaries, these aren't just luxuries, boundaries, these aren't just luxuries, they're treatments. [music] they're treatments. [music] Certain movement, stay in movement, Certain movement, stay in movement, active during the day. Regular exercise active during the day. Regular exercise supports the microbiome more than you supports the microbiome more than you know, know, know, >> [music] >> [music] >> [music] >> as well as the more important gut >> as well as the more important gut motility. Then food reintroduction.

motility. Then food reintroduction. >> [music] >> [music] >> [music] >> Systematically reintroduce foods. I like >> Systematically reintroduce foods. I like to do one at a time. After you've had to do one at a time. After you've had that 30 days where you've taken them that 30 days where you've taken them out, if there's one thing you've been out, if there's one thing you've been missing, add it back for just 3 to 4 missing, add it back for just 3 to 4 days and then see how you're track your days and then see how you're track your symptoms, see how you're feeling and symptoms, see how you're feeling and really write it down and keep a little really write it down and keep a little

journal about it. [music] Because you journal about it. [music] Because you may not know that there's a certain food may not know that there's a certain food that your body doesn't tolerate. So, that your body doesn't tolerate. So, this is how we do removing it for 30 this is how we do removing it for 30 days, then slowly reintroducing one days, then slowly reintroducing one thing at a time and then tracking your thing at a time and then tracking your symptoms and journaling [music] and then symptoms and journaling [music] and then you can see for yourself what is you can see for yourself what is happening and if the food really happening and if the food really triggers any of your reactions. And then triggers any of your reactions.

Monitoring & healing timeline (30, 60, 90 days)

And then of course, ongoing monitoring. Retest in of course, ongoing monitoring. Retest in about 3 to 6 months. Are the markers about 3 to 6 months. Are the markers improving? Is the microbiome more improving? Is the microbiome more diversifying? Is the inflammation diversifying? Is the inflammation resolving? Healing is not just an event, resolving? Healing is not just an event, it's a process. So, here's what to it's a process. So, here's what to expect. [music] People always ask me, expect. [music] People always ask me, "How long does it take?" At 30 days, "How long does it take?" At 30 days, bloating often reduces significantly, bloating often reduces significantly, energy improves, brain fog lifts, energy improves, brain fog lifts, >> [music] >> [music] >> [music] >> digestive symptoms calm down, that >> digestive symptoms calm down, that achiness and joint aches improve. At 60 achiness and joint aches improve. At 60 days, sleep is improved, mood stabilize, days, sleep is improved, mood stabilize, [music] [music] [music] food sensitivity start decreasing, and food sensitivity start decreasing, and your skin begins clearing up.

your skin begins clearing up. >> [music] >> [music] >> [music] >> At 90 days, inflammatory markers are >> At 90 days, inflammatory markers are dropping on the labs, body composition dropping on the labs, body composition often changes, [music] often changes, [music] energy is sustained throughout the day, energy is sustained throughout the day, feeling like yourself again. It's not feeling like yourself again. It's not overnight, but it [music] is achievable.

overnight, but it [music] is achievable. And if you follow the steps in order and And if you follow the steps in order and give your body the time it needs, give your body the time it needs, then that's what it takes. Don't let then that's what it takes.

Next week: The Gut-Skin Connection + free resources

Don't let your first symptom be your last, and your first symptom be your last, and don't let impatience rob you of a don't let impatience rob you of a transformation [music] that could change transformation [music] that could change the rest of your life. Next week, we're the rest of your life. Next week, we're going to be talking about things that going to be talking about things that are associated with the gut. Acne, are associated with the gut. Acne, eczema, rosacea, those skin rashes. It's eczema, rosacea, those skin rashes. It's not just your skin care routine, [music] not just your skin care routine, [music] it can start in your gut. If you want my it can start in your gut. If you want my five R protocol cheat sheet, it's linked five R protocol cheat sheet, it's linked in the description. Print it out, put it in the description. Print it out, put it on your refrigerator, and follow the on your refrigerator, and follow the steps in order. [music] And if you want steps in order. [music] And if you want someone to guide you through this step someone to guide you through this step by step with real testing and real by step with real testing and real monitoring, take my assessment, the link monitoring, take my assessment, the link is in the description. If you missed any is in the description. If you missed any of the earlier weeks on the full gut of the earlier weeks on the full gut health playlist, it's right [music] health playlist, it's right [music] here.

here. here. We're going to I'm still going on a few We're going to I'm still going on a few more weeks on talking about gut health more weeks on talking about gut health and getting into [music] all the nuances and getting into [music] all the nuances of gut, because everything I do, every of gut, because everything I do, every protocol, protocol, protocol, >> [music] >> [music] >> [music] >> every patient, every video runs through >> every patient, every video runs through my one belief. I'm Dr. Myra Reed, my one belief. I'm Dr. Myra Reed, helping [music] you to live smarter, helping [music] you to live smarter, stronger, longer, because I don't want stronger, longer, because I don't want