Natural Solutions for Improving Digestive Function & Healing the Gut
Frances Dalton

NATURAL SOLUTIONS FOR IMPROVING DIGESTIVE FUNCTION & HEALING THE GUT

Presented by
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MULTI-SYSTEM ABNORMALITIES
- Immune dysfunction
- Neurotransmitter & Hormonal abnormalities
- Toxicity - Heavy Metal Toxicity
- Inadequate Detoxification
- Digestive problems
- Nutrient deficiencies
- Yeast / Bacterial/Parasitic gut infections

GUT & DETOXIFICATION

"It is a mistake, it's half a therapy if you only treat the gut. The other half of the therapy is to detoxify. ......We have to get the toxins out to even allow the nutrients to get into the tissues. You can't get the nutrients in there if they are full of poisons, you can't get two things into one space."

Charlotte Gerson

Nutritional & Gut healing must be conducted in parallel with Detoxification

GUT DYSFUNCTION - CHILDREN IN PAIN

"these children have treatable gastrointestinal problems ranging from moderate to severe...these children are ill, in distress & pain..."Often their "behaviours & actions are potential symptoms of gastrointestinal complaints"

Dr Tim Buie Paediatric Gastroenterologist on ADHD & Autism

GASTROINTESTINAL PATHOLOGY IN ASD

Endoscopy reveals:
- Generalised inflammation & swelling; Ulceration / Ulcerative colitis; Polyps

Symptoms range from:
- Diarrhoea
- Food avoidance
- Vomiting
- Self-injurious behaviour
- Poor sleep
- Stool incontinence
- Constipation
- Mucus in the stool
- Malabsorption
- Poor growth
- Stool urgency

Arthur Krigsman MD Gastrointestinal Pathology in Autism Description & Treatment
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**WIND, BLOATING, UNFORMED STOOLS & CLOGGED UP COLONS**
- Loose, stinky, yellow stools - suggest inflammation in the colon
- Stool urgency is common
- Anal leakage – soiled underwear
- Constipation
- Alternating constipation / diarrhoea (formed/loose)
- Faecal Impaction

**UFO’S IN THE INTESTINES**
Symptoms of possible invasion:
- Diarrhoea & abdominal pain
- Chronic digestive symptoms
- Distended abdomen
- Dark Circles under the eyes
- Foul smelling stools
- Lots of smelly flatulence
- Greenish stools
- Irregular bowel movements

**CANDIDA OVERGROWTH**
Factors that encourage overgrowth of Candida:
- High Sugar Diet;
- Preservatives in food;
- OVERUSE OF ANTIBIOTICS
- Excess Acidity
- Stress
- Passed on from Mother to Baby
- Associated with high Mercury Burden
- Nutrient Deficiencies – Zinc, Iron

**ANIMAL STUDIES** suggest
- Infants may be more susceptible to Candida infection than adults.
- Antibiotics at early age – ↑ Candida infection by 130x compared to adults
- Exposure of infants to cortisone – ↑candida infection by 8x

**CANDIDA OVERGROWTH**
- Induces immune changes
- Produces neurotoxins which can directly affect behaviour

**Acetaldehyde causes:**
- Behavioural problems
- Hyperactivity
- Sleep problems
- Learning, comprehension & emotional problems
- Memory loss
- Distorted thinking / Impaired intellectual functioning
- Mood swings / Depression
- Interferes with Mitochondrial function (cellular energy) – fatigue, Chronic Fatigue, Autism

**DYSBIOSIS – WHEN THINGS GO WRONG**
Dysbiosis is when the balance of the healthy bacteria in the gut are disrupted

Stool analysis commonly reveal these disturbances:
- E. coli undergrowth
- Streptococcus overgrowth
- Staphylococcus overgrowth
- Clostridia Overgrowth
- Prevotella overgrowth
- Lactobacillus undergrowth
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REPAIRING THE GUT

- CHANGE THE ENVIRONMENT
- ENHANCE THE IMMUNE SYSTEM
- SPECIFICS – Antimicrobials, Antifungals, Antiparasitics, Dysbiosis

CHANGING THE ENVIRONMENT

- Clear out the garbage
- Alkalise
- Reduce inflammation
- Antioxidants
- Remove allergens
- Improve the digestive process

- Nutrition
- Superfoods / General Tonics
- Probiotics
- Stress / Adrenal Function
- Detoxification

CHANGE THE ENVIRONMENT - ALKALISE

- In an Acid State
  - Oxidative Damage
  - Encourages overgrowth of acid resistant pathogens eg. Candida & Strep.
  - ↑ Inflammation
  - Major Nutrients become less available & Trace Element Toxicity can occur.
  - Probiotic Colonisation depends upon the correct degree of acidity in the gastrointestinal tract

IMPROVE DIGESTION

IT’S GOOD TO CHEW!!

- Mechanical breakdown of food - ↑ Surface area for digestive enzymes
- Mixes with Saliva - ptyalin & other enzymes necessary for starch digestion
- Nourishes the gut - salivary Epidermal Growth Factor (EGF). Healing to epithelial lining. Purified EGF has been shown to heal ulceration of the small intestine.
- Advice of three very Wise Chinese Doctors......

PASSING THE ACID TEST

THE IMPORTANCE OF STOMACH ACID

Stomach acid (HCL) – one of the most critical factors in digestion

- Essential for Protein digestion
- Essential for Mineral absorption
- First line of defense against pathogenic organisms
- Essential for proper function of Pancreas & Liver / Gallbladder
- Low HCL – can lead candida overgrowth in small intestine

Many of these children have hypochlorhydria – Low stomach acid

BITTERS

- Enhance upper digestive function / improve assimilation of nutrients into the system.
- Stimulate appetite - good for poor eaters
- Increase the flow of digestive juices
- Increase flow of bile - acts to improve self-cleansing ability of the liver
- Regulate secretion of insulin & glucagon by the pancreas & liver - helps to regulate blood sugars
- Stimulate repair of gut lining - beneficial in ulceration & other inflammatory conditions
- Improve the micro-environment of the gut
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SUPERFOODS

- Superfoods
- Spirulina – Powerful Food-Base
- Foods from the Hive
- berries – Super Antioxidants
- SeaWEEDS – A Gift from the Sea
- IODINE

Spirulina – Powerful Food-Base

- Rich source of: Protein (69%) Beta Carotene (cis, trans, zeaxanthin), Iron, B12, Calcium, EFA (well balanced 3 & 6 omega fats), Chromium, Selenium, Zinc, Vitamin B6, Potassium, Magnesium.
- High in Chlorophyll (alkalising)
- Promotes Healthy Intestinal Flora*
- Prevents reabsorption of chelated Mercury by the abundant nerve endings in the intestinal nervous system in the gut walls.
- Spirulina chelates heavy metals and ↓ radiation levels**

*Chiba Hygiene College (Japan) Feb 1987
**Research Institute of Radiation Medicine, Minsk 1993

Foods from the Hive

- Bee Pollen
- Royal Jelly
- Raw Honey
- Propolis

Berries – Super Antioxidants

- High in vitamin C
- High ORAC – measure of antioxidant content of foods
- Caters free radicals produced by the environment & body’s own metabolic processes
- Maintains cell health & function.
- 5000 ORAC units daily - significant impact on plasma & tissue antioxidant levels ↑ 10-25%
- All Berries Wild Blueberries, Goji, Açaí, Raspberries etc

SeaWEEDS – A Gift from the Sea

Therapeutic benefits relate to:
1. Concentration of minerals
2. Positive effect on thyroid function.
- 93 nutrients identified – major minerals calcium, magnesium, sodium, phosphorus, potassium, iron, iodine & other trace minerals
- Eskimos get most of their vitamin C from seaweed.
- Arame, Hijiki & Wakame - 10 X calcium of milk.
- Sea lettuce – 20 X iron of beef.
- Nori – 2x protein of meat
- Dulse – 30 x potassium of bananas
- Protein source is highly bioavailable – 70% of Nori is assimilated by the body.

Iodine

Iodine deficiency can sometimes be one of the major causes of ADHD

- Research in Italy found higher levels of ADHD in the children of women who lived in an iodine deficient area compared to an iodine sufficient area
- 10 Year follow up found ADHD was diagnosed 11/16 (69%) in the iodine deficient area compared to 0/11 (0%) in the iodine sufficient area.
- There was also an 11 point decline in IQ in those children born in the iodine deficient area.