

Transcript for the Facebook Live Video
On Irritable Bowel Syndrome

Todd Nelson, D.Sc, Naturopath

Visit <http://tolwellness.com/gut> or call (303) 969-3051

Hi, everyone. It's Todd Nelson. I'm a naturopath in Colorado, and I've been seeing individuals and families for about the last 34 years with many different health concerns, but today, I want to talk to you about the 7 different causes of gas and bloating because this is something I see every single day in my center here in Colorado, and so many people are experiencing digestive problems on a daily basis. In fact, 21% of all doctor visits nationwide are for people that ultimately get a diagnosis of irritable bowel syndrome or IBS.

The problem is, is that most of the time if they go to a gastroenterologist they are diagnosed with irritable bowel syndrome – the most common diagnosis a gastroenterologist makes. Typically, they they only get 3 different things to take care of the problem; All three are medications. Usually, the medications are either laxatives to make you go to the bathroom if you have constipation, or an anti-diarrheal, something that will block you up if you're going excessively and you have watery stools, or maybe an antispasmodic to reduce down the cramping.

A couple of things I want to share with you today out of my 3 decades of experience. I really want to go through the 7 main causes of this problem because conventionally, it's rarely addressed, and I want you to really understand the fundamental causes of what might be causing your suffering on a daily basis.

I've got clients every day who tell me, "Gosh, Todd. At the end of the day, my gut feels like a bowling ball," or, "I feel pregnant." I even had a client the other day who was showing me pictures of her belly in the morning versus in the evening. Morning, she would have a flat belly. In the evening, it would be sticking out literally like a bowling ball - so perhaps, this is you.

About midway through this educational video, I'll tell you how to access another free report that's going to help you that much more to overcome this potentially severe problem.

Before I dive into the 7 major causes of gas and bloating and why it may be causing the misery and the suffering that you're dealing with on a daily basis, I want to give you a little history and background on this, and maybe you already have some education because right now, gut education is exploding.

It seems like a new book on gut health is coming out every month. There are chiropractors writing books on gut health. There's naturopaths writing books on gut health. There's even a neurologist named "Dr. David Perlmutter" who I have the privilege of studying with from time to time. He came out with a book just this past year called "Brain Maker" talking about the gut-brain connection.

Now, I had a very early exposure to gut health, the importance of gut health, and how it relates to overall health in general. My early mentor and eventually friend and teacher was Dr. Bernard Jensen. He was a famous old naturopath. Maybe you've heard of him - he wrote this book called "Tissue Cleansing Through Bowel Management." It was written in 1981.

Now, this particular program outlined in the tissue cleansing for bowel management book is very, very intensive. It's probably one of the most intensive cleansing programs you can do. I've personally done it a couple of times. I used to take groups of people through it. He used to have a health ranch in California where he would take up to 40 or 50 people at a time to this program, but it really requires taking 7 days off of your life to do it.

The good news is 30 years later or more, we have easier ways of fixing these problems with the gut, but first, you have to learn what's causing it and what's causing it for you personally because if we have 10 people in a room with irritable bowel syndrome, or just gas and bloating, or constipation, or diarrhea, the cause for you may be very different from the person sitting next to you, so there's not a one-size-fits-all remedy, or therapy plan, or diet that you can specifically apply to yourself that's going to work for everybody.

That's why it's really important to get an individualized consultation, support,

and expert guidance for you personally because your causes, as you're going to find out in just a minute, may be very different than the next person's. You may try exactly what they're doing. They might be getting results, but for you personally, it may not work, so I want you to really pay attention.

One of the things I'm going to start off with is one of the primary things I always say to clients is that the gut is not something you should feel. It shouldn't be making you suffer and make you pay attention to it on a daily basis. You shouldn't be getting up feeling queasy in the morning. You shouldn't feel totally exhausted, and bloated, and having discomfort right after you eat lunch. You shouldn't be getting into the evening and your gut is that much worse.

In fact, you shouldn't be thinking about your gut at all. It should just be naturally, automatically functioning. You should be having a good bowel movement, or two, or three every single day without having to think about it, and it's something you should be able to just eat, and get back to your day, and feel light, energized, not overly burdened, and not like food is just sitting there in your gut not doing anything. That's the whole goal actually is to get to the point where you don't think about your gut.

Let's talk about what are the 7 primary causes of gas and bloating, and then of course, what can you do about it. Let's look at number 1. Insert each category

Number 1 is something called "dysbiosis," and it's what I call "the good, the bad, and the neutral." The good, the bad, and the neutral means the good bacteria, bad bacteria, and neutral bacteria. Now, you may know that we have about a hundred trillion bugs in our gut. Not a wonderful thought necessarily, but these bugs do very special things for us. In fact, the bulk of all DNA in our body is in our gut bacteria. It's like this little 3 or 4-pound universe that resides down in our intestinal tract.

The good bugs are called "probiotics and acidophilus good bacteria." These protect the gut. They also protect us from absorbing excessive toxins into our intestine that circulate and can affect other problems like inflammation or autoimmune disease. That's something I'll tackle in another video/report coming up, but for now, it's important to get that we need a good amount of good bacteria in our gut, and we need a wide diversity of good bacteria in our

gut as well.

For example, indigenous people in Africa have about 40 times the amount of good bacteria that we do and a much wider diversity than we do. In the Western world, we're actually very low in our diversity in our bacteria.

The number 2 cause of gas and bloating is bad bacteria or infection.

You could have a lack of good bacteria or low counts of beneficial bacteria like acidophilus and bifidus, and there's a number of other beneficial bacteria that are important, and you have too much bad bacteria. Let's say you might even have a high-grade or a low-grade infection. I see this a lot in stool tests. I'm going to show you an example in a few minutes. (Venu, do we want to include a visual? What happens is those low-grade infections create toxins that begin to irritate the gut, and it might even create a spasming gut. It could make you cramp. It could increase inflammation. Eventually, it could give you what's called the "leaky gut," (I'll discuss that in another report.)

Then, you have the neutral bacteria as well. Neutral bacteria are just symbiotic. They're neighbors that live in you that don't really do anything, good or bad. They just happened to like the environment, and they hang out.

The science of the bacteria, yeast, and parasites in the gut is actually in its infant stages. Even though Dr. Bernard Jensen and many other naturopaths and early Functional Medicine doctors knew that you need good bacteria in your gut to be well, they weren't quite sure what all these bacteria did or how, exactly, they affected health.

Now, we have some very sophisticated lab techniques where we can identify the DNA signatures of these bacteria and figure out just exactly what makes up your personal bacterial universe. That's called the "microbiome." When that microbiome gets disrupted and you have too much bad, not enough good, maybe not enough diversity of the bacteria that generally is called "dysbiosis." It's really a disordered gut ecology, a very confused gut ecology. Some of these things we're going to talk about below actually cause that state of dysbiosis, so stay with me on this. We're going to keep expanding this as we go along.

Let me touch on this condition called "SIBO" or Small Intestinal Bacterial

Overgrowth. That's when you have an overgrowth of bad bacteria or fermentive bacteria that's in the wrong place. It's migrated into your small intestine, and you might be creating too much hydrogen or methane gas. When we think of cows grazing in the field, we think of them creating methane. If you've ever been into a field of cows and there's a certain smell, that can come from an overgrowth of the bacteria in your small intestine called "archaea", which makes methane.

There's ways of testing for SIBO which I'm going to talk about below. There's a lot of research going showing that a lot of people that are diagnosed with irritable bowel syndrome actually have SIBO. Once you find that, then there are some very specific protocols that you need to do to get rid of that bad bacteria, to replenish the good bacteria, and to be able to balance out that whole gut ecology again.

Okay. #3, excess sugar and carbs. Now, you're probably sick of hearing about it, but when you eat a lot of sugar and a lot of carbs ... The average American is eating about 160 pounds of sugar a year. Imagine that. When you eat that the bad bacteria or the excessively fermenting bacteria eats it, and then what do they do? They make hydrogen or methane gas, and they make other toxins as well, and this starts to disrupt the gut bacteria environment. It starts actually favoring an environment where bad bacteria can grow or bad yeast like candida can start growing as well.

One of the most powerful things you can start doing right away is to start taking sugar out of your diet, and too much flour, and too much simple carbohydrates that break down into carbs quickly. Even things like rice flour or potato flour might break down into simple carbs very quickly, and then be a fuel and a food for those bad bacteria.

What I always say to all my clients is there's 3 main things when you have infections or overgrowth of bad bacteria, and that is starve them, kill them, and create an environment where they can't thrive. "Starve them" means take away those simple carbs that they like. "Kill them" means you might need some very specific remedies, usually herbal, that are very powerful that can kill them, and then create a healthy gut ecology by getting more diversity of good bacteria.

Each one of these causes, we could spend an hour on. Believe me. I just

want you to get a flavor for how complex and how diverse these causes are, and that it's very important to realize that they specifically relate to you. You may have 2 or 3 of these causes. You may have all 7. You may have just 1 or 2. It's just enough to make you not feel well.

All right. Let's go to number 4. Number 4 is medications. We're a country that's highly overusing antibiotics. Actually, the most antibiotics are used in animal feed, in feedlots. When animals are eating them, and you eat the animal, you're ingesting them as well, and that can be killing down your own beneficial bacteria. Let's say, if you're getting infections, sinus infections or other infections, respiratory infections, and you're taking antibiotics, guess what? That can kill down your beneficial bacteria and set up the environment so you don't have enough diversity and it favors the overgrowth of bad bacteria and yeast. What do they do? They create chemicals that ferment and create these hydrogen, methane gases, and pretty soon, you're feeling bloated up and not feeling too good.

Again, we have to screen for these things. Do you have some sort of low-grade infection? Do you have some sort of candida yeast overgrowth that happened after you took these medications? The big 3 medications that are the top influencers of your gut ecology in a negative way are antibiotics, nonsteroidal anti-inflammatories or anti-inflammatory drugs like aspirin, ibuprofen, acetaminophen, those kinds of things. Even worse is steroids.

Then, there's many other medications that can cause disruption in that whole gut ecology. Even birth control pills or other hormones can influence the state of your gut ecology. Very, very important that when you're taking medications you should be taking a very good probiotic on a daily basis.

Now, I really like to personalize that for people. You can run out to the health food store and get something, but it may not be the right probiotic for you. In fact, if you have SIBO, the condition I just told you about, and you get some real fermentive probiotics, you might feel a lot worse. Have you ever had that experience where you go get a probiotic and suddenly, you're more bloated and you're more discomfort? Sometimes, it's not the right type of probiotic for you. That's why I always advice to get personalized attention and expert guidance on these things once you've done some good Functional Medicine testing.

All right. Let's go on. Food sensitivities is #5. Food sensitivities are so prevalent, and of course, all the rage right now is gluten sensitivity, but certainly, it's very, very, very common. Many of my clients have gluten sensitivity. I screen it through a test I want to show you. I like to use a lab called "Cyrex Labs." It gives you 24 different antibodies to gluten and its different proteins.

Interestingly enough, there's 23,000 proteins in gluten, and most people can't digest them well, and they can get very, very sensitized to it. If that's the case, you must learn how to strictly avoid it. Now, there's many other foods. There's about 180 foods that we can test to find out if you're having these immune reactions to the food, and this could be foods you don't suspect. I mean, I have people reacting to zucchini, or celery, or chia seeds which you'd think would be healthy for you, but they eat them and they get an immune reaction that can lead to an inflammatory or spastic reaction, and that can cause gas and bloating as well as many other symptoms.

Food sensitivity is a very strong cause of gas and bloating. It can also influence things like looser stools or constipation, so I always highly suggest that you get tested with a really reputable lab Cyrex Labs in Arizona is one of the best labs, I think, in the country for detecting food sensitivities.

Okay. What about inflammation? That's number 6. Inflammation. Hard to know if you actually have gut inflammation unless you either do a stool test that has some markers for inflammation in the colon or if you get a colonoscopy and you're actually looking into the colon and seeing if you have inflammation. That's why you have to differentiate between inflammatory bowel disease and irritable bowel syndrome because some people actually have disease where they have to get treatment accordingly like Crohn's disease or ulcerative colitis, for example, versus irritable bowel syndrome which is a chronic dysfunction.

IBS is not necessarily a disease, so this is very, very important to differentiate these, and I'm going to show you an example of a test in a moment that will show you this. (Should we include a visual? There's only a couple of labs in the country that have sensitive testing.

Let's go to number 7 is stress. That is the last big influencer in gas and bloating.

.If you're eating under stress, you can leave the table not feeling very well, not digesting very well, and feeling bloated. Common examples are eating under time pressure, or eating in your car, standing up, and not really relaxing, and mindfully breathing, and taking in your food, and letting it really digest before you're running off to the next thing.

Now, those are the 7 primary causes of gas and bloating. I want to strongly suggest that you find out whether or not you have any of these causes. In the field of Functional Medicine, we have some exceptional tests, so myself and any practitioner that does Functional Medicine can do this with you. I want to show you a couple of examples.

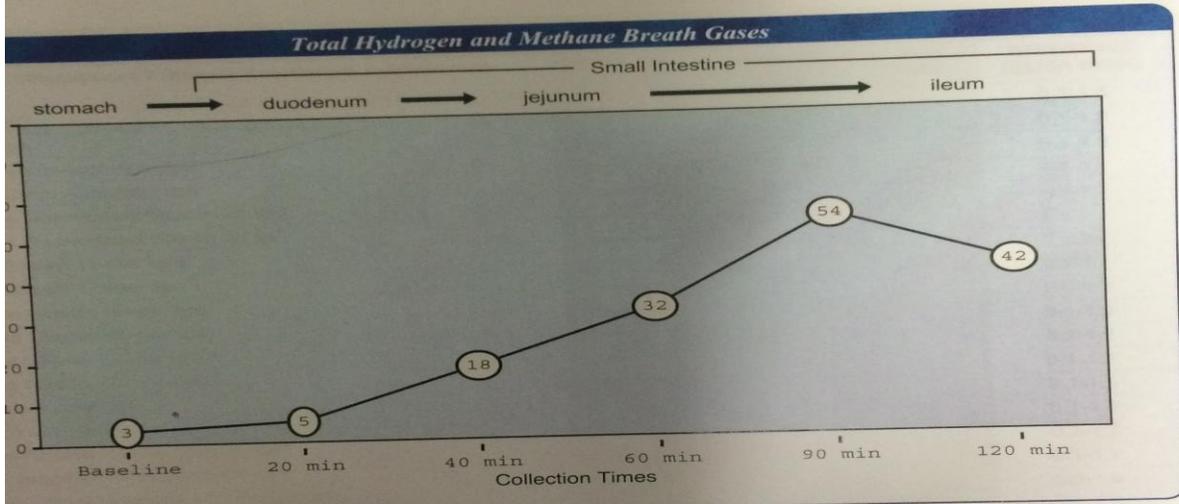
One is ... Here's an example of a stool test. This has a category of infection, inflammation. This person did not have any overgrowth infections or inflammation, but they had some real unbalances in their intestinal tract, and they had an enzyme that was elevated called "beta-glucuronidase." They had really high diversity of bacteria in their gut which is very rare for me to see. Usually, most 90% of the people I see, it's way down here, and this is showing us the relative balance of the bacteria.

One other potential cause of gas and bloating is something called enzyme insufficiency. This is very low pancreatic enzymes.. If you don't have enough pancreas enzymes, you don't break down carbs, and fats, and proteins like you should be. Then, they can ferment and putrify, Excess alcohol, junk food eating, stress, infections, medications, and aging can all contribute to pancreatic insufficiency.

Now, I want to talk to you about the SIBO test. This is a test you do where you breathe into a tube after you drink a sugary drink called "lactulose," and you start off here, and you go about 130 minutes of breathing in here, and you can see it really peaked up toward the end. See, here's his baseline of hydrogen and methane gas. Very low, but at the end, it's very high. That's the way you actually detect SIBO.

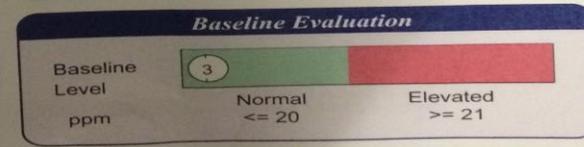
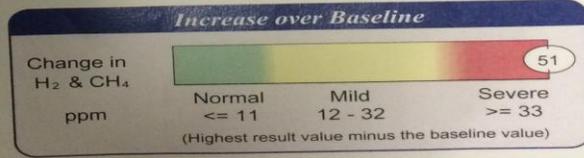
Order Number: J9010609
Completed: July 06, 2016
Received: July 01, 2016
Collected: June 30, 2016

Tree of Life Wellness Systems Inc
Todd Nelson ND
12600 W Colfax Ave
Ste A190
Lakewood, CO 80215



Hydrogen & Methane (ppm)

Collection Times	Base-line	20	40	60	90	120
Hydrogen (H ₂)	3	4	14	27	47	35
Methane (CH ₄)	0	1	4	5	7	7
Total	3	5	18	32	54	42



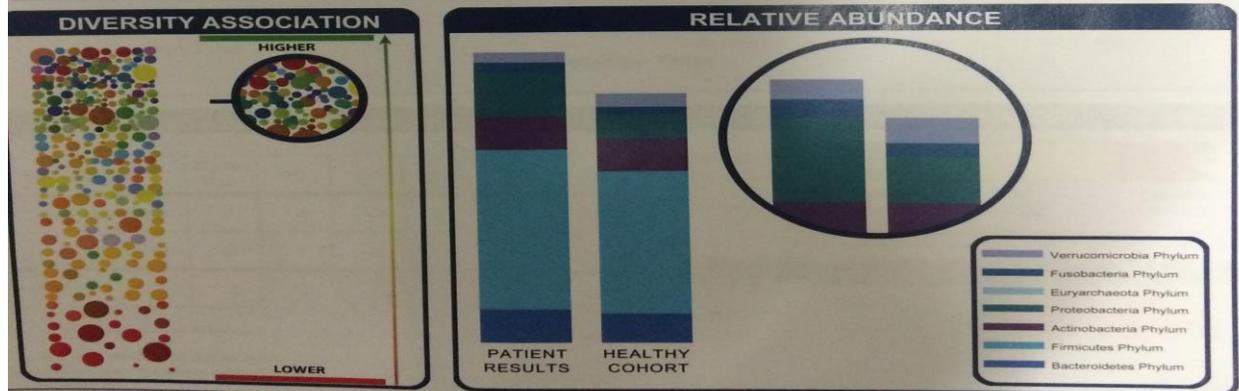
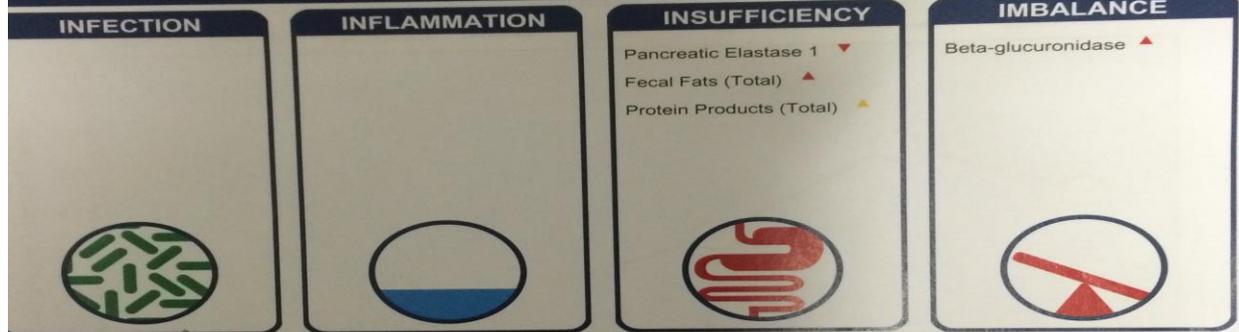
It was developed and its performance characteristics determined by Genova Diagnostics, Inc. It has not been cleared or approved by the U.S. Food and Drug Administration.

Order Number: J9010524
Completed: July 14, 2016
Received: July 01, 2016
Collected: June 29, 2016

Tree of Life Wellness Systems Inc
Todd Nelson ND
12600 W Colfax Ave
Ste A190
Lakewood, CO 80215

Effects™ Comprehensive Profile - Stool

Interpretation At-a-Glance



CYREX
Laboratories

Phoenix, AZ 85034
5 . Fax 602 759 8331 . www.CyrexLabs.com

ACCESSION #: 16-111578
REQUISITION #: T06161687
SAMPLE TYPE: Serum
DOCTOR / PATIENT ID:
PAGES: 1 of 1

DATE COLLECTED: 6/24/2016
DATE RECEIVED: 6/25/2016
DATE OF REPORT: 7/6/2016

ROBERT
th St., Ste. 205
Colorado 80304

PATIENT
Name: [REDACTED]
DOB: [REDACTED]
Gender: [REDACTED]

TEST	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
Heat/Gluten Proteome Reactivity & Autoimmunity	0.74			0.3-1.5
	0.44			0.1-1.2
m Agglutinin IgG	<0.40			0.4-1.3
m Agglutinin IgA	0.31			0.2-1.1
eamidated Gliadin 33 IgG	0.29			0.2-1.2
eamidated Gliadin 33 IgA	0.24			0.1-1.1
adin 17-mer IgG	0.51			0.1-1.5
adin 17-mer IgA	0.31			0.1-1.1
liadin 15-mer IgG	1.01			0.5-1.5
liadin 15-mer IgA	0.48			0.1-1.0
adin 17-mer IgG	0.33			0.3-1.2
adin 17-mer IgA	0.22			0.1-1.2
1-mer IgG	0.45			0.1-1.5
1-mer IgA	0.51			0.1-1.3
phin + Prodynorphin IgG	0.91			0.3-1.2
phin + Prodynorphin IgA	0.28			0.1-1.2
insglutaminase Complex IgG	0.51			0.3-1.4
insglutaminase Complex IgA	0.39			0.2-1.5
minase-2 IgG	0.42			0.3-1.6
minase-2 IgA	0.40			0.1-1.6
minase-3 IgG		1.56		0.2-1.6
minase-3 IgA	0.30			0.1-1.5
minase-6 IgG		1.24		0.2-1.5
minase-6 IgA	0.50			0.1-1.5

In his case, he has SIBO with very much ... a lot of hydrogen coming up from this certain kind of bacteria in his gut. Guess what? He has to starve those bacteria. Remember? We said, "Starve it. Kill it. Create an environment where they can't thrive." The starving is ... deny them those fermentable carbohydrates, so he could ... He's doing what's called the "FODMAPs diet." F-O-D-M-A-P-S. You can google it. Check it out. There's also something called the "specific carbohydrate diet." There's a number of diets that are good for denying these bad bacteria their fuel. Then, of course, he's had to do some very specific remedies to kill them, those bacteria, really modify his diet, and in his case, really reduce his stress.

We've talked about 3 tests today. We've talked about a comprehensive stool analysis that looks at inflammation, infection, metabolic problems, and no

digestion like low digestive enzymes. We've talked about SIBO testing which is a breath test that you ... just going to blow into a tube. It's very easy. You take that over about 130 minutes, and then a blood test which is for food sensitivity testing.

Now, if that sounds like a lot, it is, and you may not need all of those things. Again, you may need 1, or 2, or 3 of those things, those tests, and you may have anywhere from 1 to 7 causes of your gas, bloating, and irritable bowel symptoms. My job as a naturopath is to figure that out specifically and individually for you. Any practitioner in functional medicine, that's their job.

I invite you to ... If you're getting some benefit from this video, you're learning something new, you're trying to figure out how to apply this to yourself, I've just written a new report called "The 7 Simple Steps to Overcoming the Painful Misery of Gas and Bloating As well As Other Digestive Problems." You can just go to my homepage on my website, tolwellness.com. That's tolwellness.com.

Right on the front page, scroll down. You'll see the report. You can download it for free. It will give you 7 simple steps to start right away, today if you want, to start getting better, to start changing your diets, start looking into supplements, looking into testing, looking into how to relax when you eat. It's very, very important, so I really encourage you download the report and take a look.

This was a gut check today, talking about the 7 causes of gas and bloating. I really appreciate your participation and viewing. I'm going to be doing Facebook Live educational videos on a weekly basis, so stay tuned to my page for upcoming talks.

If you have any questions, certainly, you can add them into the page or you can email us at todd@tolwellness.com. In the meantime, I hope you got some real value out of this video today, and I'm looking forward to speaking with you soon.

Thanks,
Todd Nelson, D.Sc, Naturopath.