Gut THRIVE in 5

Diarrhea/Loose Stools During a Cleansing Program

There are times when the body uses diarrhea as a tool to rid itself of unwanted toxins. Although this can be a good thing, excessive loose stools can be concerning when they lead to dehydration and nutrient depletion.

Why Do Stools Become Loose During a Cleanse or Pathogen Purge?

Reacting Against the Supplement. The body reacts to new, therapeutic herbs and nutrients and chooses to get rid of them, along with accompanying debris. This is called "reacting against the supplement."

These disturbances serve the greater good by getting rid of unwanted microbes. If this applies to you, we recommend lowering supplement doses, allowing for a short period of adjustment, and then resuming with the program.

Flushing Pathogens. The body takes advantage of the herbal anti-microbials and helps get rid of unwanted pathogens and parasites by bringing more water into the intestines to help the process. This helps flush pathogens off the intestinal lining and allows for them to be expelled.

Pathogen Disruption. Pathogens become "riled up" from the anit-microbial nutrients, biofilm-disruptive influences, or probiotic agents, and the immune system becomes better alerted to their presence. The body responds by increasing water into the intestines to help get rid of the pathogens and to ensure that they don't enter the body via "leaky gut" areas where the intestinal barrier is compromised.

Biofilm Disruption. Pathogenic biofilm walls are destroyed, and pathogens become exposed to the immune system, causing the body to increase motility and expel the offenders.

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Pros How to Tell if a Loose Stool is Serving the Health Improvement Process	Cons How to Tell if Diarrhea Might be a Symptom of Illness
· The stool is mildly loose and watery with no accompanying fevers or weakness	· The diarrhea causes pain, severe cramping, and is accompanied by nausea or vomiting.
· The stool quickly returns to being "formed" when the supplement doses are reduced or discontinued.	· Diarrhea is accompanied by fever (suggesting an intestinal illness). Sometimes this is a good thing, as a fever can be the body's way of dealing with pathogens. But it's important to keep an eye on what's going on to ensure there is no food poisoning or serious infection present.
· The person sees morbid matter, rope worms, and impacted debris leave the body.	· The diarrhea causes dehydration. Loss of electrolytes can derange cellular metabolic functions throughout the body.
· It only lasts a few days and then a more normal stool and regular motions occur.	· The diarrhea lasts longer than 30 hours after stopping all supplements **OR** there is blood in the stool **OR** the stools are black and tar-like, suggesting intestinal bleeding.

NOTE: If supplements cause a loose stool that is disturbing, stop or reduce the supplements so that a more normal bowel function occurs. Then gradually increase as the body gets used to their beneficial presence.

Change, for better or worse, can be disruptive to the body's equilibrium. Each person should decide if the loose stool is a welcome process of the body engaging a healing process, or if it's a coincidental illness. If it's a too aggressive "opening of Pandora's box," then back off from the program and take a slower pace.

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Recipe to Help Stop Diarrhea

Carob & Banana

Directions:

- In a small bowl, take 1/2 banana (ripe) and mash it into a paste
- Add 2 tablespoons carob powder (carob is a bean from the carob tree and a natural healthy chocolate substitute)
- Stir into a pudding paste and eat

This tasty "carob/banana pudding" has a reputation for helping the body stop loose stools. There is a dietary compound found in carob called tannins, which are likely responsible for its effectiveness in treating diarrhea and other stomach issues. In most other plants, tannins are soluble, meaning they dissolve in water, but carob's tannins don't dissolve in water.

The tannins in carob help prevent harmful bacterial growth in the intestines, while the natural sugars in carob help thicken loose stool. One study found carob bean juice to be a safe and effective way to treat diarrhea in young children and adults.

Each person is different and responds differently. Learn to work with your body and its efforts to regulate itself yet, move toward more optimal health.

Note: Even though banana is not technically allowed in the GT5 diet, using this remedy for excessive diarrhea is an exception to the rule.

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Constipation

Believe it or not, **less than two bowel movements per day is considered constipation**. With the onset of processed foods and the fast-paced, stressful lifestyles that we currently live, constipation has become a chronic problem in the US.

Bowel movements are the body's primary way to eliminate toxins from the system and regularity is essential to good health. We can and should be eliminating as much as 2.2 lbs. of toxins daily. If you are not eliminating normally and productively at least once a day, then your liver, kidneys, and lymphatic system end up working much harder to keep you healthy.

In GT5, we remove many of the offenders to healthy bowel function and attempt to keep the pipes flowing with unprocessed foods, select supplements, and lifestyle choices.

It is important to note that the reason we incorporate the supplement, Triphala, into all the GT5 Supplement Kits is to specifically address bowel health and constipation during the program.

Note: Because Bentonite Clay can be constipating, it is especially important to include Triphala in your supplement protocol, as directed.

What Contributes to Constipation?

- Too much calcium or iron
- Low thyroid hormone
- Lack of exercise
- Depression
- Lack of hydration
- Dehydration
- Side effects from anti-depressants, painkillers, or other medications

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Note: If you are still experiencing constipation on GT5 after following the diet, supplements, and cleansing methods (coffee enemas, neuro-activation techniques, etc.), you may find some of the suggestions below to be helpful. Keep in mind that the transformation of your microbiome does not happen overnight. If you've struggled with lifelong constipation or constipation for years, you are now re-educating your system to work differently, and constipation may continue well into terraforming before you experience a shift.

The goal during Gut Thrive is to keep things moving and eliminate toxins throughout the entire program. See the suggestions below if this is a challenge for you.

Our Favorite Tips:

Hydrate. Sometimes we forget the simplest things. Please drink at least 34 oz. of purified water for every 50lbs of body weight.

Exercise. Walk, do yoga, ride a bike. You must move, even if you are tired and not feeling well. Do whatever you can to move for at least 30 min. daily.

Triphala. Increase your intake of Triphala as high as 6 capsules daily. It can be used for up to 6 months at a time.

Magnesium. Supplement with magnesium citrate. Gradually increase your dose by 1 capsule or tablet at a time until the desired results are achieved (up to 800 mg daily). Use this supplement in combination with other techniques to keep your dose to a minimum.

Coffee Enemas and Salt Flushes. If you have not already done so, try coffee enemas (3x per week during the Pathogen Purge and 1x per week during Reseeding) and salt flushes (3x per week during the Pathogen Purge).

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Neuro-Sensory Activators. Include the Neuro-Sensory Activator exercises at the end of this handout for at least 7 days in a row.

Reduce Medi-Clay. If your dose is currently 1 capsule and you continue to struggle with constipation, reduce your dose to 1/2 capsule.

Additional Supplements

If you are still experiencing constipation after implementing the strategies listed above, try one of these two supplements to help reawaken gut motility by working on the gut-brain connection:

MotilPro
This is an advanced gut-signaling support formula, which helps regulate neurons embedded in the walls of the GI tract. These collective neurons make up what's called your enteric nervous system or your "gut brain". They communicate via neurotransmitters to coordinate smooth muscle contraction. You can follow the dose on the bottle at 3 per day and gradually work up to 6 per day as tolerated.

Iberogast
This herbal product is also aimed at improving motility in the GI tract. The mechanism of action that regulates peristalsis in this supplement is similar to MotilPro, so make sure to only use ONE of these products.

For those of you (especially on Plan S) struggling with **inveterate constipation**, you are good candidates to work on the brain-gut connection to mobility using the additional Systemic Formulas supplements, Neurosyn and Calm We prefer that you **wait until the end of Step 4** to try these products, if at all possible (this will give your body a chance to find balance on its own first). See the Neurological Supplements handout for more information.

Note: The supplement CALM that we use in Gut Thrive is not to be confused with the magnesium supplement Calm.

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Additional Tips:

- Start you day with hot water, lemon, and ginger, instead of room temperature lemon water or drink plenty of herbal tea.

- Consume mostly warm, moist, cooked foods. Staying away from dry, hard foods.

- Gradually increase intake of soaked chia seeds in water (after you have reached your top dose of 1 tablespoon during reseeding or in terraforming). You can take this amount up to 3 tablespoons per day, if they are well tolerated. **Note:** not intended for Plan S.

- As an exception to the meal plans, you may have 2-3 prunes in the morning upon waking. Make sure to chew them extremely well. You may also stew the prunes in water and then eat/drink the whole mixture with a little lemon, or drink 4-6 ounces of prune juice that has been diluted with 4-6 ounces of water.

- If necessary, you can drink Smooth Move tea, nightly but for no more than 7 days.

- Add castor oil packs back to your protocol (up to 3 times per week).

- Rebounder trampolines are a great way to move the lymphatic fluid. They are also easy on the knees and very effective at detox and helping with constipation.

- Take your time and breathe! If you don't have a bowel movement in the morning, it is less likely you will have one during the day. Create a morning ritual that allows a slow, easy pace and allot plenty of time to go if the urge comes. Sitting and breathing can induce the urge to go. Release anxiety and tension immediately through deep breathing.

- Try squatting to allow the urge to strengthen. When sitting on the toilet, place a box or stool under your feet to raise your knees to mimic the squatting position. Or invest in the Squatty Potty. This is a normal, natural position for elimination used throughout Asia.

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Neuro-Sensory Activators

(Exercises that stimulate the Brain and Vagus Nerve)

Neuro-Sensory activators are useful tools that help awaken the brain from **"Sensory Motor Amnesia"** (when the brain forgets how to do things like have regular bowel movements). The communications between the intestinal microbiome and the brain, and the brain back to the intestinal microbiome are "bi-directional" – an actual conversation.

These twice-daily exercises tickle the brain and vagus nerve so they can help reestablish communication and regulate autonomic body functions.

What Causes Sensory Motor Amnesia?

People with SIBO (Small Intestinal Bacterial Overgrowth), and sometimes Candida, often fail to regulate proper motility and end up with inveterate constipation (Think of it like the brain putting its fingers in its ears and saying, "La, la, la, la, la…I don't hear you" really loud).

Slow motility, where the brain loses the direction over the bowels, can occur due to:

- taking antibiotics, anesthesia, opiate, or anti-depression/anti-anxiety drugs, which is further compounded by a diet too high in starch and too low in magnesium;
- Physical and emotional trauma
- "Use it or lose it" situations, such as frequent use of laxatives, enemas, thyroid medications, or digestive aids;
- Environmental toxin exposure (causes inflammation of hypothalamus and cell membranes).

So, while the Standard American Diet, plus Western Medicine, are the primary causes, even natural health devotees can get SIBO due to overuse of "candida killers," excessive use of hydrolytic enzymes, and other life circumstances.

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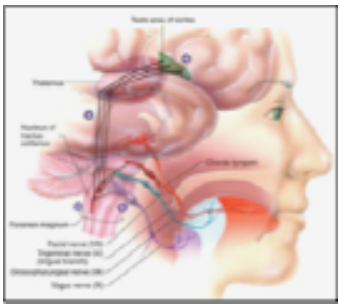
You have several exercises here, so please do not feel forced into doing one that you don't want to do. **The best choice is to rotate through these exercises, doing one each day, as each one works on a different brain connection with different intensity.** The one you are most comfortable with might be the least effective for you for that very reason - you are comfortable and familiar with it. So, plan on doing them all and rotating.

The most popular method is singing loudly. But if you are already an avid singer in the choir, perform backup vocals for Mick Jagger on tour, or appear regularly at Carnegie Hall; then singing is not going to be something new and enlivening. But if you don't sing very often, here's your chance to prepare for American Idol and loosen those pipes up in the shower.



Exercise 1.

Singing A Happy Song Boldly with Operatic Volume.

This will bring a whole new dimension to fun into the shower or the drive to work for many. Pick a fun and easy song that you know. Beware: "It's a Small World After All" can become irreversibly stuck in your head. So, get your playlist ready and SING!

Instructions:

- Choose a song to sing. Make it happy and fun.
- Adopt a theatrical presence and just belt it out, loudly, with all the authority you can muster, 3-5 minutes, twice a day, on singing days.

Exercise 2

Gargling

Garling involves washing one's mouth and throat with a liquid kept in motion by exhaling through it. This method has been researched for over 30 years via the Carrick Institute and is a tried-and-true method. Like singing loudly in the car or shower, this one is easy to do in the shower or at the bathroom sink.

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A strong and enthusiastic gargling episode sends signals directly to the vagus nerve via the gargle muscles with a message, albeit garbled, that is interpreted as a wake-up call of re-engagement of the brain/nerve function. Some people will experience lacrimation (tearing of the eyes) during this process, which is nothing to worry about.

Instructions:

- Take a full glass of pure water and gargle your way through each sip (fine to swallow the water as part of your daily water intake).
- Gargle with enthusiasm and push your limits. This technique works when you gargle outside your comfort zone (i.e. the amount of time).
- Repeat twice a day on gargle days.

Exercise 3

Yogic Breathing

Like gargling, deep belly breathing, as practiced in yoga, helps enliven the brain and reestablish better brain regulation of intestinal motility. Again, if you're already a yogi and do deep breath-work, it would be better to pick a new exercise for this study.

However, if you're not a yogi, then this deep-breathing technique will bring welcome relaxation, opening of the lungs, and oxygenation of the brain (and will also help alkalize the blood – a huge bonus when eliminating pathogens). Here's a simple and basic way to get the job done.

Instructions:

- Lie flat on your back and close your eyes.
- Place your right hand on your abdomen; keep your left hand resting at your side.
- Relax your whole body.
- Inhale deeply through your nose and feel your abdomen rise and expand. When you've inhaled as full as you can, pause, and then exhale completely through your nose.
- Repeat the exercise.
- Do 10 deep breaths to start and increase to 20 as able.

- When finished, roll onto your right side before pushing up to a seated position.
- Do twice a day on yogic breathing days.

Note: Pause during inhalations and exhalations, keeping the throat soft, and relaxing the entire body. Keep your breath smooth and regular throughout the exercise. The exhalation should take twice as long as the inhalation.

Exercise 4

Gagging

The "gag reflex" strongly stimulates the vagus nerve. Use a tongue depressor to the back of your throat and gag. Please avoid jabbing your tender throat with a toothbrush handle or acrylic nail file. Instead, get wooden tongue depressors at the drug store.

Beyond gargling, gagging is an even stronger wake-up call to initiate better neuro-regulation when it's become dulled. Not as much fun, but it's a powerful innate response that engages massive self-regulatory processes.

A good gagging involves the esophagus and even the stomach, so best to do this exercise on an empty stomach. After a good gag, it's okay to rest shortly before repeating the process. Sometimes repeating a gag quickly engages a stronger reaction and this is good.

Instructions:

- Gently lay the tongue depressor on the back of your tongue, then firmly press down.
- This will initiate the body's "retching reflex" called "gagging" and an instinctive muscle contraction will occur. Kindly note that you are NOT jabbing the back of your throat.
- Do 5 gags to start, building up to 10.

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Exercise 5

Coffee Enemas

Already included in Gut Thrive, coffee enemas help to reestablish intestinal motility via the gastrointestinal nicotinic acetylcholine receptors, impact the gut/brain connection, and stimulate liver/gall bladder cleansing.

See the **Coffee Enema-Saltwater Flush** handout for more details.

Build Brain-Gut Axis Function: By building the brain via nutritional support and activating sluggish neuro-pathways, coffee enemas exercise both gut-brain and brain-gut "bi-direction communications.