

Nutrition: Complementary And Alternative Choices

Digestion and GI Distress

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

Nutrient	Product	Quan
A good Multiple vitamin mineral supplement with Spirulina*	Ultra Vites	2
	Ultra Preventive (with Spirulina)	4
	or Opti -Vites and Spirulina Capsules	6
Essential Fatty Acids to promote the health of GI mucosa	Ultra Omega-Linic	4-8
A need for ox bile and pancreatic enzymes - a general approach	Enzymes Plus	1-3
Constipation or Diarrhea - a bulking agent	Fiber in the diet. Consider the Atkins Muffin	
Health of the colon	Ultra 4x6 Probiotics	1
Monolaurin	Ultra-Monolaurin	3-4 scoops
Promote healing of an irritable bowel	Vitamin A	1-3
Promote peristalsis	Ginger	1-2
Reduce inflammation	Inflamease	1-2
GI Distress	French Green Illite Clay	
* Use a multi without Iron unless there is a need for Iron		

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The digestive problems of burping, belching, bloating, constipation and diarrhea are so common in our population that many people think that these reactions are "normal". They are NOT normal. In addition, many are swayed by popular television advertising which promotes the idea that suppression of hydrochloric acid in the stomach will solve all digestive problems. In fact, this hydrochloric acid suppression can cause even more problems.

The introduction of hydrochloric acid and pepsin is the first part of the digestive process in the stomach. It is here that the body begins to break down proteins and acidifies the stomach contents. The release of this acid bolus into the

duodenum stimulates the pancreas to produce increased amounts of pancreatic enzymes and bile.

There are negative health consequences for people who ignore these signs and symptoms of GI distress. If your body is unable to make use of the food you are eating, malnutrition is the likely result. In our western society we tend to be over-fed, over-weight and under nourished - in terms of even minimal nutritional requirements.

I believe it is essential that every person take a well balanced and easily digested multi vitamin and mineral supplement *daily*. I formulated **Ultra Vites** to exceed the RDIs and meet this criteria.

Spirulina

Another nutritional supplement for your consideration is **Spirulina capsules**. This 'super food' has been studied for over 30 years for the benefit it offers in a number of different health problems. It has been proposed as one solution to malnutrition in very poor countries.

I formulated **Ultra Preventive** (with and without Iron) to provide Spirulina along with the other parts of this excellent formula.

ESSENTIAL FATTY ACIDS

It is critical that *pre* formed, long chain, polyunsaturated *Essential Fatty Acids* be supplied in the daily diet for the following reasons:

- We don't eat the foods that supply them
- There are often problems with absorption secondary to inflammation in the GUT
- The excess of arachidonic acid (an inflammatory omega 6 fatty acid) in the usual diet **causes** a deficiency of GLA, also an omega 6. GLA is a critical anti inflammatory prostaglandin precursor.
- The normal digestion of fats is often disrupted

I formulated **Ultra Omega-Linic** in order to supply the shortage of omega 3 EFAs, as well as the critical shortage of PG1 precursors, GLA.

GI distress symptoms

The symptoms of GI distress may indicate a need for hydrochloric acid, pepsin, and other digestive enzymes.

The ingredients in **Enzymes Plus** present a comprehensive approach to digestive support.

Constipation and diarrhea are often helped by adding more fiber to the diet. We use a great, simple muffin recipe from Atkins. Many products commercially available are also high in fiber.

In addition, constipation and GERDS may be helped by taking **Ginger** with meals. Ginger increases the body's ability to move the food along the GI tract using peristalsis. At the same time it relaxes the sphincter between the stomach and small bowel, allowing stomach contents to pass into the small intestine. This will often

relieve the symptoms associated with esophageal reflux (GERDS) without neutralizing stomach acid, which is vital to digestion.

Patients have reported that the Atkins low carbohydrate lifestyle modification has improved their GERDS.

One reason for this may be that low carbohydrate food choices contribute to weight loss, which help the GERDS response.



High carbohydrate dietary choices usually exclude nutrient-dense foods. By definition this leads to overweight and under-nourished conditions, as well as contributing to other conditions, such as Type II Diabetes and insulin resistance.

REPLENISH GUT BACTERIA

Whenever there has been a course of antibiotic therapy or extended vomiting or diarrhea, there is a need to replenish the GUT with 'good' bacteria. **Ultra 4x6 Probiotics** provides 4 billion colony forming units of streptococcus thermophilus, lactobacillus acidophilus bulgaricus and lactobacillus paracasei.

Promote Intestinal Healing

To promote intestinal healing after a bout of intestinal flu, consider raising the amount of **Ultra Omega-Linic**. Be sure to take **Vitamin E-400** (mixed tocopherols) with higher levels of EFAs. **Vitamin A**, 10,000 IU to 20,000 IU Per day will also help the mucus membranes heal. **Note:** Women who are or might become pregnant should limit vitamin A to 4500 IU per day.

Ultra-Monolaurin: studies have shown it to be effective against many pathogenic bacteria, viruses, protozoa and fungi. This may help reduce the need for antibiotics.

Inflamease. Inflamease contains BioVin®. These anti inflammatory grape OPCs promote healing of the intestinal mucus membrane. Another ingredient, pineapple (bromelain), is an excellent proteolytic enzyme that also has anti inflammatory properties.

Consider **Argiletz® French Green Illite Clay**.

Green clays are curative volcanic ashes that detoxify and restore mineral balance. This Illite clay contains only natural materials treated mechanically without any chemical additives. As a bacteria-destroying agent it can render contaminated water innocuous.

When ingested, it travels along the digestive tract eliminating toxic agents and bacteria. It has a long history of use for diarrhea and other gastro intestinal problems.

Consider French Green Illite clay for Bloating, GERD, Irritable bowel (IBS), Crohn's disease, Ulcerative colitis, stomach ache, nausea and gastritis.

In Summary: Our 'Western' diet

If you are living in the United States today you are most likely 'by definition' eating a typical "Western" diet. You are buying food that is grown in many places around the world. Many times the food is picked before it is ripe and shipped. You may assume you are NOT getting an adequate supply of important nutrients when you eat them. Hence the need for a good multi vitamin. In addition, the above digestive issues should suggest to you that signs and symptoms of digestive difficulties mean that the body is not able to adequately make use of the food that *is* eaten.

This makes it even more important that you consider my minimum recommendations and cover the nutritional bases with nutrients which the body can use, and which it needs for health and healing. **Ultra Vites** and **Ultra Omega-Linic** are the minimum necessary.



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