

HEALING THE GUT



R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

Module 4

The gut or your Gastrointestinal (GI) Tract goes from your mouth all the way to your rectum and is considered, technically, to be outside your body.

Among the many things happening in the gut, food is broken down mechanically and then chemically - through enzymes and bile - into its most basic constituents - amino acids, fatty acids and sugars - and then absorbed through the small intestine into the blood.

In your GI tract, there are trillions of microorganisms [microbiome] - in constant communication with each other, with the skin microbiome, with most organs in your body.

The microbiome produces vitamins, minerals, signaling agents, and neurotransmitters and is critical in addressing behavior and regulation.

ROOT CAUSES OF POOR GUT HEALTH:

- Chewing [Oral Motor Issues],
- Low Stomach acid or Heartburn
- Bile secretion [fat digestion issues],
- Liver health [constipation, fat digestion, detoxification issues]
- Leaky Gut or Intestinal Permeability,
- Small Intestine Bacterial Overgrowth,
- Dysbiosis or Imbalance of bacteria [Infection],
- Inflammation in any part of the gut,

to name a few...

You should consider going on a Gut-Healing protocol if you see any of the following issues on a consistent basis, especially if your child is not seeing sufficient results from *Blood Sugar Balance, Micronutrient Support, and Removal of Inflammatory Chemicals*.

SYMPTOMS OF GUT ISSUES:

- Chronic Constipation
- Chronic Diarrhea
- Nausea
- Bloating
- Brain Fog
- Dysregulation
- Rashes,
- Behavioral Upheavals, to name a few...

LABS THAT YOUR FUNCTIONAL MEDICINE DOCTOR MAY CONSIDER TO IDENTIFY KEY ISSUES:

- **Organic Acid Test**
- **GI MAPS Stool Test**
- Thyroid Panel
- Iron Panel
- Spectracell Micronutrients Test
- CBC and CMP
- Vitamin D

The first 2 tests mentioned above (Organic Acid Test and GI MAPS) are especially useful in identifying key factors (gut, mitochondrial, infection, nutrient density, excitotoxicity, etc) that may be impacting your child.

GUT HEALING PROTOCOL

The Institute of Functional Medicine has a framework for healing the gut [it is called the 5R framework]

- **Remove** [inflammatory foods, stressful situations, pathogens, sugar]
- **Replace** [enzymes, bile support, stomach acid support, micronutrients, fat, protein]
- **Reinoculate** [with probiotics, ferments, or in severely dysbiotic situations, Fecal Microbial Transplant]
- **Repair** [gut healing mucilagenous herbs, bone broths, glutamine, etc.]
- **Rebalance** [stress, fight-or-flight response, blood sugar]

Use this framework with a Functional Medicine Practitioner

This is not a one-shot protocol, prepare to give it time, and work on it diligently for a few months with a practitioner.



Disclaimer: The information provided in this lesson is for educational purposes only. Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.