

IHHS-HEALTH & WELLNESS CENTER

**1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You**

Train Your Brain for Better GI Health & Bowel Movements

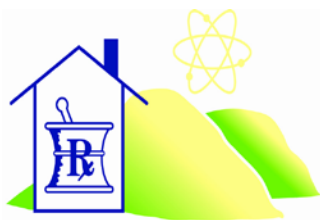
Those with already existing gut or gastrointestinal issues may have a more serious problem than they understand. As we know more about the gut's effect on the brain there are simple exercises to strengthen the vagal nuclei to fire in the Pons portion of the brain. The Pons accounts for 90% of brain output. This is the area responsible for circulation to the ailing gut to provide nutrients, hormones, and many needed elements for healthy brain function allowing for healthy gut function.

There are exercises and practices that will slowly assist in healing the gut via circulation using increased brain stimulation to heal poor digestion constipation, overgrowth of various bacteria, and other GI issues to also allow health to return to both the gut and the brain. There are also products such as Argentyn-23 and deodorized garlic that kill pathogens, and nitric oxide boosters that enhance circulation all over.

If you have constipation, slow digestion or have to drink coffee to have a bowel movement consider these exercises and activities. These are brain reflexes responsible for a healthy GI tract that diet alone cannot correct. They can be caused by fast food, leaky gut, celiac disease, irritable bowel, and more. The most offending foods are soy, GMO's, and hybridized gluten foods.

If the brain is involved, there is a beginning loss of gag reflex, where the brain fires off the gag reflex too easily indicating a damaged vagal nerve component. One way to see if this is affected is by looking down the throat at the arches in the back of the palate, and saying 'ahhhh'. If nothing is moving while you are making sounds, this indicates that this area which also uses the same area of vagal stimulus as the GI tract is not firing it's nuclei correctly. This can lead to serious GI tract and brain issues. This can degenerate to the point even touching the tip of the tongue will stimulate a gag reflex.

Many times this is caused by leaky gut syndrome, celiac disease, or just poor digestion. This allows inflammatory components to be secreted, such as zonulin which increases gut permeability allowing inflammatory stimulating agents that pass the blood-brain barrier, then leading to cytokines that stimulate inflammatory glial cells in the brain. These are cells that cause brain inflammation damages the myelin sheath of nerves. The issue is, there is no way to pharmacologically turn off brain inflammation once it is started, until the glial cells die off also taking many other brain cells along the way. As the vagal component of digestion is affected, we see GI tract health degenerate leading to disease and overgrowths.



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The exercises to return brain and gut health are simple and inexpensive.

- #1 Gargle water in the back of the throat until you begin to tear. The tearing is a reflex that indicates you are stimulating the correct part of the brain.
- #2 Sing for the same type of stimulation
- #3 Use a tongue depressor, stimulate your gag reflex by touching the back of your tongue and stimulate this pathway to rebuild your gut reflex.
- #4 Use room temperature, or lukewarm, coffee enemas with caffeine to stimulate while holding it in as long as possible to rebuild gi tract tone. This one practice is only done once a daily to stimulate nicotinic and cholinergic receptors to suppress the opposite urge they are firing to frontal vagal pathway. If it is too easy to hold, make the coffee stronger; increase the caffeine, so you have to work to hold expulsion.

Perform these exercises every time you use the bathroom or hourly at first for a minute or so up to a dozen times a day. This will begin to provide the GI tract increased circulation bringing with it compounds, hormones, peptides, growth factors, and enzymes, with the proper peristalsis it needs for health. This in return will provide the body and the brain with better nutrition from the gut, so there is an overall improvement in health and function.

In the case of small intestine bowel infection (SIBO) the above exercises are the same way. It is essential to begin these exercises right away, correct the diet, and begin supportive supplements before too much brain inflammation creates an irreversible condition. The inflammation leads to a loss of nerves from protein build up between nerves causing them to die. This process begins in the gut, and with further development, loss the senses of smell is affected and finally taste as well. Presentation with stiffness, constipation, and not enjoying eating can be early indicators of Parkinson's disease. This neurodegenerative condition can be prevented with proper diet and exercise in early stages.

As the brain neurogenically degenerates, SIBO is an early stage, before dementia begins. The needed exercises along with all the digestive and nutritional support are the same as the ones above. This will stimulate the motor complex to rid the bacteria, and pro-kinetically stimulate acetylcholine and dopamine, and integrate all the reflexes needed. At times some of these pathways are so degenerated that there can be a path of no return. If SIBO is the problem begin proper nutritional support and exercises right away. Gargle-Use tongue blades to stimulate gag reflex, sing, and use a daily coffee enema as directed.

The Vagus nerve is an acetylcholine pathway and there are botanicals that can enhance receptor function and decrease cholinesterase. As nerve conduction declines the brain feels foggy, has difficulty finding words, and the mental speed of processing is reduced. In any brain inflammation be sure to use Turmeric, and Resveratrol or Grape Seed Extract. As you notice improvement you will also then realize you had glial brain cell activation issues.

The primary compound that creates a fire in your gut and then your brain is gluten. It cross reacts with brain molecules and mimics them binding to Perkinji cells and even worse Synapsin, which is in all your neurons. As this



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occurs you brain is becoming inflamed or on fire! Gluten creates a brain disorder whether the gut is toxic or not. This means no one should be consuming any gluten. Sprouted wheat bread is not better, due to the fact it can have wheat germ gluten such as in sprouted grains which also suppressed nerve growth factor process and begins inflammation. This will often lead to autoimmune conditions that have been created unknowingly via inflammatory cascades that lead to the body attacking itself.

Eat mostly an organic paleo diet with non-inflammatory foods for brain to gut health. Use digestive aids and acidity normalizer's, and other helpful GI tract supplements. See your doctor for testing for specific antibody testing to know specifically which foods to avoid, if necessary.