

Metabolic News

The Newsletter of Metabolic Nutrition

Holiday 2006

Metabolic Nutrition Clinic hours
are Monday through Friday
7:30AM — 4:30PM
Saturdays and extended hours by
appointment, please call
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Gut Feelings

By Christine N. Hardy, MA, CNE

The holidays are coming and a new year is right around the corner— how is your gut feeling? It is well understood that stress can affect gastrointestinal function and digestive disorders can be confusing and hard to treat especially in the holiday feast and treat season. Coping with seasonal illness, traffic, gift giving, parties, meals-on-the-run, visiting relatives, and the daily news from around the world can challenge our best eating habits along with our ability to digest and absorb the nutrients needed for ultimate health.

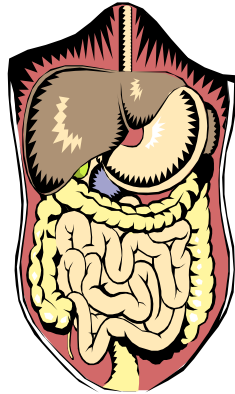
Our waistlines can suffer from our traditions as well as our digestive systems. Seasonal weight gain may cause many of us to make New Year's Resolutions that include "getting back into shape" and losing fat. Those of us already eating for our Metabolic Type and maintaining our metabolic health will typically experience only minor scale variations during the holiday season. However, under stress, some of us may find that digestive problems such as bloating, irritable bowel, indigestion, and elimination abnormalities increase to the point of chronic absorption dysfunction and acute gut pain.

The wealth of over-the-counter and prescription remedies available for all ages (even infants!!!) leads us to think poor digestion is epidemic. Besides overeating, toxic overload from antibiotics, alcohol, antacids, medications, coffee, soda and diet soda, food additives, colorings and preservatives, pesticides, chemicals in our drinking water, laxatives, lack of exercise etc. slows the normal functioning of the colon. Accumulated waste can cause a host of intestinal complaints and toxicity that can range from bad breath, coated tongue, and food allergies to flatulence, constipation and ulcerative colitis. Chronic dysfunction of the gastrointestinal tract, known as Irritable Bowel Syndrome (IBS) is estimated to affect 15-20% of Americans but is often not seen as a serious medical condition. Typical medical treatment focuses on symptom suppression rather than holistic assessment and health promotion. Often, a basic evaluation of digestion, absorption, and elimination is not even a part of an initial gastrointestinal workup.

...Gut Feelings, continued.....

An integrative approach to treating gastrointestinal problems requires a focus on the whole person, including an emphasis on overall health promotion and positive lifestyle. Gut feelings, abdominal discomfort, altered bowel habits, lactose intolerance, and symptoms of bacterial and fungal overgrowth are topics that should begin a discussion of improved general health and optimal metabolism. Our gastrointestinal tract has a tremendous influence on every aspect of our being and quality of life; Metabolic Nutrition looks beyond symptom control and suppression to understanding and healing the underlying cause of illness and imbalance. Our GI system, gut flora, nutrition, thoughts, and emotions, all contribute to harmonious “gut feelings.”

A trip through a healthy, functioning digestive tract begins at birth when the digestive tract is sterile. Within the first few days of life the gut is colonized with bowel flora necessary for digestion and over the first two years our GI tract becomes home to 100 trillion bacteria. Breast milk and simple foods stimulate the growth and maintenance of bowel bacteria through prebiotic culture. Nearly 70% of our immune function is localized to the digestive tract and tied to the health of our gut flora. There is a direct correlation between tolerance of new foods, controlled physiologic inflammation, and the development of the immune system with normal flora.



With age comes tooth development and the ability to start the digestive processing of foods in the mouth with mastication. Complete chewing with moisture and enzymes added from saliva begin the digestion of carbohydrates.



Take time to chew and appreciate the flavor, texture and “mouth feel” of foods. Enjoy mealtimes and new foods.

Absorption and metabolism can only occur properly when completely digested nutrients are taken through the intestinal lining into the bloodstream.

Irritable bowel, inflammatory bowel disease or leaky gut syndrome occurs when partially digested or undigested food particles migrate into the bloodstream through the intestinal walls. A number of conditions can alter the barrier function of healthy intestinal mucosa and increase intestinal permeability. Enzyme deficiency (a natural effect of aging) can also lead to irritation and inflammation in the gastrointestinal tract from these circulating particles of undigested food. Treated by the body as foreign invaders, allergic symptoms can be triggered, the immune system is taxed, and over time this can lead to chronic degenerative disease. This process is not a disease but rather a dysfunction that can be corrected by diet and lifestyle changes. Adding LGlutamine and probiotics, along with reduced ingestion of suspected food allergens can lead to improvement by healing intestinal permeability. The most common food sensitivity is lactose intolerance (cow’s milk), followed by wheat, gluten, corn, and citrus. Many overweight clients suffer from impaired digestion and chronic enzyme deficiency. When digestion is less than optimal, every bite of food provides fewer nutrients, leaving you feeling less satisfied which may then lead to cravings, food allergies and/or overeating.

Heartburn, GERD, and acid-reflux, are burning sensations in the stomach, sometimes moving up into the esophagus and into the throat. Often it is assumed that too much acid is the culprit when ironically, the body may be producing less than optimal amounts of acid. As we age, the stomach tends to produce less acid which may also result in foods fermenting in the stomach, rather than being properly digested. Certain trigger foods commonly cause heartburn: citrus (for group II), caffeine, alcohol, fatty foods, and chocolate. Higher fat foods remain in the stomach longer and require more acid for proper digestion; fast food and highly processed food is notorious for causing heartburn. Overeating and being overweight can also put pressure on the esophageal sphincter causing upward leakage of stomach contents. Consequences of suppressing gastric acid production (such as the use of OTC remedies, antacids, acid blockers) include vitamin and mineral deficiency, small bowel bacteria overgrowth (SBBO), allergy, and nausea. SBBO is a condition of coliform and anaerobic bacteria from the large intestine producing deleterious effects in the delicate small intestine. Probiotics such as *Lactobacillus acidophilus* and *Culturelle* can help decrease symptoms and effects of SBBO maldigestion: belching, bloating and flatulence.

...Gut Feelings, continued.....

With 100 trillion bacteria present in our small and large intestine, this nearly three pound “hidden organ” has more metabolic activity than the liver. Any change in the gut flora occurring as a result of infection, inflammation, dietary changes, or certain emotions (anger, stress, fear, depression), can work against our genetics and constitution effecting our nutrition, metabolism, balance, and harmony. “Gut feelings” support our journey to health.

20% off in December:

Culturelle, a probiotic that cultures the gut with healthy bacteria, a therapeutic premium quality found only in practitioner clinics. Especially important when traveling, or after antibiotics, safe for infants, children, the elderly and the health impaired..... \$29

L-Glutamine powder with FOS (fructooligosaccharides), a long chain sugar molecule that passes intact through the digestive tract where it feeds the “good” bacteria in the gut. Mixed with water and taken away from food, L-Glutamine helps to heal intestinal mucosa and inflammation, control diarrhea, balance blood sugar, control food cravings and heal the epithelial cells of the intestinal lining. Also increases GABA, a central nervous system neurotransmitter specifically helpful for those who overeat when stressed, anxious or depressed\$45

Aloe Lite, a traditional herbal laxative to aid elimination, shrink hemorrhoids, ease constipation.....\$16

Lysozyme, an enteric coated proteolytic enzyme formula to aid in the digestion of protein. Also anti-inflammatory, reduces pain and stiffness associated with arthritis, speeds recovery from sports and injury, alleviates gas, bloating, diarrhea, and cramps associated with incomplete digestion. Assists and supports the pancreas with the production of pancreatin\$36

Kristazyme, Dr. Kristal’s proprietary blend of 12 digestive enzymes to aid digestion of fats and carbohydrates.....\$29

Bio-Acidic, a remedy to aid indigestion based on hypochloridia (low hydrochloric stomach acid) and offers digestive support.....\$14



As always, we offer **Same Day Shipping and Free Shipping** for orders over \$200
Gift Certificates and
Gift Baskets available

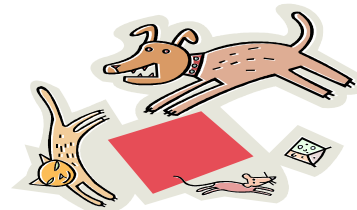
New toll free #(877)-257-3098

Improving Gut Health.....

Chew your foods thoroughly. Any work your teeth don’t do will transfer to additional work for your stomach.



Exercise. Movement massages the intestines and encourages peristalsis, the rhythmic expanding and contracting of the digestive tract that keeps nutrients moving and pushes waste matter out.



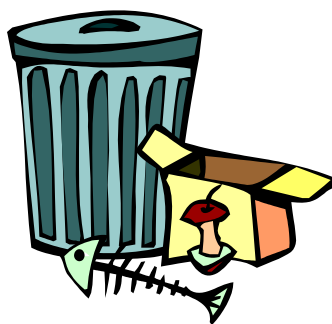
Eat a **whole foods** diet including more raw and lightly cooked foods. Consider adding digestive enzymes. Eat more soluble and insoluble **fiber**. Drink more water and/or green tea between meals.

Incorporate **prebiotic** food sources (indigestible carbohydrates such as those found in garlic, asparagus, onions, bananas, whole grains and yogurt) and **probiotics** to meals to increase healthy bacterial action and balance intestinal flora.



Eat for your Metabolic Type.

Take out the **trash**. Bowel movements; size, frequency, color, and texture are all things to mention and learn more about as part of a nutrition consultation. Pay attention to your daily bowel movements and transit time, the time that food stays in the digestive tract. In a healthy digestive tract twelve to twenty-four hours pass between the time a food is swallowed to the time the waste is released



through the bowel. Less than 12 hours? Nutrients cannot be absorbed. Longer than 24 hours? Food may be polluting the large intestine and contributing to constipation, rectal bleeding and discomfort when eliminating, flatulence, hemorrhoids and colon disease, including colo-rectal cancer.

Metabolic Gifts from Metabolic Nutrition

Once again, for clients who have already been Metabolically Typed— we offer a mini “tune-up” visit. Performed on an empty stomach, “tune-ups” typically last about an hour and include two blood sugar readings, diet and supplement review, weight and body fat readings, blood pressure readings and pulses,



urine and saliva pHs and live cell analysis. Give yourself a healthy gift; schedule a “tune-up” appointment on Wednesday or Saturday mornings from 7:30am until 10:30am . Tune up appointments scheduled through December 2006..... \$75

Gift Certificates — the ultimate gift of health for family and friends. First visit consultation and Metabolic Typing will them started on the path to better health.

Reg. \$210Holiday special \$160

Metabolic **Gift Baskets** available now!

The **Bath and Body Care** Basket includes Celtic Sea Bath Salts, MSM Shampoo, MSM Body Cream, Sweet Almond Oil, Organic Dry Lymph Stimulating Brush, and Pure Organic Coconut Oil.....\$59

The **Sweet Baking Basket #1** includes Xylitol Crystals (2.2 pounds), Red Bakers apron, Xylitol sample packets, and recipe booklet.....\$29

Loving Coconut Baking Basket #2 includes Organic Coconut Flour, Extra Virgin Organic Coconut Oil, 5 Coconut Almond Paleo Energy Bars, and recipe booklet.....\$39

Baskets can be customized according to your preferences— the perfect gift for health conscious family and friends, co-workers and business associates!!!!!!!



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Dedicated to the memory of Dr. Harold J. Kristal