



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Eliminate Gas & Bloating

With These Simple Steps



Gas & Bloating

“By taking these three steps you can really make a big difference in your gut, how you experience pain, inflammation and how you fight infection, even cancer.”

No pun intended, but for some people, gas and bloating is a big deal. In fact, up to 30% of people experience it at one level or another. The key question is what causes it? Although there is more than one answer, the bulk of problems come from the microbes that are missing in our gut. You see, the microbes in our gut digest our foods, and if they are not present, the undigested food ferments. The byproduct of fermentation is gas, which causes bloating.

So, let's consider some strategies that you can do for yourself to create a healthy environment for those microbes. Remember, although the byproduct is gas and bloating, the microbes in our gut have millions of genes that: turn pain

on and off, affect our perception of pain, increase or decrease inflammation, and enhance or impede our immune system, including cancer fighting compounds. The list of positive benefits from these microbes is pretty extensive.

Let's look at 3 areas to address. First, make sure you are feeding your microbes the foods that they need to reproduce. Second, you want to create the environment for microbes to multiply, and finally, make sure you are not eating foods that kill the good microbes, allowing the bad ones to proliferate.

Let's take a few steps back and look at how our food supply has changed. Today, approximately 65% of the standard American diet consists of ultra-processed

foods. The bacteria in our gut will change based on what they are fed. Think about how beer or even bread is made. Add sugar and yeast together in a wet and warm environment and voila! fermentation occurs. So, one of the first things to do is eliminate refined processed foods out of your diet and switch to an anti-inflammatory diet for a few weeks and see what happens. Keep in mind that if your diet consists of over processed foods, the bacteria that are needed to digest fibrous foods will diminish in population. In other words, we want to stop feeding the bad bugs.

Let's look at the second issue. You have a different species of microbes that multiply and are prolific when fed fibrous foods.

This is a transcript from a “video magazine” we send out each week called the Wellness Minute.
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It's an interesting twist. When eating an over processed diet, one family of microbes thrives, but at the same time, the microbes needed to digest fiber are starving. So now, when the diet is changed to a healthy diet with seeds, nuts, sprouts, berries, and vegetables, gas and bloating occur due to a deficiency in fibrous digesting microbes. So, to be clear, a deficiency in the family of microbes that digest fiber will allow undigested fiber to ferment. Fermentation causes gas and bloating.

Let's add another dimension to that problem... most fiber digesting microbes are anaerobic in nature, meaning they live in environments devoid of oxygen. Aerobic bacteria love oxygen, and we can supplement them with probiotics from reputable companies. But we can't supplement the anaerobic bacteria. However, we can change the environment so the anaerobic bacteria can repopulate. We can change the environment by consuming fermented foods. Fermented foods change the pH to an environment that is conducive to the good guys. Kim chi, homemade sauerkraut, pickled carrots, and cucumbers are just a few examples of fermented foods.

By now, you are realizing the source of gas and bloating is a disproportionate ratio of good vs bad bugs. We want to starve the bad guys and

feed the good guys. But many clinicians have seen that Genetically Modified Foods commonly referred to as GMOs are also associated with all kinds of digestive issues, especially gas and bloating. Why is that? One reason is because the Glyphosate or Roundup that is routinely sprayed on GMO grains kills the healthy bacteria in our gut. Other GMOs from corn create proteins that are foreign to our microbes and create immune dysregulation, causing gas, diarrhea, burping, etc. The GMO topic is massive, but I wanted to plant a few seeds for you to consider.

So, here's a challenge that could reduce gas and bloating dramatically. Eliminate ultra-processed foods from your diet, add a few tablespoons of fermented foods each day, and avoid all GMO foods for a few weeks. By taking these three steps, you can really make a big difference in your gut, how you experience pain, inflammation, and how you fight infection, even cancer. Looking at the whole process, gas and bloating really are a big deal. I've covered some overall concepts that can change your life, but don't forget to check with your wellness clinician. They are a great resource and can help you fine tune your gut even further. If you experience chronic gas and bloating, contact the clinic on this page for more wellness solutions.