



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

## **Powerful** **Gut Healing**

- ▶ Leaky Gut
- ▶ Diarrhea
- ▶ Colitis
- ▶ Crohn's Disease
- ▶ Irritable Bowel



## Powerful Gut Healing

**“*Saccharomyces boulardii* is used for general digestive problems, irritable bowel syndrome, inflammatory bowel disease, including Crohn's disease and ulcerative colitis.”**

I have a great story for you. I have a favorite hairstylist, we'll call her Kim, that cuts my hair before we record the Wellness Minute. She had been sharing with me for the last couple of years that she was having chronic diarrhea to the tune of 10-15 times a day. I causally suggested she do a lab test called a comprehensive stool digestive analysis and cut out all gluten and dairy for starts, but I'm getting my hair cut, so she's not really asking me for advice.

Ultimately, Kim sees a Gastro Intestinal Specialist, and they diagnose ulcerative colitis and recommend an antibiotic called Mesalamine. Mesalamine is a medicine for ulcerative colitis and other types of inflammatory bowel disease (IBD). It appears

to reduce swelling in the intestine lining and help it heal. She was on this medication for 2 years, as well as other trial medications which seemed to help periodically, but the problem was still present. Because it seemed to help, the doctor said to stay on it.

One of her clients had Crohn's disease and had several inches of her bowel removed and was still experiencing multiple watery stools every day. Somehow, Kim's client stumbled on a natural yeast called *Saccharomyces boulardii* and started taking 500 mg twice a day, and her diarrhea stopped.

Right about that time, Kim's GI specialist ran a test called calprotectin to assess chronic inflammation, and it was

elevated to 800. Optimal levels are below 80. Kim's GI specialist explained that her condition had now progressed to IBD, Irritable Bowel Disease and needed more aggressive treatment. This was the last straw. Obviously, what her doctor was doing was not working, so Kim called her client to get the product information that worked. Kim started taking *Saccharomyces Boulardii*, 2 twice a day, and in 3 days her stools were back to normal.

But what was so fascinating for me was that when she repeated the very sensitive test called calprotectin, it had dropped to 38, which put her in the optimal range in 3 weeks. To see such a reduction so quickly is stunning.

This is a transcript from a “video magazine” we send out each week called the Wellness Minute.  
If you're not getting our Wellness Minute videos each week, sign up at the front desk.

Let's take a closer look at *Saccharomyces boulardii* and see why it was so effective. *Saccharomyces boulardii* is a yeast that multiplies rapidly and consumes food and occupies space, so dysbiotic organisms find it difficult to grow and take over. The beauty of *Saccharomyces boulardii* is that it achieves saturation concentrations in the colon within 3 days, but does not colonize in the intestinal tract. In fact, *Saccharomyces boulardii* is cleared from the intestine in 2-5 days after discontinuing therapy.

But perhaps even more important is its indirect immune modulating role. The immune system is roughly broken into 2 parts, the innate or inborn fraction and the adaptive or acquired fraction. *Saccharomyces boulardii* affects innate immunity by activating the complement system, which turns on preliminary healthy inflammation, identifies and removes foreign substances, and activates the adaptive part of the immune system. This adaptive role goes a step further as *Saccharomyces boulardii* increases the intestinal secretion of Secretory IgA (sIgA). "Secretory IgA is the main immunoglobulin found in mucous secretions, including tears, saliva, colostrum, secretions from the urinary tract, gastrointestinal tract, prostate, and respiratory epithelium."

Let's go a step further, all inflammatory bowel diseases such as ulcerative colitis and Crohn's disease are characterized by the perpetual production of inflammatory mediators. *Saccharomyces boulardii* blocks the expression of pro-inflammatory cytokines. One that is

particularly problematic is the over expression of NF-kappa B. NF-Kappa B creates inflammation but can also dramatically increase it by making genetic changes which amplify the effects of inflammation.

*Saccharomyces boulardii* also enhances the secretion of immune factors in mucosal tissues which exert a barrier against pathogenic bacteria. There is a space between intestinal cells that opens and closes to let digested food enter the blood stream. Healthy intestines have what's called, "tight junctions." This space should remain closed or tight as a protective barrier to prevent pathogens from entering the blood-stream. *Saccharomyces boulardii* improves this "tight junction structure."

*Saccharomyces boulardii* also increases the healthy or anti-inflammatory messengers. *Saccharomyces boulardii* is used clinically for general digestive problems, irritable bowel syndrome, inflammatory bowel disease, including Crohn's disease and ulcerative colitis, Lyme disease, lactose intolerance, urinary tract infections, vaginal and other yeast infections, high cholesterol, hives, fever blisters, canker sores, and adolescent acne.

As you can see by Kim's story, powerful healing agents that are safe and effective are available to restore balance in the gut. *Saccharomyces boulardii* is just one of them. Ask your wellness clinician about *Saccharomyces boulardii* and other options to bring your health to the next level, the Wellness level.