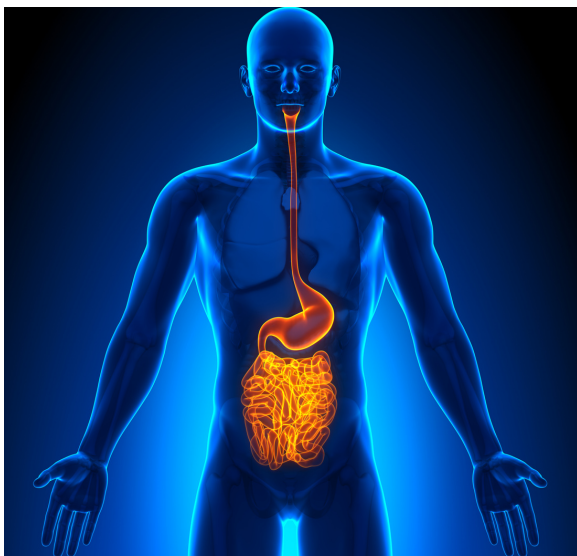


GAS, BLOATING, CONSTIPATION...

Most people have occasional gut troubles, such as gas, bloating, constipation, and diarrhea. But if you're experiencing gut problems on a regular basis, you may be living with some kind of dysfunctional gut disorder.



Gut Dysfunction is one of the early signs of brain dysfunction. The first red flag in suspecting brain issues is if you have made adjustments to your diet; supported yourself with key nutrients; are doing everything right and still have gut problems. It may be time to suspect brain issues that can be improved.



AUTONOMIC CONTROL

Gut function gets input from the brain to control physiological functions that are automatic and unconscious to us.

BRAIN PROBLEMS CAUSE GUT PROBLEMS

The brain activates the brain stem and in the brain stem there is a nucleus called the vagus. The vagus activates the gastrointestinal tract.

Many who have this brain-to-gut axis issue don't really see the connection because it's not that obvious since they don't develop overnight.

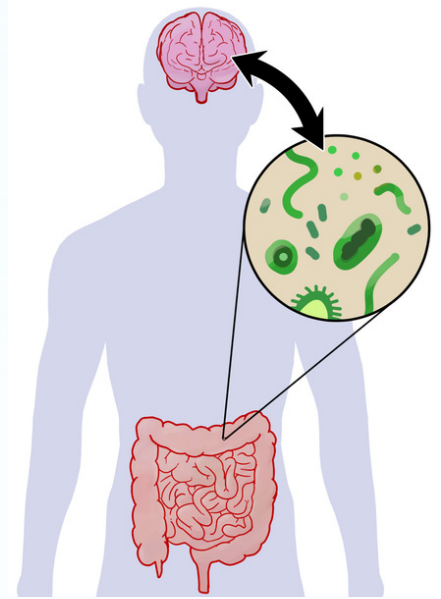
FOUR BASIC CAUSES:

1. Early neurodegeneration (Think Parkinson's)
2. Traumatic brain injury (Think accidents & sports)
3. Autoimmunity (Think Multiple Sclerosis)
4. Neurodevelopment (Think ADHD, Autism)

WHY WE NEED TO RECOGNIZE EARLY SIGNS

Recognizing early signs is important because these issues are slow to develop. Gut issues can start 10 - 20 years before the disease progresses to major symptoms.

Understanding the RED FLAGS early can allow for early support that can slow the progression, bring remission or even reversals but most important provide the support that helps people feel well, vital and productive.



CHILDREN ARE PARTICULARLY SUSCEPTIBLE



Consider that A Columbia-led study finds disruptions in the body's gut microbes triggered by early-life adversity are linked to brain function (Cantor, 2019). They found that gastrointestinal complaints in children could signal future mental health problems. It's also well known that gastrointestinal disorders and mental health happen simultaneously (Callaghan, 2020).



KNOW THE RED FLAGS

SO YOU CAN TAKE ACTION

1. **Chronic constipation** (this can show up 10-20 years before a Parkinson's trimmer)
2. **Chronic SIBO** (small intestinal bacterial overgrowth)
3. **Poor tolerance when eating** (passing out or getting dizzy when eating due to poor blood flow)
4. **Dysautonomia** (common after traumatic brain injury). Look for these signs:
 - a. Racing heart rate all the time
 - b. Dilated pupils at odd and different times throughout the day
 - c. Anxiety that comes and goes
 - d. Sweating randomly
5. **Difficulty processing/eating large meals**. Very slow eaters because the following symptoms are present:
 - a. can't coordinate blood flow away from other activities to the gut
 - b. vertigo or poor concentration after meals
 - c. disliking the idea of eating because of feeling bad after meals
6. **Chronic bacterial and yeast overgrowths**
 - a. because the motor complex is unable to move microbes through the GI tract in a timely manner



GETTING BACK ON TRACK

Work on saving the brain! Work on improving dietary and lifestyle factors to save the brain and help optimize the gut in order to help reduce inflammation that beneficially impacts the risk factors of degeneration and autoimmunity, key drivers of brain decline.

Work with a functional dietitian to determine your root causes and help you set up a healthy eating and lifestyle routine that can get you back on track before major issues develop. Learn how functional nutrition is ideal for supporting and in some cases resolving these issues.

Talk to a functional dietitian about functional lab tests specific to learning about your GI tract and how to heal it.



BRAIN GUT AXIS DISORDERS

- Do you know the Red Flags?
- Do You Have a Plan?

FOLLOW UP WITH YOUR DOCTOR

- If you have chronic Gut issues that haven't been resolved, despite ongoing care, get your doctor to run a blood test to check for auto-antibodies in your brain or get an MRI.
- These Tests are especially important to get if you have an autoimmune disease like celiac, lupus, or Hashimotos. If antibodies are attacking the intestines or thyroid they can also attack brain matter myelin sheaths as well.
- [Click This Link](#) to talk to a Dietitian to help you find the preventive health resources your insurance carrier provides.



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Dysautonomia

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