

Need #2

Gastrointestinal (GI), Bowel, Digestive and Immune Systems' Treatment, Nutrition, Pain Management, Dental and Myofunctional Disorders

Gastrointestinal (GI), bowel and digestive health is the foundation for a healthy mind.

Up to 90% of PwDD have GI problems including leaky gut. Scientific America

Introduction

The majority of PwDD have ongoing GI, bowel and digestive problems that are seriously compromising their:

- physical health
- cognition
- emotional well-being
- levels of agitation, anxiety and aggression
- potential to pursue and sustain community connections e.g. work and volunteer opportunities
- overall quality of life
- pain management

As proven beyond any doubt through Dr. Buie's and the research of many others, (reference above) the vast majority of these co-occurring conditions can be successfully treated. Currently, very often the majority of symptoms are not even considered for effective treatment but merely managed with dependency producing pharmacological interventions, e.g. stool softeners or laxatives. In addition to effective temporary management, supporters must ask two very important questions:

1. What is causing the chronic problem?
2. How can the GI system (e.g. digestion and bowel) be restored to healthy functioning?

The following four steps summarize the *CCS* approach which you should complete with the coordinated assistance of family or support professionals, the primary care physician, a naturopathic doctor, a qualified nutritionist and/or registered dietitian.

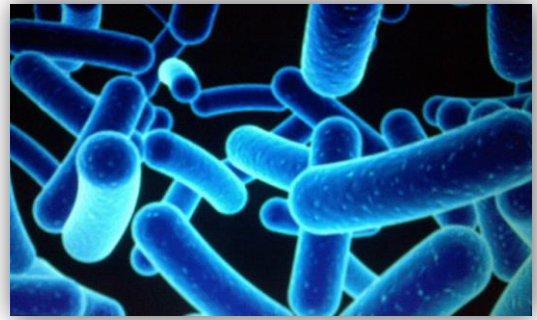
CCS Steps to restore GI health are:

1. testing and treatments for toxins, imbalances (e.g. vitamins, minerals and hormones) food intolerances and sensitivities (reference testing options Needs #2, Extension #1);
2. reduction and removal of foods that are responsible for GI and bowel problems;
3. development and implementation of nutritious meal plans to promote GI and bowel health;
4. testing and treatment of specific problems, e.g. yeast and clostridia infections, constipation, bacteria overgrowth, methylation, GI permeability.

Stomach Health Challenges

Kinds of Cells in the Human Body - 25% Human
- 65 % Bacterial
- 10 % Fungal

Number of Cells in the Human Body - 1% Human
- 99 % Other



The Brain – Bowel Connection?

Research shows how changing gut microbes can change behaviours. **Tranferring** gut microbes from children with Autism into mice produces rodents with symptoms of Autism. (Young, E., *I Contain Multitudes*, page 70)

Following courses of antibiotics, a waste product known as propionic acid (PPA) tends to overgrow in the gut. High levels of PPA-producing bacteria are found in the gut of many children with Autism. When healthy pregnant rodents are fed diets high in PPA, they most often give birth to pups that in four to seven weeks show numerous signs of Autism. **PPA thrives on simple carbs and refined sugar.** (MacFabe, Derrick, 2014)

Chronic Anxiety

Chronic anxiety results in ongoing excessive toxic cortisol in the body. To neutralize this toxin, the body uses up basic building blocks like amino acids needed to build the immune system, digest food, and develop neurotransmitters. Depletion of these vital amino acids significantly compromises these systems, causing illnesses that are then often treated with antibiotics that causes greater distressed gut flora. (Bluestone, Judith, *The Fabric of Autism*, 2005, page 130)

Examples of Behavioural Symptoms of Unmet GI, Bowel and Digestion Needs (all of these behaviours are reactionary and cognitively unintended):

- To create situations or take advantage of situations to become agitated, angry and aggressive; this distracts from physical and/or emotional pain;
- To eat soothing but addictive and toxic “junk” foods;
- To withdraw;
- To reduce the preoccupation with pain in, for example, the bowel, the individual may harm themselves so that they will have a stronger, self-induced physical pain from, for example, biting or cutting;
- To escape into rage or OCD;
- To self-induce vomiting to relieve the stomach pain.