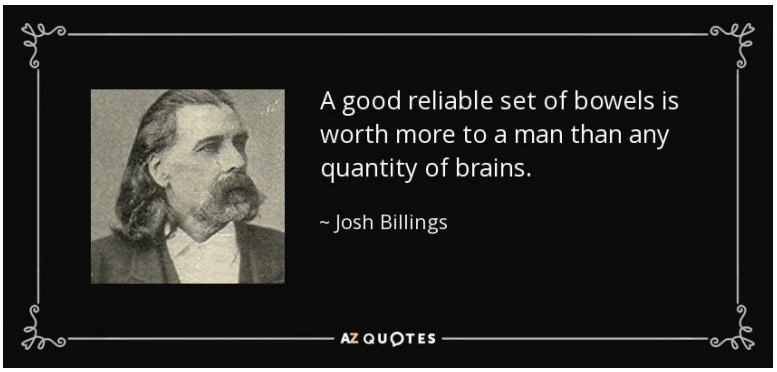
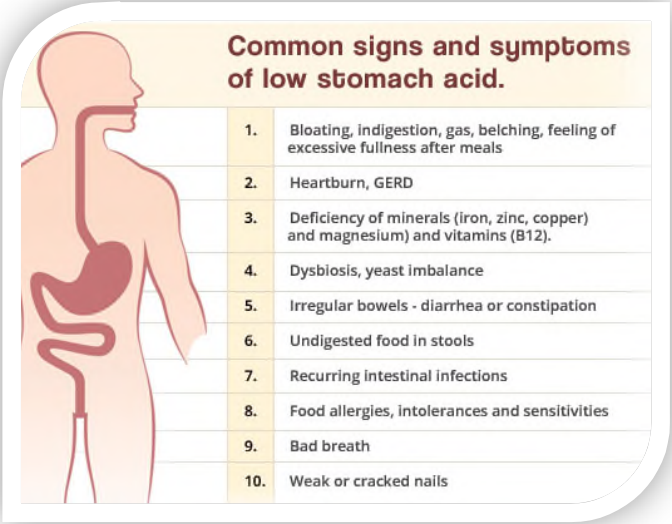
Gut Health – the Keystone to Good Health!



If you have ever experienced severe constipation or uncontrollable diarrhea, you know how health-destroying it can be: both physical and mental health! Also, things like GERD (gastroesophageal reflux disease) can be just as destructive.

Gut health begins in the mouth! If you have infections in your mouth, it affects everything in your body. My personal story is that I had developed uncontrollable diarrhea. I had no idea why. We attended a conference that included a lecture from a biological dentist. That was in December 2025. That lecture was SO impactful, it began a multi-year-long journey of removing infected root canals and replacing them with implants. So, if your health isn't where to want it to be, find a local biological dentist to work with. Check out iaomt.org/for-patients/search. In West Michigan, we like Bander Dental Group.

GERD is one of the most common gut-related diagnoses, and the reason for one of the most common prescriptions: PPIs or proton pump inhibitors which are acid-reducing medications. Stomach acid is NOT the enemy. There is a piece written by A Midwestern Doctor on Substack called *Stomach Acid is Critical for Health: Unpacking the Great Acid Blocker Scam*. PPIs are dangerous to your health, and he spends about 30 pages explaining why.



From that document, here are five reasons why stomach acid is critical:

1) Makes it possible to fully break down protein.
2) Sterilizes the stomach so that foreign bacteria, yeasts and parasites cannot enter the digestive tract.
3) Chelates minerals from food so they can be absorbed.
4) Makes it possible to absorb certain vitamins and nutrients.
5) Regulates the rest of the digestive tract. There are clear links between low stomach acid and asthma, severe eczema and a host of auto-immune diseases.

Johnathan Wright MD wrote a book called *Your Stomach*. I'll just say here that most situations of GERD are from TOO LITTLE stomach acid, not too much.

Why does it feel as if I have too much acid? "The true cause of most 'acid reflux' is a LACK of stomach acid, causing the food to sit in the stomach and ferment. A build-up of acetic and butyric acids, known acids of fermentation, are the actual cause of the reflux" *(Wright, 2009, p. 13)*.

The Burp Test: 5 Easy Steps in 5 Days

1. Dissolve a half-teaspoon of baking soda into an 8-ounce glass of cold water.
2. Drink the solution, and start timing.
3. Record the time until your first burp.
4. Perform this test first thing in the morning on an empty stomach (before eating or drinking).
5. For the best estimation of your stomach's acidity, perform this test at the same time each day for five consecutive days (or longer).

Day	Time until first burp
1	
2	
3	
4	
5	

<2 min: indicates normal acidity
2-5 min: low-normal acidity
>5 min: probable hypochlorhydria

Do this test and find out if you have adequate stomach acid. Hypochlorhydria means, basically, you don't have any.



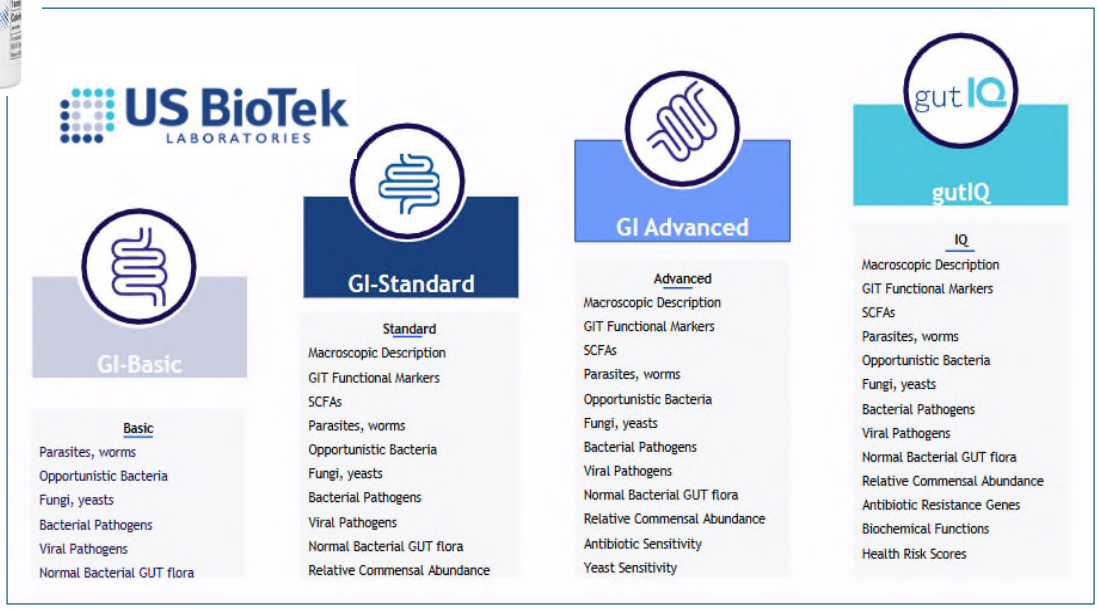
To wean off those dangerous drugs, you need to go slowly and put a nutritional bridge in place. Start with a couple of key Herbalife products. Drink Herbal Aloe multiple times a day to begin to reduce inflammation. Also start using Simply Probiotic daily. Then begin to wean yourself off the PPI. Slowly. Take as long as you need, which could be a couple of months. Microbiome Labs also has this "stomach support" product that may be helpful.





There are a lot of products on the market that say they will fix this and that. I have found that instead of throwing supplements at your problems, it is best to first test and find out what the true issues are.

I personally did the GI Advanced and I was amazed at what I found.



The cost of these tests run from $229 for the Basic, $319 for Standard, $399 Advanced and $469 for the GutIQ.

Testing tells us exactly what's going on and where to focus. For example, I had very high Zonulin levels, which is the indicator for leaky gut syndrome.

GIT FUNCTIONAL MARKERS

TEST	RESULT	H/L	REFERENCE	UNITS
Calprotectin	20.2		(<50.0)	ug/g
b-Glucuronidase	2902		(368-6266)	U/g
Pancreatic Elastase 1	679		(>200)	ug/g
pH	7.4		(6.3-7.7)	
Secretory IgA	1052		(510-2040)	ng/mL
Steatocrit	<1.0		(<10.0)	%
Transglutaminase IgA	17.0		(<100.0)	ug/g
Zonulin	222	H	(<107)	ng/mL

See that bottom marker? I clearly have some work to do there.



A product that can be used for leaky gut is called ION Gut Support. I personally use this (and certainly wasn't using enough) and I have some ladies who swear by this product. I also had yeast markers off the chart.

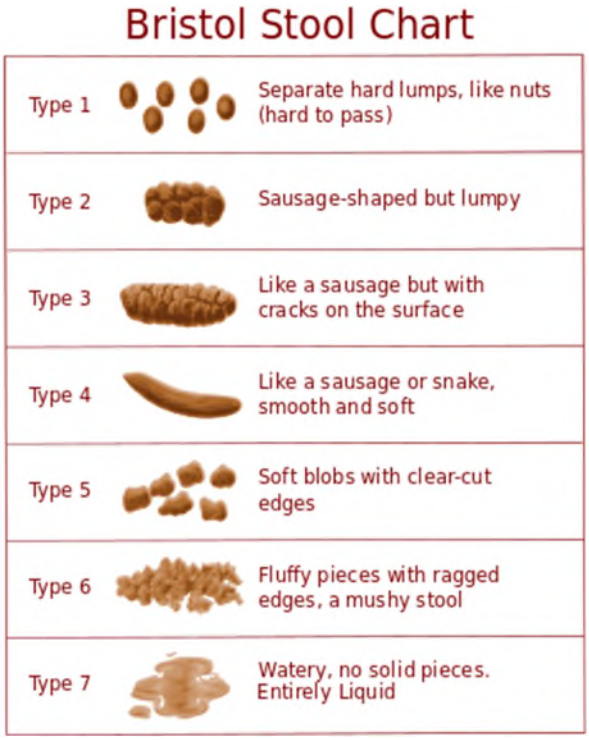


Just a note about fiber. Too often people think that adding fiber is the answer to all gut health problems. If you take too much or the wrong kind, without adequate water intake, you end up with a concrete plug in your intestines. Fiber can be in the form of food such as prunes, but can also be supplements. Herbalife has great fiber options, but if you choose this, please go slowly!!! Active Fiber Complex is a blend of four different fibers. It comes in plain and apple and there is another one called Active Fiber Complex Select, which is a non-GM product. One scoop is six grams of fiber. Go slowly!

How often do you poop?? It's such an important thing – and not one that anyone wants to talk about!

A recent article from Dr Joseph Mercola called *How Long Poop Stays in Your Body May Impact Your Health, Study Finds (July 1, 2026)* states that "people with slower transit times had poorer blood sugar control after meals, higher visceral fat levels, and less favorable metabolic markers."

You should be having one to four bowel movements a day – EVERY DAY!!! If you don't, you are in trouble. And what does your stool look like? Type 4 is your goal. Not there? You need to focus on hydration, food sources of fiber and movement to start. Supplemental help can be in the form of aloe and minerals such as magnesium.



I have been working with a company called Microbiome Labs for about 15 years. They pioneered the very first spore-biotic then moved into creating products to enhance the gut lining. Their approach is called Total Gut Restoration program.



I started this program, and added MegaMycoBalance to combat my yeast and fungus levels. Initially, I also added Mega IgG2000 to combat the horrible diarrhea I had been dealing with (which resolved with the pulling of one of those infected root canals). This is the type of thing that you don't know to fight unless you do some testing.

[Microbiome Labs is currently in a label update phase.]



They say to use this program for 90 days. You start slowly (as you should with all things gut related!) and keep increasing the dose or adding a new product. Even within the first week or two, I saw an improvement. I completed the 90-day mark on the Restoration and I'm SO impressed with the improvements in my gut health, that I'm going to continue for another 60 to 90 days, just to see if more improvement can be obtained. Then in not too long from now, I'm going to retest and see where I'm at.

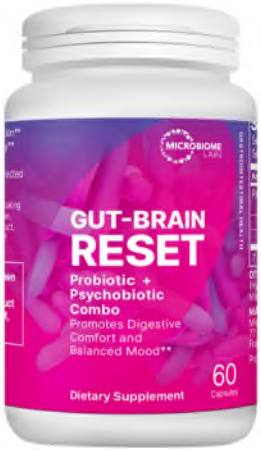


Microbiome Labs has some other great products, so please keep reading.

Gut-Brain Reset or PsychoBiotic may sound a little weird, but look at this description:

Functional gastrointestinal (GI) disturbances are characterized by acute episodes of mood imbalances and digestive distress, including bloating, abdominal discomfort, and changes to bowel habits. Gut-Brain Reset contains clinically studied and scientifically validated ingredients that support the gut-brain axis to help with GI discomfort and its accompanying psychological stress.

Gut-Brain Reset promotes digestive and brain function, supporting gut microbiome health and overall well-being. Clinical Support With complementary ingredients backed by multiple research studies and scientific validation, Gut-Brain Reset was specifically formulated to help:



- Support the gut-brain axis for healthy GI and mood balance
- Occasional episodes of abdominal discomfort, gas, bloating, diarrhea, and/or constipation
- Support and ease occasional stress
- Maintain normal, regular digestive processes
- Promote tryptophan metabolism
- Balance and maintain optimal cortisol levels
- Promote healthy energy, vitality, and mental acuity
- Provide health-supportive bacteria for the GI tract
- Promote gut microbiome health and overall well-being
- Support occasional episodes of functional GI distress



And for good measure, I threw in this little product called Vaginal Balance, which is a big dose of cranberry, and it promotes Women's Vaginal Health & Overall Wellness 4-in-1 Support: Vaginal, Urinary, Immune, Digestive. Balances unwanted yeast growth. Reduces bacteria-related vaginal discomfort. Maintains optimal vaginal pH. Improves gut and vaginal microbiome health with five different Lactobacillus species to maintain balance.

That’s a lot of information. Let me know how I can help you!