

DIGESTION  
ELIMINATION  
IBS  
GERD  
STRESS

Exploring Options for Restoring Digestion and Bowel Health

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## Disclaimer:

*This presentation and any associated materials are for educational purposes only. The information provided is not intended to cure, treat or prevent disease.*

*These statements have not been evaluated by the Food and Drug Administration.*

# Irritable Bowel

- Belly Pain
- Cramping
- Bloating
- Diarrhea
- Constipation
- No Clear Cause



# IRRITABLE BOWEL SYNDROME

13 THINGS YOU PROBABLY DIDN'T KNOW ABOUT ITS CAUSES, SYMPTOMS & TREATMENT

## IBS

A CHRONIC FUNCTIONAL GASTROINTESTINAL DISORDER IS CHARACTERISED BY ABDOMINAL PAIN, DISCOMFORT AND VARIABILITY IN BOWEL MOVEMENTS, WHICH SIGNIFICANTLY AFFECT QUALITY OF LIFE FOR THE PATIENT. IT IS ONE OF THE TOP 10 REASONS FOR SEEKING PRIMARY CARE AND FEW EFFECTIVE THERAPIES HAVE BEEN IDENTIFIED [1]

## STRESS

PSYCHOLOGICAL STRESS HAS THE PROPENSITY TO EXACERBATE IBS SYMPTOMS PARTICULARLY BOWEL FUNCTION. DEPRESSION AND ANXIETY FURTHERMORE AGGRAVATE SYMPTOMS OF IBS

17%

OF PATIENTS TESTED POSITIVE FOR BACTERIAL INFECTION<sup>1</sup>

62%

OF PATIENTS HAVE INSUFFICIENT *BIFIDOBACTERIUM* COMMENSAL BACTERIA<sup>1</sup>

60%

OF PATIENTS TESTED POSITIVE FOR YEAST OVERGROWTH<sup>1</sup>

36%

OF PATIENTS TESTED POSITIVE FOR PARASITIC INFECTION<sup>1</sup>

## EXERCISE

THE BEST MODE OF EXERCISE IS SAID TO BE YOGA, WHICH DEMONSTRATED IMPROVEMENTS OF IBS SYMPTOMS EQUIVALENT TO CONVENTIONAL TREATMENT [12]

## CLASSIFICATION

IBS-D: DIARRHOEA PREDOMINANT  
IBS-C: CONSTIPATION PREDOMINANT  
IBS-M: MIXED FORM

75%

OF PATIENTS SUFFERING WITH IBS IN THE USA GO UNDIAGNOSED<sup>1</sup>

87%

OF PATIENTS HAVE INSUFFICIENT *LACTOBACILLUS* COMMENSAL BACTERIA<sup>1</sup>

## FOOD PRODUCTS

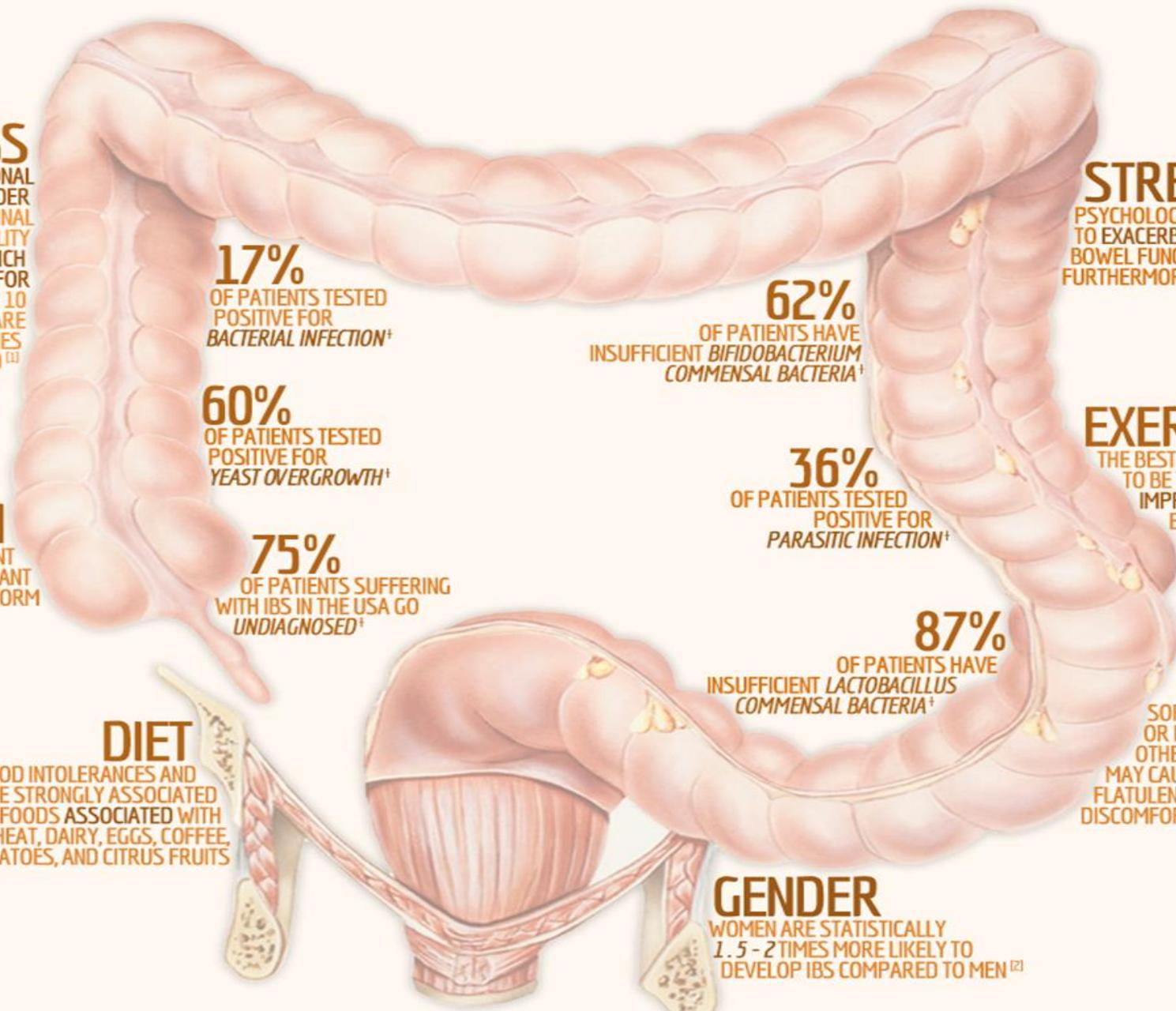
SOFT DRINKS, CEREALS, PACKAGED OR BAKED GOODS, SORBITOL AND OTHER SUGAR-FREE PRODUCTS MAY CAUSE INCREASED FLATULENCE, ABDOMINAL DISCOMFORT AND DIARRHOEA

## DIET

FOOD INTOLERANCES AND ALLERGIES ARE STRONGLY ASSOCIATED WITH IBS. FOODS ASSOCIATED WITH IBS SYMPTOMS: WHEAT, DAIRY, EGGS, COFFEE, YEAST, POTATOES, AND CITRUS FRUITS

## GENDER

WOMEN ARE STATISTICALLY 1.5 - 2 TIMES MORE LIKELY TO DEVELOP IBS COMPARED TO MEN [2]

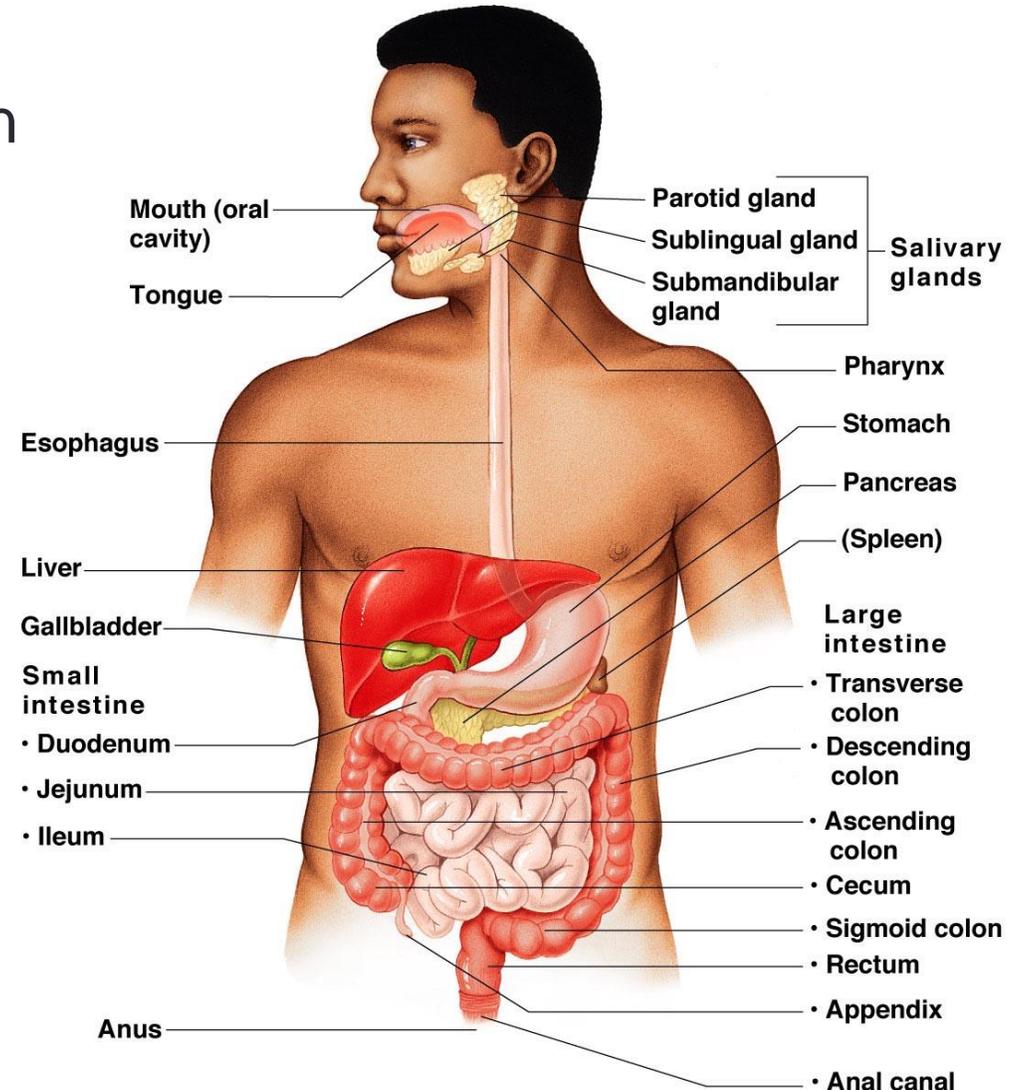




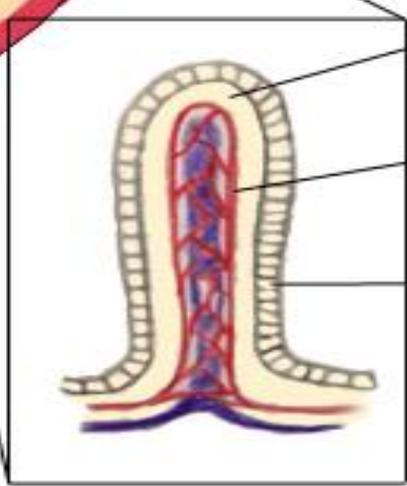
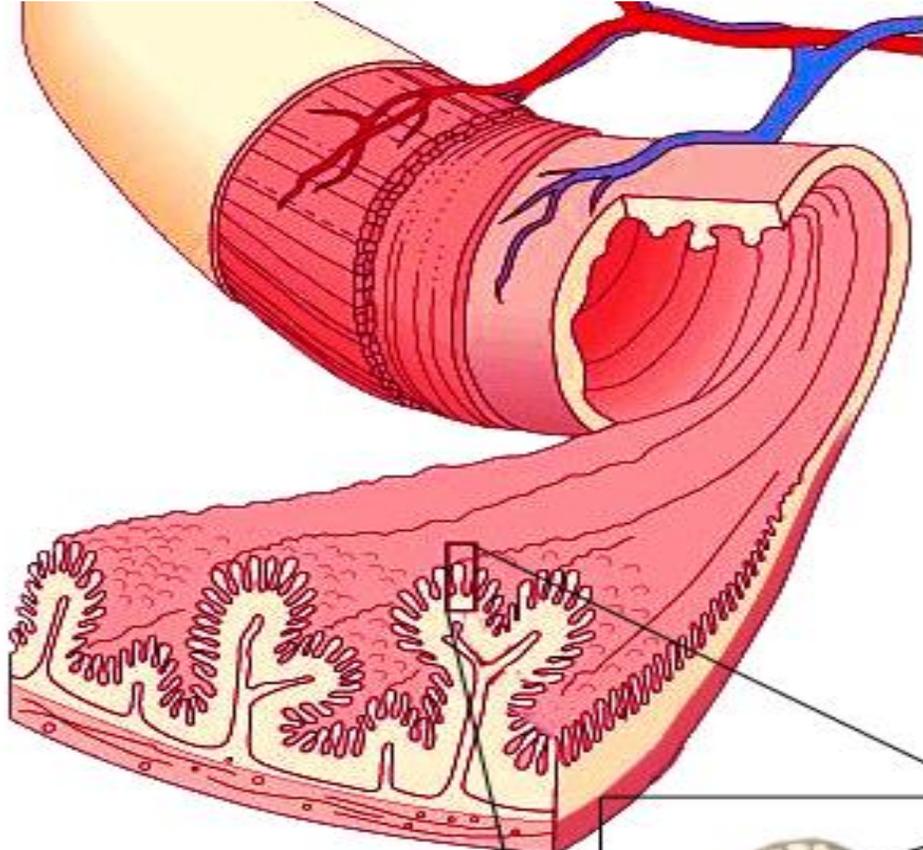
# Where Life Begins and Ends

- Digestion and Elimination

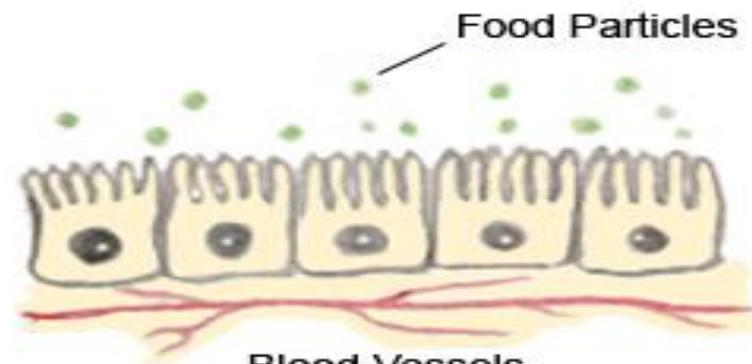
- Mouth
  - Food Mixes with Enzymes
- Stomach
  - Food Mixes with HCL
- Small Intestines
  - Dis-assembly begins



# Healthy Gut

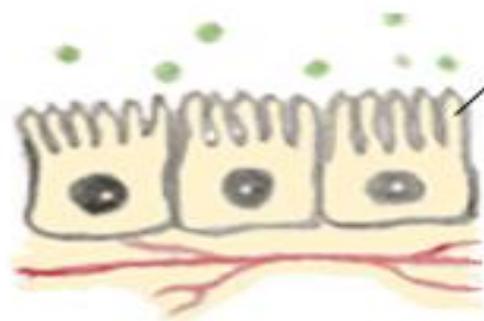


Villy  
Blood Vessels  
One Cell Deep  
Layer of Enterocytes

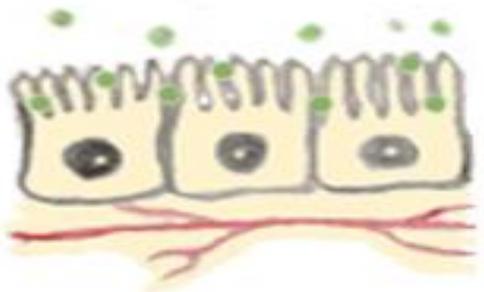


Food Particles

Blood Vessels



Microvilly



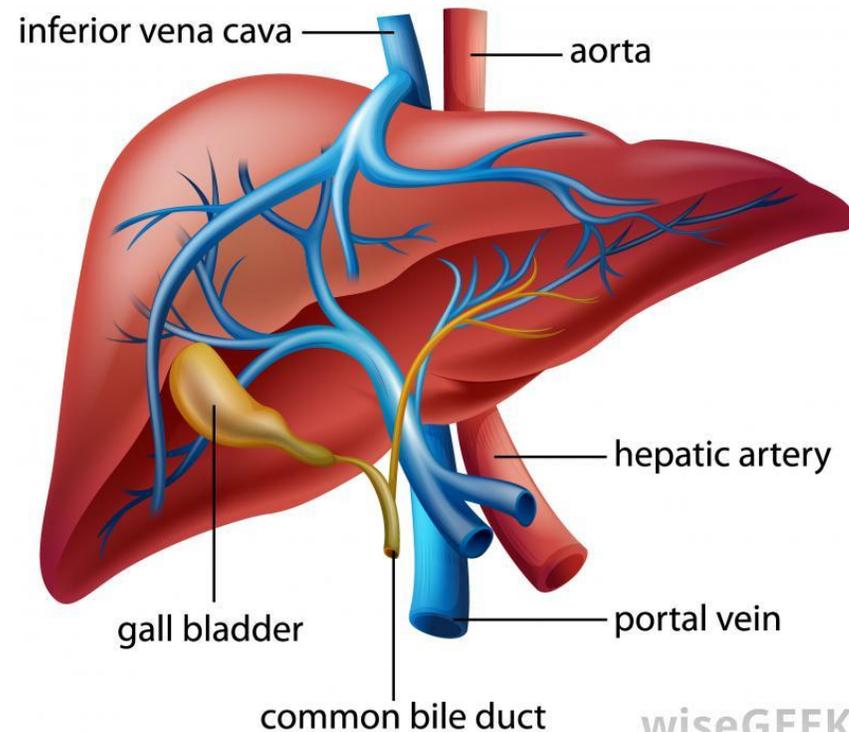
Food is broken by the enzymes. All of the vitamins, mineralas, and nutrients get absorbed into the blood stream.



# Why the Liver is So IMPORTANT

- WE CAN'T LIVE WITHOUT IT!
- Removes toxins and waste safely from the blood
- Separates nutrients from the blood
- Activates and regulates hormones
- Filters chemicals from digestive tract

## Human Liver Anatomy



## Toxins (fat-soluble)

- Metabolic End Products
- Micro-Organisms
- Contaminants / Pollutants
- Insecticides
- Pesticides
- Food Additives
- Drugs
- Alcohol

Phase 1

Phase 2

## Waste Products (water-soluble)

Eliminated from  
the body via:

Gall Bladder

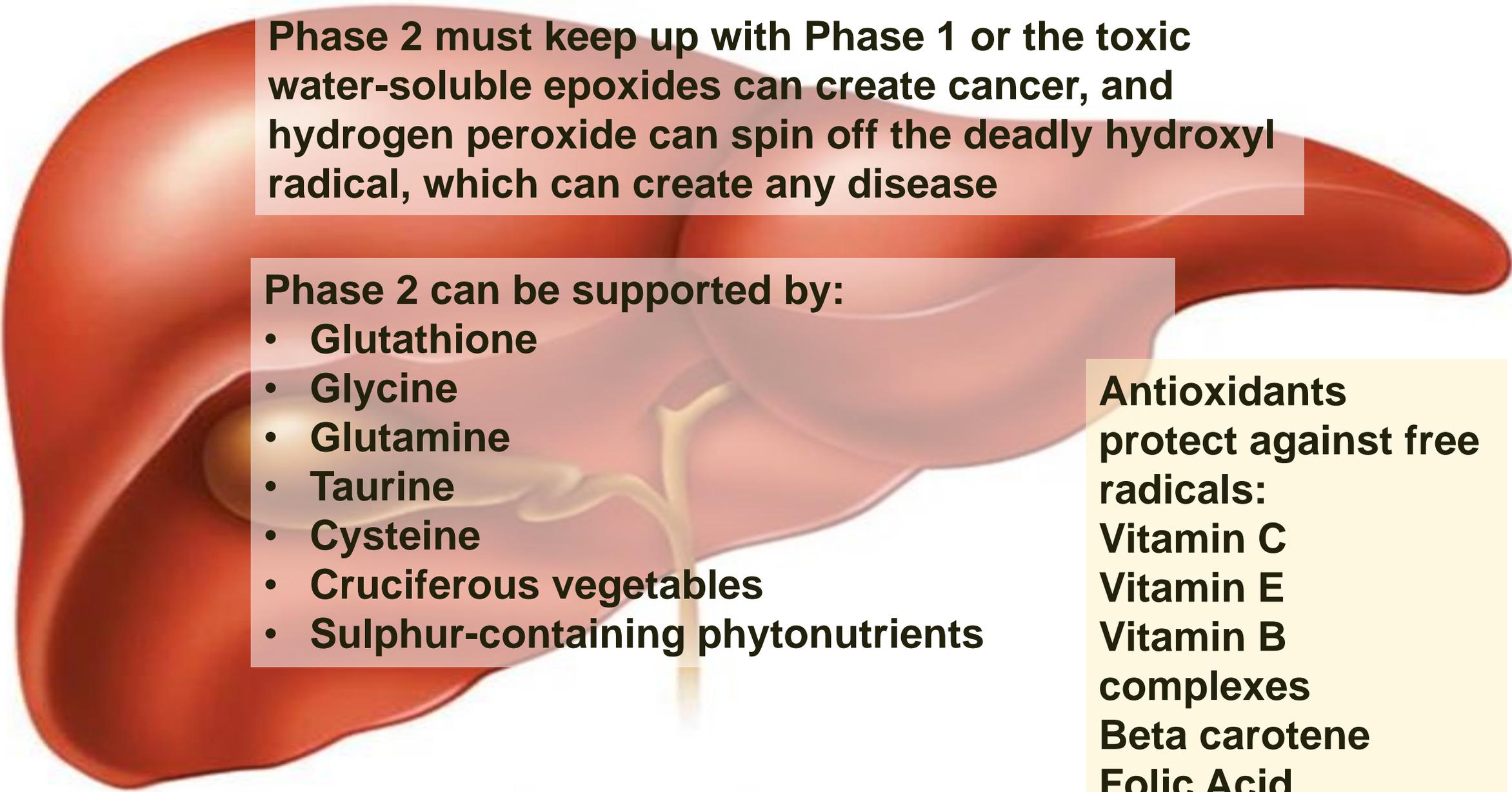
Kidneys

Bile

Urine

Stool

Glutathione



**Phase 2 must keep up with Phase 1 or the toxic water-soluble epoxides can create cancer, and hydrogen peroxide can spin off the deadly hydroxyl radical, which can create any disease**

**Phase 2 can be supported by:**

- **Glutathione**
- **Glycine**
- **Glutamine**
- **Taurine**
- **Cysteine**
- **Cruciferous vegetables**
- **Sulphur-containing phytonutrients**

**Antioxidants  
protect against free  
radicals:  
Vitamin C  
Vitamin E  
Vitamin B  
complexes  
Beta carotene  
Folic Acid**

# Healthy Balance

**Toxins In**



**Toxins Out**

# Disease Originates with Imbalance

More Toxins In

Toxic Burden Increases



Fewer  
Toxins  
Out

# Elimination Without Reabsorption

- During REM Sleep the body clears wastes



## But...when constipated



- Transit time is slow
- Proper mix of enzymes, bile, etc. at the proper time
- The longer the stool is in the intestines, the more water is removed
- If intestinal tract is full, stomach cannot empty

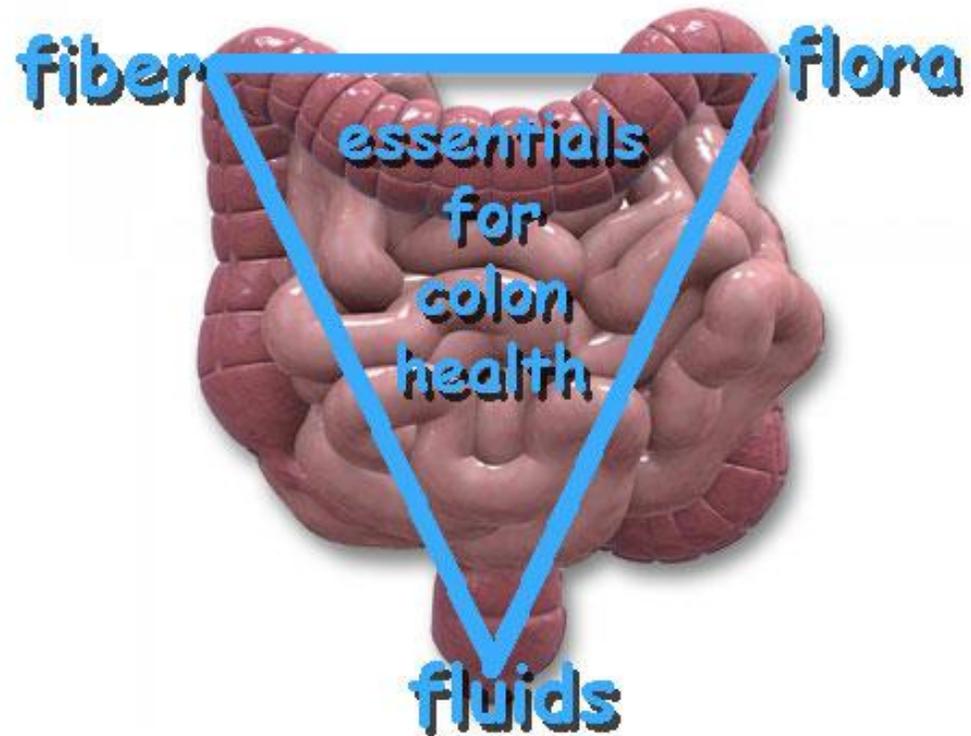
# The Progression to IBS

- Gas
- Bloating
- Indigestion
- Reflux
- Constipation or Diarrhea
- Digestive Disorders



# IBS related Constipation

- Fiber can help relieve constipation
- Be sure to drink plenty of water so the body can get used to the extra fiber



# Tips for Clearing Constipation

- Eating fiber, at least 38 grams per day for men and 25 grams per day for women
  - After age 50, you may need to increase your fiber intake because your metabolism slows as you age, affecting digestion activity
- Probiotics
- Drinking fluids, especially water
- Exercise on a regular basis
- Going to the bathroom when the urge is felt
- Steering clear of high-fat, sugary foods
- Develop a regular meal schedule
- Get into the habit of going
- Avoiding frequent use of laxatives
- Irritable Bowel Sufferers: avoid “trigger foods”



# Helping or Hurting

- Acid Blockers
- Miralax
- PPIs
- Cortisone Creams
- Antibiotics



# Dig Deeper



- Gas and odor -food fermenting
- **Swings constipation-diarrhea**- Poor digestion (food irritates bowel)
- **Thin, pencil like stools** -inflamed bowel
- **Reflux-too much acid** -stress, too little acid, lifestyle, constipation
- **Increased skin issues** - leaky gut, low nutrient absorption, stressed liver
- **Increase in allergies, sinus issues** - leaky gut, absorbing toxins into blood, body tries to eliminate them through the skin
- **Poor digestion of fats** - gallbladder removed, liver overloaded
- **Gas, loose stools, poor digestion** - antibiotic use

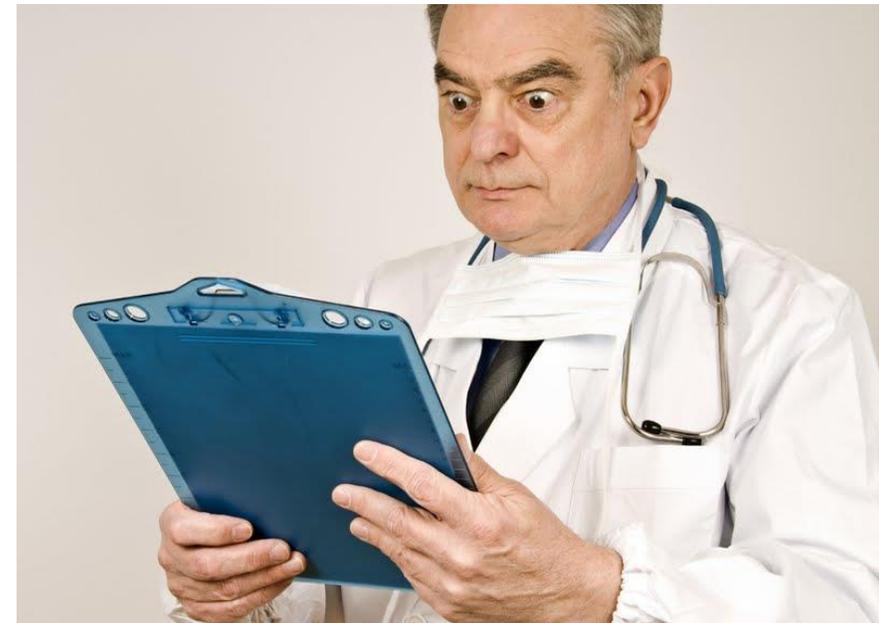
# Ask the Right Questions

- Diet
- Stress
- Sleep
- Stools
- Gas
- Odor
- Skin
- Medications
- Onset
- Travel
- Etc...



# Lab

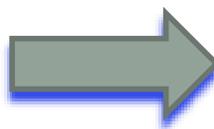
- Comprehensive Stool Analysis



# GI Panel

• Page 1

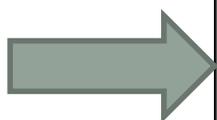
<b>Diagnos-Techs, Inc.</b>			
Clinical & Research Laboratory 19110 66th Ave S. Bldg. G, Kent WA 98023 Tel: (425) 251-0596 CLIA License # 50D0630141			
<b>Accession #</b>	Received : 04/02/2015 Completed: 04/10/2015 Reported : 04/10/2015		
JOHNSON COMPOUNDING & WELLNESS CENTER GARY KRACOFF, RPH/ND 577 MAIN ST  WALTHAM MA 02452 USA Tel: 781-893-3870 Fax: 1-781-899-1172		<b>Results For:</b>  Age/DOB: 23 / 11/11/1991 Sex: Male  Patient's Tel: Specimen Collected: 03/29/2015	
Code	Test Name	Result / Notes	Reference Values/Key
<b>GI-02 Expanded GI Panel</b>			
CS1	Stool Cu. Fungi, Isol. & I.D.	No yeast isolated	+1=Scant +2=Light +3=Moderate +4=Heavy
GP2	Ova & Parasites, x2 (Stool)	No Ova or Parasites Seen	
GP3	Bacterial Stool Cu.	Moderate growth mixed Gram negative rods/flora. Moderate growth mixed Gram positive rods/flora.  Mixed Flora consists predominantly of: ----- Nontoxigenic E. coli - Moderate growth Streptococcus equinus - Moderate growth Pseudomonas fragi - Light growth  No Salmonella, Shigella, or E coli O157 isolated No Yersinia, Vibrio, or Aeromonas isolated No Proteus isolated  In general, early disturbances in microfloral balance may be reflected in the non expected and selective overgrowth of microbial species that are usually non dominant.  Please note: As of January 19th 2013, stool cultures are performed utilizing the MALDI TOF Mass Spectrometer which has not been cleared by the US Food and Drug Administration. All CLIA required performance specifications for a lab developed test have been validated by DTI and found to be in compliance.	Expected Findings: - Moderate to heavy growth of mixed Gram (+) & (-) flora - No pathogens should be detected.
GP3CA	Campylobacter Antigen	Negative	Normal: Negative
GP3ST	Shiga Toxin (Stool)	Negative	Normal: Negative
GP3CD	C. Difficile: Toxins A & B (Stool)	Negative	Normal: Negative
GP4	Giardia Antigen (Stool)	Negative	Normal: Negative
GP5	Cryptosporidium Antigen (Stool)	Negative	Normal: Negative
GP6S	Toxoplasma Ab, SIgA (Saliva)	Negative	Normal: Negative
GP7S	Entamoeba histolytica Ab, SIgA (Saliva)	Not detected	Normal: Not detected
GP8S	Helicobacter pylori Ab, IgG (Saliva)	<3	Negative: < 3 U/ml Borderline: 3-5.5 U/ml Positive: >5.5 U/ml
MB2	Total Intestinal SIgA (Stool)	33 Normal	Borderline Low: 10-19 mg/100g dry wt Normal: 20-160



# GI Panel

• Page 2

Diagnos-Techs, Inc.			
Accession:		Continue Results For:	
Code	Test Name	Result / Notes	Reference Values/Key
<b>GI-02 Expanded GI Panel</b>			
MB2	Total Intestinal SIgA (Stool) Note: As of February 1, 2014 reference ranges have been updated to reflect ongoing research and analysis.		Borderline High: 161-250
MB3	Intestinal Lysozyme (Stool)	2	Normal: <6 mg/100g dry wt Bord. Elevated: 6-8 Elevated: >8
MB4	Alpha Anti-Chymotrypsin (Stool)  * Applicable with elevated lysozyme; small intestine irritation with normal lysozyme.	41	Normal: <60 mg/100g dry wt Borderline Elev.: 60-100 Mild/Distal Colitis: 100-180 * Colonic Inflammation: >180 *
FG1	Chymotrypsin (Stool)  Chymotrypsin is a marker enzyme for pancreatic exocrine output. A low Chymotrypsin value is suggestive of poor pancreatic output of all enzymes. Enzyme supplementation worth consideration.	6	Normal: >9 U/10g Low: 4-9 Abnormally Low: <4
FG4	Occult Blood (Stool)  A positive fecal occult blood may indicate the need for further diagnostic workup. Three negative results from specimens collected every other day are recommended to rule out intermittent sources of blood in stool.	Negative	Normal: Negative.
FG5	Fecal pH	6.4	Normal: 5-8.5
FI1	Milk (Casein) Ab. SIgA (Saliva)	Positive	Normal: Negative.
FI2	Soy (Protein) Ab. SIgA (Saliva)	Positive	Normal: Negative.
FI3	Egg (Albumin) Ab. SIgA (Saliva)	Negative	Normal: Negative.
FI4	Gliadin Ab, SIgA (Saliva)  Gliadins are proteins found in wheat, rye, barley and other grains, which may trigger an immune reaction in some individuals. A negative SIgA reaction to gliadin does not rule out all adverse reactions to gluten. A positive SIgA response to gliadin may warrant further diagnostic workup and/or dietary elimination trial in some individuals. Lab results should be used in context of the entire clinical picture. NOTE: Patients on a gluten-free diet who have not been exposed to gluten for 3 months or more should have a negative SIgA response to gliadin.	>32 Positive	Borderline: 13-15 U/ml Positive: >15 U/ml
ASC	Roundworm (Ascaris lumbricoides) SIgA (Saliva)	Not detected	Normal Result: Not detected
TRIC	Trichinella spiralis SIgA (Saliva)	Not detected	Normal Result: Not detected
T-SOL	Tapeworm (T.solium) SIgA (Saliva)	Not detected	Normal Result: Not detected



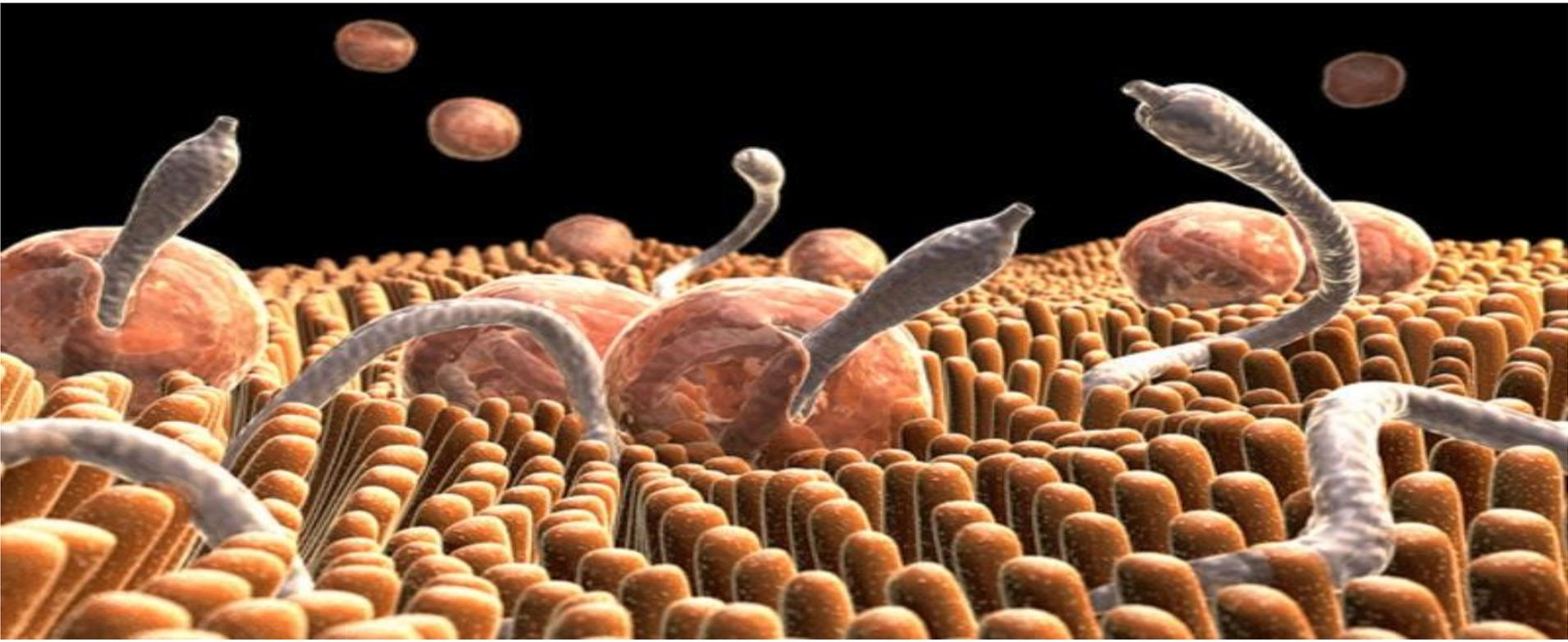
# A Good Place to Start



- Gut Program
  - NutriPlenish GI
  - Digestive enzymes
  - Liver Gallbladder HP
  - Dandi Comp
  - Hepata Comp
  - Enterobiotic SBO
  - L-Glutamine(Glutashield)

# Parasites?

- Address Disease State
- Address Gut Lining



# Probiotics for C. Difficile Bacteria

- Saccharomyces Boulardii and Lactobacillus Plantarum have shown to be effective against C. Difficile.
- Probiotics may also help with Ulcerative Colitis and possibly Crohn's disease.



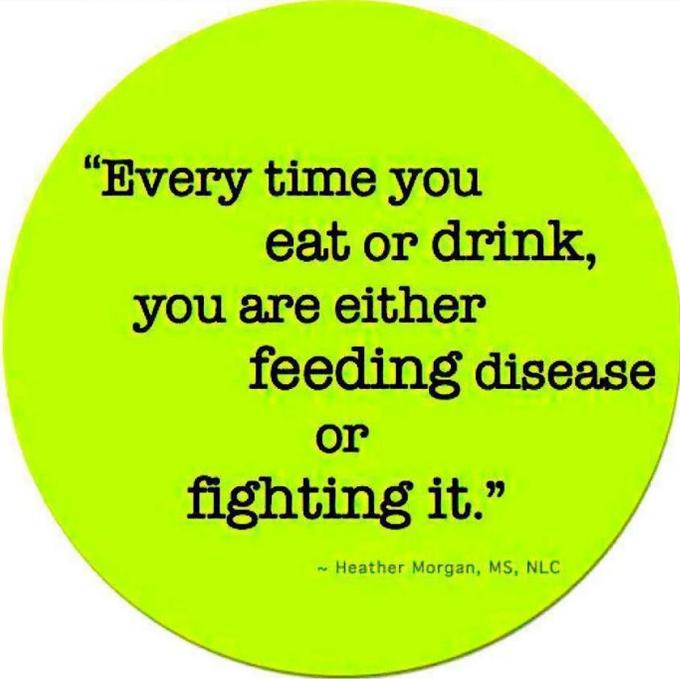
# Homeopathic Remedies for IBS

- Liver Gallbladder HP – Combination for liver and digestive support
- Argentum Nitricum for nervous persons with abdominal bloating and diarrhea from eating sweets.
- Nux Vomica is with irritable people who are argumentative and picky by nature and have frequent urging for passing stools along with an unfinished feeling after defecation.
- Asafoetida for bloating and cramping pains below the naval.
- Carbo Vegetabilis is used for indigestion and belching
- Bryonia for irritation and inflammation.
- Lycopodium Clavatum for diarrhea and flatulence
- Natrum Carbonic for stomachache
- Vertrum Album is helpful when the abdomen is sensitive to pressure, is swollen and has cutting colic pains



# Dietary Changes

- Anti-Inflammatory Diet
- Increase Fluid Intake
- Eat Fermented Dairy Products with proven probiotic properties
- Limit Gas Producing Foods
- Limit Fatty Foods
- Avoid Caffeinated Beverages, Sodas, Sorbitol or Added Fructose, Alcohol and Overeating
- Manage Stress and Avoid Stressful Situations



**“Every time you  
eat or drink,  
you are either  
feeding disease  
or  
fighting it.”**

~ Heather Morgan, MS, NLC

# Infants and Children with Eczema



# You are special You need a program designed for you!



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## Gut Program

**Nutriplenish GI:** 2 tablets with each meal 3 times a day. If over 150 lbs. increase slowly to 3 tablets with each meal.

### Liver Support (detox)

- Liver/Gallbladder HP
- Dandi Comp
- Hepata Comp
- Super Milk Thistle X
- \_\_\_\_\_

#### Dossage

- 10 drops under tongue 3 times a day
- 1 dropperful two times a day
- 2 dropperfuls 2 times a day
- 1 capsule two times a day
- 1 capsule 3 times a day

### Digestive Enzymes

- Optizyme
- Digest Basic
- Digest Gold
- Digest Spectrum
- Bitters
- \_\_\_\_\_

#### Dossage

- 1 capsule with each meal
- 1 tablet with each meal
- 2 tablets with each meal
- 1 tsp after each meal

### Omega 3 (fish oil)

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li><input type="checkbox"/> Fish Oil Omega 3</li><li><input type="checkbox"/> Finest Pure fish Oil capsules</li><li><input type="checkbox"/> Finest Pure Fish Oil liquid</li><li><input type="checkbox"/> Orthomega caps</li><li><input type="checkbox"/> Orthomega liquid</li><li><input type="checkbox"/> Proomega caps</li><li><input type="checkbox"/> Proomega liquid</li><li><input type="checkbox"/> _____</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> 1 tsp daily</li><li><input type="checkbox"/> 2 tsp daily</li><li><input type="checkbox"/> 1 capsule daily</li><li><input type="checkbox"/> 1 capsule 2 times a day</li><li><input type="checkbox"/> 1 capsule 3 times a day</li><li><input type="checkbox"/> 2 capsules 2 times a day</li><li><input type="checkbox"/> 2 capsules 3 times a day</li><li><input type="checkbox"/> _____</li></ul> |
|--|---|

### Probiotics

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"><li><input type="checkbox"/> Enterobiotic SBO</li><li><input type="checkbox"/> Enterobiotic SIGC</li><li><input type="checkbox"/> Innate 20-14</li><li><input type="checkbox"/> Innate 50-14</li><li><input type="checkbox"/> OrthoBiotic</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Ortho Pro-biotic 225</li><li><input type="checkbox"/> Ultimate Flora _____</li><li><input type="checkbox"/> Ultra Flora Balance</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> 1 capsule daily</li><li><input type="checkbox"/> 1 capsule two times a day</li><li><input type="checkbox"/> 2 capsules daily</li><li><input type="checkbox"/> 1 packet daily in water</li><li><input type="checkbox"/> _____</li></ul> |
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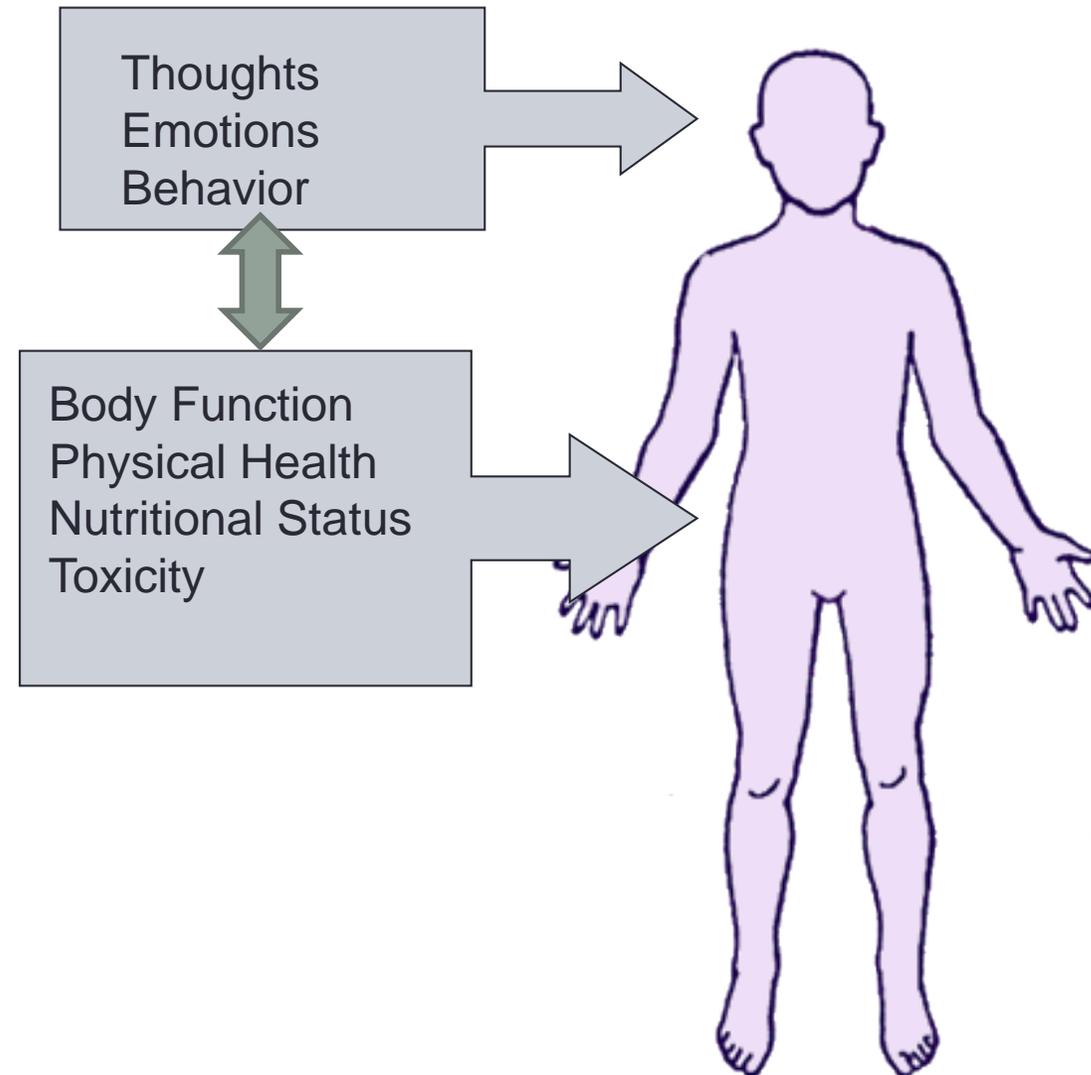


# STRESS, ANXIETY & DEPRESSION

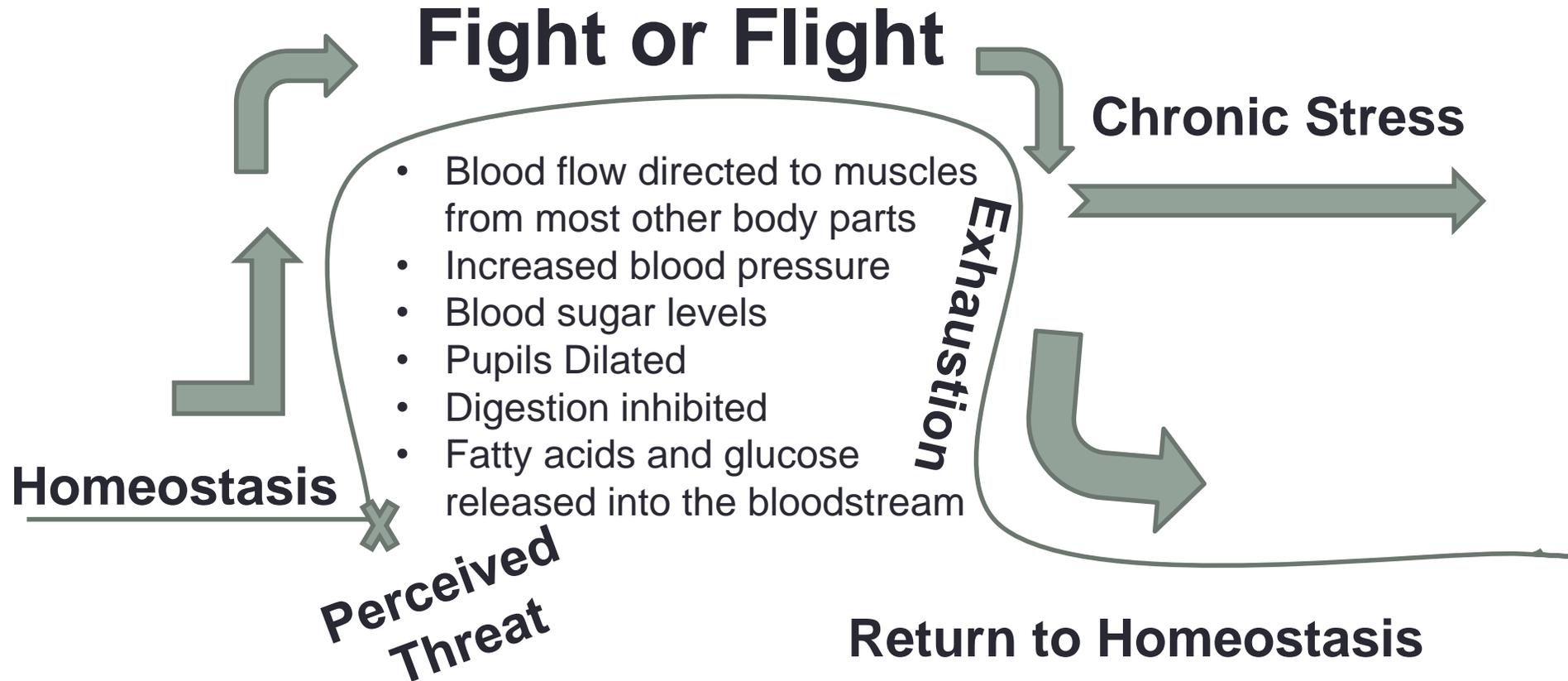
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# The Mind-Body Connection

**Studies suggest that the body's inability to adapt to stress is associated with the onset of depression or anxiety.**



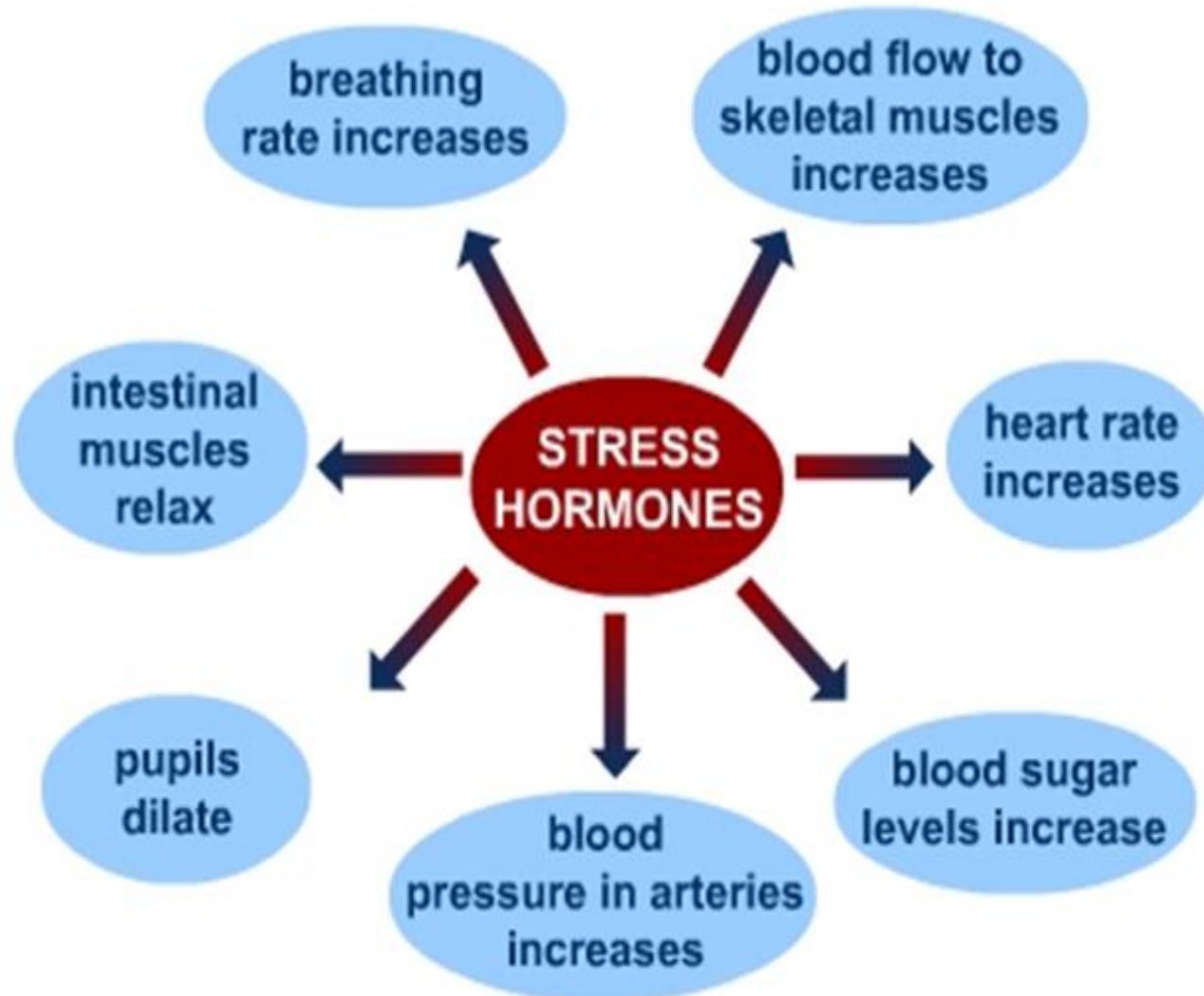
# Physical Response to Stress

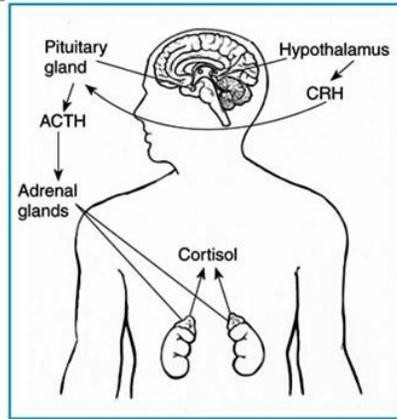


# The Good Stress

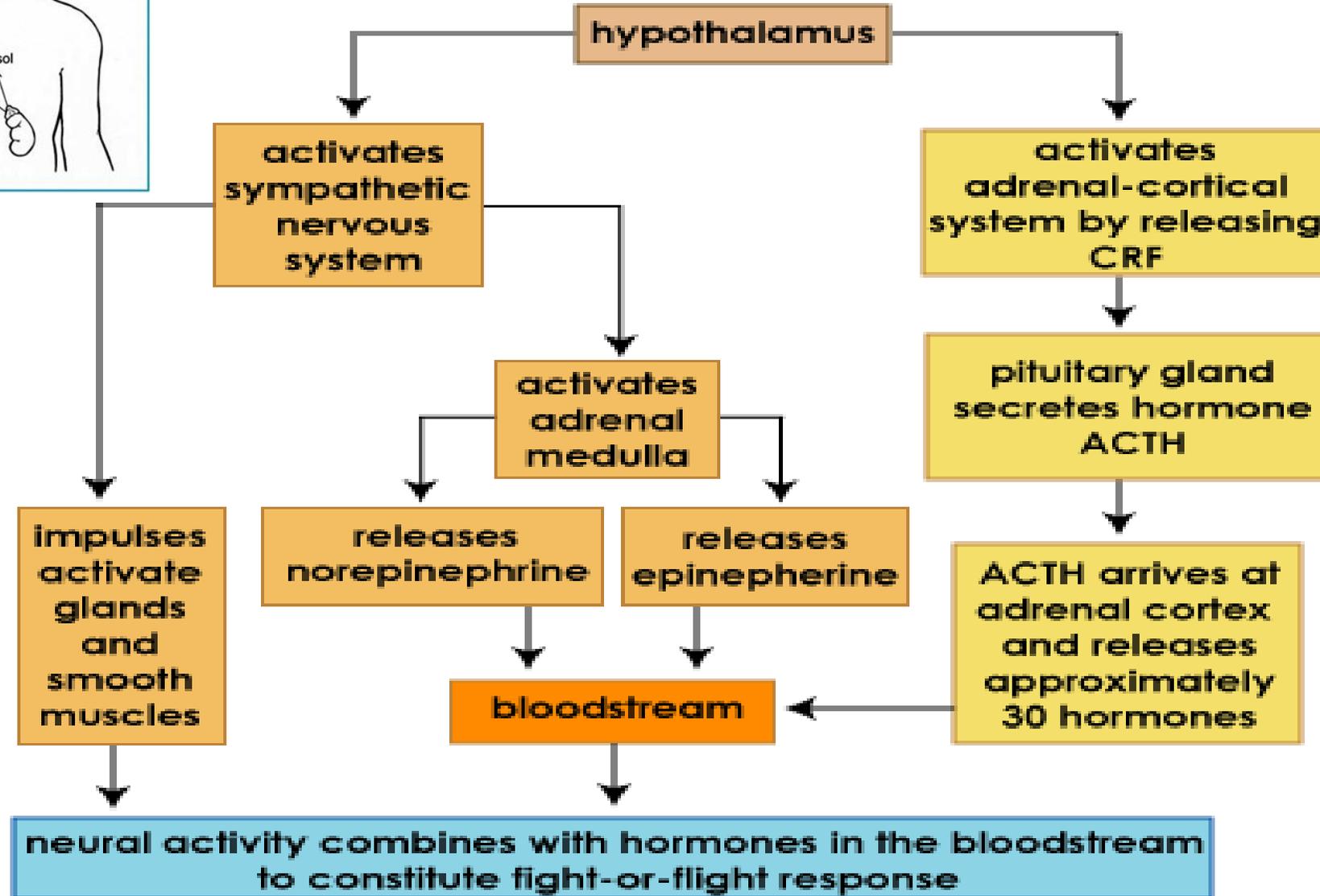


# Chronic Stress = Chronic Health Problems





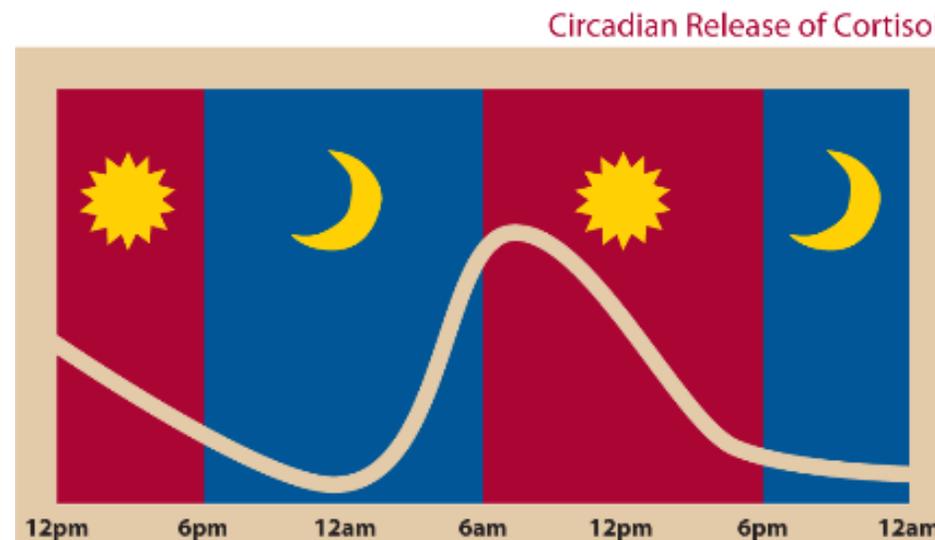
# Fight or Flight Response



# Cortisol

Acute stress brings higher levels of cortisol being released to help the body cope – its primary functions are:

1. Regulation of blood glucose levels by a process called gluconeogenesis in the liver
2. Regulation of the immune system
3. Regulation of carbohydrate, protein and lipid metabolism

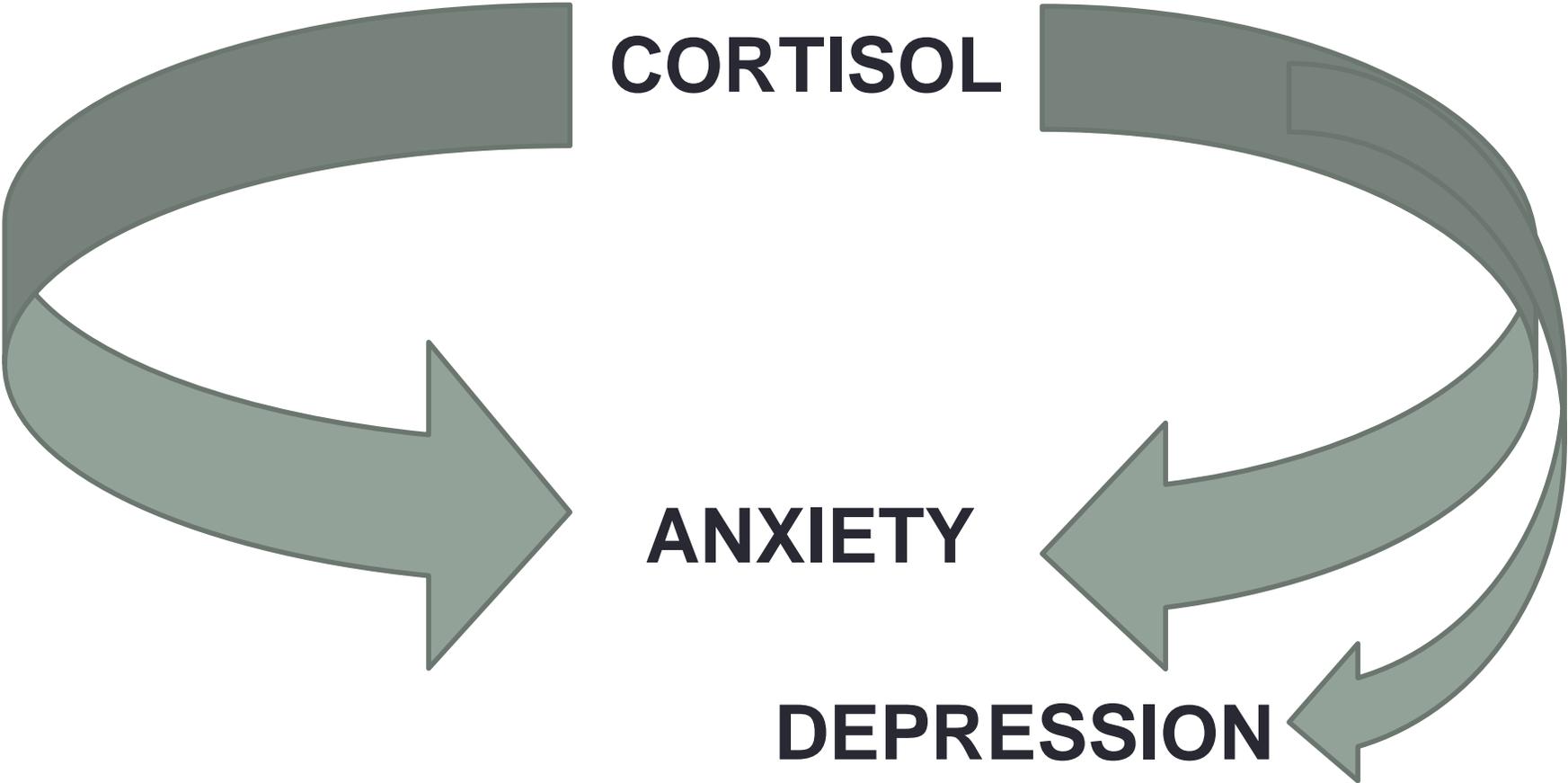


## Symptoms of High Cortisol Levels

- Wired or fatigued
- High blood pressure
- Hyperglycemia
- Worsening memory and concentration
- Difficulty sleeping (Insomnia)
- Decreased sex drive
- Erectile dysfunction
- Weight gain and obesity
- Weakened immune response

## Symptoms of Adrenal fatigue (Low Cortisol Levels)

- Fatigue
- Worsening memory and concentration
- Difficulty sleeping (insomnia)
- Sugar and salt cravings
- Decreased sex drive
- Erectile dysfunction
- Depressed mood
- Weight gain
- Bone and muscle loss
- Anxiety
- Irritability



# Signs of Chronic Stress

- Excessive fatigue after minimal exertion; feeling “overwhelmed” by relatively trivial problems
- Trouble awakening in the morning, even after adequate sleep
- Relying on coffee (caffeine) and other “energy” drinks for a pick me up
- Perceived energy burst after 6:00 PM
- Chronic low blood pressure
- Hypersensitivity to cold temperatures
- Increased premenstrual symptoms (PMS) symptoms
- Depression and/or labile mood swings
- Mental “fog” and poor memory
- Decreased sex drive
- Anxiety
- Craving sugar and salty foods
- Decreased appetite
- Imbalanced immune system
- Chronic allergies
- Generalized weakness and dizziness upon standing



# Review

- Stress is a necessary response
- Chronic stress creates chronic health problems
- High cortisol levels eventually lead to adrenal fatigue (low cortisol)
- Chronic stress is directly linked to depression and anxiety

# The First Steps

- **Learn to say “No”**
- **Deal with matters as they come up**
- **Schedule down time**
- **Get plenty of sleep**
- **Eat organic, healthy foods**
- **Choose non-toxic household cleaners**

Sleep

Exercise

Schedule

Supplementation



## From Deficient to Disease



Serotonin

Dopamine

Epinephrine

Phenylalanine  
Tryptophan

Vitamins  
B3 and B6

Iron

Copper

- Symptoms of disease can occur when nutrients aren't available to meet the needs of the body
- For example, certain nutrients are required to regulate hormones and without these hormones, depression can result
- This could occur because of their unique biochemistry, diet or have particularly high needs for the biochemical pathway to function properly

# Quick Protocol for Stress

## **Stress, Anxiety Protocol: Maitake, GABA Calm, Anxiety HP**

- **Maitake:** Take 2, twice a day.
- **GABA Calm:** Take 2, three, 3 times a day.
- **Anxiety HP:** Take 10 drops, three times a day.

## **Stress, Minor Depression Protocol: GABA Calm, Depression Homeopathic, SeroNutrients**

- **GABA Calm:** Take 2, three, 3 times a day.
- **SeroNutrients:** Take 2 at bedtime.
- **Depression Homeopathic:** Take 10 drops, three times a day.

- GABA Calm by Natural Creations
- Supports Gaba production
- Gaba is an inhibitory neurotransmitter
  - Calming to the brain
  - Anti-anxiety
  - Helps people who have trouble falling asleep
  - Maybe helpful for people on the autism spectrum or with ADHD who have dysregulated excitatory problems – outbursts due to anxiety or anger
- Dose: can range from 2 capsules 3 times a day to 1 capsule 6 times a day

