Soothe Your Gut

KEY WORDS

DGL, deglycyrrhizinated licorice, probiotics, beneficial bacteria, IBS, indigestion, dyspepsia, ulcers, bloating, fullness, heartburn, *Lactobacillus paracasei*, stomach ache, immune

Do you like your stomach? Sometimes we think our stomach is "fat" and all the ads tell us we should have a "flat stomach." But what they are really referring to is visceral fat, not the essential organ of digestion. Do you think about your intestines, and how to keep them strong and healthy? If you are like most people, you only think about this region of your body when something goes wrong. But did you know that every part of your existence, from your daydreams, to your skin texture, to your heart beat, to your toenails, is linked to your body's ability to convert food into fuel, and your stomach and intestines play co-starring roles in that process?

If your stomach and intestines – sometimes called the gut – are not working right, nothing in your body is going to work right. Problems with digestive function can manifest themselves in very unpleasant ways, including fatigue, anemia, ulcers, gastritis, bloating, nausea, inflammatory bowel conditions, and even allergies and autoimmune diseases. In this *Terry Talks Nutrition*, I'm going to discuss *powerful* nutrient interventions to soothe and strengthen your stomach and intestines.

Soothing Ingredients for Your Stomach

Digestive health has long been considered the key to good health overall. Any stomach disorder – whether it's indigestion, ulcers, bloating, IBS, or heartburn – takes a toll on how we get through the day, and affects our whole body health and perspective in countless ways. Unfortunately, digestive disorders are very common. In fact, it's estimated that 1 in 5 Americans have Irritable Bowel Syndrome (IBS), and that's just one example.

Part of the problem with any digestive issue is that over-the-counter attempts at reducing symptoms only make it worse. If you've been struggling with any stomach or intestinal disorder, it's time to start healing.

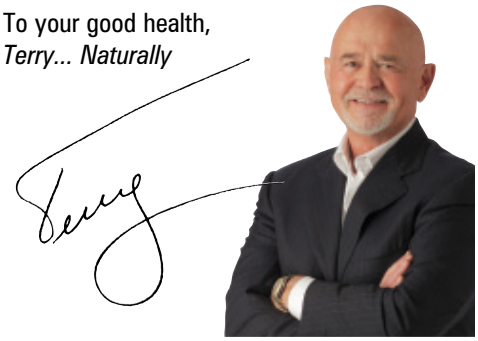
A Powerful, Unexpected Form of DGL

One of the first things you need to do when you have any issues of the 'gut' – that is, the stomach or intestines – is to begin soothing your digestive system. This is critical, because people with these concerns often feel that their stomach and intestines seem "wrung out" because of the ups and downs of their digestion.

Chances are, you've probably heard about DGL. This extract of licorice (*Glycyrrhiza glabra*) is a strong antioxidant, works as an antimicrobial agent, and helps reduce inflammation. The reason these licorice extracts are known as "DGL" is because they have removed the glycyrrhetinic acid, because in large anounts, it can raise blood pressure. So this "deglycyrrhizinated licorice" is commonly known as "DGL". You almost always see it sold as a chewable tablet. But new research shows that there is a special, advanced form that doesn't have to be chewed.

This is important, because many people have been put off by the intense taste of DGL in the past. Many manufacturers try to mask the taste with other flavors, but have varying degrees of success. That's not surprising. It is a very strong ingredient. But it's a crucial one for anybody with IBS, ulcers, or even more common issues like heartburn and indigestion.

To your good health,
Terry... Naturally



In fact, DGL's antimicrobial action makes it one of the primary natural inhibitors of *Helicobacter pylori*, a bacterium behind the cause of many ulcers and stomach irritation. *H. pylori* eats away at the protective mucosal lining of the stomach, which normally would protect it against digestive acids. Plus, DGL also protects against the damaging effects caused by aspirin and NSAIDs (non-steroidal anti-inflammatory drugs) like ibuprofen.

But because the taste of DGL is so strong, and because we've always believed it had to be in a chewable form to be effective, the healing potential of DGL was limited to those who could deal with the flavor or would stick with a regimen of chewing multiple tablets before meals. But there's some very good news about DGL for anybody who suffers from ulcers, dyspepsia, IBS or any other gastric trouble: you don't have to chew it anymore.

More...

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

Subscribe to a free weekly health newsletter at www.TerryTalksNutrition.com

THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

1211.TTN063

A clinically-tested, effective DGL is now available in a capsule form. Because this studied form of DGL wasn't chewed, much smaller levels could be used, rather than the normal 1500 – 3000 mg. In fact, in a randomized, double-blind, placebo controlled test, individuals with dyspepsia (upset stomach or indigestion) received 75 mg or 150 mg of an encapsulated DGL twice daily. This seems like a miniscule amount, but at 15 days and again at 30 days, participants in both DGL groups showed ***significantly decreased symptoms***, including reduced heartburn, early satiety (that uncomfortable feeling of being "overfull" even at the beginning of a meal), regurgitation, nausea, and bloating. To put it simply, this special form worked *extremely* well.

What I would recommend is a DGL extract standardized to contain 3.5% glabridin, with greater than 10% total flavonoids per dose. With the right extract in capsule form, you should do fine with the 300 mg suggested daily dose – just like the clinical research.

Balancing Your Good Bacteria – Probiotics Make a Difference

Another natural way to support your digestive tract and your health overall is partnering your DGL with a good probiotic supplement. Because probiotics (the good bacteria found in yogurt) have become so popular, most people know that they *should* consume them, even if the reasons *why* aren't always clear.

Probiotics (also called beneficial bacteria) typically colonize in the intestines and help the body absorb nutrients, keep the immune system running smoothly, normalize the rate of digestion (especially important for anyone who suffers from diarrhea or constipation), detoxify food materials in transit, and keep the numbers of harmful bacteria and yeast in check. In fact, one of the causes of IBS is Small Intestinal Bacterial Overgrowth (SIBO), simply high levels of harmful bacteria in the intestines. Adding high levels of beneficial bacteria, or probiotics, to the diet has been shown to reduce the pain, bloating, and gas associated with the condition.

Of course, many people don't get the probiotics they need from diet alone. Unfortunately, one of the main dietary sources for beneficial bacteria is sugary, flavored yogurt that may only deliver a very small probiotic reward – and it might not even be the right type of probiotic you need. That's why I recommend getting your probiotics in supplemental form. It's a much better bet for getting actual, beneficial results.

In the digestive system, probiotics stop the growth of pathogenic bacteria, release short-chain fatty acids that balance pH and limit the production of probiotic-harming proteins, and as they ferment fiber ingredients, they create butyric acid, which helps strengthen gastric mucosa.

The species of probiotics used to treat various digestive disorders, including IBS, are varied. One of the best forms of beneficial bacteria is *Lactobacillus paracasei*, which not only keeps your digestive system running smoothly, but also helps bolster your immune system. Make sure that the supplemental form you're getting has a high count, too – I recommend at least 12 billion CFU (colony forming units). That means that the probiotics have a better likelihood of colonizing in the intestine, helping the body absorb nutrients and drive out bacteria that can cause problems.

Natural, Soothing Relief is the Best Choice

When it comes to supporting healthy digestion, there is always a temptation to use over-the-counter products that promise fast relief, but don't really provide benefits over the long haul.

Whether you are dealing with an ulcer, navigating the challenges of IBS, or simply have problems with indigestion, this new form of DGL either alone, or combined with a powerful probiotic can make a soothing, healing difference for your digestive system. You won't believe how much better these issues can be with the right natural interventions! TN

Terry recommends a product with these ingredients:

Proprietary Probiotic Blend 12 Billion
Lactobacillus paracasei providing
12 billion CFUs at time of manufacture

Deglycyrrhizinated Licorice (DGL)
(*Glycyrrhiza glabra*) Root Extract 300 mg
standardized to contain 3.5% glabridin,
>10% total flavonoids

Terry recommends a product with these ingredients:

Deglycyrrhizinated Licorice (DGL)
(*Glycyrrhiza glabra*) Root Extract 75 mg
standardized to contain 3.5% glabridin,
>10% total flavonoids

©2011 THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. JC 34 91+3(5,6)TN