



Thank you!

Gregory Plotnikoff, MD

[www.MNpersonalizedmedicine.com](http://www.MNpersonalizedmedicine.com)

"A great resource for recovery from gut distress. I recommend it highly."  
—ANDREW WEIL, MD

# Trust Your Gut

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**Get Lasting Healing from IBS  
and Other Chronic Digestive Problems  
Without Drugs**

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Gregory Plotnikoff, MD & Mark Weisberg, PhD





**The Core of TYG is C.O.R.E.**

# 1. Center



## 2. Observe

# Five Fundamentals

1. Breathing

1. Eating

1. Sleeping

1. Moving

1. Loving

# Five Forms of Stress

1. Environmental
2. Physical
3. Emotional
4. Physical
5. Dietary

# Environmental Stress

- A. What is going on at home? Work? School? Neighborhood?
- B. What is going on with key relationships?
- C. What is in the air? Water? Soil?
- D. What is in care products used?
- E. Sound, light, EMF?

# Physical Stress

- a. Chronic illness
- b. Acute illness
- c. Circadian rhythm disruption
- d. Excessive physical exertion
- e. Surgery

# Emotional and/or Spiritual Stress

- a. Shame
- b. Resentment
- c. Fear
- d. Abandonment
- e. Not being heard

# Pharmaceutical Stress

- a. Steroids
- b. Antibiotics
- c. Antacids
- d. Chemotherapy
- e. Anti-depressants, Anti-psychotics

# Dietary Stress

- a. Too much or too little
- b. Non-mindful vegan or vegetarian diets
- c. Food allergies
- d. Adverse food reactivity
- e. Food intolerance

# Too many options?

- Low fat (Dean Ornish)
- Vegetarian, Vegan
- Paleo
- Ketogenic

# Plant Based Diets

What is a complete protein?

Preferred source of vitamin B12?

Preferred source of Calcium? Iron?

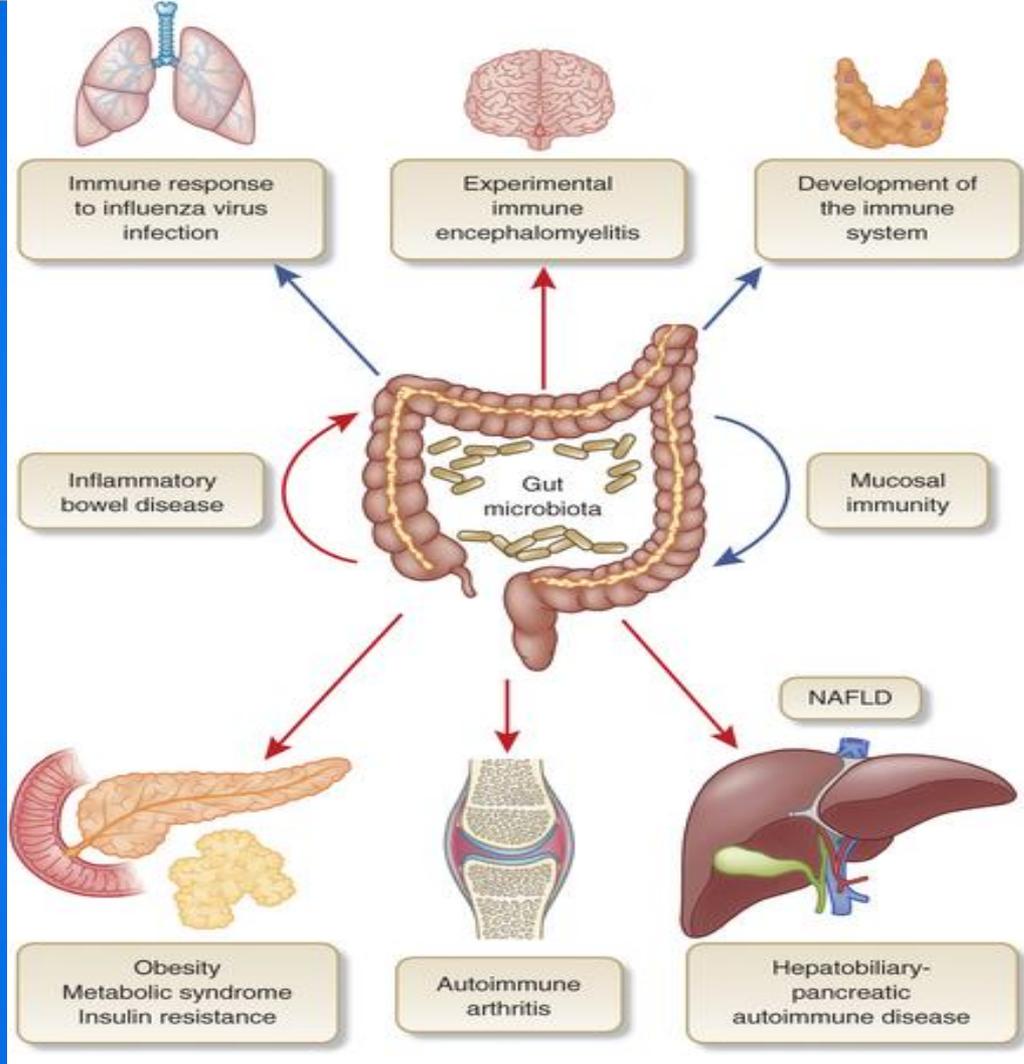
Preferred source of long-chain omega-3 fatty acids?

Preferred source of iodine? Zinc? Choline?

# 3. Restore

# Three Take Home Messages

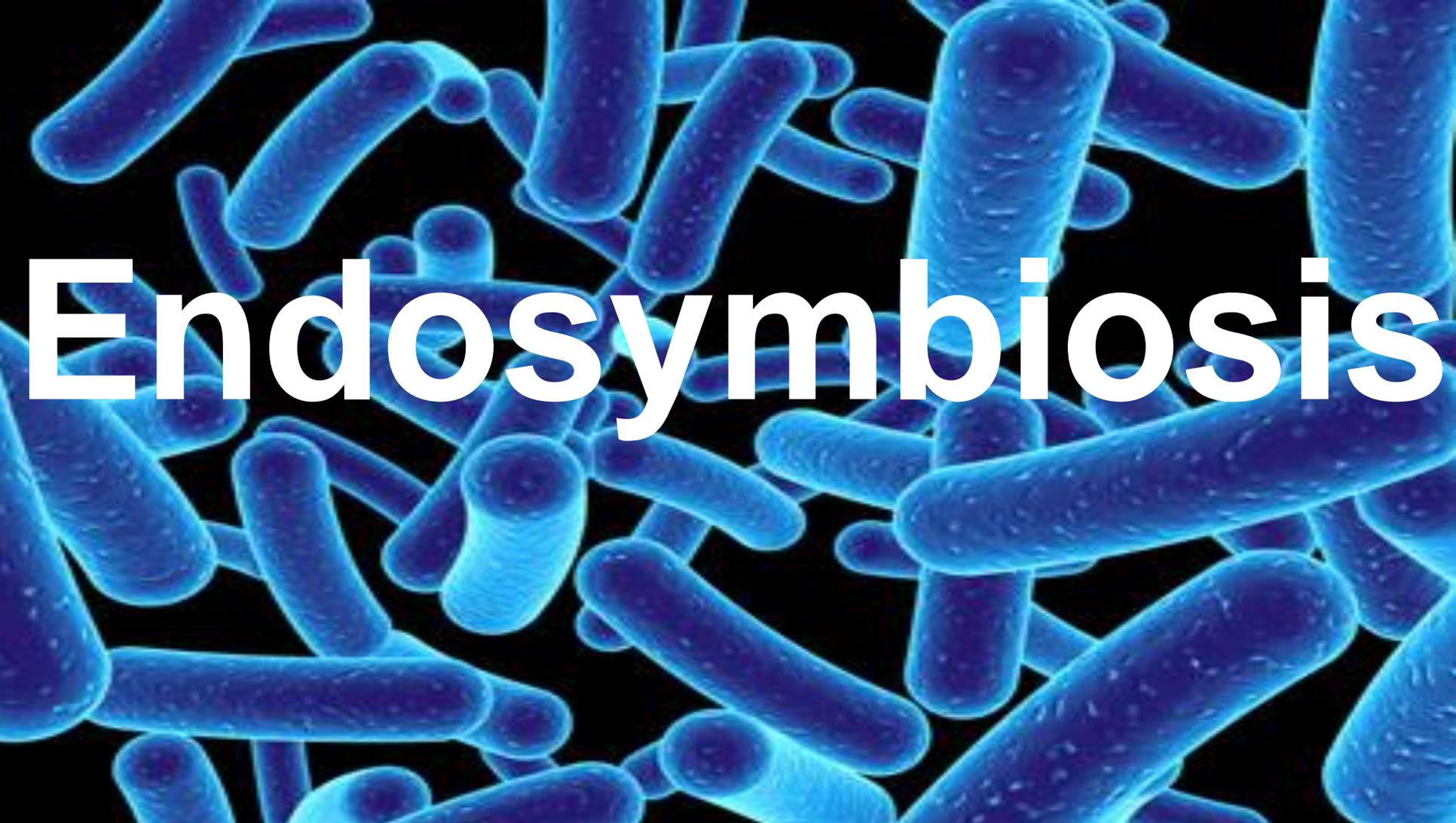
1. **“Gut Health is the Foundation of All Health”**
2. “Good Fences Make Good Neighbors”
3. “Our guts are much more of a garden than a gutter. Our Mission is to be good gardeners. This means good seeds, good soil and good support.”



Debbie Maizels

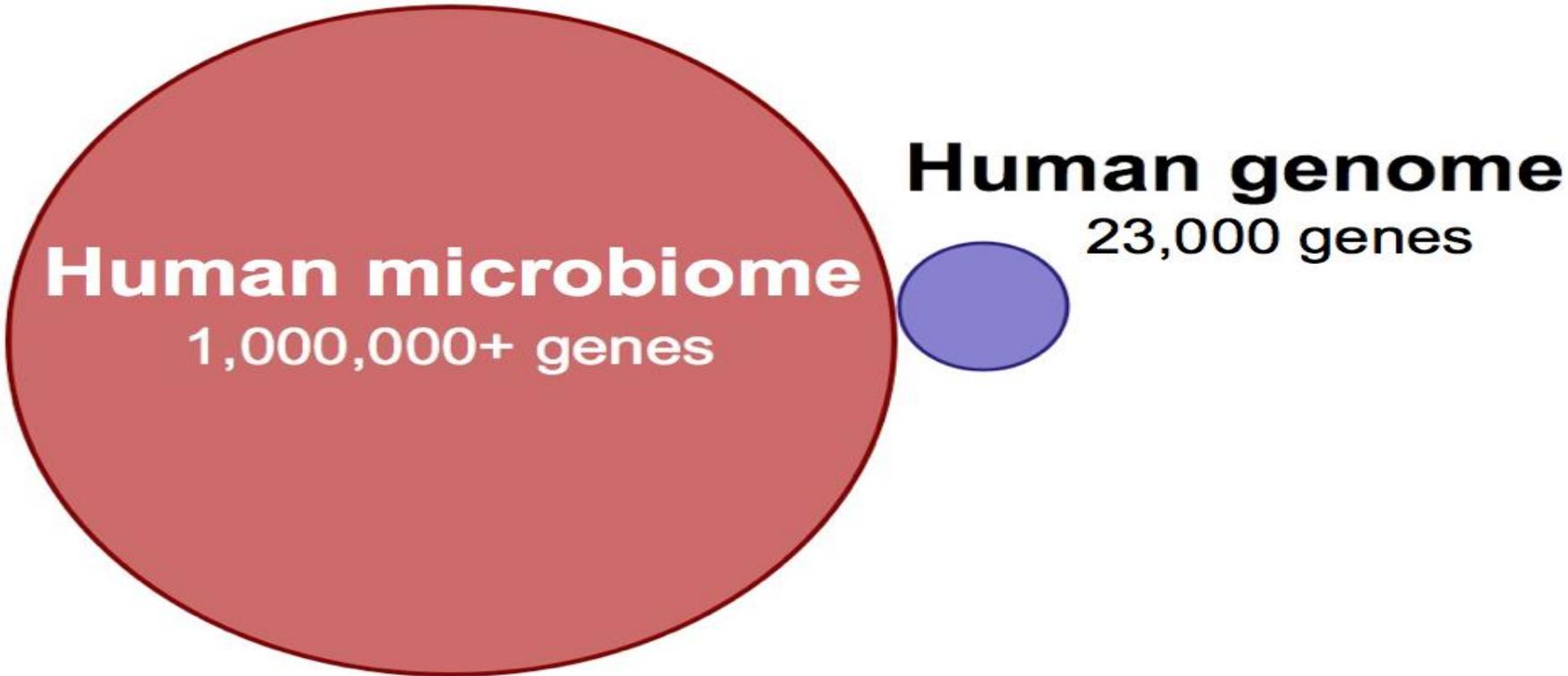


Your body is  
mostly microbes



# Endosymbiosis





**Human microbiome**

1,000,000+ genes

**Human genome**

23,000 genes

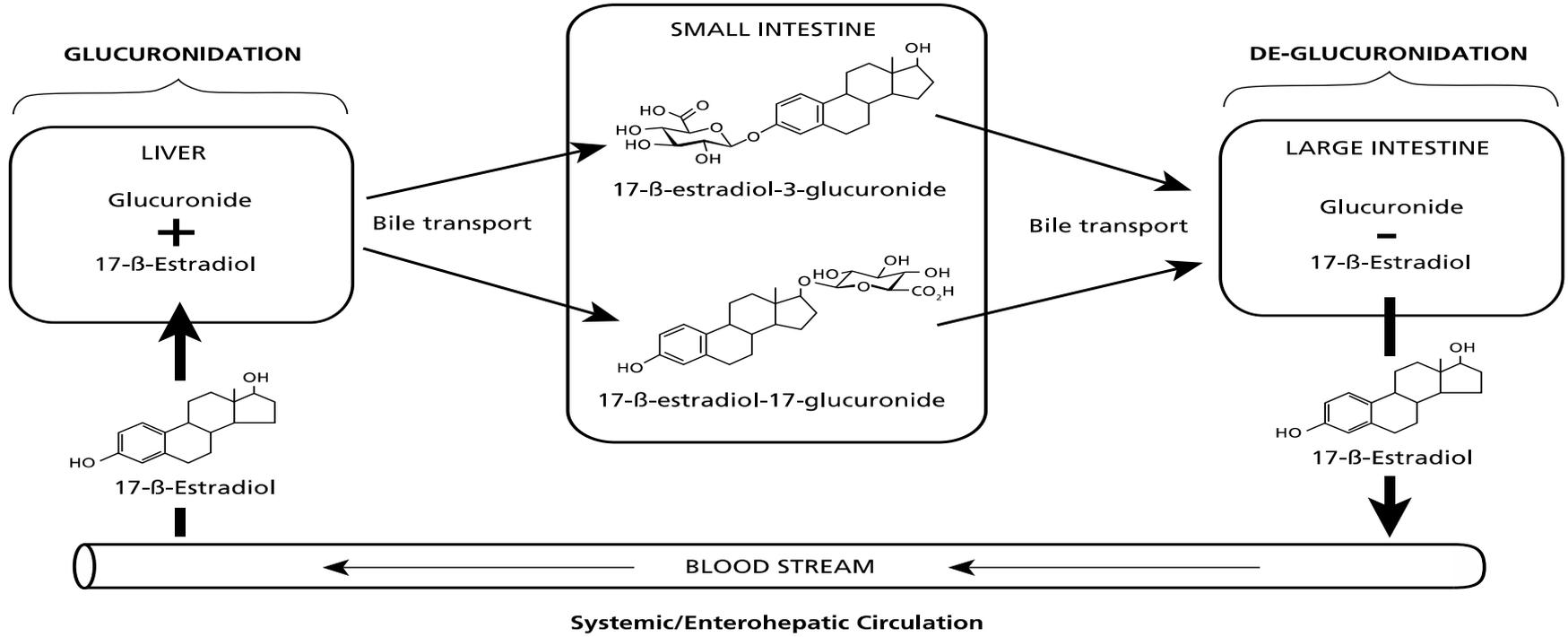
# Our Microbial Connection

We have co-evolved and share a symbiotic relationship

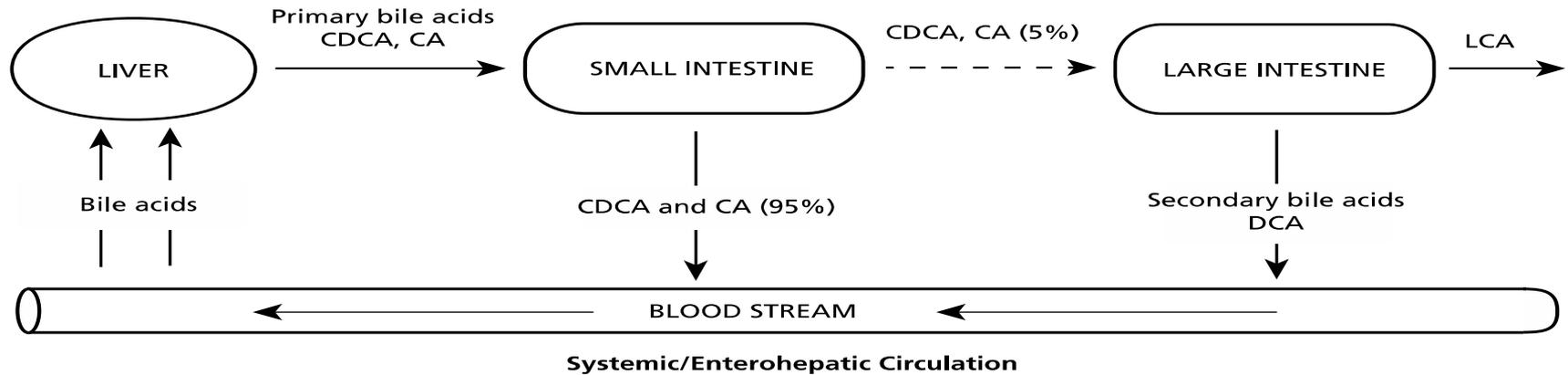
**Microbial signaling affects host metabolic, neurological, inflammatory, immunologic and host-defense functions**

The nature of host responses also shapes microbiome populations and metabolism

# From Liver De-tox to Intestinal Re-tox



## Bacterial Biotransformation 1



# For further information

[www.pubmed.gov](http://www.pubmed.gov)

Plotnikoff G

“Three Measurable and Modifiable Microbial Biotransformations  
Relevant to Cancer Prevention and Treatment.”

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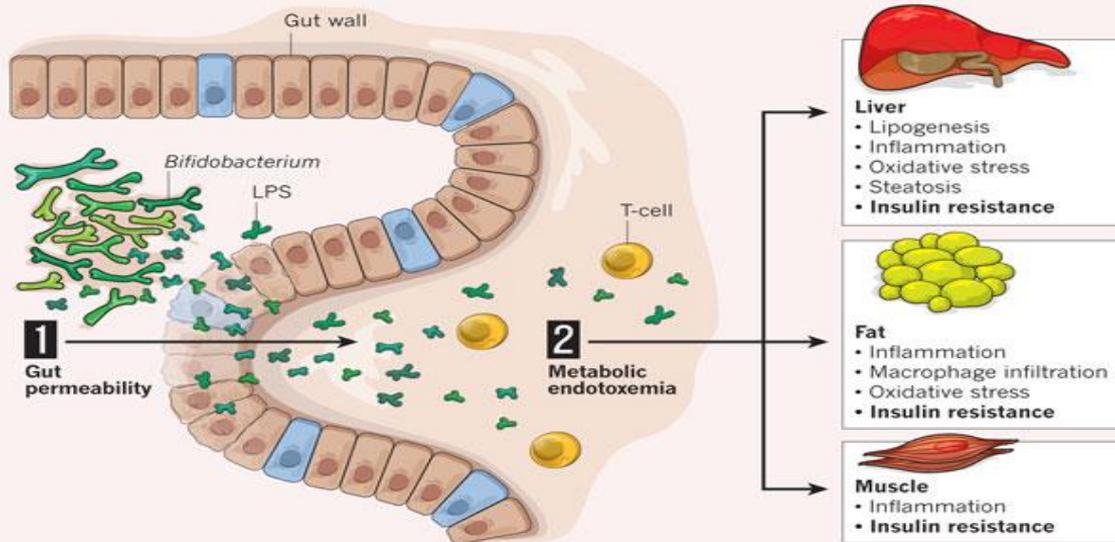
# Three Take Home Messages

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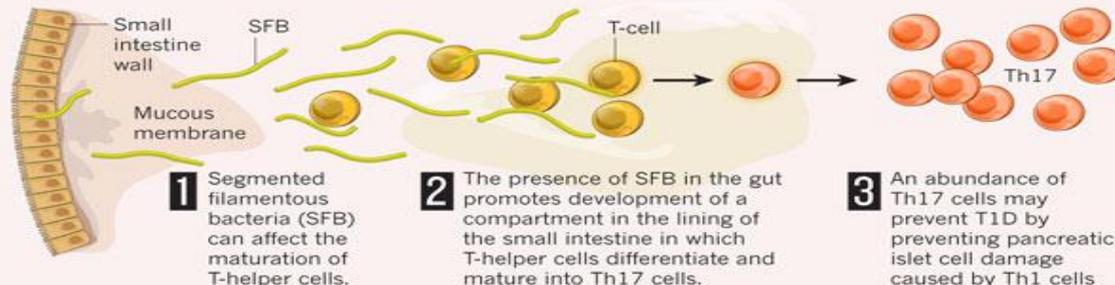


## MICROBIAL INFLUENCE

Research by Patrice Cani, at the Université Catholique de Louvain in Brussels, has shown that, in mice, a decrease in the population of bifidobacteria species in the gut causes the tight junctions between the cells of the gut lining to loosen. The loose junctions increase the gut's permeability and allow lipopolysaccharide (LPS) from these microbes to leak through the gut wall. The resulting metabolic endotoxaemia causes a low-grade inflammation and can induce a number of metabolic disorders – including the insulin resistance that characterizes T2D.



Research by Harvard immunologist Diane Mathis suggests that certain bacteria may protect against T1D.



# Butyrate

Butter

Pecorino, Feta (lamb rennel)

Resistant starch

Inulin

Pectin (citrus pectin)

Green tea

DHA

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# “Good Seeds”

## R<sub>x</sub> : Probiotics

Multiple species

At least 20 billion CFUs

Lactobacilli and Bifidobacteria

Cool unchlorinated, unflouridated water

Away from warm food and drinks by at least 30 minutes.



# “Good Soil”

## R<sub>x</sub>: Awareness

Environmental

Physical

Emotional/Spiritual

Pharmaceutical

Dietary



# “Good Support”

## R<sub>x</sub>: Prebiotics

“Non-digestible food ingredients that beneficially affect the host by selectively stimulating the growth and/or activity of one or a limited number of bacteria in the intestines and thus improve host health.”

# Key Point: Prebiotics

Dietary intake of diverse plant fibers and other prebiotic foods promotes microbiome diversification, improves gene richness and improves risk phenotypes.

# Prebiotic Foods

Artichokes, asparagus, bananas, Brussel sprouts, chicory root, dandelion greens, raw garlic, Jerusalem artichoke, jicama, leeks, legumes, onions, peas, rye, soybeans.

Fermented vegetables, dairy

Fibrous foods or fiber supplements

# Fiber is a Nutrient

Increases mineral absorption

Stimulates beneficial microbes

Reduces survival of pathogenic bacteria

Supports proper immune function

Treats constipation

# 4. Ensure

# Essential Nutrients

- A. Vitamin A for “Awareness”
- B. Multiple B Vitamins: “Being, Breathing, Believing, Belonging, Bestowing”
- C. Vitamin C for “Compassion” including self-compassion
- D. Vitamin D for “Discipline”
- E. Vitamin E for “Encouragement”
- F. Vitamin K for “Loving Kindness”