

SCAFFSTRONG



# THE GUT RESET BLUEPRINT: THE ULTIMATE GUIDE TO REVITALISING DIGESTIVE BLISS

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# INTRODUCTION

Gut health and gut healing is a massive topic, and today we are going to give you an insight into only 3 points that are often overlooked! But these 3 points WILL affect your digestion, and cause your symptom to 10 fold.

The intention of this guide is to give you three simple but important potential root causes to your gut issues, and from here we will outline a few examples to help increase your awareness of some medications being used that actually increase the risk for GI issues, your fiber intake which can either be conducive or counter intuitive to your gut issues and how something simple like caffeine can have a downstream effect on gut symptoms.

What we know right now from the simple fact you've picked up this guide is that your current habits and behaviors don't align with the physical outcome you desire. That goal could be centered around improvements to your physical composition and GI conditions, changes to your physical and cognitive performance or perhaps a combination of both.

How you go about your life on a daily basis therefore becomes critical and by giving you a deeper understanding and clarity surrounding some of the root causes to your GI symptoms is a first large step in the right direction.

*All disease begins in the gut.*

– Hippocrates

This is a quote from over 2,000 years ago. Since this quote, there has been a lot of controversy as to where disease actually begins. Is it the cell?

Is it the blood? Or is it the gut?

The human gut contains 10 times more bacteria than all the human cells in the entire body, with over 400 known diverse bacterial species.

That means that we're technically more bacteria than we are human.

We've only recently begun to understand the extent of the gut flora's role in human health and disease. Among other things, the gut flora promotes normal gastrointestinal function, provides protection from infection, regulates metabolism and comprises more than 75% of our immune system.

Dysregulated gut flora has been linked to diseases ranging from autism and depression to autoimmune conditions like Hashimoto's, inflammatory bowel disease and type 1 diabetes.

Unfortunately, several features of the modern lifestyle directly contribute to unhealthy gut flora:

- Antibiotics and other medications like birth control and NSAIDs
- Diets high in refined carbohydrates, sugar and processed foods
- Diets low in fermentable fibers
- Dietary toxins like wheat and industrial seed oils that cause leaky gut
- Chronic stress
- Chronic infections Antibiotics are particularly harmful to the gut flora.

Recent studies have shown that antibiotic use causes a profound and rapid loss of diversity and a shift in the composition of the gut flora.

This diversity is not recovered after antibiotic use without intervention.

We also know that infants that aren't breast-fed and are born to mothers with bad gut flora are more likely to develop unhealthy gut bacteria, and that these early differences in gut flora may predict overweight, diabetes, eczema/psoriasis, depression and other health problems in the future.

We believe that supporting intestinal health and restoring the integrity of the gut barrier should be one of the most important goals - before any body transformation stage.

## Assessment

Now that we have a little understanding of the gut flora and some of the reasons we can end up with a dysbiosis of the gut microbiome, let's try and assess if any of our symptoms align with having a dysbiotic gut.

We want you to read below and select a 'Yes' or 'No' answer to each of the follow:

- Have you lost your appetite?
- Do you have constipation? Or diarrhea? Or both all the time? (Ps. Going to the toilet once every few days is not normal).
- You struggle to lose weight, especially around the midsection?
- You have skin irritations - rosacea, eczema, acne?
- Do you suffer from sinus issues? You present with allergies and you feel that your foods aggravate your conditions?
- Do you feel bloated every time you eat?

If you said yes at least to 2 of the above, there are big chances your gut needs some love and attention! So please read on..

Take bloating for example, because everyone tells us they're bloated - Bloating can be a direct result of a bacterial overgrowth in the small intestine. It may also be a lack of digestive enzymes being produced which in turn hinders one's ability to digest the food.

Bloating can also simply come from stress, but stress may then present itself as 'leaky gut' or intestinal permeability which now creates further problems such as low grade inflammation, diabetes and so much more. We truly believe that knowledge is the key. Once you understand the basics, you'll start building more awareness and therefore you will be able to make better choices.

Recently, there has been an abundance of evidence-based research published which now shows how our health and immunity depends on our gut microbiome (the trillions of bacteria and microbes). The gut microbiome plays a very important role in controlling digestion and building your immune system.

Our MISSION is to help people to feel better, leaner, and happier and we truly believe that working with your gut can help you to do so!

# ROOT CAUSE NO# 1

## **Root Cause number 1 - Hypochloridria (low stomach acid).**

### **Symptoms:**

- Heartburn - Trouble Digesting Meat, feeling like food simply seats there for hours after the meal - Gas and Bloating After Eating - Sinus infections, Allergies - Food intolerances - Nutritional Deficiencies - Skin Problems - eczema, rosacea, acne, allergies etc.

And the list can go on....

Let's talk about PPIs (Prilosec / Nexium / Protonix / Prevacid / Dexilant etc) - PPI is an abbreviation for Proton Pump Inhibitors or stomach acid blocks. Stomach acid is a prerequisite to healthy digestion. The breakdown and absorption of nutrients occurs at an optimum rate only within a narrow range of acidity in the stomach.

If there isn't enough acid, the normal chemical reactions required to absorb nutrients is impaired. Stomach acid plays a key role in the digestion of protein, carbohydrates and fat. When food is eaten, the secretion of stomach acid (HCL) triggers the production of pepsin.

Pepsin is the enzyme required to digest protein. If HCL levels are depressed, so are pepsin levels. As a result, proteins don't get broken down into their component amino acids and peptides. These undigested proteins putrefy in the gut, and may cause gas, bloating, heartburn and other digestive issues.

Low stomach acid also impairs carbohydrate digestion. Stomach acid (HCL) supports the breakdown and absorption of carbohydrates by stimulating the release of pancreatic enzymes into the small intestine. If the pH of the stomach is too high (due to insufficient stomach acid), the pancreatic enzymes will not be secreted and the carbohydrates will not be broken down properly, which in turn leads to increased gas production and acid reflux.

After reading the above, you can now have a better understanding on how using too much of the PPI medications can actually cause symptoms and issues to worsen (case by case dependent). Proton pump inhibitors (PPIs) are the most commonly prescribed medication for the treatment of heartburn. PPIs stop the parietal cells in the lining of the stomach from producing acid. They either inhibit enzyme production or actually bind to the pump itself down regulating the acid production.

When you are prescribed PPIs without according tests, you might be simply treating a symptom and not a root cause. Recent studies have potentially linked long-term use of PPIs to some systemic severe adverse effects like increased risk of osteoporosis-related fractures, malabsorption of vitamins and minerals such as vitamin B12, calcium, iron, dementia, pneumonia, and kidney disease.

So think twice before blindly taking a PPI!

A key takeaway for you in this section is that you can actually test your stomach acids from home with a simple test!



# ROOT CAUSE NO# 2

## **Root Cause number 2 - Fiber intake or the lack of**

Fiber has always been recognised as an essential component of any healthy diet, leading to 'healthy bowel movements', lowered risk of certain diseases such as obesity, heart disease and cancer, particularly colon cancer. But in fact, many studies have demonstrated that excess intake of fiber may actually be harmful, particularly for gut health. It can lead to pain, discomfort, gas, bloating and more.

The Institute of Medicine recommends a daily fiber intake of 38 grams for men and 25 grams for women (19 to 50 years of age), which may come from dietary fibers, both soluble or insoluble and 'The American Heart Association Eating Plan' suggests that total dietary fiber intake should be 25 to 30 grams a day from food, not supplements.

## **But what are these fiber types?**

Insoluble fiber is neither digestible nor absorbable and therefore some researchers claim it to be devoid of nutrition. It can however bulk up the stool, aid the body to process waste better and can help promote bowel health and regularity. Excess insoluble fiber can bind to minerals such as zinc, magnesium, calcium, and iron, preventing the absorption of these vital nutrients.

Soluble fiber dissolves in water to form a gel-like material. Soluble fiber helps you to bulk up your stool (it soaks up water). It slows down digestion and is beneficial in cases of diarrhea. Large excesses of certain soluble fibers however may inhibit pancreatic enzyme activity and protein digestion in the gut, leading to an anti-nutritive effect.

With this being said, when we eat the soluble fibers found in whole plant foods, the bacteria in our gut ferment these fibers into short-chain fatty acids like butyrate, and providing adequate levels of carbohydrate and soluble fiber to feed friendly bacteria is important for optimizing digestive health and maintaining the integrity of the gut lining through the production of short-chain fatty acids.

In this case, naturally occurring soluble fibers are very important for feeding the friendly bacteria that live in our guts - but remember, too much of anything is not good, and the IOM still recommends 38g for a male and 25g for a female per day of fiber.

**Important:** Beneficial bacteria in your gut feed on these soluble fibers, and one by-product of fiber fermentation is gas. Whilst it is extremely important to feed healthy bacteria in the gut, it is important to note that if you have bacterial overgrowth, eating tons of vegetables/fruits will make things worse.

Ideally, dietary fiber should be coming from whole food / plant sources.

Many foods in the Paleo diet are great sources of both soluble and insoluble fiber, such as yams and sweet potatoes, green leafy vegetables, carrots and other root vegetables, fruits with an edible peel (like apples and kiwis), berries, seeds, nuts, lentils & oats.

Whilst most people get fiber from whole foods, there are some people that may benefit from soluble fiber supplementation – including those that aren't able to eat fruit or starch due to blood sugar issues or weight regulation, and those with severely compromised gut flora or gut dysbiosis. In these cases I've found soluble fiber, low FODMAP fibers and/or prebiotic supplements to be helpful.

Remember though that both soluble and insoluble fiber have their own benefits. Soluble fiber can help improve digestion and lower blood sugar, while insoluble fiber can soften stool, making it easier to pass.

One slows down digestion, another one increases passage. Whenever you are planning to increase your fiber intake it is important to remember that it should be personalized to you. If you have diarrhea, insoluble fiber can make the situation worse!

**Note:** Raw veg is known for having laxative-like effects on people. It does that by irritating the gut lining, which makes the gut wall produce mucus as a lubricant and increases peristalsis, moving feces through the digestive tract. Some people with IBS find that eating raw vegetables triggers symptoms. Consuming raw veg is somewhat similar to eating a lot of insoluble fiber.

Unfortunately, the majority of the population have diets overloaded with refined sugars and ones which are heavily nutrient deficient and lacking fibers.

We highly recommend to test and not guess, and to actually do the testing before proceeding with the gut healing protocols.

# ROOT CAUSE NO# 3

## Root Cause number 3 - Coffee

People with acid reflux, gastroesophageal reflux disease (GERD), or gastritis anecdotally report that coffee consumption worsens their GI symptoms.

We have some research which suggests that coffee induces stomach acid secretion by upregulating the hormone gastrin and relaxes the lower esophageal sphincter (a valve / flap at the lower end of the esophagus that usually prevents stomach acid from back flowing into the esophagus). Increased stomach acid production induced by coffee may exacerbate stomach inflammation and precipitate reflux. Those with acid reflux, GERD, and gastritis may benefit from removing coffee from their diets, but tolerance of coffee tends to vary individually.

Caffeine in and of itself stimulates the digestive tract muscles to contract and spasm, pushing the contents of the large intestine out. For people with gut conditions such as irritable bowel syndrome (IBS), Crohn's disease, or ulcerative colitis, coffee's acidity may be particularly problematic, causing flare-ups and unpleasant symptoms such as cramping and diarrhea.



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## About the author

My name is Shane Seery,

I'm currently based in Dubai, where I work as a Personal Trainer, Mentor, and public speaker, helping people achieve their health goals. I was awarded Health Coach of the Year for 2021 and 2022 in the UAE by REPS UAE and Sport360.

My qualifications include a range of certifications that demonstrate my expertise, such as Dasha MS, RD - Gut Health, GI Maps, Dutch Testing & The Great Plains Laboratory testing.

Furthermore, I hold a Post Graduate degree in Biochemistry for Sports & Exercise Metabolism from the IOPN, specializing in Nutritional Biochemistry. To further enhance my knowledge and skills, I have had the privilege of working closely with esteemed professionals in the field, including Dr. Bryan Walsh for blood chemistry interpretation and functional physiology, as well as engaging in studies with Jay Campbell and Dr. James LaValle, focusing on optimizing lives through the use of therapeutic peptides.

### Disclaimer

This guide is a valuable source of health, fitness, and nutritional information that is intended solely for educational purposes. While it provides a wealth of useful knowledge and guidance, it should never be used as a replacement for professional medical advice, diagnosis, or treatment.

If you have any concerns or questions about your health, it is crucial to seek guidance and advice from a qualified healthcare professional. This includes physicians, nutritionists, and other healthcare providers who can offer medical expertise, insights, and guidance tailored to your unique needs and circumstances.

It's important to note that delaying or avoiding seeking medical or health-related advice from your healthcare provider can have serious consequences. Even minor health issues or symptoms can be a sign of a more significant health problem that requires medical attention. In addition, certain medical conditions or health concerns may require specialised care or treatment that only a healthcare professional can provide.

Therefore, it's essential to take your health seriously and prioritize seeking guidance and advice when necessary. Don't disregard or downplay your symptoms or health concerns. Instead, be proactive and take the necessary steps to ensure that you receive the care and support you need to maintain good health and wellness.