

## DigestiveHealth101

Foods and Supplements for Healthy Digestion

**Greg Arnold, DC, CSCS**



**Complete  
Chiropractic  
Healthcare**

4165 Blackhawk Plaza Circle, Suite 250  
Danville, CA 94506  
(925)-321-4668  
[PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)

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

## Introduction

- ✓ Native of Long Island, NY
- ✓ 1995 Draft → Kansas City Royals
- ✓ Penn State Univ. 1995-1999
- ✓ Doctor of Chiropractic – NUHS 2004
- ✓ Certified Strength and Conditioning Specialist
- ✓ Certified Coach - National Pitching Association
- ✓ ASMI Baseball Injuries Conference
- ✓ Nutrition abstract Writer – NOW Foods



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## Be Ready....

You WILL be called upon to answer questions.

There is NO hiding....



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## Before We Get to Digestion

- ✓ Since our last Presentation:

Schizophrenia patients have pro-/anti-inflammatory prostaglandin imbalance

By Mark Cowen  
11 May 2011

*Schizophyr Res 2011; 128: 15-22*

**ScienceDaily**  
Your source for the latest research news

Web address:  
<http://www.sciencedaily.com/releases/2011/05/110505142730.htm>

'Bad' Cholesterol Not as Bad as People Think,  
Study Shows

**ScienceDaily**  
Your source for the latest research news

Web address:  
<http://www.sciencedaily.com/releases/2011/04/110410130827.htm>



Green Tea and Tai Chi Enhance Bone Health ✓ Were YOU at the last  
and Reduce Inflammation in Postmenopausal  
Women presentation !?!?!?

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## 1 More Item

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## Recent Tweets...



ThePitchingDoc Dr. Greg Arnold

John Hopkins study on frequent handshaking (<http://www.youtube.com/watch?v=G6MxIQ7zRnQ&feature=youtu.be>) reveals... <http://fb.me/Fil3hDfE>  
17 MavFavoriteReplyDelete



ThePitchingDoc Dr. Greg Arnold

Marathoners! A new way to pre-load before your runs:  
<http://www.ncbi.nlm.nih.gov/pubmed/21183832> <http://fb.me/LxF95o6P>  
16 MavFavoriteReplyDelete



ThePitchingDoc Dr. Greg Arnold

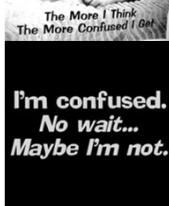
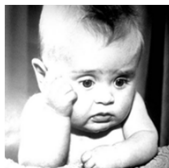
Teenagers! Listen to Ben Franklin : "Early to bed, early to rise makes one healthy and wise" -  
<http://fb.me/11sfMy3m>

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## Why this presentation?

- ✓ As it becomes increasingly apparent that your digestive system is also the cornerstone of your immune system:

How can I preserve my digestive health?



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## Presentation Outline

- ✓ The role of digestion in health
- ✓ Foods that worsen digestive health
- ✓ Foods that improve digestive health



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## Digestion and Your Health

For each person, **the gut is home to about 1,000 trillion bacteria** with which we live in harmony. These bacteria perform a number of functions vital to health: They **harvest energy from the diet, protect against infections and provide nutrition to cells in the gut.**

Any **disruption can result in life-threatening conditions**, such as antibiotic-induced colitis from infection with the "superbug" *Clostridium difficile*.

**ScienceDaily**

Web address:  
<http://www.sciencedaily.com/releases/2011/05/110517110315.htm>

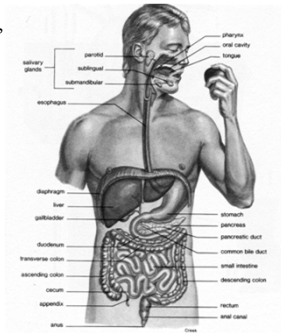
Your source for the latest research news

### Gut Bacteria Linked to Behavior: That Anxiety May Be in Your Gut, Not in Your Head

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## Digestion 101<sup>1</sup>

- ✓ Digestion begins in mouth
  - ✓ Chewing stimulates stomach acid, Pancreas enzymes
- ✓ Protein
  - ✓ Digested in stomach
  - ✓ Danger of antacids
    - ✓ Poor protein digestion
- ✓ Carbohydrate
  - ✓ Small intestines
    - ✓ Maltose → glucose
- ✓ Fat
  - ✓ Small intestine = liver (bile) / gallbladder / pancreas



## Foods That Disrupt Digestion

- ✓ Sugar
  - "Things Sweet to Taste Prove In Digestion Sour"*
  - William Shakespeare
- ✓ Gluten
  - ✓ Inflammatory protein in wheat
- ✓ Grain-fed beef / eggs
  - ✓ Omega-\_\_ fatty acids
  - ✓ "Free Range" vs "Cage Free" vs "Vegetarian Fed"
- ✓ "Fab 4 of Detox"
  - Sugar / Gluten / Soy / Dairy (Pasteurized)

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## Crohn's Disease<sup>2</sup>/Ulcerative Colitis<sup>3</sup>

National Digestive Diseases Information Clearinghouse (NDDIC)

A service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), NIH

### Ulcerative Colitis

On this page:

- ¿ [What is ulcerative colitis?](#)
- ¿ [What are the symptoms of ulcerative colitis?](#)
- ¿ [What causes ulcerative colitis?](#)
- ¿ [How is ulcerative colitis diagnosed?](#)
- ¿ [What is the treatment for ulcerative colitis?](#)
- ¿ [Is colon cancer a concern?](#)
- ¿ [Hope through Research](#)
- ¿ [For More Information](#)

### Crohn's Disease

On this page:

- ¿ [What is Crohn's disease?](#)
- ¿ [What causes Crohn's disease?](#)
- ¿ [What are the symptoms?](#)
- ¿ [How is Crohn's disease diagnosed?](#)
- ¿ [What are the complications of Crohn's disease?](#)
- ¿ [What is the treatment for Crohn's disease?](#)
- ¿ [Can diet control Crohn's disease?](#)
- ¿ [Can stress make Crohn's disease worse?](#)
- ¿ [Is pregnancy safe for women with Crohn's disease?](#)
- ¿ [Hope through Research](#)
- ¿ [For More Information](#)

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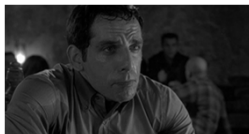
## Irritable Bowel Syndrome

- Most common GI disorder in the US (>20% of population)
- Categorized by "constipation predominant", "diarrhea-predominant" condition, or an alternating diarrhea/constipation
- These patients also often experience abdominal pain or cramps, excess gas or bloating, and visible abdominal distension.

**ScienceDaily**  
Your source for the latest research news

Web address:  
<http://www.sciencedaily.com/releases/2011/05/110511092409.htm>

**Irritable Bowel Syndrome: Common Gastrointestinal Disorder Linked to Bacterial Overgrowth, Food Poisoning**



[http://www.youtube.com/watch?v=um\\_GKVKLmLc](http://www.youtube.com/watch?v=um_GKVKLmLc)

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## Foods that Optimize Digestion

- ✓ Probiotics (6.5 Billion CFU of *L. Casei* / day for 16 weeks)

### Probiotics Keep Athletes Healthy

At the end of the study:

- Fewer people in the probiotic group (66%) had a upper-respiratory tract infection during the trial compared to the placebo group (90%).
- People in the probiotic group reported fewer days with upper-respiratory symptoms, and spent less time on medications for their symptoms.
- People taking the probiotic who got sick were less likely to have to interrupt their training schedules.
- The placebo group reported more days with gastrointestinal discomfort compared to the probiotic group.
- Levels of infection-fighting antibodies in the saliva were higher in the probiotic group.

"These positive clinical consequences provide evidence for the beneficial effects of daily *Lactobacillus casei* Shirota ingestion in... highly physically active people," the study's authors said. They further proposed that *L. casei* Shirota might prevent infections by strengthening the general immune response.

- ✓ Calcium (2,000 mg/d) with Vitamin D (800 IU/d)<sup>4</sup>
- ✓ Increased anti-cancer protein activity (p21) by 201%

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## B-Vitamins and Digestive Health

- ✓ B12/Folic Acid<sup>5</sup>
  - ✓ Lower Homocysteine levels
  - ✓ Crohn's Disease/Ulcerative Colitis patients had
    - ✓ 18% lower B12 levels (281 vs 342 pg/mL)
    - ✓ 20% lower folic acid levels (7.7 vs 9.8 pg/mL)
- Omega-3 Fats
- ✓ Fiber<sup>6</sup>
  - ✓ Increasing fiber intake from 14 to 32 g/d decreased hs-CRP by 39% (2.8 to 1.7 mg/L).

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## Foods that Benefit Digestion

- ✓ Fermented Foods
  - ✓ Pickles/Sauerkraut
  - ✓ "Body Ecology" Book
- ✓ Mediterranean Diet
  - ✓ Olive oil/garlic/vegetables
  - ✓ Highest intakes of Med diet foods = 20% reduced risk of colorectal cancer
- ✓ Grass-fed beef / Free-range eggs
- ✓ Resveratrol / Green Tea
- ✓ Curcumin
  - ✓ "Indian Gold" (Turmeric)



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## Health Risks of OTC Meds

The New York Times Reprints

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FROM THE  
DIRECTORSHIP OF  
THE NEW YORK CLUB

May 13, 2011

### Risks: Acid Reflux Drugs Tied to Bone Fractures

*"The analysis...examined 11 studies and found that patients taking [Proton Pump Inhibitors] were 29% more likely to get fractures.*

*The analysis did not find a similar increase in fracture risk among patients taking older acid reflux medications, called histamine-2 receptor antagonists."*

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## Splenda Revisited

- A Duke University study showed that Splenda may

**Make your stomach MORE acidic**, affecting digestion and cell function

Kill the good bacteria in your intestines (called "probiotics"), **increasing your risk of infection.**

J Toxicol Environ Health A, 2008;71(21):1415-29.

**Splenda alters gut microflora and increases intestinal p-glycoprotein and cytochrome p-450 in male rats.**

Abou-Donia MB, El-Masry EM, Abdel-Rahman AA, McLendon RE, Schiffman SS.

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## References

1. "Your Digestive System and How It Works" - <http://digestive.niddk.nih.gov/ddiseases/pubs/yrdd/>
2. <http://digestive.niddk.nih.gov/ddiseases/pubs/crohns/>
3. <http://digestive.niddk.nih.gov/ddiseases/pubs/colitis/>
4. <http://www.nowfoods.com/HealthLibrary/HealthArticles/HealthNotes/078317.htm?cat=Digestive%20Support>
5. [www.nowfoods.com/BasicArticles/080344.htm](http://www.nowfoods.com/BasicArticles/080344.htm)
6. <http://www.nowfoods.com/BasicArticles/081261>
7. <http://www.ncbi.nlm.nih.gov/pubmed/18800291>

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## Thank you!

- ✓ Please email me at [PitchingDoc@msn.com](mailto:PitchingDoc@msn.com) if you have questions
- ✓ 2 final thoughts:

*"The difference between history's most staggering failures and its greatest accomplishments is often, simply, the diligent will to persevere."*

-Abraham Lincoln

*"Instead of the principle of maximize human happiness, I prefer the principle of minimizing the suffering in the world."*

-Linus Pauling

2-time Nobel Prize winner

**Best of luck to you**

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