Main Purpose

- The purpose of this program is to review clinical studies that support the use of probiotic supplements & food remedies for the management of Antibiotic-Associated Diarrhea, Clostridium difficile Diarrhea, Candida/yeast, & diarrhea-dominant IBS.
- (New Cochrane Data Base studies show that probiotics can reduce the frequency & shorten duration of diarrhea. Studies show probiotics can restore gut flora and are safe.)

What to expect

- Using case studies, I will demonstrate how to choose probiotic strains, how to include probiotic supplements & diet remedies in care plans, & how to measure response to TX
- Participants will review functions of the GI tract & learn how to enhance normal function
- Participants will be able to identify 9 common probiotic species & describe functions
- Participants will be able to recognize probiotics as Major League Players for health
About the Presenter

- Retired MO home health & hospice nurse
- Certified Nutrition & Wellness Consultant
- Certified Gerontological Nurse (RNC retired)
- Amateur researcher & health writer
- Attended national, medical symposium Sept., 2011, *Putting Probiotics into Practice*
- Author of *Heal the Gut, Heal the Body, with Probiotics & Nature’s Food*, © 2012

How I Became Interested

- In 2002 I was treated for H-pylori infection & SBBO (small bowel bacterial overgrowth)
- Following the 10–14 day regimen of 2 antibiotics, I suffered an abrupt-onset of gastroenteritis. I was awakened in the night with severe abdominal cramps, diarrhea, hyperventilation, anxiety, low BP, & near-fainting, necessitating an ambulance trip to the emergency room. I have spent the past 10 years recovering from & researching AAD.

My Adverse Effects r/t AAD

- Experienced short–term & long–term effects from Antibiotic–Associated Diarrhea
- Experienced inflamed rectum (proctitis)
- Experienced spastic bowel & 10# weight loss
- Developed eczema & athlete’s foot rashes
- Experienced dramatic loss of calcium with diarrhea & adverse drug reaction to Actonel
- Developed esophagitis & cystitis r/t antibiotics & bisphosphonate drug, Actonel
Testimonial: Anecdotal Evidence

- Experienced severe abdominal cramps, painful eliminations, & mucous stools (2002)
- Anti-diarrhea products & yogurts ineffective
- Self-restricted diet; unable to tolerate coffee, tea, chocolate, milk, high fat, high sodium
- Best product for late effects of AAD was Saccharomyces boulardii! Eczema rash & IBS symptoms gone in 3 weeks (3+ CFUs/day)

Describe Normal Functions of the Gastrointestinal Tract

- Digest or break down food with hydrochloric acid, bile, & enzymes
- Absorb water to hydrate cells
- Absorb smaller food particles & convert into energy (fuel for the body)
- Carry vitamins & minerals into bloodstream
- Aid in chemical detoxification of the body
- Act as a first line of defense against infection
- Eliminate waste from the body

Alteration in Normal Function

- GI tract source of nourishment & hydration
- It has a mucous lining intended to protect underlining structures from mouth to anus
- Irritants to mucous lining can disrupt normal function & cause diarrhea &/or loose stools
- Antibiotics can cause acid burn to the mucous lining of the GI tract similar to harsh antiseptics being cytotoxic to skin tissue
- Antibiotics can kill beneficial bacteria/yeast
“All disease begins in the gut”
- “All disease begins in the gut,” Hippocrates
- You are what you eat, drink, smoke, & take from a medicine/supplement bottle. Many substances can irritate & damage the GI tract
- I learned from personal experience & research that systemic symptoms are associated with irritation & inflammation of GI tract
- Soothing the gut reduced my symptom
- Healing the gut may heal the body

Consequences of Alteration in Normal Function of GI Tract
- 70% of body’s immune system resides in gut
- Irritation to the GI lining can lead to GI & autoimmune disorders, & neural symptoms
- Undigested proteins, CHO, & fat can pass into the bloodstream from a “leaky” gut barrier
- Intact lining of GI tract “first line of defense”
- Loss of integrity leads to “at risk” host
- Faulty diet & drugs can destroy beneficial bacteria & yeast in the gut, altering function

Symptoms r/t Altered Gut Flora
- Diarrhea, abdominal pain, distention, flatulence, constipation, or urgency can indicate imbalance of normal intestinal flora
- Overgrowth of yeast or pathogenic bacteria can also create toxins that cause non-GI symptoms like headaches, muscle/joint pain, insomnia, anxiety, & depression
- Insufficient beneficial gut flora results in enzyme deficiencies & food/drug intolerances
Functions of Normal Flora

- Produce enzymes that help break down food into absorbable form
- Help maintain the intact gut barrier
- Produce Immunoglobulin A (immunity)
- Produce SCFA (short-chain fatty acids)
- Produce phagocytes (WBC) to fight off pathogenic bacteria, viruses, & fungi
- Infection = microorganism & mode of transmission & susceptible host

Risk Factors for Diarrhea & Diminished Gut Flora

- Antibiotics, chemo, NSAIDs, contraceptives
- Alcohol (acidic irritant toxic to cells)
- Sugar alcohol, artificial sweeteners
- Fructose, concentrated sugars
- Undigested milk products
- Hot stimulant beverages like coffee
- Contaminated food or water
- Greasy or oily food
- Laxatives (osmotic, stimulant, oil)

Evidence-Based Studies © 2012, Mary Schomer, RN

Review evidence-based studies showing effectiveness of probiotics for the management of diarrhea & IBS
Antibiotic-Associated Diarrhea

- Standard treatment of Helicobacter pylori ulcers or infection includes 2 antibiotics & an anti-ulcer drug like Prevacid, ie. PrevPac
- Nearly 30% of patients suffer adverse effects
- Persistent diarrhea is the most common!
- Tenesmus (painful bowel movements), steatorrhea (fat in stools), mucus in stools, weight loss, weakness, fear of eating, & anxiety ensue when uncontrolled
- My family & I experienced adverse effects

Saccharomyces boulardii Decreases Adverse Effects of AB

- Studies released in 2012 indicate that concurrent use of S. boulardii yeast with antibiotics can decrease adverse effects
- Findings come from 5 clinical trials which included 1,307 participants (90 children)
- Study concluded there is evidence to recommend use of S. boulardii to decrease side effects of triple therapy, esp. diarrhea
- OTC Florastor = Saccharomyces boulardii

Reference 1: S boulardii Study

- Plus: Systematic review & meta-analysis of Saccharomyces boulardii in adult patients, World J Gastroenterol (2010), McFarland, LV
Treating bugs with bugs: the role of probiotics as adjunctive therapy for Helicobacter pylori.


Randomized, double-blind, placebo-controlled trials concluded multi-species probiotics reduced adverse effects.

Cochrane Database of Systematic Reviews revealed, “Probiotics may shorten diarrheal episodes.” Barclay, L., “Probiotics reduced the frequency & duration of diarrhea.”

Diarrhea was defined as “3 liquid stools per day for 2 consecutive days”

Report released November 12, 2010


Probiotics for treating acute infectious diarrhoea, Author: Allen, SJ, et al


Researchers identified 63 trials, including 8014 patients, mainly infants & children

Studies concluded “probiotics reduced duration by 25 hours & reduced number of stools on day 2 after (probiotic) intervention”
C–difficile Diarrhea

- Clostridium–difficile diarrhea is caused by a spore–forming bacillus that colonizes & proliferates in the intestinal tract
- C–difficile can occur after antibiotic treatment when healthy, beneficial flora are diminished
- Hospitalized patients and frail, elderly, nursing home residents who take multiple drugs are at risk for C–difficile infection
- Growing number of cases in US population

Reference 5: C–dif Study

- Author: Pochapin, M., Cornell Medical Center
- www.ncbi.nlm.nih.gov/pubmed/10634221
- Study concluded TX with metronidazole or vancomycin can further destroy susceptible bacterial flora, resulting in 20% recurrence
- Lactobacillus GG & S. boulardii reduced the 3–week recurrence rate of C–dif & produced early improvement in diarrhea & cramps

Case Study: C–dif & Candida

- 21–year–old female with history of surgery for a brain tumor, difficulty swallowing requiring tube feeding, aspiration pneumonia, repeated antibiotic use, thrush, & C–difficile diarrhea
- Persistent vomiting & diarrhea x 3 months
- 20# weight loss, anxiety, & weakness
- Flagyl RX & anti–fungal swish & swallow RX
- Received 5 cans of Ensure per day feedings
Management of Symptoms

- Determined that Ensure contained three kinds of sugar that fed patient’s yeast & bacteria
- Sugars & artificial sweeteners can cause osmotic laxative & osmotic diuretic effect
- Artificial sweetener sucralose alters gut flora
- Obtained orders to change TF formula & not use Ensure oral, nutritional supplement

Probiotics for C-Dif & Candida

- Saccharomyces boulardii yeast probiotic is recommended for Antibiotic-Associated Diarrhea, acute infectious diarrhea, C-difficile diarrhea, & Candida yeast (thrush)
- Lactobacillus acidophilus blocks Candida
- Lactobacillus rhamnosus (GG) (Culturelle) blocks C-difficile
- Lactobacillus paracasei blocks C-difficile
- These species found in A & E Greek yogurt (5 species) & Lifeway Kefir (10 species)

Patient Outcomes r/t Probiotics

- After 1 week of S. boulardii 3+ billion CFUs/day, thrush cleared & diarrhea subsided
- Reported fewer stools per day within 2 days
- (S. boulardii improves absorption of glucose, sodium, & electrolytes lost with diarrhea)
- Vomiting ceased with change in formula
- Able to swallow & have TF stopped after 6 wk
- Continued on Culturelle (L. rhamnosus, GG)
Reference 6: Probiotics for IBS

- Institute of Biomed, Pharmacol, U. Helsinki
- Study: 86 patients with IBS participated in 5 month randomized, placebo-controlled study
- Probiotics L. rhamnosus & B. lactis for IBS

Probiotics Effective & Safe IBS TX

- New studies show L. rhamnosus (GG) & B. lactis probiotic supplementation can stabilize gut flora & decrease IBS symptoms
- Study: 86 patients with IBS participated
- Those who used probiotics reported reduced IBS symptoms, abdominal pain, & distention, & improved quality of life. Stool cultures showed increased stool microbiota (beneficial bacteria) & labs showed no change in CRP
- L. rhamnosus is found in OTC Culturelle

Case Study: Male, Adverse Effects

- 60-year-old male with history of H–pylori ulcer treated with Prev–Pac (2 antibiotics)
- Immediate reaction from Prev–Pac treatment included relief from heartburn, indigestion, abdominal distention, & allergy symptoms
- Added benefit included desirable weight loss
- Late effect included itching & peeling of feet, with chronic athlete’s foot rash (8 years later)
- Athlete’s foot rash cleared with 4 weeks of Saccharomyces boulardii 3+ billion CFUs/day
Case Study: Male with Candida
- 40-year-old, 400# male with known Candida albicans infection complains of rashes, abdominal distention, & weight gain
- Admits to craving donuts & breads
- Instructed to avoid sugar & yeast products
- Instructed use of Saccharomyces boulardii
- Outcome: reports 12# weight loss & relief from abdominal distention after 3 week regimen of Florastor (brand name for S. b)
- Instructed use of multispecies probiotic next

2 References: Probiotic Safety
- Probiotics: an exceptional record of safety, Klaire Labs technical summary, (2012)
- Wolfson, D, Olmstead, S, Meiss, D, Ralston, J
- www.klaire.com/technicalsummary, 84 studies
- http://www.ahrq.gov/clinic/epcsums/probiotsum.pdf; Safety of probiotics to reduce risk & prevent or treat disease—executive summary
- US HHS Agency for Healthcare Research & Quality report (2011) concluded no indication use of probiotics resulted in adverse events

Comprehensive Stool Analysis, © 2012, Mary Schomer, RN
Describe Benefits of the Comprehensive Digestive Stool Analysis test
CDSA: Comprehensive Digestive Stool Analysis (fecal)

- Tests digestion & absorption, gut immunology & inflammation, & microbiology
- Measures pathogenic & dysbiotic bacteria & yeast, & insufficient beneficial bacteria
- Test kit available with prescription at Genova Diagnostics Laboratory, Asheville, NC, at http://www.GDX.net or Great Plains Laboratory, Lenexa, KS, at http://GreatPlainsLaboratory.com

Stool pH

- Measures stool pH (normal range 6.1–7.9)
- Acidic stool with pH <6.1 associated with diarrhea, antibiotic use, CHO malabsorption
- Acidic feces in colorectal area is like “drain-o in bathroom pipes,” can burn & can cause proctitis (inflamed sigmoid–rectum)
- Can cause aphthous ulcers, like canker sores
- Acidic feces & acidic urine=acidic body
- Acidic body increases risk of illness

Dysbiosis Detectable

- Dysbiosis refers to imbalance between beneficial & potentially pathogenic bacteria
- “Normal flora out of balance”
- CDSA goes beyond normal stool tests
- Measures imbalanced & pathogenic flora
- Tests for Helicobacter–pylori, Staph, Strep, Clostridium, & Candida albicans (yeast)
- Measures fecal fat & CHO, Secretory IgA, mucus, WBC, muscle & vegetable fibers
Interpretation

- Test results are interpreted by physician experts at Doctors' Data
- Each report includes detailed explanation of findings, potential causes of abnormal readings, & recommendations

Case Study: AAD & IBS

- Weight 107#; food intolerances include milk products, spices, caffeine, MSG, & fats
- Negative for C-dif (2002), but treated with Flagyl for “many leukocytes in feces”
- Negative gluten test & biopsy for Celiac

2011 CDSA (fecal) Revealed

- 1+ (scale of 1-4+) Lactobacillus species
- 1+ (scale of 1-4+) Bifidobacterium
- 0- No growth of Bacteroides fragilis group (normally found in jejunum & ileum)
- 2+ Clostridium species (beneficial)
- 2+ Bacillus species (neither good nor bad)
- 0- No dysbiotic flora (no pathogenic bacteria)
- Rare microscopic yeast (normally found in stomach & duodenum in rare amounts)
Recovery with S. boulardii

- Female used Saccharomyces boulardii 3+ billion CFUs/day over 1 month period with reduced incidence of loose, urgent stools
- Improved quality of life with less frequent abdominal cramps & loose stools
- Continued on Klaire’s Vital-Plex probiotic containing 5+ billion CFUs with L. acidophilus & rhamnosus & B. bifidum & lactis
- Outcome = improved sleep, appetite, energy level, stool consistency, & bowel regularity

Major League Probiotics

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List Common Probiotic Species & Describe Their Primary Functions

What are Probiotics?

- WHO: Probiotics are “live microorganisms which when administered in adequate amounts confer a health benefit to the host.”
- Probiotics have been documented as beneficial for treatment of diarrhea & IBD
- Elie Metchnikoff (1874–1916), a Russian biologist, was a 1908 Nobel Prize recipient
- He studied the immune system & discovered phagocytosis. He sited beneficial effects of bacteria used in yogurt eaten by Bulgarians
Prebiotic refers to soluble fiber which acts as food source for beneficial organisms to grow. Prebiotic carbohydrate fiber feeds flora. Prebiotics promote normal transit time, fermentation, & absorption of minerals. Prebiotic fiber improves cell growth, gut barrier function, & immunity.

Upper GI species are Lactobacillus species. Lower GI species are Bifidobacterium species. Think of little Lactobacillus for small intestine & big Bifidobacterium for large intestine. Beneficial bacteria flourish with healthy diets. Pathogenic, “bad” bacteria can be present due to...contaminated water/food, antibiotics, contraceptives/drugs, poor fiber intake, exposure to chemicals & stress, according to http://www.DoctorsData.com/parasitology.

Many professional practitioners are unfamiliar with benefits of probiotic supplementation. Lay consumers get their information from the Internet & clerks at health food stores. Nurses, dietitians, physicians, & therapists need continuing education, like information offered free by Klaire Labs. See www.klaire.com, Making Sense of Probiotics (technical summary).
References


Lactobacillus acidophilus

- Provides 20 peptidase enzymes to break down protein foods like milk & gluten
- Breaks down bile salts & lowers cholesterol
- Breaks down & ferments sugars (CHO)
- Helps maintain normal flora & pH in the intestine, vagina, cervix, & urethra
- Effective against Staph aureus & Candida albicans associated with common infections
- Source: www.klaire.com

Lactobacillus rhamnosus (GG)

- Provides peptidase enzymes to break down protein foods like milk casein & wheat gluten
- Promotes maintenance of gut flora during antibiotic treatment & restoration after
- Blocks growth of Clostridium difficile bacteria
- Blocks pro-inflammatory cytokine production, thus reducing inflammation
- Creates a gut barrier resistant to pathogens
- Source: www.klaire.com
**Lactobacillus casei**
- Provides peptidase enzymes to break down proteins like milk casein & wheat gluten
- Enhances production of Immunoglobulin A cells (protective cells for the immune system)
- Effective against Helicobacter pylori bacterium associated with stomach & duodenal ulcers, and stomach cancer
- Source: www.klaire.com

**Lactobacillus paracasei**
- Effective against Staph aureus
- Effective against Clostridium difficile
- Source: www.klaire.com

**Lactobacillus salivarius**
- Increases calcium absorption from the gut
- (80% of calcium is eliminated in feces, 20% eliminated in urine)
- (Calcium & other minerals lost with diarrhea)
- Promotes normal gut barrier function (helpful for treatment of leaky gut)
- Source: www.klaire.com
**Bifidobacterium bifidum**

- Found in the healthy colon; lost with age, antibiotics, & possibly other drugs & irritants
- Lack of B. bifidum leads to dysbiosis & overgrowth of pathogenic bacteria & yeast
- Produces acetic & lactic acid that lowers colon pH & blocks growth of pathogens
- Effective against AAD (diarrhea)
- Increases WBC activity to fight infection
- Source: www.klaire.com

**Bifidobacterium longum**

- Breaks down carbohydrates (sugars & starches) into smaller, absorbable form (undigested carbohydrates leads to lactose intolerance & other food sensitivities)
- Effective in treatment of ulcerative colitis
- Source: www.klaire.com

**Bifidobacterium lactis**

- Proven effective in treatment of IBD (inflammatory bowel disease)
- Reduces IBS symptoms of flatulence, diarrhea, constipation, abdominal bloating & pain
- Increases gut IgA immune response
- Increases phagocyte & leukocyte activity
- Source: www.klaire.com
Saccharomyces boulardii

- Used in SE Asia to treat diarrhea & dysentery
- Yeast found in lychee & mango fruit
- Used to treat AAD, CDAD, IBS-D, & Candida
- Secretes amino-peptidase helpful against allergies to proteins following gastroenteritis
- Increases absorption of glucose & sodium
- Inhibits inflammatory cytokine production
- Contraindicated for patients with central line
- Source: [http://en.wikipedia.org](http://en.wikipedia.org) or klaire.com

Infant & Children’s Probiotics

- Klaire Labs offers *Ther-Biotic Infant Formula*
- Effective against rotavirus, Staph, & C-dif
- Dose = 10+ billion CFUs per ¼ tsp per day
- Mix powder with formula, breast milk, food
- Provides Lactobacillus rhamnosus, casei, paracasei, gasseri, & salivarius
- Provides Bifidobacterium bifidum, longum, breve, infantis, & lactis, & inulin prebiotic
- *Ther-Biotic Children’s Chewable* for age 2 & older provides 4 Lacto. & 4 Bifido. species

Teaching Tools

- When teaching use of probiotics during a live presentation, I use visual aides:
- I display OTC & Klaire Labs probiotic products
- I provide samples for a taste test of aloe vera juices, Kefir drinks, & Greek yogurts
- I use baseball cards of Major League players
- I use a deck of cards that I have converted to represent Lactobacillus species (red cards) & Bifidobacterium species (black cards). Kings & Queens priority. Four Aces are S. boulardii
OTC Major League Probiotics

- **Culturelle** = L. rhamnosus (10 billion units)
- **Align** = B. infantis (1 billion units)
- **CVS Adult** = 7 Lactobacillus species & 3 Bifidobacterium species (3 billion units)
- **Pearl High Potency** = L. acidophilus & plantarum, & B. longum & lactis (5 billion u.)
- **Phillips Colon Health** = L. gasseri/acidophilus & B. longum & bifidum (1.5 billion units)
- **Florastor** = Saccharomyces boulardii yeast

Pharmacy-grade Probiotics

- **Klaire Labs Vital 10** = 8 Lactobacillus species & 2 Bifidobacterium species (5 billion CFUs)
- **Klaire Labs Vital Plex** = L. acidophilus & rhamnosus & B. bifidum & lactis (5 billion)
- **Klaire Labs Therabiotic Complete** = 8 Lactobacillus species & 4 Bifidobacterium species (25 billion CFUs)
- **Klaire Labs Saccharomyces boulardii yeast** (3 billion CFUs)

Foods & Remedies

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Discuss dietary interventions for managing diarrhea & IBS symptoms
**Food VS Medicine**

- Anti-diarrhea drugs like *Imodium* & *Lomotil* can cause drowsiness & dizziness
- Before drug use, man used home remedies
- Medicine men used plant/herbal remedies
- Studies have been done to test the effectiveness & safety of food remedies
- *Doctors Book of Food Remedies: the latest findings of the power of food to treat & prevent health problems*, Yeager, S. © 2007

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**Probiotic Foods**

- Buttermilk (inexpensive & effective, add flavoring for taste or use in Ranch dressing)
- Yogurt (*A & E Greek* yogurt with 5 cultures)
- Kefir drink (*Lifeway Kefir* with 10 live cultures. See www.lifeway.net/probiotics)
- Coconut water or goats milk
- Sauerkraut (fermented cabbage, vinegar, salt—not recommended when you have diarrhea)
- Reference: *Doctors Book of Food Remedies*

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**Prebiotic Fiber Foods**

- Oatmeal
- Barley
- Spinach
- Onions
- Garlic
- Flaxseed
- Soy yogurt
- Reference: *Doctors Book of Food Remedies*, page 348
Case Study: Magic Stew & Thrush

- 80-year-old female with terminal pancreatic cancer, thrush, diarrhea, tube-feeding
- Displayed severe case of thrush with furry tongue, actually looked like cat hair!
- Swish & Swallow anti-fungal RX not effective
- Family member made beef soup for patient & patient sipped broth. Next day tongue was normal & cat hair thrush was gone. Miracle?
- "Magic soup" made with beef bone, cabbage, barley, onion, & water (alkaline vegetables)

Kill the Beast: Yeast & Fungus

- Yeast & fungi thrive in moist environments
- Both thrive in acidic environments pH < 6.0
- Yeast thrive on sugar; cut out sweets/bread
- Yeast overgrowth can create toxins
- Overgrowth of yeast yields athlete’s foot, vaginal or bladder infections, brain fog, sensitivity to odors, sugar cravings, gas, etc.
- L. acidophilus found in live-active yogurt has been shown to be effective against yeast

Prebiotic Fiber—inulin

- Chicory root is a source of fructo-oligosaccharides, CHO which support growth of beneficial bacteria in the intestine
- Inulin is made from chicory root
- Inulin is the base for many probiotic capsules
- Inulin is found in FiberSure OTC fiber
- Inulin has an slightly, alkaline base that neutralizes acid in the stomach & gut
Soluble Fiber

- Fiber treats diarrhea & constipation
- Soluble fiber is found in gummy substances like oat bran, oatmeal, apples, & beans
- Beans digest slowly & allow glucose to enter the bloodstream slowly
- Beans (Bushes) with fiber count of 5gm or less can be tolerated by people with diarrhea
- Raw cabbage, cauliflower, & broccoli provide fiber & enzymes, & neutralize stomach acid

Products for Diarrhea

- *Citrucel* or *FiberSure* is helpful for diarrhea
- *Metamucil* fiber can be used, but has a psyllium (wheat) base
- *Quaker Oats hominy grits* or *Cream of Rice* hot cereal is calming to an irritated gut
- Buttermilk calms heartburn & diarrhea
- *Pedialyte* as tolerated (acidic, can be diluted)
- *Gatorade* as tolerated (acidic, can be diluted)

Rehydration: *Gatorade? Soda?*

- Intended to replenish water, sodium, potassium, & carbohydrate/glycogen stores
- Contain sucrose, dextrose, or fructose corn syrup & flavorings; can causing GI upset
- Drinks with >18gm (4.5 tsp) sugar/8 ounces act like osmotic laxative with further diarrhea
- *Gatorade* pH 2.95 (as much acid as soda)
- *Gatorade Rain* & diet soda contain phosphoric acid that is caustic to GI mucosa & leaches calcium. Artificial sweeteners damage flora
Garlic as an Antiseptic

- “Garlic can kill 14 strains of bacteria in the nose & throat of kids with ear infection”
- Study done at Boston City Hospital
- Garlic can kill oral bacteria & fungus
- Garlic has sulfuric odor & acts like penicillin
- “Garlic has been shown to kill the yeast fungus on contact.” It “stimulates neutrophils & macrophages’ to fight infection, page 671
- Reference: Doctors Book of Food Remedies, page 283

Aloe Vera Juice

- Has antiseptic & anti-fungal properties
- Has slightly, alkaline base to neutralize acid in stomach & feces (calms diarrhea)
- OTC Brands: Aloe Cure & Lilly of the Desert
- Has a bitter, unpleasant taste & slimy consistency
- Caution: can affect INR, reason unknown!

Conduct Research

Discuss strategies for incorporating probiotics into clinical practice & documenting response to intervention
Heal Thyself

- Health professionals are expected to use established standards of practice based on evidence-based studies (presented today)
- Drug trials are paid for by pharmaceutical companies & drugs are approved by the FDA
- Food remedies & probiotic supplements are less researched & under less FDA scrutiny
- Before recommending to patients, start by healing thyself (begin at home or with staff)

Clinical Research: Diarrhea/IBS

- Even Florence Nightingale documented response to treatment; so should we
- Select patients with history of loose stools
- Establish goals of less frequent diarrhea or loose stools, shorter duration of diarrhea, less abdominal pain, urgency, or weight loss
- Document response to diet & probiotics
- Conduct follow-up & document outcomes, plus, ease of use & affordability of products

Dietary Care Plan: IBS/Diarrhea

- Remove dietary irritants like alcohol, coffee, diet/regular soda, chocolate, fruit punch, sucralose products, milk, & dairy treats
- Avoid spicy, greasy, or fried foods
- Encourage whole grain cereal, pasta, & bread
- Encourage fluids like popsicles or Gatorade
- Loose stools require treatment & rehydration. Untreated, dysbiosis can persist for years
- Encourage probiotic foods & supplements
Do the patient no harm

- Identify symptoms of adverse effects such as worsening of diarrhea or abdominal cramps
- Document unusual symptoms such as ear pain, TMJ, sensation of lack of stomach acid
- Observe for food/drug interactions
- Saccharomyces boulardii for 4-week duration only! Not for patients with IV devices!
- For greater effectiveness, avoid taking probiotic with alcohol or hot coffee/tea

Summation: Major League Players

- 70% of the immune system resides in the gut
- Probiotics enhance the gut & immune system
- Cochrane Data Base Reviews provide evidence that probiotics can reduce frequency & duration of diarrhea, & symptoms of IBS
- Studies indicate that probiotics are safe
- "Take baby steps," start slowly with motivated adults & document results
- Probiotics are Major League Players in the fight against AAD, C–dif, Candida, & IBS

Presenter’s Contact Information

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