

# Diarrhea

Diarrhea is not only the increase in frequency of bowel movements, but also an increase in the wateriness of the stool. It is often accompanied by gas, cramping, abdominal pain, nausea, vomiting and an urgency to move the bowels. Diarrhea occurs when not enough water is removed from the stool as it moves through the digestive tract. Stool normally contains 60-90% water. Diarrhea occurs when the stool is over 90% water. There are many reasons why this may happen, including if food travels too quickly through the digestive tract, certain medications, viruses/bacterial/parasitic infections, chemicals, stress and other disorders (i.e., irritable bowel syndrome). The cause needs to be found, especially if it is chronic. Some suggestions are:

- Give up milk and dairy products to see if the diarrhea ceases
- Rid your diet of sorbitol, which is a sugar that does not digest and causes diarrhea
- Give up coffee and any other caffeinated drinks to see if diarrhea ceases
- Avoid gaseous foods
- Check any prescriptions you might be taking to see if one of the side effects is diarrhea. Consult with your physician to determine if it is the cause – do not stop taking a prescription without your prescribing physicians' knowledge.

Although there are many causes of diarrhea, research has shown that certain forms of supplementation can be of tremendous help. One nutrient stands out among all the research: PROBIOTICS. Probiotics have been used in many studies for the treatment of diarrheal diseases.<sup>58</sup>

One group carried a clinical observation with 14 patients suffering from different diarrheal disorders. Patients were given capsules of probiotics daily during a 6 to 10 day period. They observed that the diarrheal and abdominal pain, which were very strong during the start of the treatment, disappeared in ALL cases between day 1 and day 3. E. Coli was detected at the start of the probiotics treatment and was not found in the patients after 2 days of taking probiotics. The control of infant and adult diarrhea by stabilized probiotics has been attempted with much success, prompting researchers to conclude that even simple dietary improvements involving probiotics supplementation, without antibiotic therapy, can be effective.<sup>59</sup> In the early 1980's it was observed in Bangladesh, the diarrhea was so rampant that a child died every 6 seconds. Research work for the World Health Organization (WHO) of the United Nations, showed that diarrhea could be effectively controlled by administering Flora (probiotics) coupled with a rice oral re-hydration solution containing electrolytes. Plant enzymes have also been proven to help by digesting foods that might be an irritant and cause diarrhea symptoms. Potassium<sup>60</sup>, magnesium<sup>61</sup>, folic acid<sup>62</sup>, and zinc<sup>63</sup> have all been proven to help with the control of diarrhea.

## ***Protocol to nutritionally aid with diarrheal control*** **All diarrhea conditions**

Follow this protocol for 5 days, even after symptoms subside. It is important to re-establish bowel integrity and pH to eliminate the condition.

3 Flora Plus	4 times a day	Stabilized Probiotics
1 Digestion	3 times a day	Plant Enzymes

Nutrition Powder      2 servings daily  
mid morning and afternoon

### **Maintenance**

1 Digestion	3 times a day	Plant Enzymes
1 Flora Plus	3 times a day	Stabilized Probiotics
1 Vitamin/Mineral Antioxidant	3 times a day	Whole Food Vitamins and Patented Organic Minerals

Optional: Nutrition Powder if diet requires

### **Nutrition**

Whole grain cereals, bananas, rice, tapioca, root vegetables, such as carrots, potatoes, and all fermented foods. These foods help to add bulk to your bowels.

- Keep hydrated with lots of low-sugar, low-sodium fluids
- Try cereal soup or drink made from any starchy food, such as rice, corn, wheat, or potatoes. Favorites around the world are lentil soup, rice porridge, carrot soup, tapioca pudding, coconut juice, and chicken noodle soup. Starchy liquids, unlike sugary ones, tend to diminish vomiting, reduce the amount of fluid lost and speed recovery time.
- Continue to eat regular foods, such as soft starchy foods. Carrots, potatoes and tapioca are good choices.
- Avoid irritating high fiber grains, gaseous foods and milk if lactose intolerant.
- Eat nutritional yogurt that has no sugar in it. Add fresh fruit for flavor.

### **Exercise**

Exercise on a regular basis (minimum 30 minutes, 3 times a week) can improve your immune system along with supporting a healthy gastrointestinal system.<sup>64</sup> Yoga has its own exercises to support regular digestion and reduce nervousness.

### **Drugs**

Imodium, Kaopectate, Diphenoxylate, Pepto-Bismol, Cholestyramine can all cause side effects including: nausea, vomiting, bloating, osteoporosis and a decrease in minerals. If you are taking any of these drugs regularly:

3 Vitamin/Mineral Antioxidant	morning and night	Whole Food Vitamins and Patented Organic Minerals
1 OsteoPlus	morning	Improve bone density
2 OsteoPlus	night	Improve bone density

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