

Powerful Gut Healing Saccharomyces Boulardii

“If your patients are plagued with intestinal inflammation, diarrhea, leaky gut, or reduced Secretory IgA, consider *Saccharomyces boulardii*.”

I have a great story for you. Although she's not my patient, the story is so important, you'll definitely want to know about it. I have a favorite hairstylist, we'll call her Kim, that cuts my hair before we do the Tuesday Minute. She has been sharing with me for the last couple of years that she was having chronic diarrhea to the tune of 10-15 times a day. Of course, I suggested she do a comprehensive stool digestive analysis, and cutting out all gluten and dairy for starts, but I'm getting my hair cut, so it's not as if she is really asking me for advice.

Ultimately, Kim sees a gastro-intestinal specialist, and they diagnose ulcerative colitis and recommend an antibiotic called Mesalamine. Mesalamine is a medicine for ulcerative colitis and other types of inflammatory bowel disease (IBD). It appears to reduce swelling in the intestine lining and helps it heal, although it's not clear how it does. She was on this medication for 2 years as well as other trial medications which seemed to help periodically, but the problem was still



present. And because it seemed to help and the doctor said to stay on it, she continued to take the medications.

One of her clients had Crohn's disease and had several inches of her bowel removed and was still experiencing multiple watery stools every day. Some-how Kim's client stumbled on *Saccharomyces boulardii* and started taking 500 mg bid, and her diarrhea stopped. Right about that time, Kim's GI specialist ran a calprotectin level to assess chronic inflammation, and it was elevated to 800. Optimal levels are below 80. Kim's GI

specialist explain-ed that her condition had progressed to IBD, Irritable Bowel Disease, and needed more aggressive treatment. This was the last straw. Obviously, what her doctor was doing was not working. So, Kim called her client to get the dosage of *Saccharomyces boulardii* that had worked. She started taking *Saccharomyces boulardii*, 2 bid, and in 3 days, her stools were back to normal.

But what was so fascinating for me to hear was that her doctor repeated the calprotectin test in 3 weeks, and it had dropped to 38. To see such a reduction so quickly is stunning to say the least.

Let's take a closer look at *Saccharomyces boulardii* and see why it was so effective. *Saccharomyces boulardii* is a form of yeast best known for its "food consuming and space occupying" role because its presence limits the food and space dysbiotic organisms need to grow and multiply. But perhaps even more important is its indirect immune modulating role. The beauty of *Saccharomyces boulardii* is that it achieves saturation concentrations in the colon within 3 days but does not colonize in the intestinal tract. In fact, *Saccharomyces boulardii* is cleared from the intestine in 2-5 days after discontinuing therapy.

The immune system is roughly broken into 2 parts, the innate or inborn fraction and the adaptive or acquired fraction. *Saccharomyces boulardii* affects the innate immunity by activating the complement system which turns on preliminary healthy inflammation, identifies and removes foreign substances, attracts phagocytes, and activates the adaptive fraction. This adaptive role goes a step further as *Saccharomyces boulardii* increases the intestinal secretion of Secretory IgA (sIgA). "Secretory IgA is the main immunoglobulin found in mucous secretions, including tears, saliva, colostrum, secretions from the urinary tract, gastrointestinal tract, prostate, and respiratory epithelium. It is also found in small amounts in blood."

Let's go a step further... all inflammatory bowel diseases such as ulcerative colitis and Crohn's disease are characterized by the perpetual production of inflammatory mediators. *Saccharomyces boulardii* secretes "soluble factors" demonstrated to down regulate inflammation by the reduction of NF-kappa B. NF-Kappa B can dramatically increase inflammation at a genetic level. *Saccharomyces boulardii* blocks the expression of other pro-

inflammatory cytokines. It also enhances the secretion of mucosal immune factors which exert a barrier against pathogenic bacteria.

Many of us know how important it is to maintain tight junctions as a protective barrier to prevent pathogens from entering the blood stream. *Saccharomyces boulardii* improves this "tight junction structure." Finally, in dendritic immune cells, *Saccharomyces boulardii* increases the healthy or anti-inflammatory interleukin IL-10. *Saccharomyces boulardii* is used clinically for general digestive problems, irritable bowel syndrome, inflammatory bowel disease, including Crohn's disease and ulcerative colitis, Lyme disease, lactose intolerance, urinary tract infections, vaginal and other yeast infections, high cholesterol, hives, fever blisters, canker sores, and adolescent acne.

Saccharomyces boulardii from Biotics Research Corporation is a 235 mg capsule containing a minimum of 4 billion organisms. The therapeutic dose is normally 1 capsule, 3 times a day. A word of caution, as yeast grow, they cause flatulence. Advise patients this is a normal process and adjust dosage as needed.

So, if your patients are plagued with intestinal inflammation, diarrhea, leaky gut, or reduced Secretory IgA, consider *Saccharomyces boulardii*. As you can see by Kim's story, we have powerful healing agents at our fingertips that are safe and effective to restore balance in the gut. In this age of either natural or pharmaceutical antibiotics, don't forget *Saccharomyces boulardii* and make sure to add probiotics at the end of treatment.

Thanks for taking the time to be with me today, I look forward to being with you again next Tuesday.