

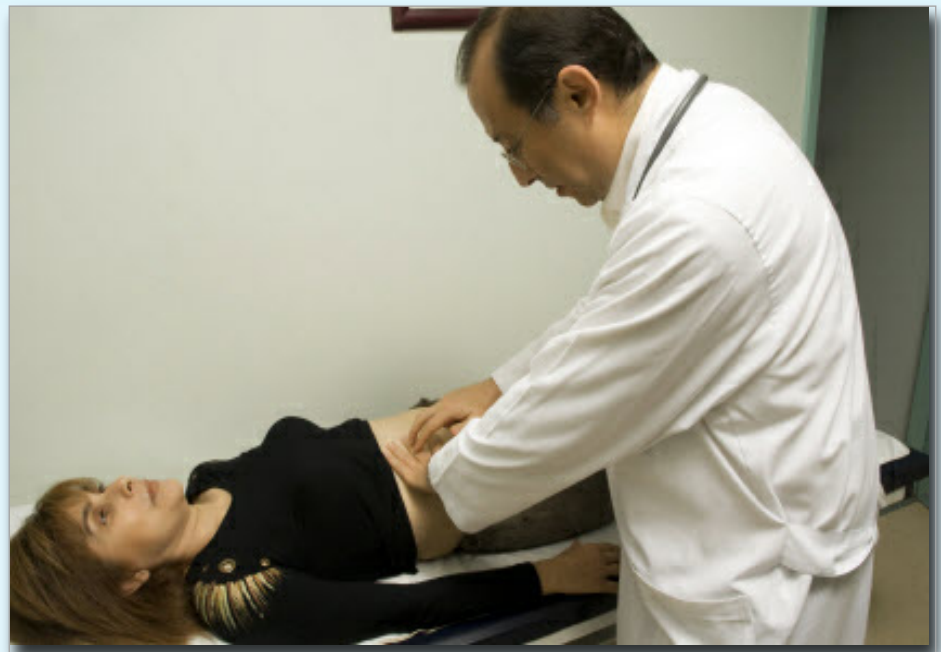
Evaluate Small Intestine Health In Seconds

"This simple test utilizes patient's response to help you decide what supplement to use as well as when to start and stop supplementation."

For all of us in healthcare, we've seen a huge wave of interest in autoimmunity. The number of people with autoimmune disease surpasses those with heart disease. Why does the body begin to send antibodies to attack itself? More and more researchers are looking to the bowel as the gate keeper or as one of the first dominoes to fall as autoimmunity progresses.

Inflammation due to food sensitivities, poor diet, bacterial overgrowth, probiotic deficiencies, essential fatty acid deficiencies, partially digested proteins, the list goes on and on. It's been my experience as well as many of my colleagues that if you fix the bowel, the antibodies have a better chance of quieting down their expression.

Even though the subject of the small intestines has a range of therapeutic possibilities, how do YOU answer these 3 questions? "What should I supplement?" "When



I should supplement?" And just as important, "When should I stop supplementing?"

To help you decide, lab tests may be necessary. But let's try this first, a technique which uses the body as a biofeedback mechanism. There are a number of biofeedback techniques available but one I like was discovered by Dr. Terrence J. Bennett in the early 1930s. The reflexes are appropriately called "Bennett" reflexes.

He developed hundreds of reflex points throughout the body, but let's limit the discussion to four points that Dr. Bennett has been given credit for discovering that relate to the small bowel.

The rationale behind this test is as follows. If there is malfunction in the bowel, anything from excess fermentation to tissue damage, the body will try to protect itself by tightening layers of

muscles. To illustrate these reflex points, let's walk through the test.

Have the patient lie on their back with their knees slightly bent, find the umbilicus. Next, visualize a circle 3-4 inches in diameter depending on the size of the person. Now divide the circle in 4 quarters and slowly palpate each of the four quarters in the 3 inch to 4 inch radius around the umbilicus looking for tenderness and superficial tension. It is important to insert your fingers slowly and tenderly.

Ask the patient to evaluate the tenderness level on a 1-10 scale for each quadrant. I usually draw a circle with 4 quadrants on my progress notes and list the patient's numbered response as a baseline.

Next I place one nutrient in the patient's mouth; and once they have tasted the nutrient, I re-palpate each quadrant asking for feedback and subsequently recording the results of each nutrient. I use the supplement or combination of supplements that give the greatest relief of discomfort. I test nutrients based on patients past history, suspected nutrient deficiency and of course my favorite products which are the ones that have worked in the past.

What always amazes me is how the body knows exactly what it wants. This type of testing takes seconds to evaluate and can be done on every patient. However to find the correct supplement it may take time and should be scheduled appropriately. You will be surprised the first few times you employ this type of testing as the patients are very clear what makes their tummy feel better. You see, the muscle tension will temporarily relax in a matter of seconds.

It is important that the patient can taste the supplement, so make sure they crack the tablet in

their mouth. They don't have to chew it, just taste it. Tasting the supplement assures that the patient has a solid neurological connection to the hypothalamus which can be reflected in the muscles of the body. In this case, we are assessing small intestine muscles. An assortment of different nutrients can yield positive results.

Sometimes we want to feed and heal the intestine "tissue." That would require testing nutrients like glutamine, chlorophyll, gamma oryzanol or essential fatty acids. Sometimes you want to make sure proteins are digested completely, so hydrochloric acid supplements like Hydro-Zyme test well.

Sometimes it is important to address bacterial overgrowth with your bloated carbohydrate sensitive patients by testing an emulsified oregano product like ADP from Biotics Research. Sometimes we have to put out the inflammatory fires with antioxidants so we would test with different antioxidant formulas.

Sometimes you want to shot gun with all these factors and retest in 30 days while changing diet and encouraging life style changes like chewing food better and stress reduction. You make the call based on the information presented to you. I have provided a chart that will show you the area to be tested and some of my favorite nutrients and why they can be effective.

In the coming years you will see that the small intestine is a major player in health and disease. If you are not doing so already, consider evaluating the small intestine with every one of your patients. The Bennett reflexes can help you to decide "what to supplement," "when to supplement" and "when to stop supplementing."

Thanks for reading this week's edition. I'll see you next Tuesday.