

Fads, Trends, and Myths about What Can Help Gut Health

- **Hydrochloric Acid Supplements**

- o Your stomach's hydrochloric acid is a blend of 7 different acids.
- o Hydrochloric acid supplements is usually just one of these acids.

- **Sodium Bicarbonate (Baking soda) for Candida Overgrowth**

- o It does nothing to help your gut, its abrasive and will only create imbalances

- **Diatomaceous Earth Diatomite**

- o Clings tenaciously to the sides of your intestinal tract and colon, and severely interferes with their ability to absorb the nutrients from your food
- o It damages your hydrochloric acid and kills good bacteria

- **Gallbladder Flush (oil, lemon juice, cayenne, or maple syrup)**

- o People believe these oil-based concoctions work because within a day after they drink one, they see what appear to be gallstones in their stool.
- o What they don't realize is that they're seeing the oil they drank when a large amount of oil is dumped into your body, your digestive system uses mucus to form it into little balls (sometimes in multiple colors, depending on what foods are indifferent part of your intestinal track) that can be easily expelled. This is to protect an overburdened liver.
- o The best way to get rid of gallstones is to lower your consumption of dense proteins and eat a diet that emphasizes sodium rich vegetables and fruits that contain healthy bio-acids and drinking lemon water every morning and evening—you can start the stone-dissolving process.
- o One safe and amazingly effective option for dissolving gallbladder stones and restoring the liver-juice a handful of fresh, raw asparagus along with whatever other juice ingredients you like. The best way to prevent new gallstones is to maintain a healthy gut.
- o Sunrider: Lemon Fortune & Alpha20-C-Immune System Food (liver/gallbladder) (1/5 of Quinary) &/with Evergreen(equiv. to 4-5 veg. balanced and concentrated with chlorophyll

- **Fermented Foods**

- o Historically fermented foods were about survival not a health aid. The bacteria in them thrive off the decay process, they thrive off death, not life. They are a different category of bacteria than the elevated microorganisms living on fruits and vegetables that thrive on life, and are restorative to your gut, because we are alive.
- o The good bacteria in our gut have a life force that the bacteria in fermented foods do not have and are useless to your gut.
- o They do not harm, and pass thru the gut, but not helpful. The hydrochloric acid, very sensitive to bacteria on the fermented foods, kills the unproductive bacteria even though it is harmless, the HCA sees it as an enemy.

- **Yogurt**

- o We've been conditioned to believe that the probiotics in yogurt support our gut health.
- o If you're struggling with a health condition, yogurt is not a positive food to consume.
- o Dairy feeds all manner of ills.
- o If it's pasteurized yogurt, pasteurization kills the probiotic anyway
- o The beneficial bacteria that do thrive in raw, living yogurt cannot withstand hydrochloric acid and therefore die in the stomach, never reaching the intestinal tract.

- **Apple Cider Vinegar**

- o Apple Cider Vinegar is by far the most beneficial, healthiest, and safest of all vinegars,
- o But, ANY vinegar taken internally can act as an irritant to any gut health issue and will ultimately be detrimental
- o Gut health issues....steer clear of apple cider vinegar

Medical Medium: Secrets Behind Chronic and Mystery Illnesses and How to Finally Heal. p. 249-254