

To Reduce Joint Pain: Restore Gut Health

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For years doctors have shared with me how chronic pain, more often than not, has an immune component; and since 60% - 80% of the immune system is in the gut, we need to look there first. So I don't know why I was so surprised as I heard Dr. Louie Boven talk about joint health and the gut.

Dr. Louie Boven shared how whenever he has patients with carpal tunnel, elbow or shoulder issues the first place he addresses is the gut. By the way if you ever get the opportunity to take a class with Dr. Boven, you will enjoy his unique ability to think outside the therapeutic box.

Here's what he had to say about how to treat the shoulder. "The shoulder is often injured by trauma but the number one cause of shoulder pain is metabolic, especially the bowel. The number one symptom of ileocecal valve is shoulder pain. Liver is also associated with shoulder pain.



I have had patients enter my office with the inability to abduct their arm and by simply holding up on the ileocecal valve the pain was greatly reduced and the patient was able to lift their arm with much less pain. I have experienced a frozen shoulder myself that was so excruciating that the thought of lifting my arm was overwhelming. The pain was eliminated simply by sucking on some liver support, WOW.

Let's review why the bowel can play such a big factor in any pain condition. Small in-

testinal bacterial overgrowth (SIBO) has been identified in a high percentage of patients with chronic disease. For example, 80% of IBS patients and 90 - 100% of fibromyalgia patients have SIBO. SIBO leads to systemic absorption of toxins and these toxins can impair nerve, brain, muscle and mitochondrial function.

These bacterial endotoxins, usually lipopolysaccharides, are a major contributor to inflammatory states. The result is hypersensitivity to pain and

an increase in the release of cytokines.

SIBO can also lead to poor protein digestion and ultimately increased sensitivity to foods creating allergic symptoms. This cascade of leaky gut, SIBO and poor digestion often results in nutrient malabsorption leading to further metabolic deficiencies.

We've only known about SIBO for the last 10 years but clinically doctors have been telling us how the bowel relates to overall health long before that. I remember Bernard Jenson and VE Irons in the 70's saying "death begins in the colon." They didn't know about the connection between the immune system and inflammation, but they did know that parasites, amoebas and yeast created a state of dysbiosis. They would put people on intense cleansing programs and many of the patients got dramatically better.

Can you see the connection? Gut dysbiosis causes an immune response; the end result is the release of cytokines which cause inflammation.

Let's consider the concept of "gut healing." First, we have to make sure SIBO is not an issue. Bloating after consuming probiotics or a meal containing carbohydrates is one of the major signs the patient has small intestinal bacterial overgrowth (SIBO).

Second provide nutrients that are essential for the structural integrity of the bowel. The first thing that comes to mind is essential fatty acids. EFAs are needed by every cell in the body for membrane integrity and transport. Next consider the major energy source for the epithelial lining of the small bowel, glutamine. Of course we want viable probiotics and prebiotics to maintain an environment that is suitable for repair.

Although most people are not aware of it, vitamin D is essential to make sure the tight

junctions in the small intestine are healthy preventing leaky gut.

You can see that the range of therapeutic agents is very broad. I have demonstrated on other Tuesday Minutes how to use the body as a biofeedback mechanism to help determine optimal choices. See the link below for details on how to use Bennett Reflexes for the small bowel.

With the patient in a lying down position, palpate the 4" diameter around the umbilicus. Determine if tight muscles or tenderness is present. Now have the patient taste a substance to determine if the tenderness is reduced or tight muscles relax. Next, see if the range of motion of the joint in question is increased or if the pain is reduced. Use the product or group of products that reduces the most pain or tenderness and results in the greatest range of motion. You can look below for more details.

Although it is always my preference to use neurolingual testing, when that's not possible, my go to product for intestinal healing is IPS, Intestinal Permeability Support. IPS is designed to stimulate growth and repair of the intestinal mucosa and also aid in gut detoxification. Each capsule of IPS contains glutamine, glucosamine sulfate, Tillandsia root, Gamma Oryzanol, reduced glutathione, Jerusalem artichoke, lamb intestine concentrate and vegetable cellulase. I use 2 - 4 capsules, twice daily one hour before meals.

I began the discussion by reminding you that pain even wrist, elbow and shoulder pain can be related to gut health. Let me encourage you to remember the immune system when it comes to any chronic condition, but especially pain.

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