It’s Not The Food’s Fault

With Lorene Sauro, RHN

www.thedigestersdilemma.com

The Digester’s Dilemma

Resources, education, community.

Agenda

Issues with current approach to autoimmunity

Understanding underlying cause

Gut connection

Why it’s not the food’s fault

Helpful tips

Reading about autoimmunity is a mine field

Maybe you’re confused

Many practitioners are focusing on restrictive food protocols as the answer

But they’re looking in the wrong direction

To understand why foods are not responsible for health issues

Must look at autoimmunity first

Understanding how the body should work and why it went astray is key

You'll see it's not about food

Autoimmunity

The first question should always be why?

Answering that is critical

This means we have a potential pathway to help prevent and arrest

The first step is to arrest and stop symptoms

The second is to repair the body

Autoimmunity – The Past

The rationale - All about a malfunctioning immune system

The immune system is overactive to the point of attacking the body

Avoid anything that “stimulates” the immune system

Fast Forward A Few Years

Immune system is not overactive – it's underactive

Undernourished

Reacting to allergies and toxins all the time has left it weak and confused

It Turns Out…

There is a major player involved that determines if the immune system plays nice in the body

- Our good gut microbes

Amongst their many responsibilities they deliver “immune tolerance” – to food, to body tissue – to everything that should not be attacked

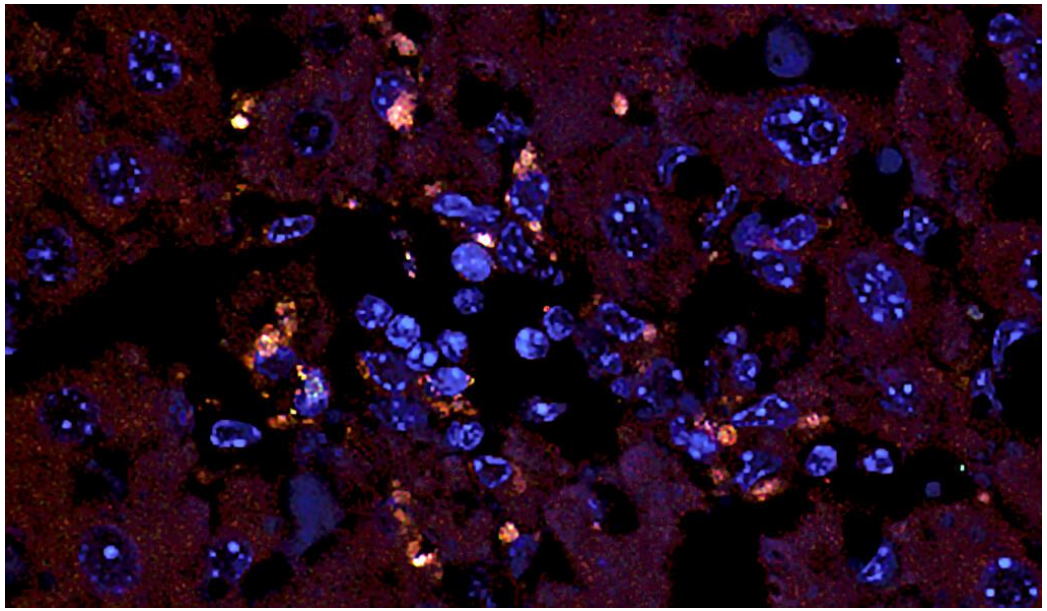
The Gut and Autoimmunity

It starts with dysbiosis

Dysbiosis - Too many bad microbes and not enough good

Current research is now looking at specific strains of bacteria being a factor for specific health issues

Especially autoimmune conditions



Dysbiosis - Causes

Antibiotics and other drugs

Diet – Processed refined foods, lack of pre and probiotic foods

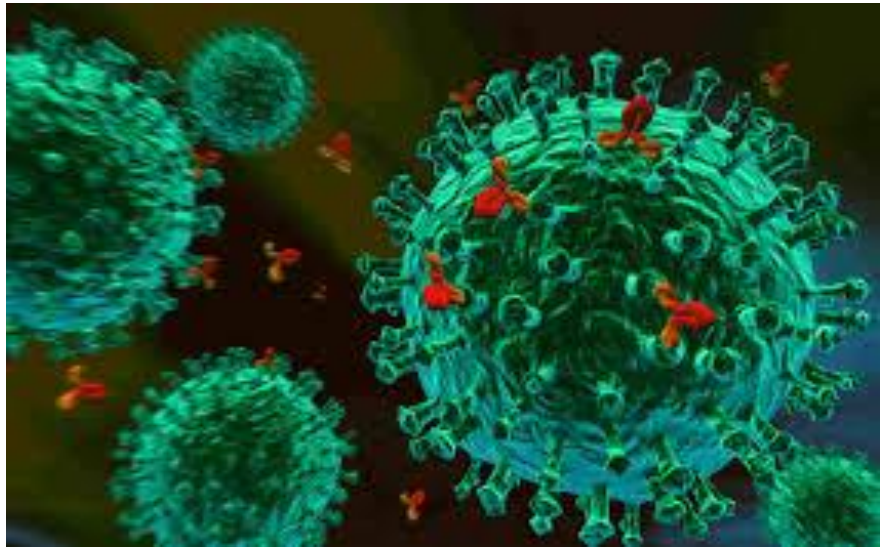
Toxins - man-made and naturally occurring like LPS (lipopolysaccharide)

Stress, negative attitudes

Excessive physical exercise, surgeries, air flight, x-rays, lack of sleep

Chemotherapy, radiation

Dysbiosis: Major factor leading to changes in intestinal permeability (leaky gut)

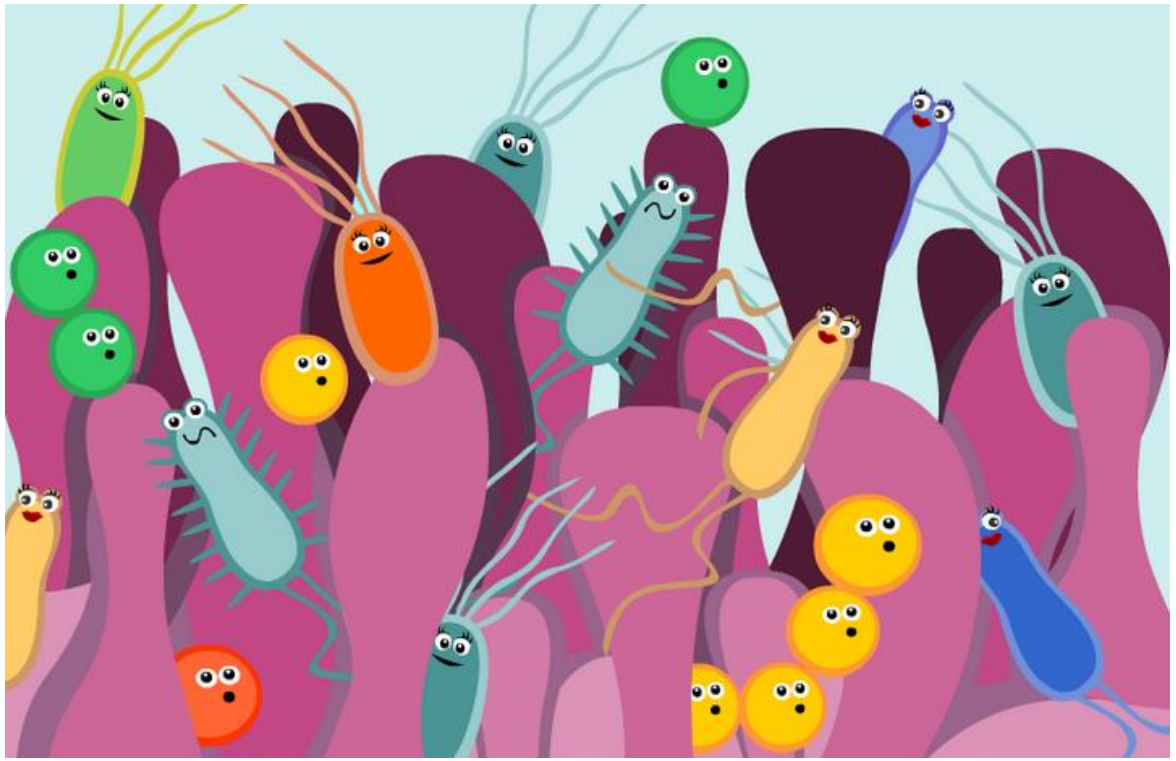


Gut Microbes

Microbes interact with the adaptive immune system constantly

In order for them to stay in our intestinal system – the immune system has to be able recognize them as foreign but not pathogenic

The immune system constantly tests the microbes using cells located in the intestinal wall lining



Gut Microbes

There are many ways in which the gut microbes affect the immune response

Germ–free mouse studies show that these mice have a lower number of immune cells than normal mice

Introduction of bacteria in young mice allows for them to quickly gain immune cells

Does not happen in adult mice

The total exact nature of the relationship is not known

Immune Tolerance

Refers to the lack of reaction by the immune system to a substance or body tissue

Baby in the womb has immune tolerance

Gut microflora have immune tolerance

Everything else must be given immune tolerance and this is controlled by the gut microflora

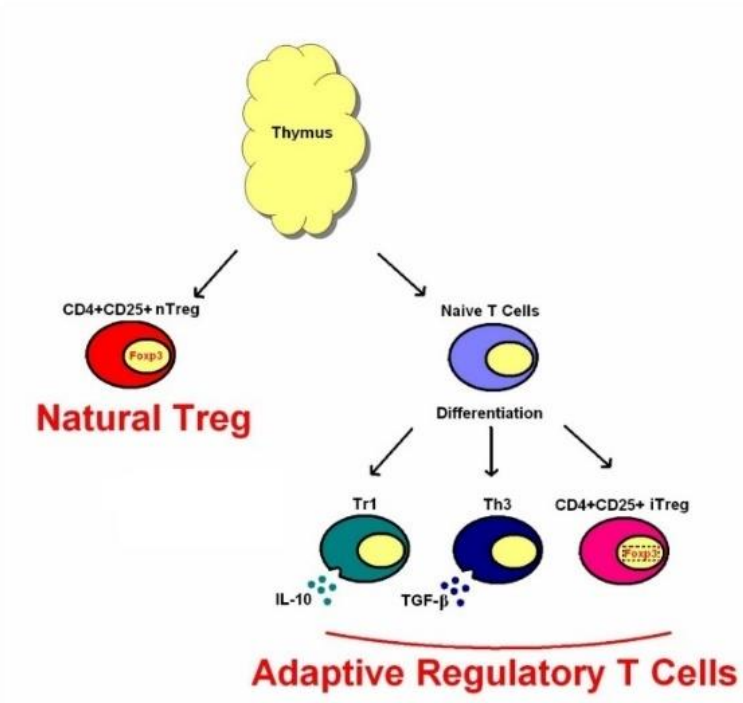
Otherwise, we would be experiencing an immune reaction to everything we are exposed to

T-Regulatory Cells

They modulate the immune system and maintain tolerance despite the presence of self-antigen T cells

Promote anti-inflammatory cytokines which supresses self-antigen T cell activity

T-reg cells are produced in higher numbers to enable control and protect immune tolerance by suppressing self-reactive T cells

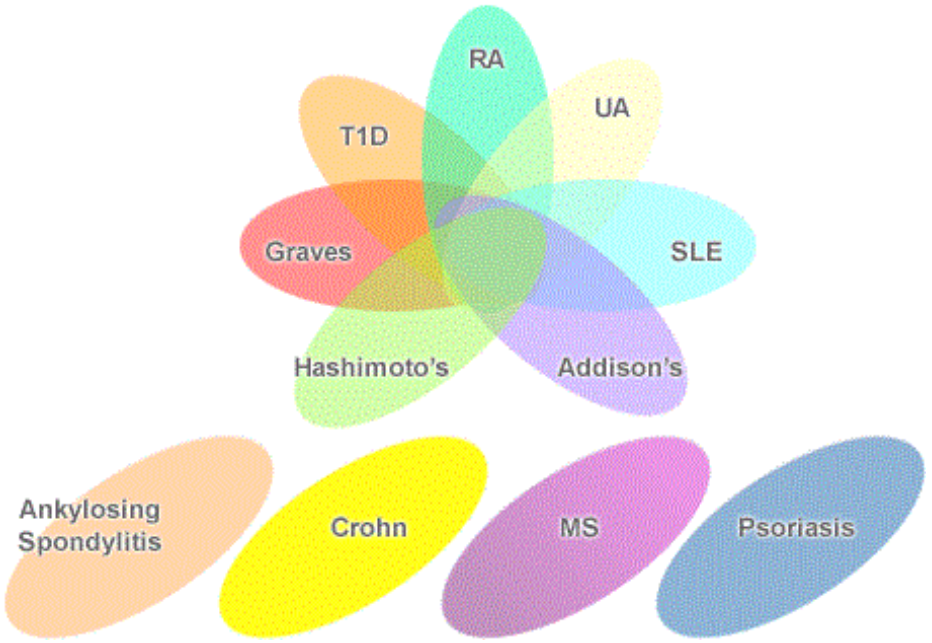


T-Regulatory Cells

Studies show that depletion of T-reg cells in normal mice immediately induces autoimmune disease and IBD

Self-antigen T cells are implicated in type 1 diabetes, Lupus, MS, and rheumatoid arthritis

Without the control exerted by T-reg cells we all have the potential to develop an autoimmune disease.



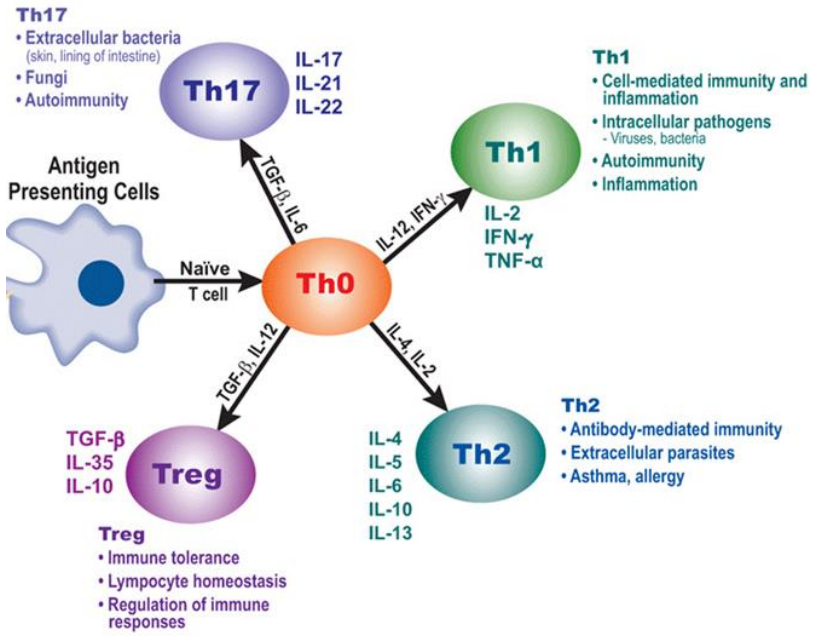
Gut Connection

T-reg cells are produced in the intestines from naïve T- cells promoted by metabolites (butyrate) made by the good bacteria

This means that potentially autoimmune diseases and allergies can be resolved in the intestinal immune system

Having sufficient good bacteria is the key to maintaining a normal response (to promote T-reg cells)

The maintenance of immune balance by the gut is the key to preventing or resolving autoimmunity



Autoimmunity

The Path To Autoimmunity:

1. Dysbiosis: Must be present
2. Genetic Susceptibility: Some autoimmune conditions have a genetic marker but it's not the gene – it's the gene expression
3. Environmental Triggers: Toxins, stress, undigested food molecules, lack of sleep all affect gut health and can play a role in developing dysbiosis
4. 'Leaky Gut': Is more like to occur in those with the previous three factors – But this process is dynamic and reversible

Alternative: Pull out foods – it's their fault

Conventional: New drugs and more drugs to target the symptoms

No one considers the underlying cause

Except researchers

Autoimmunity is not supposed to happen

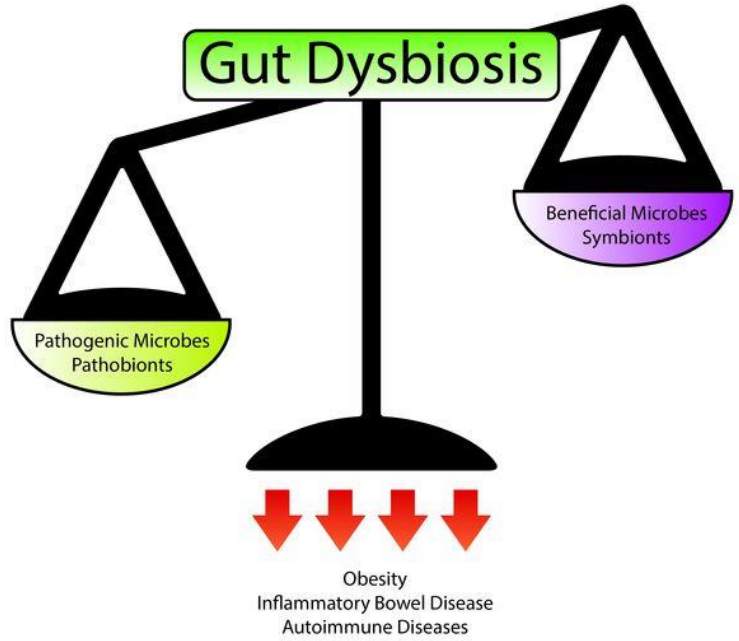
What We Can Make Of This

Clearly, the dybiosis connection to autoimmunity is being established in the research

However, what is also immerging is that lack of diversity and what types of strains are being linked to what type of autoimmune condition occurs

This does not help once a person has the autoimmune disease but makes a great case for why we need better diet and lifestyle changes to prevent

In the meantime, gut health work is essential and we get to use food - not just supplements

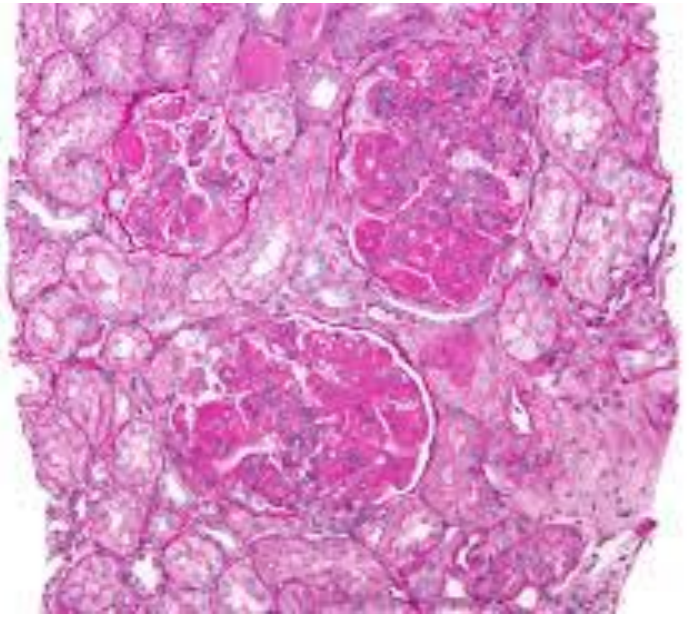


Lupus

A mouse model for Lupus found that the Lupus mice had lower levels of lactobacillus and higher levels of a type of clostridia and *lachnospiraceae* than controls and that the levels increased as the disease progressed

The differences were only found in the female mice

Same study and others found that probiotics with lactobacillus strains can help mitigate symptoms



Why Does Food Get Blamed

Gut health issues can also cause food sensitivities

Foods are removed – symptoms improve

Assumption is made that the food is causing the issue

The issue is usually inflammation

Since autoimmune is an inflammatory condition… must be the food

When someone feels better on a restrictive food protocol:

1. Could be going from refined food diet to more whole foods that include anti-inflammatories

2. Person has food sensitivities and autoimmunity due to dysbiosis (and loss of immune tolerance)

– Dysbiosis is the confounding variable

Removing symptoms is not the same as fixing underlying problem

Gut Bacteria & Food

Food does not cause gut problems – gut problems cause food problems

Specific bacteria help digest specific foods

If a person is missing specific strains for the specific food – more prone to sensitivities and symptoms

The goals should be to improve digestion and increase beneficial strains in the gut

Can’t do this if not consuming the food that feeds the strains

Diet and Autoimmunity

Autoimmunity symptoms are generally worse for those who follow a Western-style diet

Research is confirming that lower-calorie, moderate exercise and more whole foods especially prebiotic and probiotics foods can lower inflammatory markers

Strategies to make changes to the diet is going to be a the goal

Prebiotic Foods

Prebiotic foods including resistant starch foods – grains, dairy, legumes, nut, seeds, potatoes and sweet potatoes etc. (ferment them if necessary)

Bifidus bacterium ferments resistant starch to create short chain fatty acids such as butyrate which helps fix ‘leaky gut’ and promote T-reg cells

Prebiotic foods such as tomatoes, broccoli, berries, apples, almonds, kale, spinach, asparagus help feed good bacteria (contain inulin, FOS)

Plus phytonutrients on plants also are prebiotic

Foods

Dairy products contain GOS – another important prebiotic

Some people may have issues with some of these foods – may be IgG issue or pancreatic enzyme issue

Fermented foods contribute good bacteria to the gut and many also contain prebiotics – help lower inflammation

Don’t forget bone broth – for gut repair

Autoimmunity Strategy

Plant sterols can play a role in supporting the immune system and calming the autoimmune reaction (help stimulate T-reg cells and lower inflammation)

Glutamine and glutamine-rich foods (bone broths or vegetarian glutamine powder in veg broth) very helpful

In severe cases, it may be necessary to remove a couple of foods in the short term

Autoimmune strategies will take years so finding a protocol that you can live with is key

Strategy

Collagen – helpful for repairing the intestinal wall lining but not the best for joint conditions – there is collagen autoimmunity

Colostrum is valuable for autoimmunity and has been show to be helpful in several areas

Lactoferrin inhibits autoimmune response

Contains antibodies that can reduce the development of autoimmunity

Is antimicrobial and anti-inflammatory

Colostrum Pudding

Every person is different

There is no food protocol that will work for everyone

Everyone has to figure out what foods work for them

Adding new foods is the key to building a diverse, healthy gut with plenty of beneficial microbes

And remember the gut likes exercise, sleep and no excess stress

If You're Looking For More Information

Enjoy Your Free
Gut Health Start-Up Guide

https://lorenessauro.com/gutregister