

Women's Vitality Summit

Dr. Keesha Ewers Interviews Jordan Reasoner

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Dr. Keesha Ewers: Welcome back to the Women's Vitality Summit, everybody, Caring for Yourself, Body and Soul. I'm really delighted to introduce you to Jordan Reasoner, who's a friend and a colleague of mine. He's a health engineer and an author who was diagnosed with Celiac Disease in 2007 and almost gave up hope when a gluten free diet didn't work for him. Since then, he's transformed his health using the specific carbohydrate diet and started thespecificcarbohydratelifestyle.com, scdlifestyle.com, to help others naturally heal their own digestive issues. Welcome to the summit, Jordan.

Jordan Reasoner: Thank you for being here, Keesha. It's really fun to be here and I'm grateful to have gotten to know you over the last few years and looking forward to having some fun today, talking about some good stuff.

Dr. Keesha Ewers: Yeah, some good stuff, yes. The whole subject matter of the summit is women's vitality, caring for yourself, body and soul, and I invited you to be on it because you know, ancient frameworks of medicine from Ayurveda to traditional Chinese medicine and tribal medicine have all recognized thousands of years ago that your digestion is actually the root of all wellness and it's also the root of all disease and we're coming to the table with that in our own culture finally. That's taken a really long time and I think that this discussion is a really important one if we're talking about vitality. I always start these interviews with asking you what your own definition of vitality is.

Jordan Reasoner: Very good question. Yeah, it's really interesting. I feel like, I mean Hippocrates said that all disease begins in the gut thousands of years ago, right, at the end of his life, toward the end of his body of work, but vitality to me, vitality, when I say that word, what comes up for me is words like thriving, empowered, sexy. As a man, for me, it means I'm on my path, in my purpose. I'm being a contribution to the world. I'm being a good father, a good lover, a good partner in business and in relationship. I am experiencing joy in my day to day life and choosing joy, not living in fear. I think all of those things became very challenging for me when I had digestive issues. I mean, I had diarrhea 15 times a day, I'll just say it and get out of the way. It's hard to feel the word vitality. It's hard to be that when you're having diarrhea 15 times a day.

Dr. Keesha Ewers: Yeah, Maslow's Hierarchy of Needs, it's kind of on the bottom rung. You're not getting up to self-actualization if you're down there with basic human function, right?

Jordan Reasoner: Yeah, it's tough. It's tough to be self-actualizing when you're chained to a toilet.

Dr. Keesha Ewers: Right.

Jordan Reasoner: Some ways, unless you're a Buddhist, I don't know. For me, it was difficult. I feel like I've worked with a lot of women too, over the years, primarily 85% of our community is, it's an amazing community of women and it's hard to just feel sexy and feel that vitality flowing through you as a woman when you're having bloating, gas, constipation, diarrhea, PMS, depression, fatigue and you're holding on to an extra 10 pounds, all those things tend to bring us down the rungs, as you said, of the hierarchy. I personally believe that of all the symptoms that you could experience in the realm of the body, gut symptoms tend for me and for a lot of the women that I support tend to steal vitality more than any others.

Dr. Keesha Ewers: I think you're literally washing it out, right, 15 times a day? There it goes, and more energy, right? You do a lot of webinars and I've seen pictures of you when you were the scrawny young father. You have that very stereotypical picture on the beach that I used to see in the backs of comic books with the skinny guy.

Jordan Reasoner: Right.

Dr. Keesha Ewers: That's your story, you talk about this and you say this is me then and this is me today and here's how I got here. One of the things that you've discovered along the way is not just this word diarrhea or that you are chained to your toilet but that you actually had a functional issue in place that's causing the problem. That's often termed colloquially kind of leaky gut or intestinal permeability syndrome that we call it medically. This is a term I think kind of like the word detox that's thrown around a lot now, and I think there's a lot of confusion around it and people, and this is one of the things I say in my own webinars. I'm saying leaky gut, not leaky butt because I actually have had patients in my office when I started talking about leaky gut say, "I don't have that problem.", and I say, "Well, what do you mean?", "I don't leak.", and I'll say, "Oh my apologies. Let's back up the train a bit and come back to the station and go through what this actually means before I start down this tangent about what's going on for you with your autoimmune disease."

Let's back it up and let's really talk about what leaky gut is because so many of us have heard it so often. We taught it so much that we don't know what kind of myths are out there surrounding this word right now.

Jordan Reasoner: I'm glad you asked that question. I feel like when I was sick and I started to search in the interwebs about stuff, I learned so many people explain things in a very complex clinical way that just made me feel dumb, frankly. I always do my absolute very best to try to explain things in plain English, and so leaky gut is something I could spend an hour explaining in diagrams and science and things that potentially I don't even understand, but for me, to break it down into one simple idea, the way I like to explain it is you know, we have these villi, these cells that align our intestines and you can imagine them like my fingers and when we eat food and absorb nutrients and things are working well, those nutrients will kind of flow through those and enter into our body at a basic level.

Now when we have leaky gut, it doesn't exactly work like this, but if you can imagine these maybe spreading out more and getting more leaky, the problem that happens is that

not only does the nutrients and the good stuff come through into our bodies but so does toxic food particles, environmental chemicals and bacterial waste also leak through the digestive tract and into our bodies, so once inside, these foreign particles, they travel around the different areas of the body, the thyroid. They travel around in the blood stream and they trigger autoimmune responses and inflammation responses in the immune system. They promote inflammation and at a basic level, these foreign bodies being inside of us, they jumpstart the development of chronic conditions.

If you were to think about, at a basic level what is leaky gut, I always like to say instead of keeping the bad stuff and just letting the good stuff in, that delicate lining of the intestine starts to let the bad stuff in too, and that starts to break the body down from the inside out and that's really in my opinion the most plain English definition I can put together at this point of leaky gut, which is also called intestinal permeability.

Dr. Keesha Ewers: Right, that's a great explanation. To add to that, whatever those particles, when they get out into the system, you have this immune system sitting out there that's wired. It's supposed to attack anything that's not you, so it quite rightfully goes after those food particles that it sees a lot out there and that can be anything from gluten to broccoli, and that's the thing that people get so confused about is what do you mean I'm sensitive to blueberries, I thought blueberries were good for me, right? By definition, what you're just explaining with leaky gut is if you eat the same thing over and over again every single day and your immune system sees it out there every single day, it's wired to attack things that doesn't recognize as you. It's going to do that and form an antibody against it, and now you're going to have what we call a hypervigilant immune system and a hypervigilant immune system is what causes autoimmune disease and eventually cancer, so this is a really nice explanation of how this happens and there is a solution to it, which is the great thing.

I never talk about things that don't have a solution to them, so now that we've talked about it, let's talk about how to recognize it and let's talk about why you get it, because I think that this is another piece that is kind of couched in a lot of myth in our society about why people get leaky gut when it starts.

Jordan Reasoner: Yeah, and there's a, kind of what I hang my hat on now is the body of work by Dr. Alessio Fasano. He's really in some ways the godfather of discovering leaky gut and the science behind it and something called zonulin, if you want to geek out on it, and he's one of the prominent Celiac Disease researchers. What's interesting about him is he does have a desire, he's Italian, so there's part of him that has a desire for people with Celiac Disease to eat pasta or pizza again, which is a little skeptical for me, but his work and his body of work is phenomenal and really, leaky gut is an interesting process of a lot of areas of our systems breaking down. When we think about what is the specific causes of leaky gut, there's a lot of triggers, and I've included, for your community Keesha, I've got a PDF. Years ago, we hired a research team and we just started this project and we just dove deep into this leaky gut stuff that it's over 10,000 papers on leaky gut, Fasano's research being prominent parts of that.

We went deep and we looked at what are the triggers of leaky gut. I've included a PDF for everybody that we'll include with this talk that is the 19 most common triggers. They range from different things like environmental things. They are going to be food that we're eating, and I'll get into that, and then there's things that are let's call it lifestyle things, and some you don't have control over like being a C section baby who wasn't breastfed like me. Those are some of the common triggers of leaky gut, heavy metals and things like that, but for the sake of our conversation today, I wanted to talk more about just the top three, top three that I see in my community that are the primary contributors.

As I talk about this, I want you to imagine that you're thinking about your immune system and thinking about it like a bathtub that's filling with water. This is the best analogy I can come up with when it comes to these 19 triggers. The idea is that once the bathtub fills up with water and overflows, we've got this leaky gut condition. It's happened, it's turned on, your gut is now leaky, and that's the water overflowing out the bathtub. The way I think about it is that with the 19 triggers, there's let's say 19 faucets all around this bathtub, so with each individual person, it's a question of how many faucets do you have turned on and how much water are they pouring in to your bathtub.

A given individual who is going to be falling prey to some of the triggers I'm going to talk about in a second might have let's say five faucets turned on, and their body is unable to keep that water level down and it reaches that critical point and overflows, and now we have this condition. Once that condition's turned on, all these other autoimmune processes and chronic disease processes and information, all these things start to proliferate throughout the body, so you reach that critical threshold and you're in trouble.

When I talk about the common causes and I'll talk about some of the triggers in a second, I want you to be thinking about which of these triggers you have on in your life because you can think of it like literally walking around that bathtub and starting to turn some of them off, and the more that you can do in your life to turn these faucets off, the less risk you have to having leaky gut and being able to turn it off and keep it off for the rest of your life. That's how I approach it as well.

What are the common triggers? I picked out three of the ones that I see the most in my community, and you've got the PDF where you can look at the other 16, but trigger number one is definitely that you're still eating food that makes your gut leaky, and this is one of the most powerful faucets that we can turn off. If you suspect you have a leaky gut, and we can go through a quiz in a second, Keesha, if you like, but if you suspect you have leaky gut and you're struggling with chronic illness, we need to remove foods that trigger leaky gut and the number one most common food that triggers leaky gut is gluten and wheat. I think that there's a lot of people who believe that the gluten free diet might be a fad or that it's not as impactful as some people say it is, but from my point of view, looking at the research, if you have some chronic illness issues and you feel like your vitality's not where you want it to be, because you're depressed, you have anxiety, you have an autoimmune disease, you've got PMS issues, you have digestive problems, you need to be gluten free at the very least, 100% gluten free.

I've run into a lot of people who follow what's called an 80-20 rule where if it's the weekend and I'm out with the girls and we order some cake, dessert after dinner, what's the big deal? The 80-20 rule cannot be okay. It's not okay when we're talking about leaky gut and having a chronic condition. Now if you're really healthy and you don't have these types of issues, that is okay, but gluten is the number one thing that we need to pull out of someone's diet if they suspect they have leaky gut.

Dr. Keesha Ewers: I want to stop for just a second because once you pull it out, what I see a lot of times is people going into healthy stores and adding in a lot of processed gluten free food, which actually isn't food. Processed means substance, not food. When something's made gluten free by a company and you have a gluten free product that's in a package that you open up, a ton of sugar has been added into that.

Jordan Reasoner: Yes.

Dr. Keesha Ewers: Sugar's also an inflammation causer. If you have gone gluten free and you say, "Well, that didn't work for me.", and here's somebody who went and bought a ton of gluten free crap and started eating it and didn't feel better, then this could be part of the solution, so I just want to continue but go ahead.

Jordan Reasoner: I'm glad you said that. Yeah, there's so many people who go from the standard American diet to the standard gluten free diet. They eat, they go from eating pizza to gluten free pizza, and I did the same thing. It didn't work for me at all. My diarrhea didn't change.

Dr. Keesha Ewers: We all did. It's a bridge, right? It's a bridge, but it's not to be stayed on.

Jordan Reasoner: We'll talk about that, how do you heal if you got, in a minute, we'll talk about what to eat. We'll talk about how do you repair the gut but like you said, sugar is on the list, especially because sugar can contribute to gut dysbiosis, which is this fancy name for saying you've got bad bacteria growing in your gut. It feeds that stuff too, so there's many mechanisms behind sugar and just eating crappy food that even though it's gluten free, it's still crappy food.

Dr. Keesha Ewers: It includes tapioca starch and a lot of the things that are put in to replace gluten, so yeah.

Jordan Reasoner: Soy.

Dr. Keesha Ewers: Yeah, exactly, okay.

Jordan Reasoner: Yeah, trigger one, you're still eating food that makes your gut leaky. That's one of the important things that causes leaky gut and gluten is the number one suspect, especially from Fasano's work. There's many studies that show a clear connection between gluten consumption and leaky gut happening even if you don't have Celiac Disease. That's important.

Trigger number two that's really common, you're taking drugs that make your gut leaky, and there's two drugs I want to talk about. One is painkillers, and the inconvenient truth at the end of the day is that NSAIDS or non-steroidal anti-inflammatory drugs can make your gut leaky. There's research studies I could cite for you that show 50% to 70% increase in intestinal permeability in people who take NSAIDS chronically. I used to be the guy that had, I'll leave it in my truck, in my desk drawer at work, in the pantry, I had it in my bedside table next to my bed because I used to get headaches all the time.

Dr. Keesha Ewers: 800 milligrams of ibuprofen before the start of a marathon, at mile 13 and another 800 at the end of the marathon. That was my marathon regimen.

Jordan Reasoner: There you go.

Dr. Keesha Ewers: I was being so healthy, and I didn't hurt. It was really a miracle.

Jordan Reasoner: That's the problem.

Dr. Keesha Ewers: I got leaky gut.

Jordan Reasoner: They work, they work, yeah but they also make your gut leaky.

Dr. Keesha Ewers: Right.

Jordan Reasoner: There's a lot of people who don't know that Advil, Motrin, these types of things are going to contribute to leaky gut and there's a lot of science behind that. NSAIDS are bad, they're very, very bad. There's another one that I want to talk about, which is proton pump inhibitors, PPIs for acid reflux. So many of us have heartburn, indigestion and the really unfortunate thing is that there's a lot of research starting to come out that show the use of PPIs over time cause leaky gut, and the bad news is that those drugs as you know Keesha, were only approved initially by the FDA to be used for no more than three weeks, but how many of us-

Dr. Keesha Ewers: You're talking about Prilosec and Nexium, omeprazole, just so you know what this class is that Jordan's talking about. Go ahead.

Jordan Reasoner: Thank you. How many of us know, like I know my aunt and uncle had been on Prilosec OTC for like five years, five years, and the stuff was approved only to be used for three years, so PPIs are another really common trigger. This is the idea that you're still taking drugs or pharmaceuticals that are contributing to leaky gut and those are two of the most common and then for bonus, I'll throw in antibiotic use in there as well, which yeah chronic antibiotic use has a lot of mechanisms towards leaky gut as well.

That's number two. Number three is one that we love to talk about, which is stress still making your gut leaky. That's another really common trigger. I think Keesha if you and I discovered that sleeping more and reducing our stress would make all of us live forever,

we would all still die at the end of the day. Telling people to have less stress and sleep more is one of the most difficult things for people to take action on.

Dr. Keesha Ewers: Well, it's not possible.

Jordan Reasoner: That's the thing that drives me crazy about saying that, it's not possible for you to have less stress. It's how you perceive your stress, so you just have to say, "You know what? Do I really want to sit in an easy chair and drink beer and watch the ball all day or do I want to have a job that I'm super fulfilled in and I get to bring home money to raise my family and I get to be a mother and I get to, all these things that a lot of people pine for, we're complaining about. If only I had the right relationship, oh my husband drives me crazy. It's just like no matter what, people are going to perceive unhappiness in whatever situation they're in if that's how they're doing it. It really is about your perception of your stress.

I agree with that so much. The thing I would add to that as well is that stress is a cumulative thing. A lot of times when we talk about stress, the first thing that comes up is relationship stress or work stress, the two things you just mentioned, but stress is stress and so it can be emotional stress, like emotional stress from relationships or work or it could be physical stress, like overtraining.

Dr. Keesha Ewers: Crossfit.

Jordan Reasoner: You mentioned marathon running.

Dr. Keesha Ewers: I know, crossfit and marathoning.

Jordan Reasoner: Crossfit and marathoning, a lot of times if you have a chronic issue, you should not be crossfitting or marathoning or triathloning, whatever word we want to use.

Dr. Keesha Ewers: Also not sitting on the couch, so when you hear us talk about this, this doesn't mean couch potato either.

Jordan Reasoner: Yes, there's a spectrum, right?

Dr. Keesha Ewers: Right.

Jordan Reasoner: Crossfit and marathons and triathlons might be over here, sitting on the couch is here and there's somewhere in the middle where you can walk and move your body and lift stuff.

Dr. Keesha Ewers: Do some hand weights, yeah exactly.

Jordan Reasoner: At the end of the day, I think that there's so many moms out there who are, I call them marathon moms and they get up in the morning before their kids are up and they're up at 5 a.m., and they go run 5, 6, 7, 8, 10 miles and they're stressing their body into being leaky.

Dr. Keesha Ewers: My life 20 years ago.

Jordan Reasoner: Yeah, and there's so many moms like that too, and I love them because they're so dedicated and they're such hard workers but it's time to have a little compassion for the body and understand that stress is cumulative, so emotional stress plus physical stress plus other stressors in the body like gut infections, they're cumulative. They add up, and so that can contribute quickly to having more of those faucets turned on and that bathtub overflowing. That's one of the most common things that I see in the population of women that I support.

Those are the three most common triggers. We've got the PDF for everybody to see the 19 most common, but I think we really touched on the three most common and if you have, again more than one faucet, eating gluten, running marathons, you're taking NSAIDS during your marathons to make sure your knees don't hurt, all these things are filling that bathtub up and contributing to that overflowing and you having leaky gut.

Dr. Keesha Ewers: Getting up at 3 a.m. I used to get up at 3 a.m., Jordan, not 5, to do my training mile before the marathon, yeah, yeah, crazy lady, leaky gut, rheumatoid arthritis. I mean you know, it's just bound to happen. Let's talk about, so now you kind of realize you've got your faucets identified so to speak, and now what to do about this. You guys do a really good webinar and we have, we're going to give your bonus, the 19 common triggers that's part by the way of Jordan's bonus material that's on the Women's Vitality website, so you also do a webinar about this where you go into more depth and you have a program for it that you can guide people through. This talk will give a nice little overview, but then you've got a larger program that people can actually move into too that's very robust and it will help because there's a lot of as we said earlier, spectrum, yeah there.

Let's talk about some of the top shelf things we're changing.

Jordan Reasoner: I want to save a second, Keesha and I'm feeling the desire to, we're talking more about this nebulous topic about leaky gut but I feel like I want to make sure the women who are listening to this are enrolled in the fact that they might have leaky gut, and one of the most important things, I just want to take a second and we can do a quick quiz, and you could take it too, Keesha and I'll share my results too, but I'm just going to list off a list of symptoms and signs and red flags of leaky gut and if you have three or more, it's very likely that you're suffering from leaky gut right now and then we can dive in to how to solve it, but I want to walk through these and keep score for yourself, Keesha.

Number one, just count how many yeses you have, number one is autoimmune disease. Number two is food intolerances. Three is multiple food sensitivities. Next one is chronic fatigue syndrome. Next one is difficulty gaining weight or difficulty losing weight, so you have metabolic stuff going on. Next up, arthritis or joint pain. Then I want to do muscle pain or muscle achiness. Next up, hormone problems, and that can be PMS, infertility or any of those on the spectrum there. Next up, inflammatory bowel diseases, things like Crohn's or also arthritis. Next up, gut symptoms, so whether you're constipated, diarrhea, gas, bloating, cramping, heartburn, acid reflux, give me some yeses

there. Skin symptoms, this can manifest a lot in skin, so you get itchy skin, rashes, eczema, rosacea, hive, psoriasis. Give me some yeses there, and then finally, we see it manifest a lot in the brain so if you have things like anxiety or depression or brain fog, if you have chronic headaches or ADHD, those all require yeses.

Keesha, when I took this quiz for myself back in 2007, I had 13 yeses. How many did you have?

Dr. Keesha Ewers: 20 years ago, I would have had about 11 of those as yes. Today, none, and that's the thing that happens with this but if I went back to my old lifestyle, this is where people get, I had a patient recently that said, "At what point do I have to stop following this so closely?" I said, "Never. You always have to follow this so closely." Once you had a fragile gut, you always have a fragile gut. I also want to talk about that, this idea that your gut is healed, so now, that means you can go back to doing what you were doing before. That is wrong. I have spent 20 years really watching what I eat, watching how I perceive my stress, doing stress reducing strategies, you know, doing my emotional or doing all of this stuff and now it's zero, but if I went back to getting up at 3 a.m. and running 15 miles in the morning or popping ibuprofen as part of my long runs or any of the things that I used to do with my food, I can walk on those long runs and eat a nice bowl of Greek yogurt with granola and blueberries and walnuts and think I was doing a fantastic thing as allergic to dairy and gluten and didn't know it, right?

I had yeast overgrowth, I had bacterial overgrowth, all those things are present because of that nice little bathtub, right? Now they're not but boy, I'm sure if I didn't experiment, it will be interesting to see how many months it would take to get my RA back, because it's in my genetics.

Jordan Reasoner: Right.

Dr. Keesha Ewers: I could turn that gene right back on.

Jordan Reasoner: That's Fasano's work. I don't know if you missed this earlier, but Fasano's work suggests a new theory for autoimmune disease. If you have three or more yeses on my list, you likely have leaky gut right now while you're listening to this. My caveat to that would be if you have an autoimmune disease, then you're 100% for sure have leaky gut.

Dr. Keesha Ewers: You 100% have it, yes.

Jordan Reasoner: Here's why. Fasano's research, 100%, and Fasano's work is shining a light on this because we used to not understand why autoimmune diseases would happen. We had theories like there's something called the molecular mimicry theories or Reed theories, but Fasano found that the cause of autoimmune disease is now presented as the theory of the leaky gut theory of autoimmune disease. What he suggests is that there's three things that need to be present for autoimmune disease to turn on like a light. Number one, you mentioned it Keesha, you have the genetic predisposition for autoimmune disease, right? I have the two genes for Celiac Disease. I'll always have them. You have the genes that predispose

you to RA, so we have the genetic predisposition to some autoimmune disease. There's over 100.

That's step one. Step two is that we develop leaky gut.

Dr. Keesha Ewers: 150.

Jordan Reasoner: 150 now, that's amazing. Step two is that we develop leaky gut and then step three is that we have environmental triggers that come through our gut wall and into our bodies, activating the genes for the autoimmune disease. Now the easy one would be Celiac Disease. I have the genetic for Celiac Disease. I developed a leaky gut because of all these triggers we talked about, and then the gluten is coming through my intestinal wall into my body, turning on the Celiac Disease, which then attacks my gut. Fasano's showing us that leaky gut is the step that develops autoimmune disease, so what you're mentioning Keesha is that if we can turn off the leaky gut, we can turn off the active autoimmune disease, but as soon as we get leaky gut back, likely, our autoimmune disease is going to turn it right back on. The damage is going to happen again, whether it's attacking your thyroid, your joints, your gut, your brain. The autoimmune condition will turn back on.

With that said, if you have an autoimmune disease, you have to make sure that your gut doesn't leak or it will turn back on, and if you had three or more yeses or an autoimmune disease, this is a really important conversation for you and I can't stress that enough.

Dr. Keesha Ewers: I actually released a book the same day that the summit went live on April 3rd, and it's called Solving the Autoimmune Puzzle, Women's Guide to Reclaiming A Mission, Freedom and Vibrant Health, and I talk about the fourth one that Fasano doesn't talk about but science has shown over and over again, that we haven't really been talking too much about. Sometimes, we're going to lip service and that's early childhood trauma, so the Ace's study between 1995 and 1997. Over 17,000 participants in that study, two thirds of them actually had childhood trauma of one sort over another.

I maintain that there's no child that comes out of childhood without some form of trauma. You get picked last on your baseball team and that's your benchmark, that's your bar. You're traumatized that day. You don't have an attuned caregiver to work it through with you, then you're going to make up a meaning and a belief in your body that actually then can be triggered over and over again in your life, sending cortisol out, which breaks down your gut wall.

There's this other mechanism. That's why I talk about perception of stress, that is based on this early hyper vigilance of your mind because of trauma when you're a small child, and it starts that cortisol thing going, which breaks down the gut wall. There's actually a fourth component to this that really needs to be talked about and that wasn't healed and a lot of women have this one, a lot of women. A lot of men do too, but this is a big one because our brains are wired in such a way that we have to watch that the children don't fall in the fire pit, tend the fires, grind the corn, we're very multitasking with our brains,

right? Well, the men go hunt and gather and bring home the food. The way our brains are designed biologically is to remember everything, and a lot of women hold on to their crap.

This is another big piece around leaky gut too that I really want to make sure that women understand that this is another component of autoimmune disease, increases your risk for autoimmune disease by 18% with just one adverse childhood experience. You add six to that and you've actually taken 20 years off your life statistically. It's phenomenal, the science that we're just scratching the surface on right now. Anyway, add that to Fasano's work too.

Jordan Reasoner: I'm so glad you brought that up.

Dr. Keesha Ewers: Because it's a big one.

Jordan Reasoner: Yeah, I think that's another faucet. I think that's another faucet for sure. Emotional trauma is a big faucet, like you probably need a big wrench to turn that flow off, right, the bathtub, and that big wrench is things like doing emotional work, semantic experiencing, all these different-

Dr. Keesha Ewers: EMDR, brainspotting, trauma release work.

Jordan Reasoner: Neuro feedback.

Dr. Keesha Ewers: Exactly.

Jordan Reasoner: Yeah, and all these tools are like that, oh how are we going to shut this big faucet off? I agree, I think most people, most humans have them and unfortunately, we not only experience them but then we make stories about them because we are awesome story making machines.

Dr. Keesha Ewers: Aren't we?

Jordan Reasoner: Yeah, and so a relatively simple thing like not being picked for your baseball team, we will make that into a big thing that we're not good enough and we suck at life and all these other things. I just wanted to echo your point of view in that I think that is a big faucet and something that is very important for the process of solving leaky gut.

Dr. Keesha Ewers: Right, right.

Jordan Reasoner: Let's dive into that. Let me fix it. I'm an engineer. I like to keep things as simple as I can, although sometimes, simple to me is actually really complicated, but there's really three steps. We have to remove the triggers and that's just going around and turning those faucets off, right? That could be anything from stop putting gluten in your mouth to getting hyperbaric chamber sessions for your traumatic brain injury to doing EMDR for emotional trauma when you're a kid to taking probiotics. There's like so many things to

the step one of every move a leaky gut triggers, but it's this idea that we have to stop damaging the gut. We have to stop the water from overflowing, and so literally, we just have to go around and turn those faucets off, and it's diet. It's lifestyle. It's supplements. It's all of these things that we have to do to turn these faucets off. We have to bring that water level down.

I talked about the 19 common triggers. We don't have to get back into that, but step one is stop damaging the gut. We have to remove the triggers. You have to turn the faucets off, and that leads into step two, which is rebuilding the gut. We can rebuild the gut through healthy food supplements and lifestyle changes. When you talk about what do I eat, well we talked about your reaction to blueberries and stuff earlier, Keesha, and it used to break my heart because there are some tests out there that you can get for leaky gut. You can get tests done to see if you have intestinal permeability, but one of the biggest red flags for me was when people get food allergy tests done, food sensitivity tests done and they'd be reacting to everything that they were currently eating and just come to me in tears because they can't eat anything they've been eating, and that's a big red flag that you've got leaky gut because everything that you're consuming is getting into your body.

When it comes to what do you eat, we have everyone start with a 30-day rebuild diet. That's very simplistic. It's meat, fruits, veggies, herbs and healthy fats. Keep it simple, things like avocados, coconut oil, steak, chicken, simple fruits and vegetables, and then after 30 days, we can bring things back in like eggs. Who wouldn't believe how many people are sensitive to eggs and have a really bad leaky gut, and it takes some time before they can tolerate them again. When it comes to what do I eat, you got to keep it really simple for the first 30 days, think about it being like autoimmune paleo is a good definition of kind of a basic diet to follow for 30 days, and then sort of introduce things again, like tomatoes, like eggs, like nuts and just see how you tolerate them. Now, when it comes to supplements, there's a lot of supplements that you can use to start to heal the gut. This is the rebuild phase. There's things like L-glutamine, gut repair powders, bone broth. Those are really important, but at a basic level, if I could give one recommendation today, it would be digestive enzymes. That can be really helpful to make sure that you're actually digesting and breaking down the foods that you are eating.

Sometimes, the gut is so damaged the enzyme's just not working properly. There's a lot of feedback loops there, so digestive enzymes can be one of the most important things you can just start taking in the beginning. Then for lifestyle changes, we talked about that. Biggest thing, stop overtraining, stop it. Just relax. Move your body easily and gently and wait before you start to bring in some more intense training.

Dr. Keesha Ewers: Because you will be able to-

Jordan Reasoner: Step three is really to fix the root cause. Go ahead?

Dr. Keesha Ewers: Sorry, we have a delay. I was just saying, I was agreeing to you and saying that you will be able to go back to training programs again. I just wanted people to hear that, that this is a step wise program and once you do get to this place where your adrenal glands are

healed, hormones are healed, your gut has got a little bit more resilience to it, your immune system's not firing off the way it was, you can start stepping up your training and it's not a forever thing so I just wanted to, because there are a lot of people that would say, "I would die if I can't exercise.", so yeah.

Jordan Reasoner: I'm glad you brought it up because you mentioned back when I was sick, I was 120 pounds. I was wasting away. I'm like 6'1". That's not good, then I had hardly any energy to do anything. Now, I'm 185 pounds and I consider myself a mountain athlete. I live in Montana and I train six days a week. I spent, I did 150 miles on foot in the mountains last fall hunting elk with my bow and arrow. These are things I never thought I'd be able to do. I never thought I'll be able to hike up a mountain, let alone hike 15 miles in a day up a mountain, and so there's hope I guess is what I'm saying in sharing that.

That parlays into step three of the process, which is we have to fix the root causes. We went around and turned the faucets off in step one. In step two, we're rebuilding the gut through the way we're eating, the supplements we're taking and the choices we're making in our lifestyle, but step three is we have to fix the root causes so that we can keep our guts sealed up forever.

Some of the most common root causes are things that you just mentioned, Keesha, which is adrenal fatigue is a really common one, having really problematic issues with your cortisol, either it's really high or really low. Both are very, very problematic. Adrenal fatigue is a common root cause. Gut infections is a really common root cause. If you've never had a stool test done, part of step three would be to get something like a Biohealth 401H is a pretty good stool test to get done and some of the common infections, recently 70% of the people we work with had gut infections and if they didn't clear those in step three, you're never going to get completely free away from this issue, and so things like Blastocystis hominis, Cryptosporidium, H.pylori those are all common infections that we would see on a regular basis with people in our community and those things can be found with a stool test.

There's also detox issues, heavy metals, mercury toxicity, cadmium toxicity. These are all things that we saw as ancillary root causes that are going to keep water flowing into your bathtub. Step three's all about that because once you handle those things, you can get to a level where you're eating in a healthy way, you're training in a healthy way and you're enjoying your life and you don't have to worry about getting leaky gut again, and that's where we want everybody to be after they go through these three steps.

That's my three step process for solving leaky gut.

Dr. Keesha Ewers: It's perfect. I appreciate you taking the time to go through this. We're out of time and I just want to make sure that people took some good notes. We have a workbook that they got to download before the summit, so a lot of the things that you asked here, they were able to fill that in. They'll be able to get the 19 different faucets and be able to access the program that you and Steve do, so thank you so much for spending time today with our community. I appreciate it, Jordan.

Jordan Reasoner: Oh you're welcome and I'm grateful to be here. Thank you.