

ANTECEDENTS

Long-term diets high in sulfur containing foods including high sulfur veggies, red meat and eggs

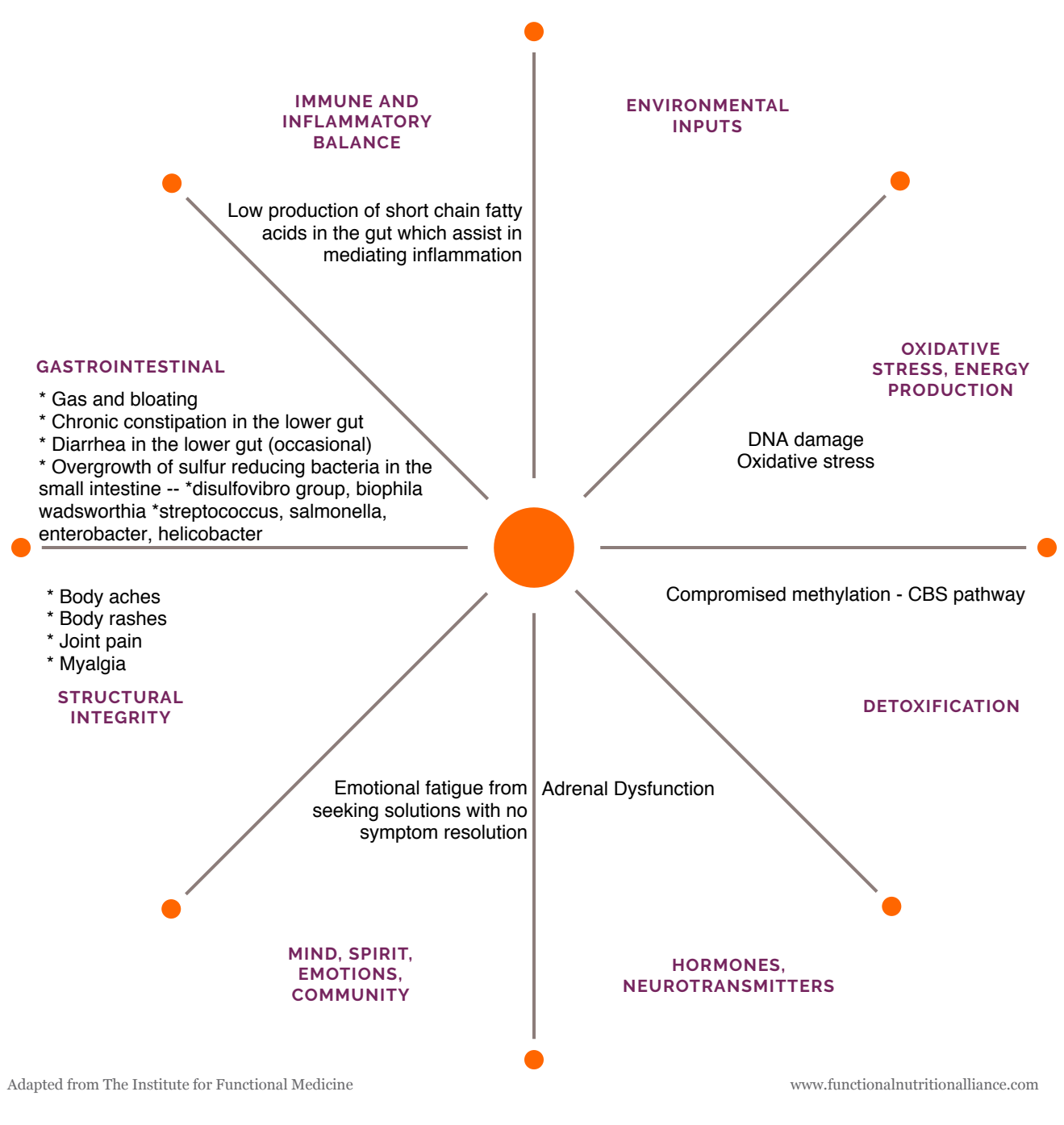
Genomic and methylation SNPS that impact the CBS pathway

TRIGGERING EVENTS

- * Slow Motility
- * Increase in production of exogenous hydrogen sulfide that feeds sulfur reducing bacteria due to diet:
 - high sulfur foods
 - high fat diet
- * Increase in endogenous hydrogen sulfide production
- * More alkaline stool (produces conditions to increase sulfur as a substrate)

MEDIATORS

- + Short term vegan diet
- + Increase in beneficial probiotics - i.e. lactobacillus plantarum
- + Supplements to promote detoxification and gut balance (see Nutrition)
- + Gut centered hypnotherapy to down regulate the sympathetic nervous system
- Chronic constipation
- High sulfur diet
- High fat diet
- High stress



SLEEP/RELAXATION

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

- * Temporary diet that decreases the exogenous hydrogen sulfide:
 - Low sulfur diet; -- Reduce animal protein; -- Reduce fat
- * Supplements: Bismuth, Zinc Acetate, Molybdenum

STRESS/RESILIENCE

High stress levels can impair parasympathetic functioning affecting the vagus nerve and gut motility

RELATIONSHIPS/NETWORKS