

## HEALING THE GUT

- The gut makes up about 80% of the immune system, so healing the gut improves immunity and overall health.
- There are brain messengers called neurotransmitters that are made in the gut. There is one called serotonin that is responsible for sleep, mood stability and appetite. Dopamine is another. It is responsible for focus and concentration, and GABA or gamma amino butyric acid has the job of calming nerves.
- Support the liver for detoxification.
- A gluten free/casein free diet is crucial for many reasons, but there's so much more to the diet.
- Gluten (the protein in wheat) and casein, the protein in dairy are both highly inflammatory, meaning they create inflammation throughout the body, including the brain. They also create opiates.
- Pathogenic bacteria like candida or yeast is commonly overgrown in our kids and can cause many health and behavioral issues such as anxiety, anger, sleep issues, fatigue, lack of ability to focus or concentrate, stomach aches, headaches, and much more.
- Probiotics are very important in helping to restore balance to the gut which helps the immune system too. Probiotics are important but then there is knowing which one to use. It is also vital to know that when your child begins to have an increase in behaviors for a few days that this can be very normal as the gut is rebalancing, and then there are a few things you may need to support this process because it is a process. Remember, nothing should be done too quickly. Slow and safe is the best way.
- Additional support supplements are needed to help heal the gut lining, assist the lymphatic drainage, and offer additional help on removing pathogenic bacteria and the toxic load.