

# NATURAL TREATMENT PROTOCOLS FOR COMMON GASTROINTESTINAL DISORDERS: A CASE SERIES



Nathan Rose, *BHSc(Nat)*



## BACKGROUND INFORMATION

Gastrointestinal (GI) disturbances are a common clinical presentation. Many GI complaints can significantly reduce the quality of life in patients,<sup>1</sup> interfering with their work & social life, limiting their dietary choices, and in many cases, causing marked pain. The aim of this research clinic was to successfully manage several common GI diseases using holistic natural treatment protocols to improve patient quality of life.

## METHODOLOGY

Patients were recruited to the Health World Clinic via internal & external advertising. Nine patients were included in the research clinic with five patients allocated to the Reflux arm & four patients to the IBS/IBD arm:

- Reflux clinic:** Five patients with gastrooesophageal reflux symptoms were treated for eight weeks with a semi-individualised treatment protocol. For the first four weeks all patients received a single formula (see Table One) to assess the stand-alone efficacy of these ingredients. During the subsequent four weeks, other natural ingredients, dietary advice & lifestyle suggestions were added to assess the efficacy of an integrated treatment approach. Treatment efficacy was determined by fortnightly subjective rating of symptoms.

Table One. Core nutrients for reflux patients.

Recommendation	Key ingredients	Daily dose
Reflux Support	Curcuma longa (BCM-95® Turmeric) Glycyrrhiza glabra (GutGard® Liquorice)	7.5 g 6.2 g

- IBS/IBD clinic:** Two of the four patients had diagnoses of IBS, one had IBD, & one patient had confirmed coeliac disease, with IBS-like symptoms despite long-term adherence to a gluten-free diet. All patients in this arm had the GI symptoms of bloating, cramping, constipation &/or diarrhoea, abdominal pain & nausea. Treatment efficacy was determined by fortnightly subjective rating of symptoms. These patients were treated for 12 weeks with an individualised treatment program based on their symptoms, presenting disease, pathology testing & functional screening results. Treatment included natural ingredients (see core nutrients in Table Two), dietary counselling (a low FODMAP diet was often implemented) & lifestyle suggestions.

Table Two. Core nutrients for IBS/IBD patients.

Recommendation	Key ingredients	Daily dose
Glutamine & Boswellia (BosPure® Boswellia) for Intestinal Integrity	Glutamine Boswellia serrata (Bospure™) Aloe vera	4.4 g 3 g 10 g
MetaFibre™ & EpiCor® for Gastrointestinal Health	Resistant starch (MetaFibre™) Yeast extract (EpiCor®)	7.5 g 500 mg
Lactobacillus Plantarum 299v	Lactobacillus plantarum 299v	40 billion CFU

## RESULTS

All patients reported improvements in symptoms by the end of the trial, often with marked benefit noted early into the treatment. In the reflux arm, all five patients achieved a positive outcome, including symptomatic improvement by week three using the single formula, *Reflux Support*. At the end of the eight week treatment period, 2/5 patients had complete resolution (one patient discontinued their antacid medication) & the other 3/5 reported their symptoms rarely occurred, & occurred with less severity (Figure One).

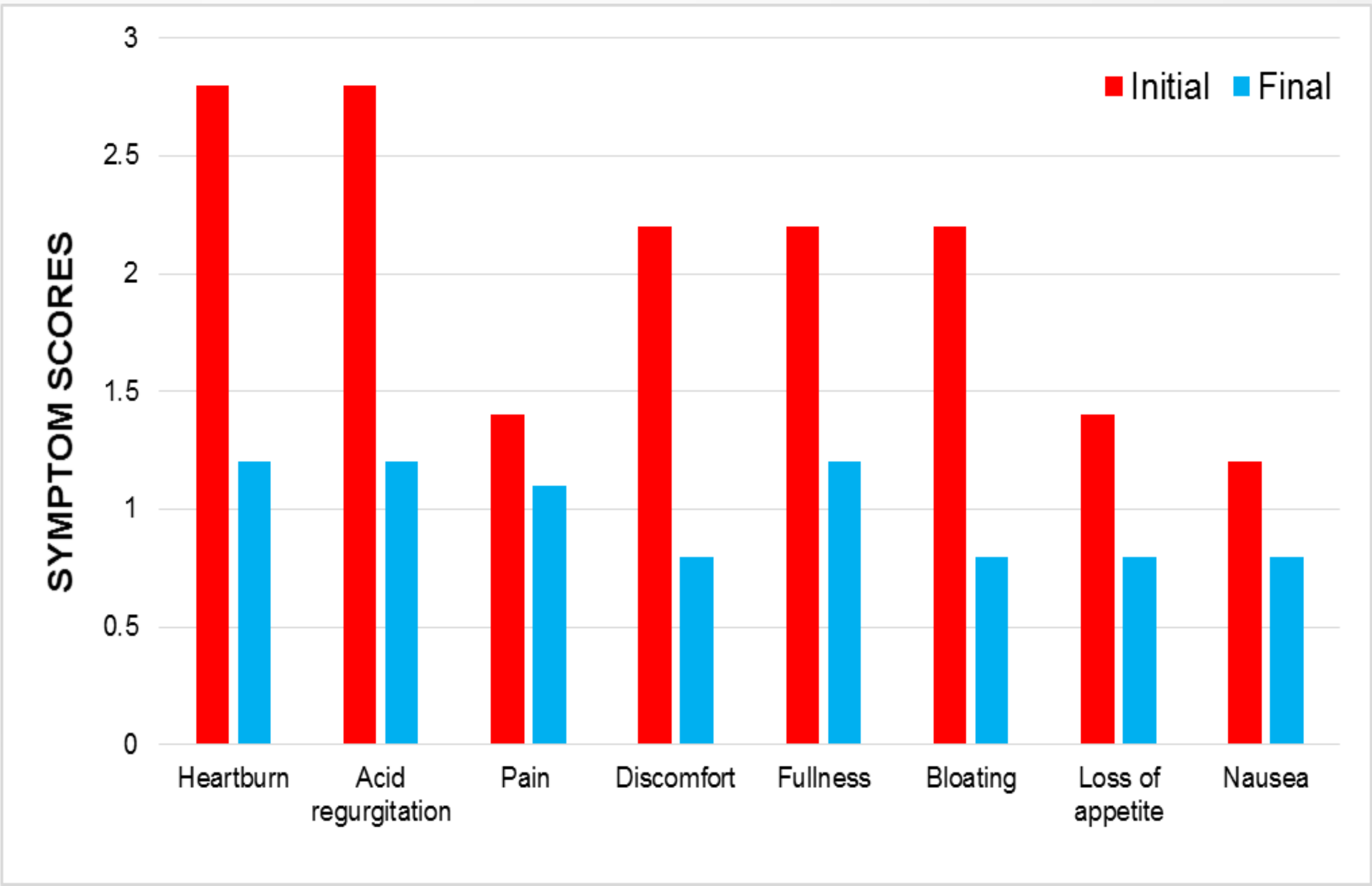


Figure One. Average improvements in reflux over 8 weeks of treatment.

In the IBS/IBD arm, at the end of the 12 week treatment, 3 out of 4 reported complete resolution of GI symptoms (Figure Two). The remaining patient (Coeliac disease) achieved a reduction of symptoms from 'severe' to 'mild'.

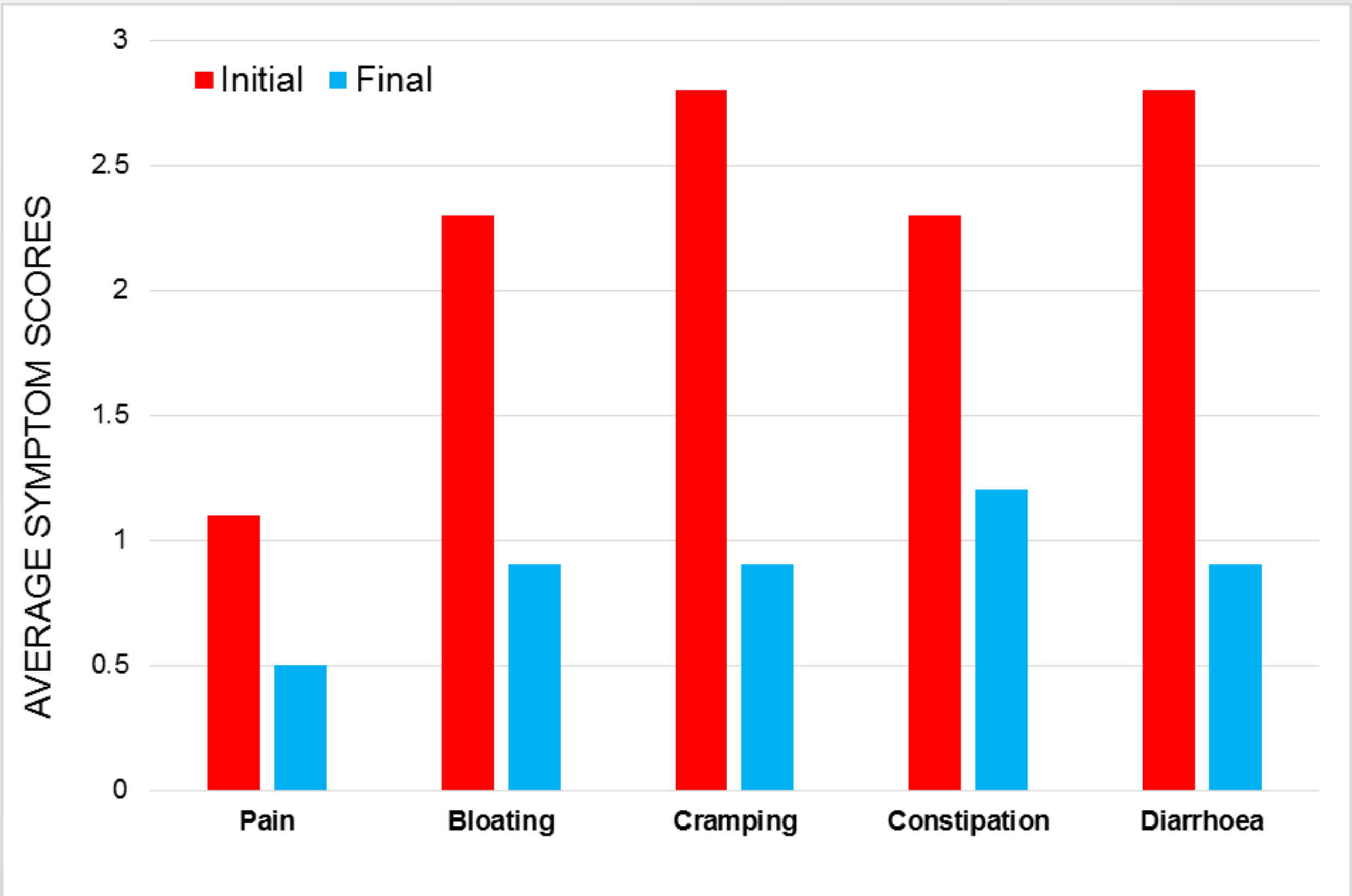


Figure Two. Average improvements in IBS/IBD symptoms over 12 weeks of treatment.

## CONCLUSIONS

As this case series demonstrates, a combination of targeted natural ingredients, dietary intervention & lifestyle advice may act synergistically to improve symptoms in a number of common GI disorders.

Contact Details: [nrose@healthworld.com.au](mailto:nrose@healthworld.com.au)