

Treatment Using The Four “R” Program for Intestinal Health

A compilation of research by Caledonia

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The Four Rs

1) Remove offending foods, medications, gluten (if sensitive) and reduce poor quality fats, refined carbohydrates, sugars, and fermented foods (if yeast is present). Also genetically modified foods (GMOs).

Consider antimicrobial, antifungal, and/or antiparasitic therapies in the case of opportunistic/pathogenic bacterial, yeast, and/or parasite overgrowth as indicated by testing.

2) Replace what is needed for normal digestion and absorption such as betaine HCl, pancreatic enzymes, herbs that aid in digestion such as deglycyrrhizinated licorice and marshmallow root, dietary fiber, and water. Add bile salts or cholagogues, taurine or glycine, if indicated by testing.

3) Reinoculate with favorable microbes (probiotics such as *Lactobacillus* sp., *Bifidobacter* sp., and *Saccharomyces boulardii*).

To enhance the growth of the favorable bacteria, supplement with prebiotics such as inulin, xylooligosaccharides, larch arabinogalactans, beta glucan, and fiber.

4) Repair the mucosal lining by giving support to healthy intestinal mucosal cells, goblet cells, and to the immune system. Consider L-glutamine, essential fatty acids, zinc, pantothenic acid and vitamin C. Vitamins A, E, and C, N-acetyl glucosamine, glycyrrhiza, aloe vera, slippery elm, etc. can also be added.

Testing

The two best tests, or at least the ones used by Amy Yasko and a lot of other people, are the Doctors Data Comprehensive Stool Analysis with Parasitology X 1 (often referred to as the CSA), and the Metametrix GI Effects Stool Test.

Doctor’s Data Comprehensive Stool Analysis with Parasitology X 1

https://www.integrativepsychiatry.net/comprehensive_stool_analysis_w_parasitology.html

Metametrix GI Effects Stool Test

https://www.integrativepsychiatry.net/gi_effects_stool_analysis_profile.html

If you want to test for leaky gut only, this lactulose/mannitol permeability test seems to be the one to get:

Genova Diagnostics Intestinal Permeability Assessment

https://www.integrativepsychiatry.net/genova_diagnostics_intestinal_permeability_assessment.html

Amy Yasko suggests the following method for testing:

- 1) Test with Doctor's Data CSA until you get a "clean CSA"
- 2) Test with Metamatrix GI Effects until you get a clean Metamatrix.
- 3) Then one more test of CSA. Treat anything else that shows up.
- 4) Then one more Metamatrix. Some people have h. pylori show up at this point. Then treat for that.

The reason for using two different tests is that each one finds the gut infections in a different way, thus one test could miss something that the other test could pick up.

The CSA works by seeing what bugs grow in a culture of the stool sample. Thus, it will detect bugs which grow in oxygen. The Metamatrix test uses DNA to detect bugs. Thus it will detect bugs which grow without oxygen.

The reason Yasko does multiple tests is that the gut bugs can hide in the layers of gut lining and may only be detected after upper layers of bugs have been eliminated – sort of like peeling the layers of an onion. H. Pylori can wreak a lot of havoc. Yasko has a two part video series on just H. Pylori (see the References section at the bottom).

I don't know if this elaborate of testing is required for ME/CFS patients, but I would think that at least one CSA and one Metamatrix test would be a good idea. Or if funding is limited, one CSA, which is the cheaper of the two tests.

The tests show many aspects of the gut, levels of good and bad bacteria, if stomach acid is low, etc., and what herbs and meds will be effective against the bad bugs you might have.

The CSA has an interpretation worked in with your results.

Metamatrix has an Interpretive Guide which is a separate document from your results, downloadable from their website.

Go to <http://www.metamatrix.com/test-menu/profiles/gastrointestinal-function/dna-stool-analysis-gi-effects> and select the "Interpretive Guide" link in the right hand column.

This guide has a lot of great information about the gut and interpreting stool tests, so even if you only order a CSA test, you should look over the Metamatrix Interpretive Guide. It actually helped me to understand my CSA test better.

Tips For Testing

When prepping for the test, follow the instructions included with the test. In addition, discontinue red meat for two days before the test. The reason is that the test includes a test for occult blood. You may get a false positive if you've eaten red meat. The consequences of having occult blood are very serious, and I was pretty freaked out about this result until I figured out it was a false positive.

I also found earplugs stuffed into the nose to be very helpful to block the odor while collecting the stool sample.

How Long To Stay On Each Step Of The Program

I had a hard time finding info about this aspect of the program. The best info was from Josh Rubin. He suggests staying on the Remove step for 1-2 months, and then 1 month each for the other steps. He suggests doing the Remove step by itself, but the other steps can be combined.

Some people suggest doing the Replace step for a few weeks by itself before adding in the remaining steps. This will allow the gut time to create a friendly environment for the good bacteria to grow in.

So that means something like this:

Remove – 1-2 months

Replace – 1 month

Reinoculate and Repair (combined) 1 month

Total time = 3-4 months

References

Metamatrix GI Effects Interpretive Guide:

<http://www.metamatrix.com/files/test-menu/interpretive-guides/GI-Effects-IG.pdf>

Dr. Amy Yasko Revised Gut Protocol (need to join the forum to view)

<http://www.ch3nutrigenomics.com/phpBB3/viewtopic.php?t=3365&sid=49dd5755e72473b19ea897c688b561a4>

Non GMO Shopping Guide

<http://www.nongmoshoppingguide.com/>

Josh Rubin (eastwesthealing.com) YouTube Video Series on 4R program

- Remove <http://www.youtube.com/watch?v=oWcaXTN7HvQ>
- Replace <http://www.youtube.com/watch?v=WsBG8M11fXg>
- Reinoculate <http://www.youtube.com/watch?v=DArsI0ZxUyM>
- Repair <http://www.youtube.com/watch?v=noIXTPAOrHE>

Genetic Roulette – GMOs cause leaky gut - article and studies used in the documentary

<http://www.responsibletechnology.org/autism>

Dr. Amy Myers

<http://www.dramymyers.com/2013/02/08/how-to-heal-your-gut-naturally/>

DeAnn Liska, Phd. And Dan Lukaczer, ND

[Gut Dysfunction and Chronic Disease: The Benefits of Applying the 4R® GI Restoration Program](#)

This document references many studies, so for those of you who like hard data, this would be a good one to look at. I believe this came from the Institute of Functional Medicine's textbook. The IFM was the originator of the 4R Gut Rebuilding Program.

If the above link is not working, go to this main page,

http://www.afmcp-sa.com/ansr/ansr_index.html

then scroll down the page to the link to the article title.

Dr. Amy Yasko video series on H. Pylori

Part 1 - <http://vimeo.com/26847817>

Part 2 - <http://vimeo.com/27313984>