

DIARRHEA (CHRONIC)

The passage of three or more loose bowel movements per day for at least four weeks ranging from Type 5 (soft blobs) to Type 7 (fully liquid) on the Bristol Stool chart.

POSSIBLE CONTRIBUTING FACTORS

- Food allergies/sensitivities, especially dairy or gluten containing foods
- Infection or overgrowth of bacteria (SIBO), viruses, parasites or yeast (sometimes secondary to antibiotic use)
- Serotonin overproduction (often due to hydrogen producing microbial overgrowths/dysbiosis)
- Emotional stress / autonomic dysfunction
- Histamine intolerance
- Hyperthyroid function
- Digestive dysfunction; hypochlorhydria, bile acid overproduction, pancreatic insufficiency
- Inflammation and damaged brush border lining leading to fructose, glucose, and lactose intolerance
- Laxatives or medications causing increased motility; ex. Metformin, SSRIs
- High dose supplements; ex. vitamin C, magnesium citrate and magnesium oxide forms, betaine hydrochloric acid, bile, digestive enzymes
- Consumption of sorbitol, mannitol and other types of insoluble sugars



LIFESTYLE & DIETARY RECOMMENDATIONS

- Hydrate well. Drink filtered or spring water; at least half of your bodyweight in pounds in ounces. Ex. 100 lbs should drink 50 ounces of water. 1 ounce is 30mL
- Replenish lost electrolytes by adding 1 tsp 'sole' to water or electrolyte supplements like Humantra or LMNT
- Consider an elimination diet for a minimum of 30 days followed by a re-introduction: gluten, dairy, grains, eggs, yeast, soy, corn, peas, nuts, fruits, sugar and refined carbohydrates
- Consider a low histamine diet for 30 days to see if diarrhea improves or stops altogether
- Reduce stress; meditate, deep breathing, journal, delegate/do less, more nature/grounding, Epsom salt baths
- Focus on sleep hygiene



SUPPLEMENT CONSIDERATIONS

- Saccharomyces Boulardii (avoid if sensitive to yeast)
- Lactobacillus plantarum or rhamnosus probiotic
- DAO enzyme (to breakdown histamine)

