

Emma, Session 1

Jennifer Savage, ND

Welcome, Emma. So this is the first of your three sessions. And while there is a lot that I want to go over with you on each session, today, we develop a starting place. I've been through all of your labs so that we can start discussing them.

I want to also talk to you about healing, and this is an important place for you right now, because you are getting ready to start working on your health in a way that you've never done before. You might use some of the same tools that you have used before, but you've never worked this way working with me. So what I'd like to know from you is even though your commitment to work on your health is really high, and I certainly believe that that's what you desire to do, but what I want to know is, do you believe that your body can really heal?

Emma

Yes, I definitely do. Because you wrote somewhere, I don't know where but I read it from other resources as well that human body naturally tries to heal continuously all the time. We just are not giving it the proper circumstances or proper conditions. So it's not able to heal but if you allow it to heal, or if you give it proper conditions, then it is able to heal itself. I believe in that.

Jennifer Savage, ND

Yes. and it's very powerful. I've seen many different ways for people's bodies to heal, so it's important in the process that you have that very strong belief. Because it is, it's very, very possible and you are absolutely right, you will be creating these conditions for change. So these are the very first steps that you and I are going to do together, we are going to start creating some conditions for your body to start healing. This is a very easy process to start, to get into that healing environment can be very simple.

Emma

May I say something?

Jennifer Savage, ND

Please, go ahead.

Emma

I just wanted to say that, I'm really glad that you are saying this, because right now, it all seems very, very overwhelming, especially that anxiety, and probably also stemming from nutritional deficiencies, and so on, and so on. So it's all, it has been too much for the last few days. So I'm really glad that you are saying that it is going to be easy to start. Although, to put it in practice, it will, it might not be that easy at the beginning.

Jennifer Savage, ND

Well, I try and start easy, so that you can grow into the process. Because just like any other new client, you've never done this before and that's the difference. You've had plenty of conventional medicine approaches, you know, people trying to treat your illnesses, treat disease, treat a condition. You and I will not be working that way. So instead, we're going to support the body to allow it to heal. So we're going to remove things that could block healing, we are going to add things that don't interfere with the body trying to heal, okay?

Emma

Yes, that sounds wonderful.

Jennifer Savage, ND

Now, I don't know what all of those things are yet. I mean, I know some of the basic things right now, because I looked at all your tests and your history and all of that. So yes, I know some of those first steps we will discuss today. But we're going to learn a lot more together as we go forward. Are you ready to start?

Emma

Oh yes.

Jennifer Savage, ND

Alright, let's start with your diet journal from your notes that you completed. Okay, now, I know that your diet variety has been pretty small these last six months because I know that you were eating meat at one time, and a higher fat diet, and it caused pain.

Emma

Yes and overall, in the long run, it has been getting worse. Because in June, July, August, I didn't have those burning sensations in my stomach, it just felt heavy on my stomach. It was there was a lot of indigestion and so on and so on. Nausea, also fumes into my sinuses, waking up at night to nausea and so on. But at the end of August, I might have done a few day to day eating mistakes. And then since then, most of the time I had those burning pains in my stomach. So it's like broken glass or you probably are familiar with the feeling or from what your patients describe it going through this.

Jennifer Savage, ND

(Update: Just before Session 1, Emma had an endoscopy done and presented me with the results, which was bile acid reflux. I added this into my own Step Back Form and proceeded to discuss this with her from a place of healing, not a condition.) Yes, yes. There are hundreds and hundreds of people that have this exact same issue for different reasons. And it's not always bile related, you know, sometimes it is just gastritis, but the thing is the body, even though each individual person is different and has different needs, the human body works the same way when it comes to digestion. I was actually very relieved to read some of your documents, the endoscopy, and, you know, everything that they found there. It was very encouraging to me, especially when they said the lower esophageal sphincter was good, your pyloric sphincter was good. Alright, that's excellent news. I understand you are facing these symptom challenges but it's not because of those two things. We're going to move forward with some thoughts that I have around why we might see this show up and it is not always the same for everyone. But we have to start somewhere, so this is where we're going to start. Okay, so whatever your diet is right now, I mean, I looked at your food notes, you know, just to see what you were taking in. I don't want you to change anything. Okay, I want you right now to be able to just eat comfortably. That's the main goal. You're not going to eat anything that you know might upset your stomach, or brings pain. Just continue eating this gentle way that you're doing. And we'll move out of this, okay, because you don't need to be eating this way forever. Okay,

Emma

Thank you, hearing that makes me feel so much better. I just wanted to ask one more question regarding those findings. Do you think it can be healed?

Jennifer Savage, ND

Emma, the body is one unit and all functions interact with each other, so we are seeking to bring balance to all those functions, including your stomach. Do YOU think it can heal as you go through this process?

Emma

Now I see why you asked me if I believed in the body being able to heal and I do think my stomach can heal, also.

Jennifer Savage, ND

Okay great. Now, the one thing that I want to ask you now, is I noticed that you have snacks every day. Is there a reason for this, do you need the snacks?

Emma

Actually, is the urge that I described in my documents, the need to eat, I don't know if it's the emotional or now so that in the in the course of time with my nutritional deficiencies being on a strict diet for more than a half year, then my body is like weak. And even though my stomach is not hungry yet, my head is thinking about food like, oh, you could have some banana or sometimes I eat when I'm not even hungry yet. That's the truth of the matter. And but I would be willing to skip snacking if that's what's needed probably because of MMC, right?

Jennifer Savage, ND

That's exactly why. And that's why I needed to discuss that with you because if you said to me, Well, no, I get a little lightheaded or I feel a little nauseous then I would say continue snacking for now, but if you can stop snacking and not feel bad, then I'd like you to at least try that.

Emma

Also, because my head is at this conscious and subconscious program, or you lost, you lost a lot of weight to need to gain it back. So how about eating again and again and again, even though I'm not hungry yet so that's my program that all you need to be eating as much as you can possibly stuff in because you lost a lot of weight so I need to get ready then because it's probably not good for healing to be over eating, or to be eating too frequently.

Jennifer Savage, ND

Well, you are right, it's not great for the MMC, which is, you know, also going to be a factor related to the constipation and the constant snacking, it's going to slow down your digestion. The work that we are doing before you start changing your eating is only going to take about a month. Okay? All right. So, maybe in six weeks from now, we start looking into different foods that you could try to add in just to see to test. Right? And that is going to depend on you and how long it's going to take to really work on your digestion, because you might try a food and just say, No, it just didn't make me feel good. So we'll work a little bit longer on the digestion before you add back any foods, but we're not talking about years to work on digestion. Okay? Because, you do need your proteins and you do have some nutrient deficiencies that are showing up on your labs but that's to be expected when digestion isn't working quite as well as it should and a lot of clients experience this, this is not unusual.

Emma

Okay. It's a relief. Knowing we are working on this.

Jennifer Savage, ND

Yes, and I have some really, really gentle ways for you to be able to incorporate some nutrients that you can digest. I use nettle tea nettle tea infusions, and you have access to nettle tea leaves. So that will be one way for you to increase in some nutrients by drinking several cups of that per day. Okay, that's,

Emma

that's to fill in with iron?

Jennifer Savage, ND

No, we don't ever want to just give iron. Oh, you know, this is, this is also another reason why the program that we are working together is so different. Because if I if I said, Emma, just add some iron in. Well, you could add the iron in, but it is going to shift all the other minerals and create new imbalances. And if I say we'll just add some B12, or B6, single nutrients like that, it is going to shift all the other nutrients and we don't want to do that because we'll spend all of our time trying to balance these things out instead. I mean, we are trying to balance function but we're not trying to balance nutrients by just giving the missing nutrients to you as supplements. So when you use the nettle tea, you're actually getting food packaged up with its nutrients the way your body can use them and they are absorbable.

Emma

And this is very compatible with what is happening in my stomach?

Jennifer Savage, ND

Yes, it's very compatible. Yes.

Emma

Okay, perfect. Perfect. Okay, good. So I could I don't have to expect any discomfort or burning or something.

Jennifer Savage, ND

No, nothing that I'm suggesting for you should cause that problem and also why we start low and slow so that if you do have any issues, they would be small and you would stop and let me know.

Emma

Okay, perfect. That's a huge relief. Because, you know, over the course of time, I have developed that fear of eating or trying new things, or, Oh, wait, if I were if I eat this, how am I going to feel? And actually as I wrote in my emails, I started to take when we arrived to my parents before Christmas, I started to take it's like benzodiazepam, well it's actually for anxiety but it's not like antidepressants, but it's on an ad hoc basis, like Xanax. Okay, so I took one of these after each meal to see if the after meal anxiety disappears, and it did. So, but now, I stopped taking these because they are highly addictive. I read so I just thrown them away. And I realized, okay, my anxieties are back so that could have been expected so I bought this CBD that I'm trying to improve that.

Jennifer Savage, ND

Okay. And I do want to talk about your supplements, but definitely CBD can affect function in that system of the body, and it can help a lot of people with anxiety.

Emma

That's good to hear.

Jennifer Savage, ND

Okay, very good. So I want to tell you what my thought is. I do not diagnose. I do know when there is a gastritis issue based on your symptoms and then through your endoscopy results that there is likely h pylori bacteria present. H pylori comes in two forms. And I know that you do a lot of research so, I'm going to give you links to studies that show what I am describing so that you've got this information. Because this is about educating you, not just me telling you things. So this form of H. Pylori, it's called the Coccoid form. Normally, we see it's a long, rod shaped bacteria and it has these little flagellum that they use the flagellum to, to cling to the epithelial cells that line the stomach under the mucus lining. And sometimes they can be responsible for gastritis but studies have shown us that this Coccoid form, which is actually that little flagellum rolled up in a little ball, and it goes somewhat into hibernation. It can be very destructive, but the thing is, we can't see that form on any test or in an endoscopy.

Emma

Could we see it in a GI MIP Stool test?

Jennifer Savage, ND

No, no, that's the problem. So people are testing for H. Pylori. They are looking for antibodies from the the helicobacter form, as opposed to the coccoid form and we can't see that other form. And it can be anywhere. H. Pylori does travel, it can get into your lymphatic system. It doesn't have to be directly in the stomach. But the point is, that it's the Coccoid form that we find most often related to gastritis. These little guys can even get into, they create little vacuoles in yeast, they can live inside yeast. So I know it's, they're amazing. And normally, they are commensal. They are friendly to us, and they could help our stomach biome, okay, which is different than our gut microbiome. But they can't help us when they are overgrown, or when they are really mad. And when they are really mad when they feel threatened, is when they go into this little ball form. And if we have a change in in pH in our stomach, such as from taking Betaine HCl, it can threaten them. And so every time they feel too threatened, they can get into this different form. H. Pylori secrete urease in the presence of acid, and this will neutralize any acid, which prevents you from digesting proteins properly. And they also put out mucinase, which is an enzyme that breaks down the mucous layer in the stomach, which is why you have so much pain as the endothelial layer is exposed and not covered in mucus. So this is part of the work we are doing and I'm going by your symptoms, and I'm going by your experience in life. So these experiences that you've had tell me a story. And I'm listening to that story above any and all tests.

Emma

Okay. So so do you think then my overthinking analytical mind and all that anxiety and pandemics and all that fear of not succeeding to conceive for the second baby and so on and so on? It all that emotional stress could not have caused this, then there is the bacterial background to it?

Jennifer Savage, ND

Yes, all of that stress could have caused this and is a part of your story.

Emma

Oh, I see. Because my stress reduced stomach acid and yes, with reduced damage if it had proper condition to, to multiply the h. pylori.

Jennifer Savage, ND

Yes, exactly. We need to reduce it, although it's very common and many of my clients do have it. But it is very important that we soothe your stomach, and we replenish the mucilaginous coating that's in there. Now, I have an article specifically for you that shows how h pylori can cause bile reflux. Wow. Yeah.

Emma

And also the liver swelling in polyp on the gallbladder and so on. And so,

Jennifer Savage, ND

yeah, I'm not worried about the cysts on the liver. That's fine. They're pretty common. And I'm not worried about the little polyp in the gallbladder. That's okay, too. All right. It's just, you're not with low stomach acid, there is no way to signal your body to put this bile out. So we're going to support the liver, and we're going to start doing that with dandelion tea. Okay, okay. Now, you might not like all these teas. And you don't have to take dandelion tea. You could take dandelion capsule supplements if you want.

Emma

Can I please ask Jen. I used to drink a few cups back before this all started and I had a some pain. I don't know if it was because of the tea because I was eating many different things. Is it a common symptom?

Jennifer Savage, ND

Well, no. No, as a matter of fact, just the opposite. If you have pain there, it should take it away but, and hear me on this, everyone is different. So what we're going to do is we always start low and slow, because I don't want you to feel bad. And there is nothing that we do together, nothing that should make you have to feel bad to get better. Nothing.

Emma

Oh, I see. So it's not like, before you feel better, you need to feel worse in this.

Jennifer Savage, ND

Exactly, I don't work that way. We just slow things down. Now, different people react differently to things and I can't promise that you're not going to have a poor reaction, but generally people do not. And if we start out very low and slow, that gives your body a chance to acclimate to it. Now, you've got to also understand things that we take into our body, they can improve function. But if you have poor function, you could be forcing your liver to work harder than it needs to, even though you were doing something good for it.

Emma

Okay. Which reminds me to a question about do I need some more blood tests that are like, most accurate, like, most actual for to this date, because I could do all these if you need.

Jennifer Savage, ND

No, really don't, yours are fairly recent. Later on, we might get some to see if anything has changed, or what has changed. But you and I, we're not looking to change a number on a test because anybody can change a number. I want you to feel better. When you start feeling better, that's when we want to start seeing some more blood work.

Emma

Oh, I see. Okay. And can I please ask you before I forget about the SIBO test results?

Jennifer Savage, ND

Your test was negative, but even if your test was completely positive, I still work a different way. SIBO is just a label and those breath tests, they can't tell us everything we need to know.

Emma

But definitely some pathogenic bacteria in my body, right?

Jennifer Savage, ND

Well, I don't know. I don't know if you have any real pathogenic bacteria going on in there. It doesn't have to be pathogenic. It could be commensal. Bacteria, that is just imbalanced. So we don't know. We don't have to know. That's the really cool thing about how we work together. We actually don't have to know because what we're doing, and I want to explain this part to you, we are going to support you to continue eating the way you're eating for now. We are going to work on what I suspect is h pylori. We're going to work on that for about a month with a couple supplements because we want your stomach to be healing during this time. While all this is happening, we continue to monitor how you are feeling, what symptoms resolve and even, which ones don't change. This method guides us in our steps as we move forward through your program.

Emma

If you remember from my, from my forms that I was filling out for you, where I described my story there is that along with it, paleo or ketogenic diet or whatever it was where I didn't eat carbs, I just was on high protein and high fat diet. I also thought at that time that I might be having chronic Candida because

of the blood work. So I was taking oregano, oil, capsules, colloidal silver, and so on and so on for six weeks, and I didn't have coating on my tongue. Also, my bloating was reduced and then all of a sudden, I stopped all these things from one day to another, all those anti Candida, I was rotating them because I was trying to destroy Candida. And then after six weeks, probably the elimination of whatever it was, was not finished and I stopped all the supplements from one day to another because we were going to try getting pregnant. So I stopped. And then in about two, three weeks, all this out broke out again.

Jennifer Savage, ND

It is likely that's because you didn't have any stomach acid in place. Okay, so you didn't necessarily do anything wrong. It could be just you didn't do it in the right order. So when we start working on the gut microbiome, you must have stomach acid in place. That's the only thing that's going to keep that gut clean, and allow you to clean it up.

Emma

And also the proper bile and bile production and bile flow.

Jennifer Savage, ND

Yes, yes. Because you won't have that bile flow if you don't have stomach acid, and you're, you're not going to have the proper pancreatic enzymes come out if you do not have stomach acid. So that means that all the food in your small intestine does not get finished digesting. And that can cause a lot of gas and bloating as well. And the yeast overgrowth. Again, that's related to the fact that there are functions all up and down your digestive tract that aren't working yet. So we're going to support function here. Do you see how simple this sounds? And it really can be when we work step by step and as a team.

Emma

I'm just surprised it probably is. They say there is this thing, right that the most effective things are the easiest ones. So yeah. This way,

Jennifer Savage, ND

Yes and most of the time, it works this way. Now it doesn't always come without challenges so we deal with any little challenges along the way.

Jennifer Savage, ND 37:18

The supplements that I am suggesting and that you are going to be researching using is broccoli sprout powder, and mastic gum. And to take care of any little Coccoid h pylori, I'm suggesting to use borage oil, because that's the only thing that anybody has found that can kill them as even antibiotics won't kill them. And then we're also going to add a product called zeolite. Okay, so it's volcanic ash powder for calming down the gut lining.

Jennifer Savage, ND

It's inert. So it will not cause any reaction in you. And you just take a little bit of it like a quarter teaspoon, put it on your tongue and just take a swallow of water to get it down. It has no taste. It binds to toxins also. Is it constipating, or no? No, not at all. Now, because you are so constipated lately, you know we're not wanting to kill anything off. We are just reducing h pylori that's altogether different than trying to kill stuff off while you're constipated because you do need to have your detoxification system open and working better before we do all that. The broccoli sprout powder has sulforaphane in it and this can help regenerate the mucin lining of the stomach. It also will kill H. Pylori. The mastic gum is also something that is incredibly soothing to the stomach, so these are very, very gentle. And, again, you'll start slow. I have a little chart for you, to show you when to start taking each one.

Emma

Okay. And also the brands please.

Jennifer Savage, ND

Yes, I have a list of all the brands for you to investigate and let me know how you feel about using them. Okay. I also want to make sure to suggest that you are very hydrated with salt and electrolytes. Have you been doing those?

Emma

No, I've been adding only a little bit of salt in into my food.

Jennifer Savage, ND

Well, based on your story, history and lab results, it would support you to start increasing it. How would you feel about doing that? Okay good. See how you feel. I don't want it to hurt you. Salt is an antibacterial, and it's healing to wounds. It doesn't hurt them. So it could help your stomach heal even faster. But I don't know what is true for you so we start slow, we increase it. Okay, and I have some directions in your notes that I'll share with you when we're done. And it explains what to do. Okay, I just want you to put a pinch of salt in everything you drink.

Emma

Oh, I see. Okay, good. All right, I can do that and I have been craving salt so I am looking forward to trying this.

Jennifer Savage, ND

it should not make anything you drink salty.

Emma

And can I please ask about two juices, potato juice and cabbage juice in the morning on an empty stomach? Would you recommend any of these?

Jennifer Savage, ND

No. I'm not against or for it. If you're doing it, and you're okay with it, then that's fine. You continue to do that.

Emma

Okay, and do I need to do licorice root or the DGL?

Jennifer Savage, ND

Not unless you feel you need it and what I would really like you to consider is to take a little bit of a supplement vacation. Will you think about doing that and if you feel alright doing that? Okay, All right. Now, if something happens where your stomach hurts a little bit, maybe not much, just a little bit, then take some DGL. Okay, as it pertains to taking supplements on a daily basis, I would like you to stop all that you feel comfortable stopping. Want to keep using the CBD oil? That's fine. That's fine. I'm not saying yay or nay about any of them, but I would like you to cut back on a lot of them and see how you feel.

Emma

Also digestive enzymes I suppose?

Jennifer Savage, ND

Now you must listen to your body. Okay? You and your body, you know each other a lot better than I know it. And if you find the digestive enzymes without HCl, just digestive enzymes, yes. Okay. So if you find that they are still helpful, then you need to take them, okay? Okay? Because you should not be in pain. Okay, and if a supplement is supporting your body and is helping you to digest your food while we're doing all this work, and that's what we want. And that's a good way for you to determine, you know, you can cut out your supplements, and then you can add back whatever you need.

Emma

Okay, in for anxiety, can I please ask? Because that's, that's the one that needs to be targeted, I think very urgently. Because there's a lot of it, and kind of mild depression. So what do I do until CBT kicks in, in two or four weeks? How do I, how do I handle this, because it's like, very, very intense. And I cannot even meditate or focus on anything, it's usually when my stomach feels worse. That's where or after eating, anxiety kicks in.

Jennifer Savage, ND

Diaphragmatic breathing. And that doesn't sound like it's very powerful, but it is extremely powerful. And I would like you to like lay down on the couch or the bed and put a book on your lower stomach. And very slowly, you're going to breathe in. And then as you inhale, the book should rise. But this is important, I just need you to do this exercise, just the one time with the book. More you could do it, you know, a couple times with the book. But the book is important because the book as you're watching it go up and down while you breathe. This is a visual aid for when you are not using the book, for when you're just standing in the kitchen. Close your eyes, you picture the book going up and down. Now, outside of this, I don't know what is causing your anxiety. But I do know that this is a process, we're going to have to work through it. You continue taking your CBD, and I know you have been using some medications as well and you practice that breathing and you practice it every time you start to feel a little anxious.

Emma

Okay. Can I please ask? Sorry, just it came to my mind. Last few days I've been having that greenish, brownish tongue in the morning.

Jennifer Savage, ND

I don't know what's causing it. And let me be clear, I do not work with acute symptoms, that is where you would need to visit your doctor if it becomes too much of an issue. You and I will work on the body as a whole and through the process, these are the things that we're going to learn as we go along. And

we're going to do this one step at a time so that we can find out exactly what's creating all of this for you.

Emma

So, from your practice, after you targeted h. pylori, then all the stomach issues, start to subside, right?

Jennifer Savage, ND

Many do. And sometimes it happens in a month. And sometimes it takes longer because the stomach lining itself needs a little bit longer to heal. I hear you are asking two things. If this will work for you and if you will feel better, how long will that take. Yes, working with these particular supplements can certainly help you feel better. We're working on this but we can only move as quickly as your body will allow us to move.

I'm going to send you notes. And they describe everything that we've got, that we've talked about today. So these are my suggestions, you're just going to work on hydration. And you're going to order some supplements to work on reducing the H Pylori. And that's going to be it. Look at the products and let me know if you are choosing to use them. Please go ahead and you make your next session appointment right now. For in two weeks. And let me know if you have any questions about the notes or how to do anything. Okay.

Emma

Okay, thank you Jenn. This feels so simple and I don't feel overwhelmed and I have never experienced this with any of my doctors or coaches. I am tearing up, sorry, sorry. I feel like I can believe that my body really can heal and this feels very scary because I have tried to believe it before but it just never happens.

Jennifer Savage, ND

This time for you is different. I am not the healer for your body, you are. I am just a guide.

Emma

okay, so much. Thank you. Okay, take care. Bye bye.