



Physician, Heal Thy Gut
Synchronizing Clinical Excellence with
Gastrointestinal Physiology

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Agenda for Change

The Clinical Nexus

The Housekeeper's
Schedule

The "Diversity 30" Protocol

The Physics of Defecation

Molecular Integrity: Stress &
the Zonulin Pathway

And-----

The Clinical Nexus

The Concept

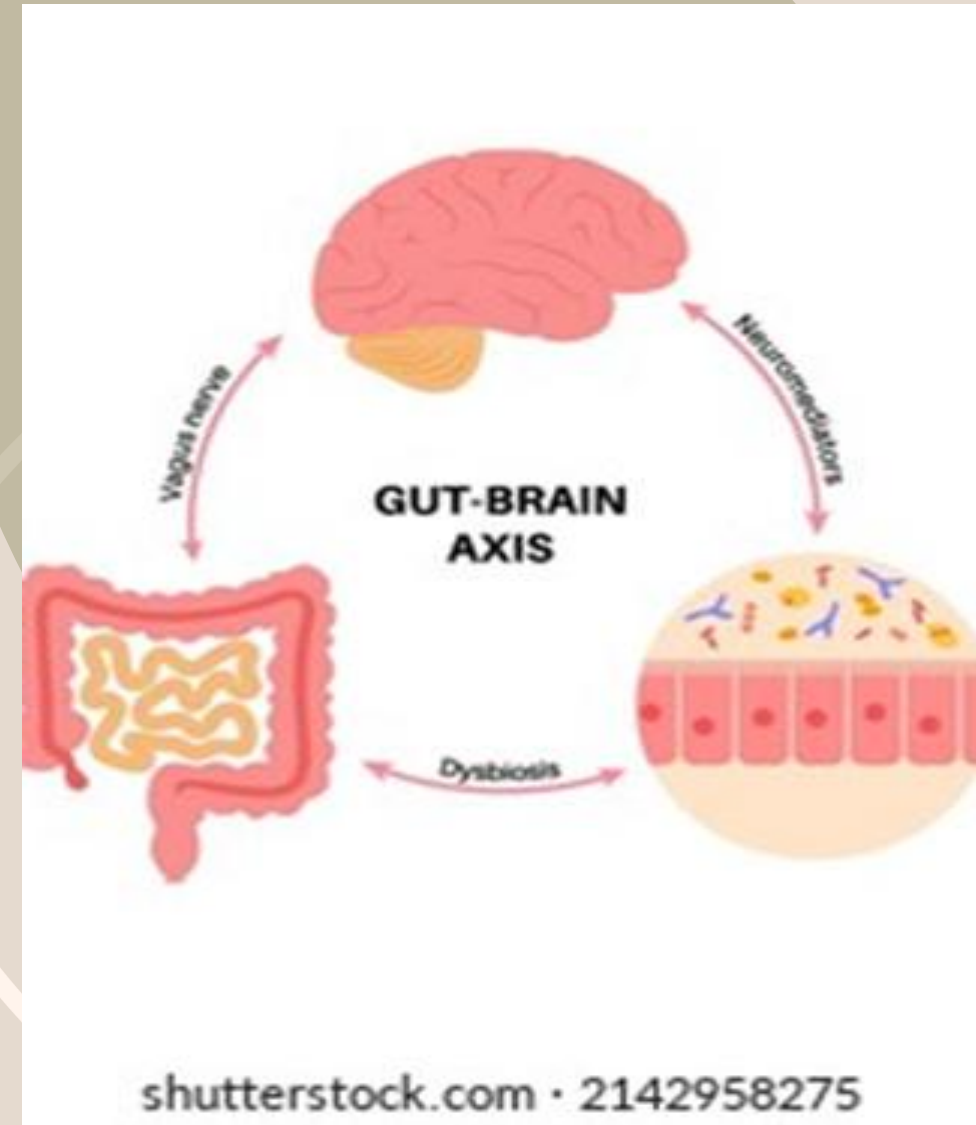
GPs spend many hours a day identifying pathology in others while ignoring the physiological "red flags" of their own enteric nervous system.

The Reality

High-stakes decision-making triggers sympathetic dominance, leading to "Consultation-Induced Ileus" or stress can also induce diarrhoea

The Thesis

By optimizing our own microbiome and autonomic tone, we become more intuitive, resilient, and effective advocates for our patients.



The Housekeeper's Schedule

The Science

The Migrating Motor Complex (MMC) is the electrical "sweep" of the small intestine that prevents bacterial overgrowth (SIBO).

The GP Problem

Erratic meal times and constant "grazing" inhibit the 4-hour fasting window required for MMC activation.

The Restructure

Protect your "Housekeeping Windows." Ensure at least 4 hours between major food intake to allow the bowel to finish its work.

Migrating Motor Complex



Fasting

Vagus nerve

Prokinetic

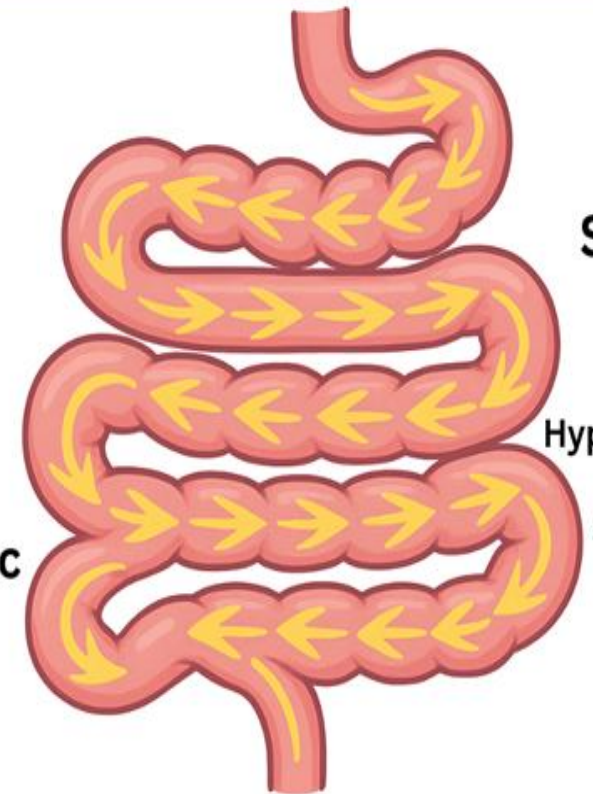


Snacking

Stress

Hypothyroidism

Autoimmunity



"housekeeper" or "cleaning"

waves of peristalsis

Raiere

Microbiome Diversity The Diversity 30

Protocol Beyond Fibre

It's about Short-Chain Fatty Acid (SCFA) production. Butyrate acts as a neuroprotective agent for the doctor's brain.

Target

30 different plant-based foods per week to modulate IL-6 and TNF- α pathways.

Clinical Edge

A high-diversity gut reduces the systemic "inflamm-aging" that leads to physician burnout.



The Physics of Defecation

The Biomechanical Mismatch:

The modern 90° sitting position keeps the Puborectalis muscle contracted, obstructing the path.

The Consultant's Fix:

Use a footstool to achieve the 35° squatting angle.

The Benefit:

This is the primary prevention for pelvic floor descent and hemorrhoidal disease.



Molecular Integrity: Stress & the Zonulin Pathway

The Science

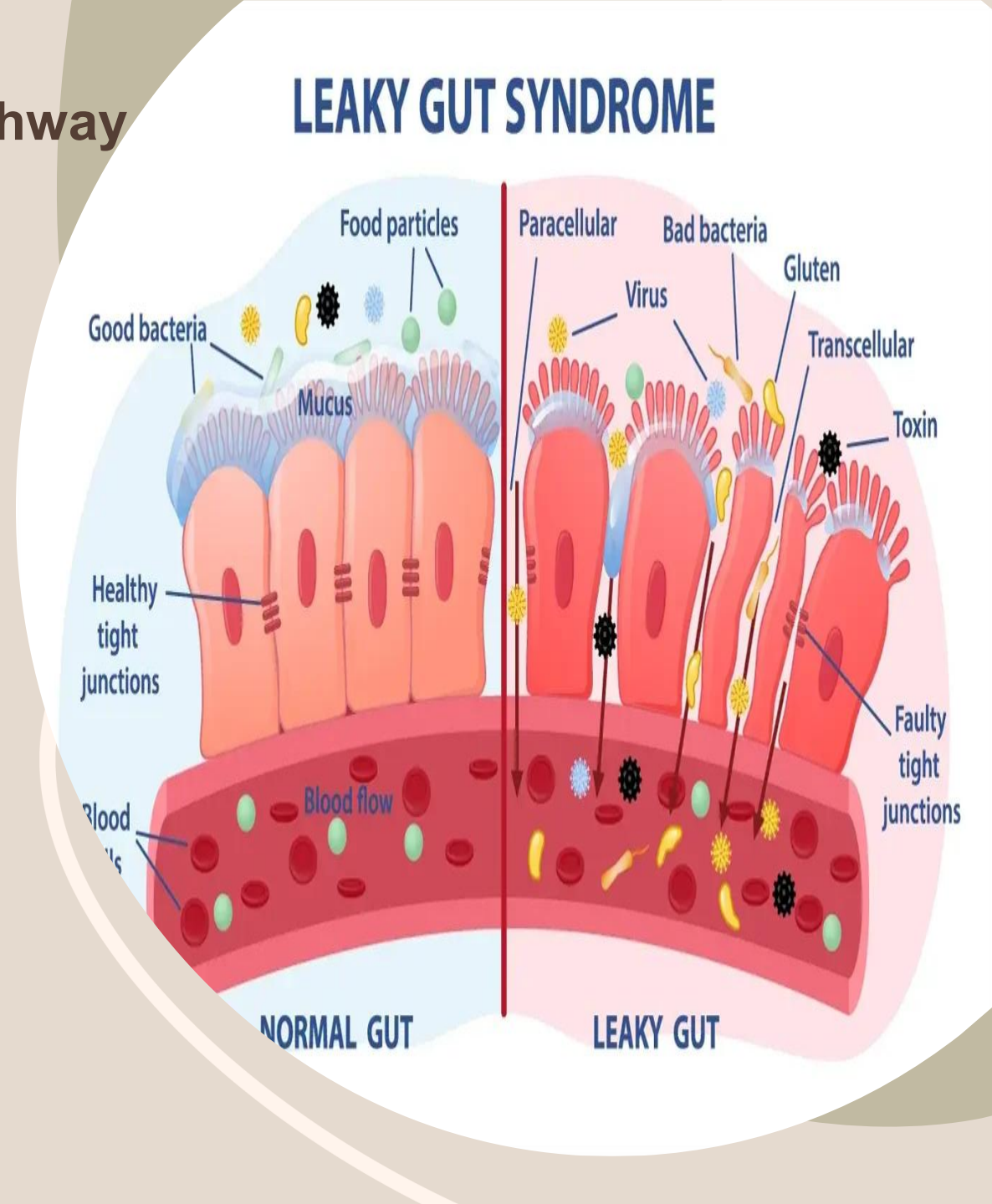
Acute stress triggers Zonulin, which opens the tight junctions of the gut (Leaky Gut).

The Result

Translocation of Lipopolysaccharides (LPS) into the bloodstream, causing brain fog and fatigue during a busy clinic.

Advice

Track the link between high-stress clinical weeks and GI reactivity to identify personal triggers



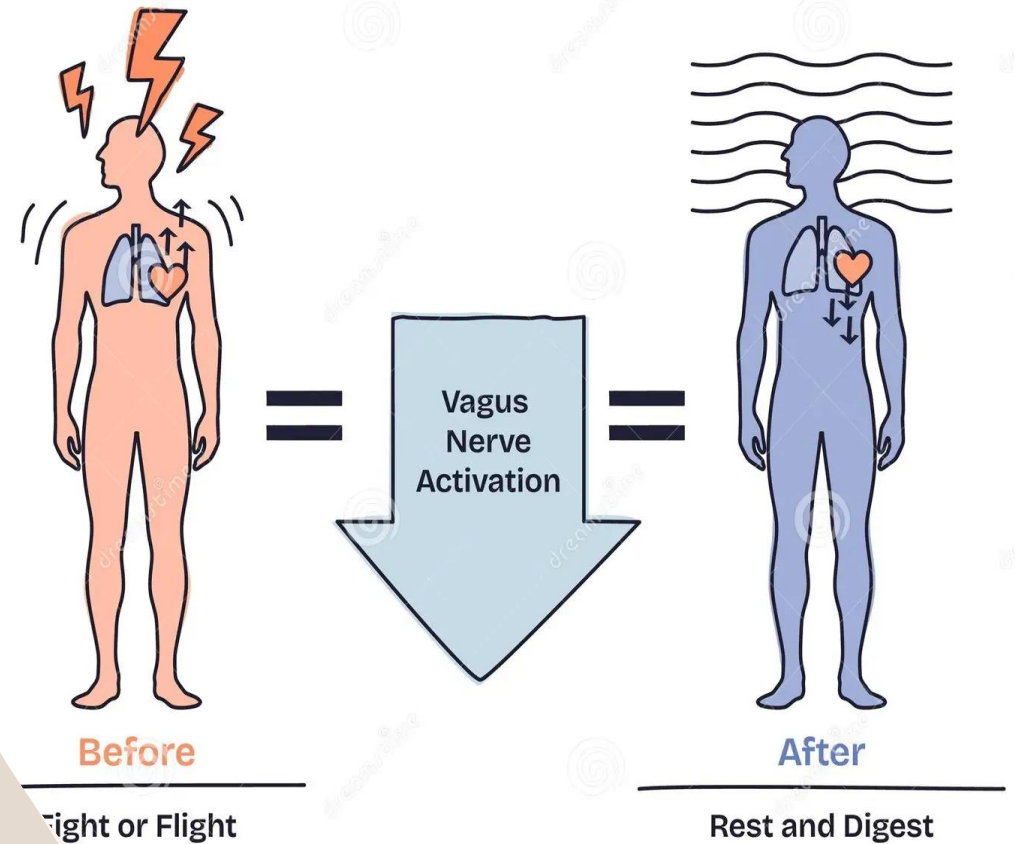
Vagal Tone & Afferent Communication

The Gut-Brain Axis

90% of the Vagus nerve fibers are afferent (Gut to Brain). Your gut is constantly telling your brain how to feel.

The Strategy

Implement a 60-second "Diaphragmatic Bridge" between patient calls. This stimulates the Vagus nerve and shifts the body from "Fight or Flight" to "Rest and Digest."



The Pharmacomicrobiomics : Medicine & The Microbe

The Insight

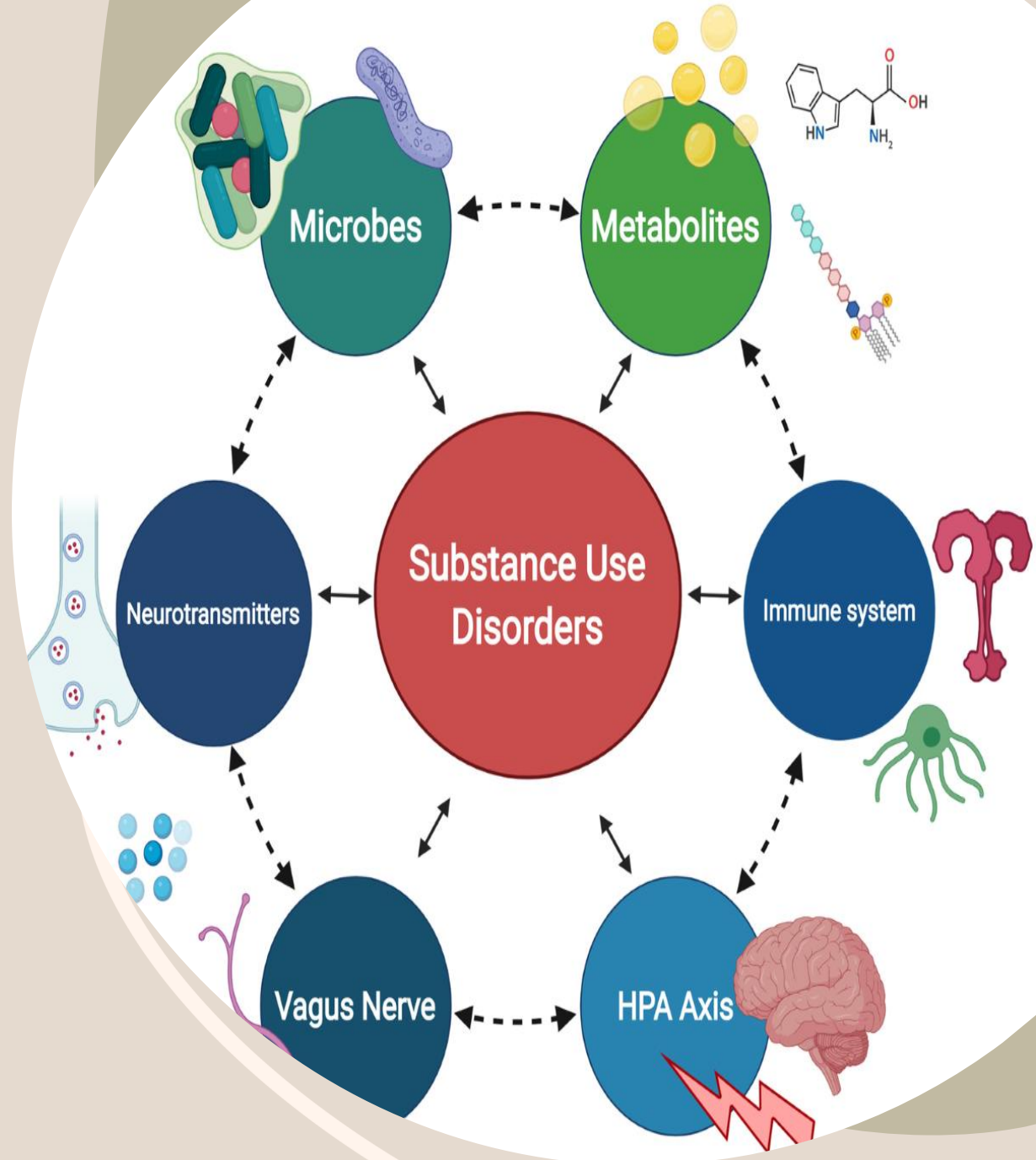
Our gut microbes chemically modify the drugs we prescribe—and the ones we take.

The Lesson

Poor physician gut health changes how our bodies process caffeine, NSAIDs, and even common painkillers.

Advice

Living well means maintaining a symbiotic equilibrium so our own biology works with our treatments, not against them.



Peer-to-Peer Vigilance (Self-Referral)

The Blind Spot

Clinicians are the "worst patients". We dismiss our own iron deficiency as "fatigue" and our habit changes as "stress".

FIT Follow standard Threshold —ignore at your peril.

Calprotectin ---- is your goal for organic health.

Mantra

Treat your biology with the same clinical rigor you apply to a 2WW referral.



Collective Restructuring of the Workday

The Staff Room Revolution:

Move away from vending machines and biscuits. Promote collective high-fibre, high-diversity communal lunches.

Environment:

Ensure clinical environments respect the biomechanics of health (e.g., proper seating and hydration stations).

Safety Netting:

Just as we do for patients, create a "Safety Net" for your colleagues. If a peer looks burnt out or chronically unwell, intervene early.



Conclusion: **The Art of Living Well**

Final Message:

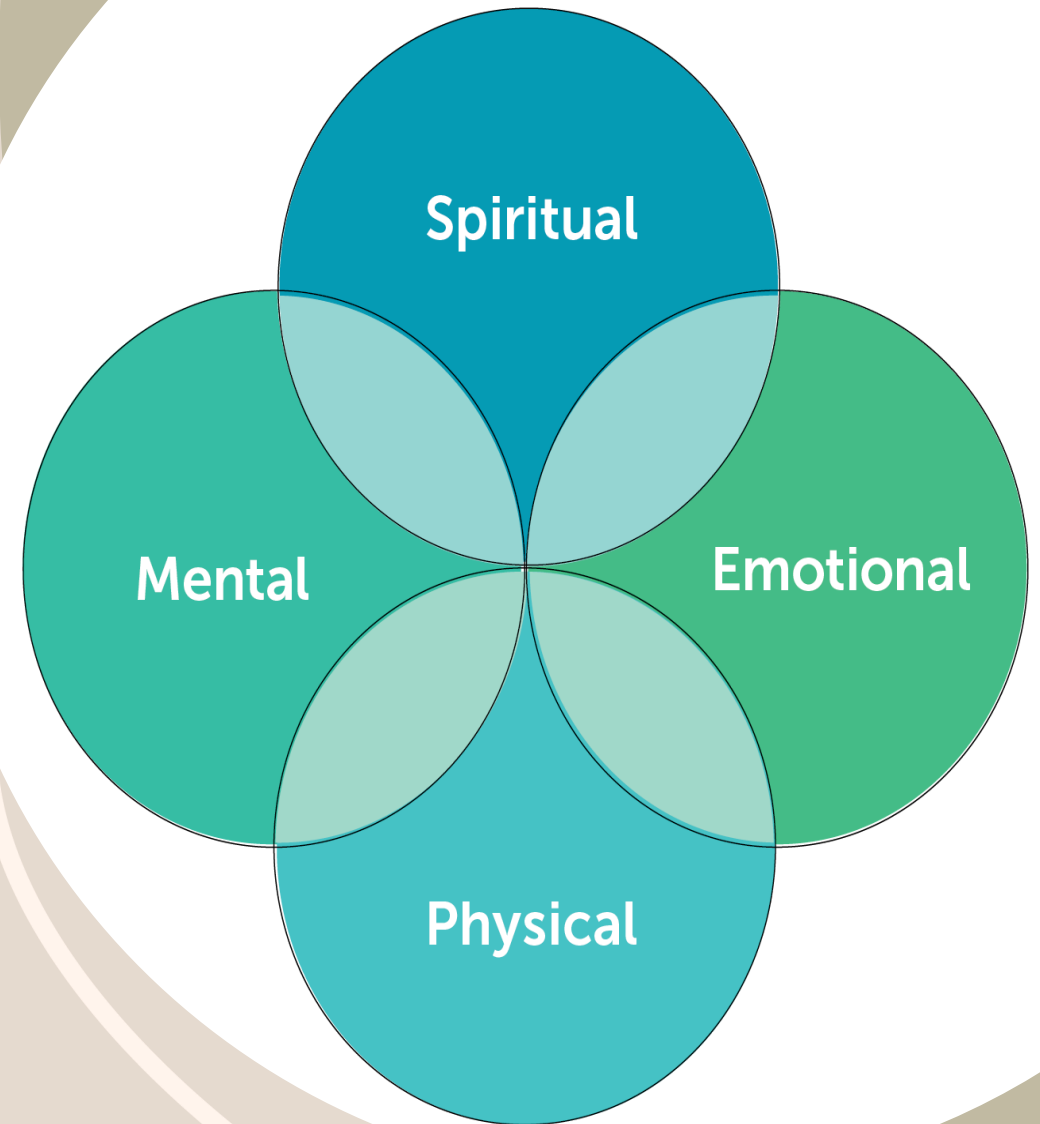
A GP's bowel health is the foundation of their clinical stamina.

The Vision:

Move from the reactive "management of disease" to the proactive "cultivation of vitality."

The Mission:

Lead by example. When we respect our own physiology, we empower our patients to do the same.





Questions & Professional Discussion

**How can we make our practice a
sanctuary for both clinician and
patient physiology**

thank you



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