



By Kiran Krishnan  
Microbiologist & Microbiome Expert

## Common GI Problems & Solutions:

Troubleshooting Symptoms (Diarrhea, Constipation, Bloating & Gas)

### Video Transcript:

Let's see, troubleshooting specific GI symptoms. These are solutions for symptoms that you're experiencing. So if you're experiencing diarrhea, [MegaIgG](#) is one of the best things.

It's designed to actually stop travelers and other form of chronic diarrhea. It binds and neutralizes toxins. It reduces inflammation. It calms the lining of the gut, thereby reducing diarrhea. Now, some people who don't have diarrhea, if you take a [Mega-IGG](#), you can experience some degree of constipation. To overcome that constipation, just increase water intake and you're totally fine.

[RestorFlora](#) is both a spore-based and a *Saccharomyces boulardii* product. So the combination does a really good job of competing against dysfunctional fungus and downregulating inflammatory responses. Butyrate in [Tributylin-X](#) supports the lining of the gut, reduces inflammation that helps regulate bowel movement, which is really important. [HoloImmune](#) is an immunological product that negates and reduces some of the inflammatory responses, so it can reduce GI inflammation.

And then if you have constipation, one of the things you can look at is [HoloZyme](#), which is the full-spectrum digestive enzyme to improve digestion and ease to stool

Rebel Health and Kiran Krishnan are not medical practitioners and do not practice medicine. The information in this document is for informational purposes only. Always seek the advice of your physician or other qualified health practitioner regarding any medical condition or concerns.

passage. [TUDCA](#), which can support bile flow, which can help soften stool and promote regular bile movements, things like prokinetics and natural laxatives. So [MegaGuard](#), magnesium citrate, ginger, vitamin C, caffeine, coffee can upregulate that as well. Digestive bitters. Bitters are absolutely phenomenal.

Your entire digestive tract is littered with bitter receptors, and those bitters help facilitate all kinds of movements within your GI tract. So the bitters are critically important. You can consume it. Berberine is an example of bitters. You can consume foods that are really high in bitter compounds. If you just Google foods that have high bitter compounds, you'll be able to find some options there.

[MegaPre](#), having the precision prebiotic is really important because it feeds the beneficial organisms, restores the balance of the gut microbiome and helps seal up the lining of the gut, but it also improves the production of short-chain fatty acids. If you have bloating and gas, [HoloZyme](#) can work and help. [MegaGuard](#), [HCL Guard](#), remember, that's the one with the hydrochloric acid for those that tend to have low stomach acid. And then digestive bitters as well can be really important for people with bloating and gas.

Consider Kiran's [Microbiome Foundation Bundle](#) - Members Only Discount