



## Protease Inhibitor Diarrhea



Three or more episodes of diarrhea a day, and lasting more than 2 or 3 days, needs to be medically investigated. Your doctor will order **stool cultures**; which are tests to see if germs are the cause. If it's not from germs, it's probably that the medication which you are taking is irritating your guts. Follow each of the recommendations described below for at least a week to stop the diarrhea.

Eat more of certain kinds of fibers. The **pectin** found in **fruits** is the best start. **Bananas** are a good choice as well as cooked or canned fruits. For example, **applesauce** is digested more easily than raw apples; canned pears more easily than raw pears. Canned fruits, such as **fruit cocktail**, **peaches**, and **pineapple** are also good choices. Eating 3 or more servings of these fruits daily is a great start. **Oat fiber**, as in oat bran tablets or **oatmeal**, also seems to help.

Take a **bulk fiber supplement** such as: Psyllium seed (e.g. Metamucil) or Citrucel to add bulk to the stool. For some, Citrucel can cause less gas.

Take a **Probiotic Supplement** to improve the level of friendly bacteria in your intestines. Probiotics are the opposite of antibiotics. These gut-friendly bacteria produce the food that feeds and repairs the cells lining the intestines. The best supplements are a blend of the bacteria named below.

Lactobacillus acidophilus, Bifidobacteria, Lactobacillus plantarum, Lactobacillus rhamnosus, Fructo-oligosaccharide (FOS)

The idea that yogurt will restore friendly flora in the gut is only a myth. Yogurt alone does not provide enough bacteria. Take a recommended probiotic for a month to restore your own bacteria. Anyone taking prophylactic antibiotics, such as Bactrim, needs to continue to take probiotic to counteract the damage that the antibiotic does to natural gut bacteria.

Take **L-Glutamine**. This is an essential amino acid that repairs gut cells; it's been called the "gut fertilizer." Start taking 30 grams a day of the powder form, then lower the amount to 5 to 10 grams a day once the diarrhea is controlled. This may take 10 to 20 days. Buy L-Glutamine in powder form: ½ tablespoon equals 5 grams. Start the regimen with 1 tablespoon, three times a day (total 3 tablespoons per day).

The ability of your gut to digest the milk sugar **lactose**, can come and go when you have diarrhea. Avoiding milk, ice cream, and American cheese may reduce the frequency or just incidences of diarrhea. Yogurt and aged cheeses, such as cheddar, Swiss, or parmesan, seem easier to digest.

When diarrhea occurs 6 or 8 times a day, for some people, avoiding wheat products, such as pasta, bread, wheat cereals, and crackers for a week or two may help.