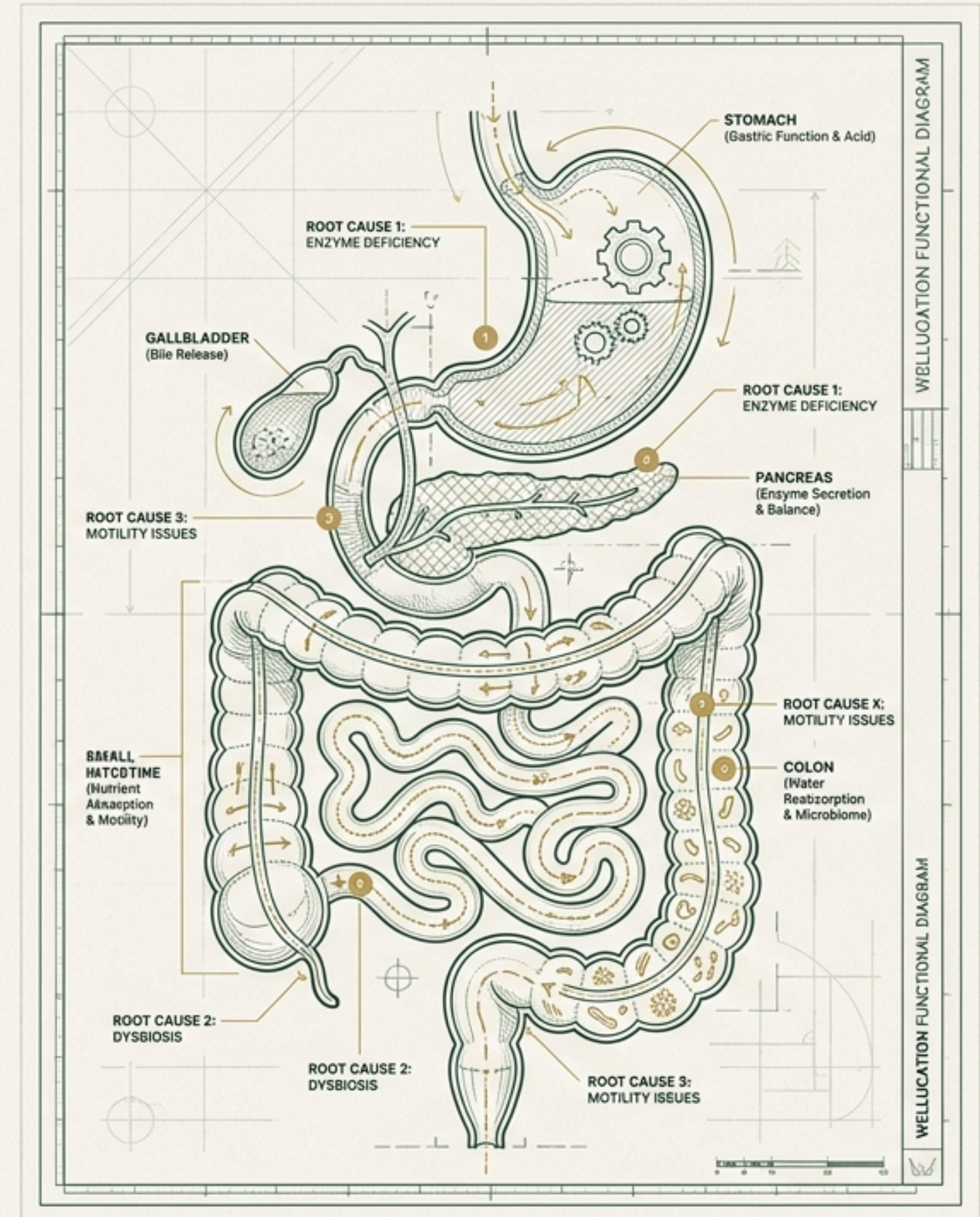


THE FUNCTIONAL DIARRHEA BLUEPRINT

Uncovering the 8 Hidden Root Causes of Chronic Diarrhea — and Why Conventional Approaches Often Miss the Real Problem.

By Dr. George E. Springer, DC, NMD, DCBCN

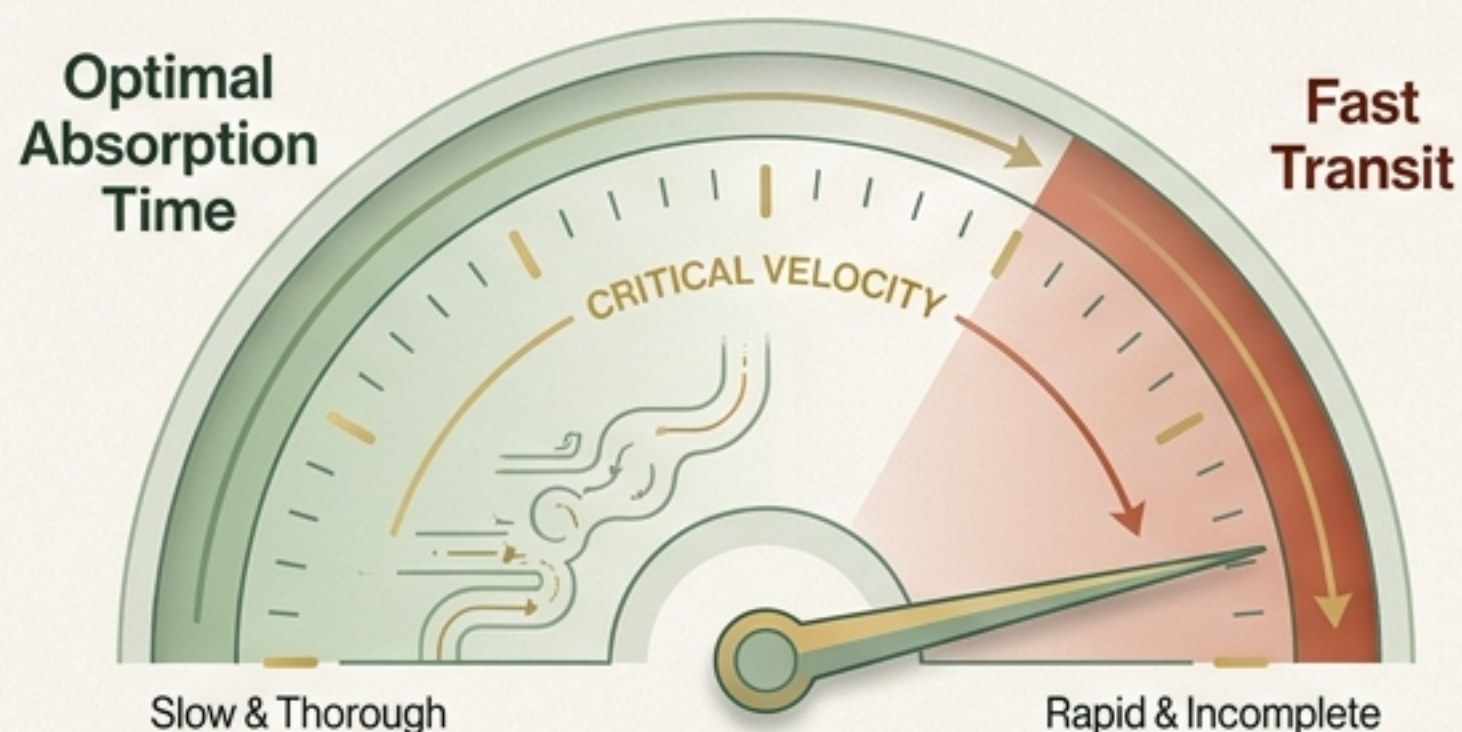
Dr. Springer has spent 45+ years in clinical practice watching patients struggle not because they lacked willpower — but because they lacked understanding. Wellucation® is his answer to that gap. These educational frameworks were created to help people understand the root causes behind their symptoms so they can make more informed decisions about their health.



The Silent Toll on 14 Million Americans

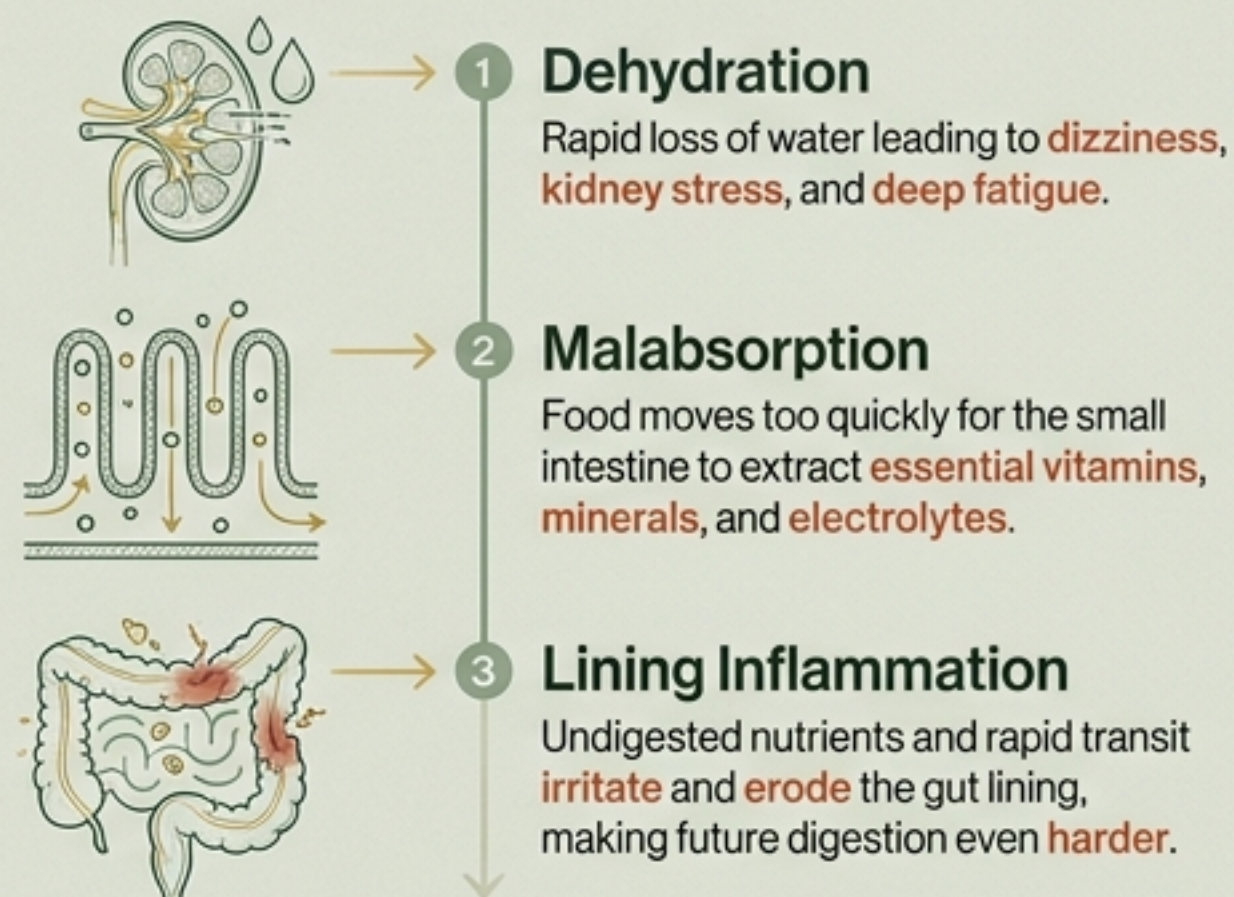
Chronic diarrhea does more than send you sprinting to the restroom. It is a persistent **distress signal that your digestive system** is failing to process fuel.

THE DIGESTIVE SPEEDOMETER



Nutrients require dwell time for absorption.
Your system is racing against the clock.

THE CASCADE TIMELINE

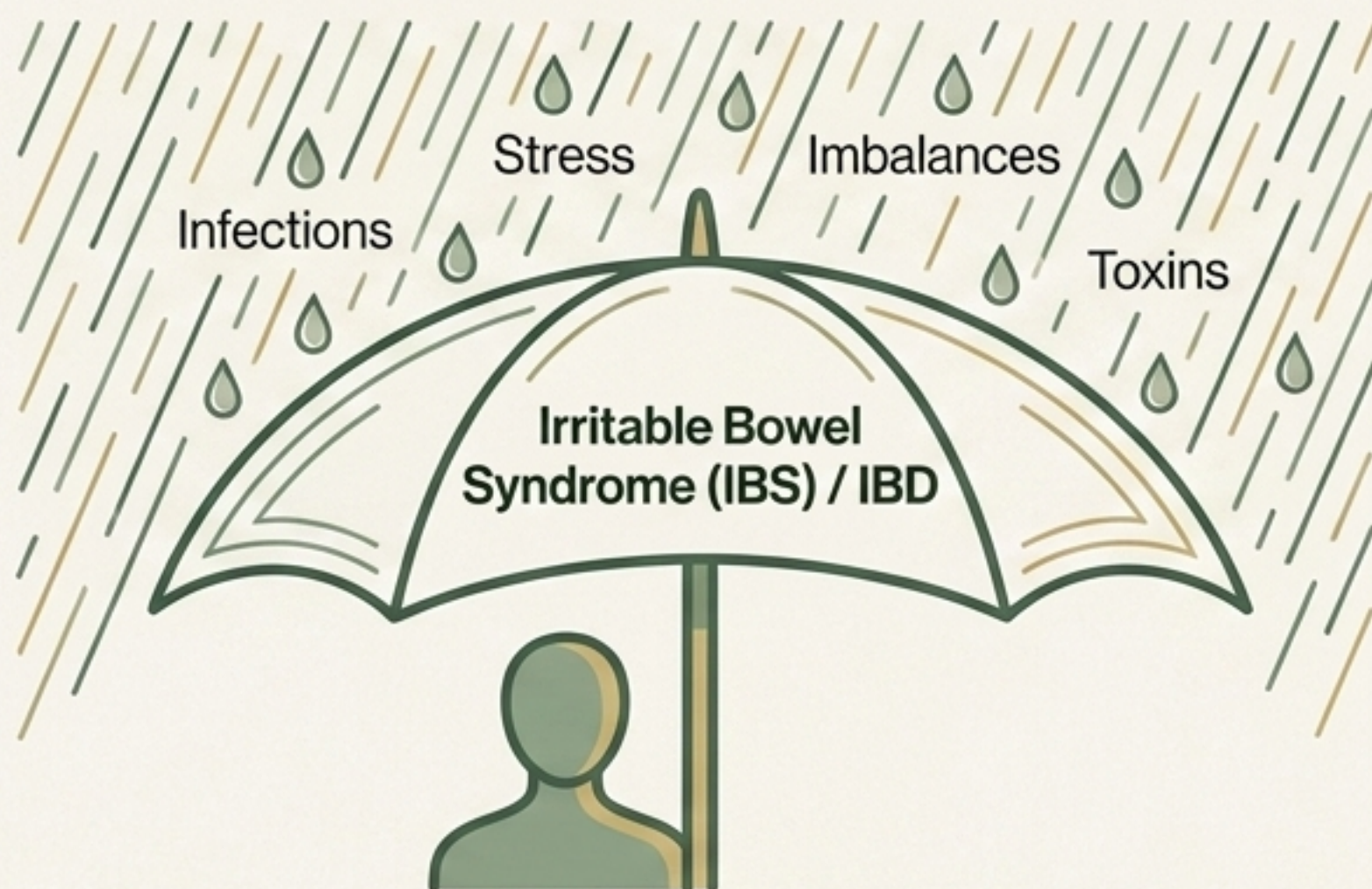


You've been told your labs are normal — but your body knows it is starving for nutrients.

The Diagnosis Disconnect

Why a label is not a solution.

THE IBS UMBRELLA ILLUSTRATION



The Conventional Label	What It Actually Means	The Root-Cause Translation
IBS, IBD, Celiac	An umbrella term used to describe a cluster of symptoms.	A signal of underlying organ malfunction, microbial overgrowth, or systemic immune dysfunction.

Simply being labeled with 'IBS' doesn't help you understand why your digestion is out of control. To fix the gut, we must look under the umbrella.

The Functional Gut Architecture

Chronic diarrhea is triggered when one of three distinct anatomical zones fails.
Here are the 8 hidden causes, mapped to their origin points.



Zone 1: The Organs

Mechanical Misfires

1. Gastritis

2. Gallbladder Dysfunction

3. Pancreatic Issues



Zone 2: The Environment

Microbial & Barrier

4. Small Intestine
Imbalances
(SIBO/Leaky Gut)

5. Microbiome Imbalance



Zone 3: The System Triggers

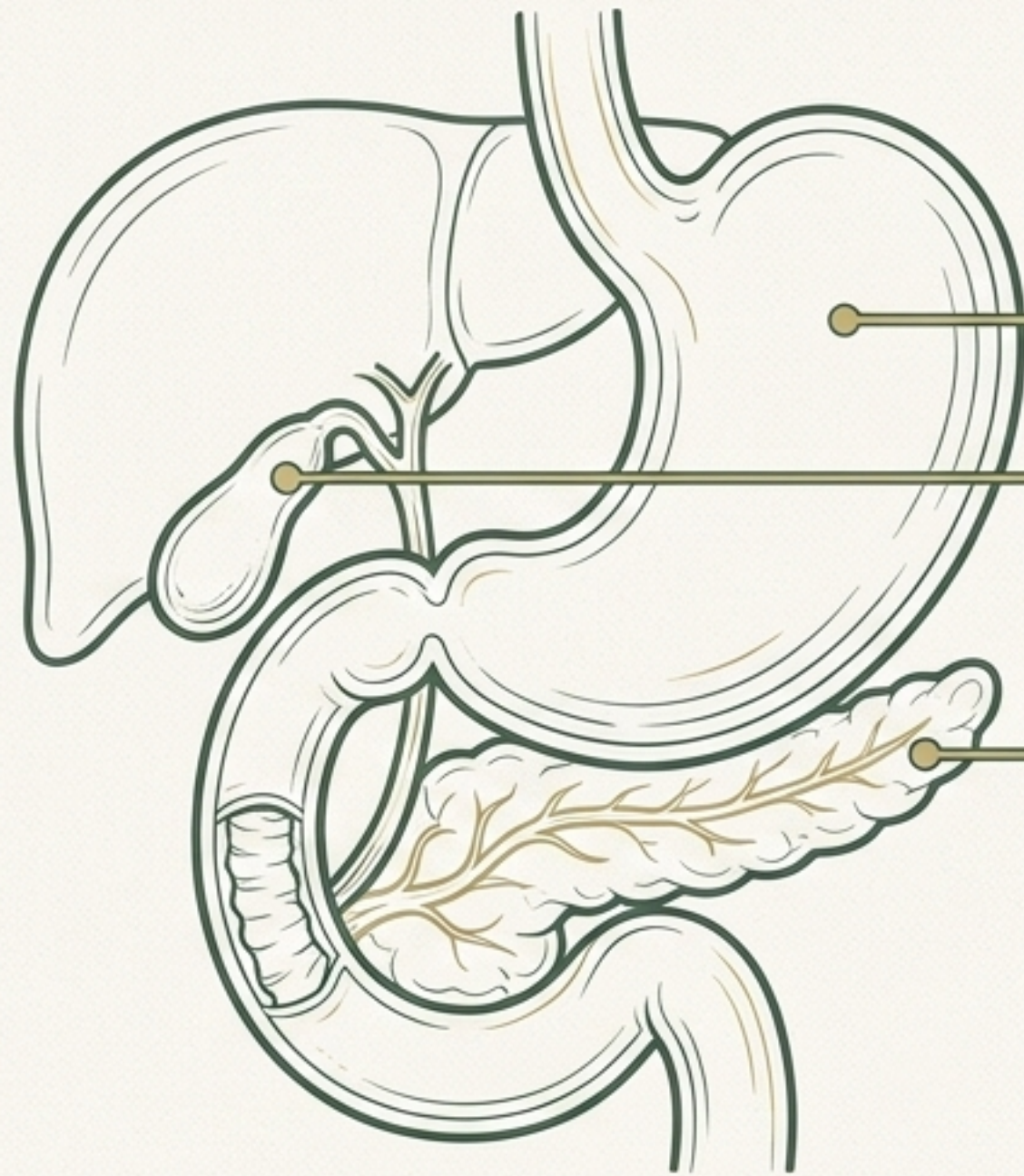
Body-Wide

6. Diet/Sensitivities

7. Stress & Anxiety

8. Autoimmune Conditions

Origin Zone 1: Mechanical Misfires



1. Gastritis (Stomach Inflammation)

Irritants (NSAIDs, H. pylori, chronic stress) inflame the stomach lining. The stomach reacts by speeding up digestion as a protective purge mechanism, resulting in loose stools.

2. Gallbladder Dysfunction

The gallbladder stores bile for fat breakdown. If dysfunctional (or removed), undigested fats bypass the system, deeply irritating the intestines. Conversely, excess bile salts draw water into the colon, causing watery diarrhea.

3. Pancreatic Issues

The pancreas produces digestive enzymes. Insufficient enzymes mean food isn't broken down, leading to severe malabsorption.

Telltale Clue: Pale, greasy stools that float.

Origin Zone 2: The Intestinal Environment



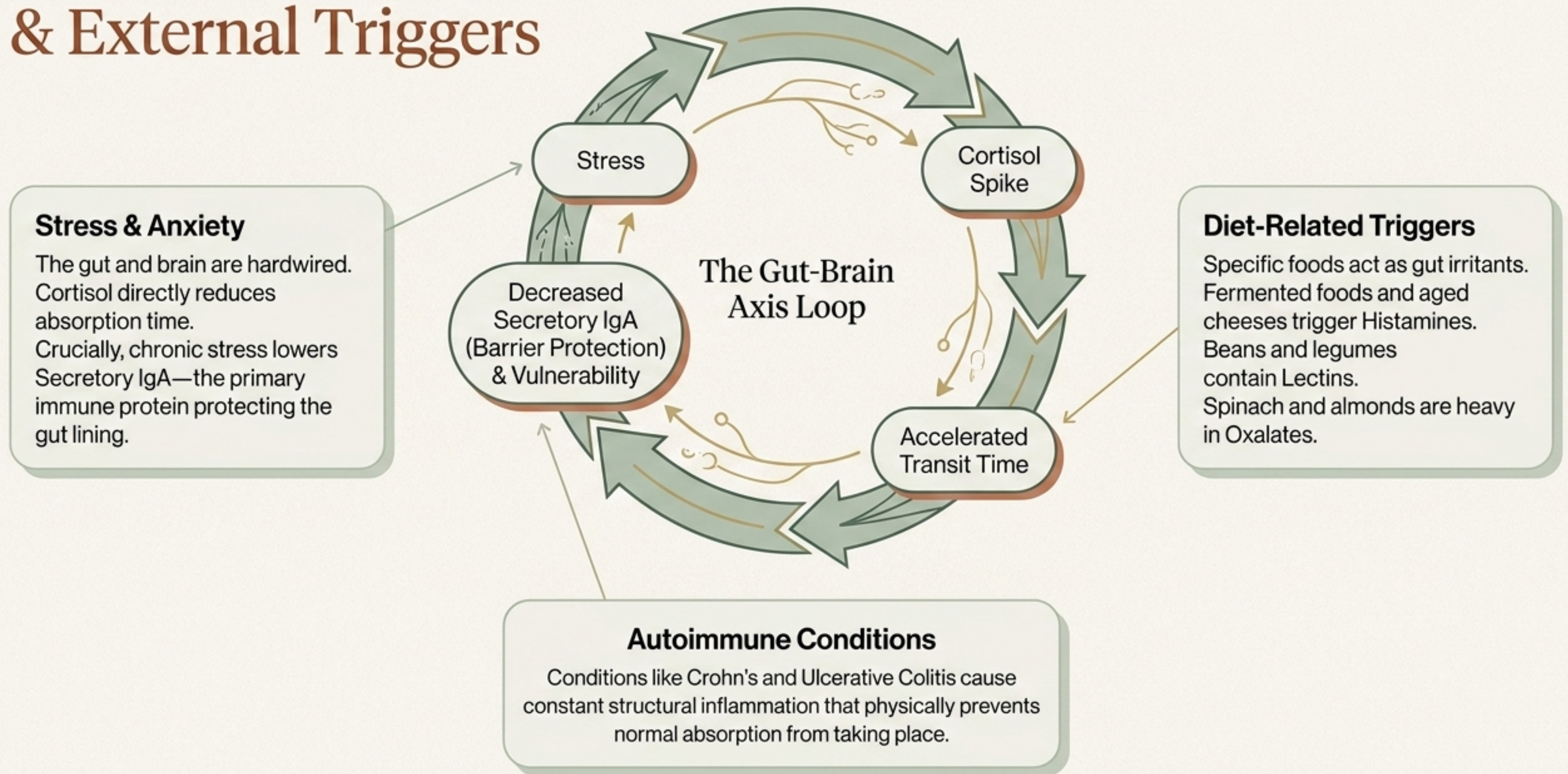
Small Intestine Imbalances

- **SIBO:** Bacteria migrating from the large to the small intestine, causing rapid gas, bloating, and diarrhea.
- **Leaky Gut Syndrome:** A compromised lining allowing undigested food and toxins into the bloodstream, triggering systemic histamine and immune responses.

Microbiome Imbalance

The delicate ecosystem of bacteria and yeast is overrun by harmful microbes or parasites—often triggered by food poisoning, antibiotics, or international travel. This overgrowth creates a constant state of mucosal inflammation, fundamentally preventing normal water absorption.

Origin Zone 3: Systemic & External Triggers

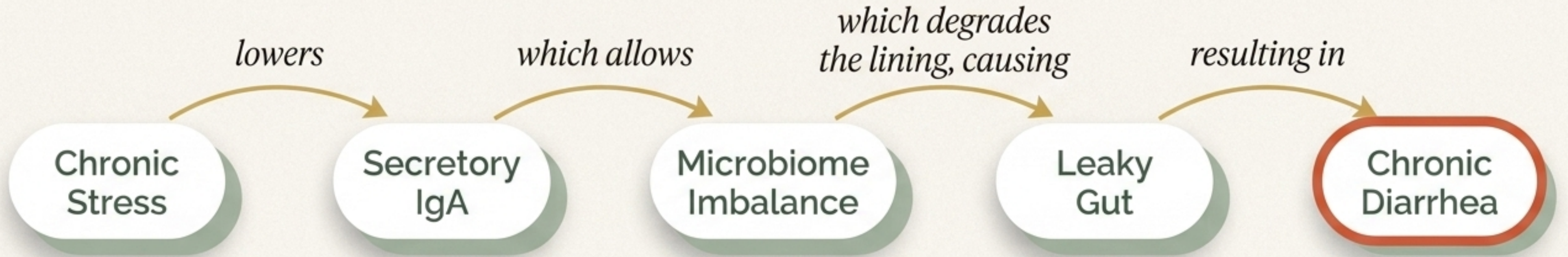


The Root-Cause Diagnostic Table

Decoding your body's signals to identify the origin point.

THE TELLTALE CLUE (SYMPTOM)	THE PROBABLE ORIGIN POINT
Pale, greasy stools that float	Pancreatic Issues (Enzyme Insufficiency)
Diarrhea shortly after eating fats / No gallbladder	Gallbladder Dysfunction (Bile Malabsorption)
Severe bloating and gas after meals	SIBO (Small Intestinal Bacterial Overgrowth)
High chronic stress / frequent infections	Low Secretory IgA (Gut-Brain Axis)
Reactions to avocados, aged cheese, or spinach	Diet Sensitivities (Histamines/Oxalates)

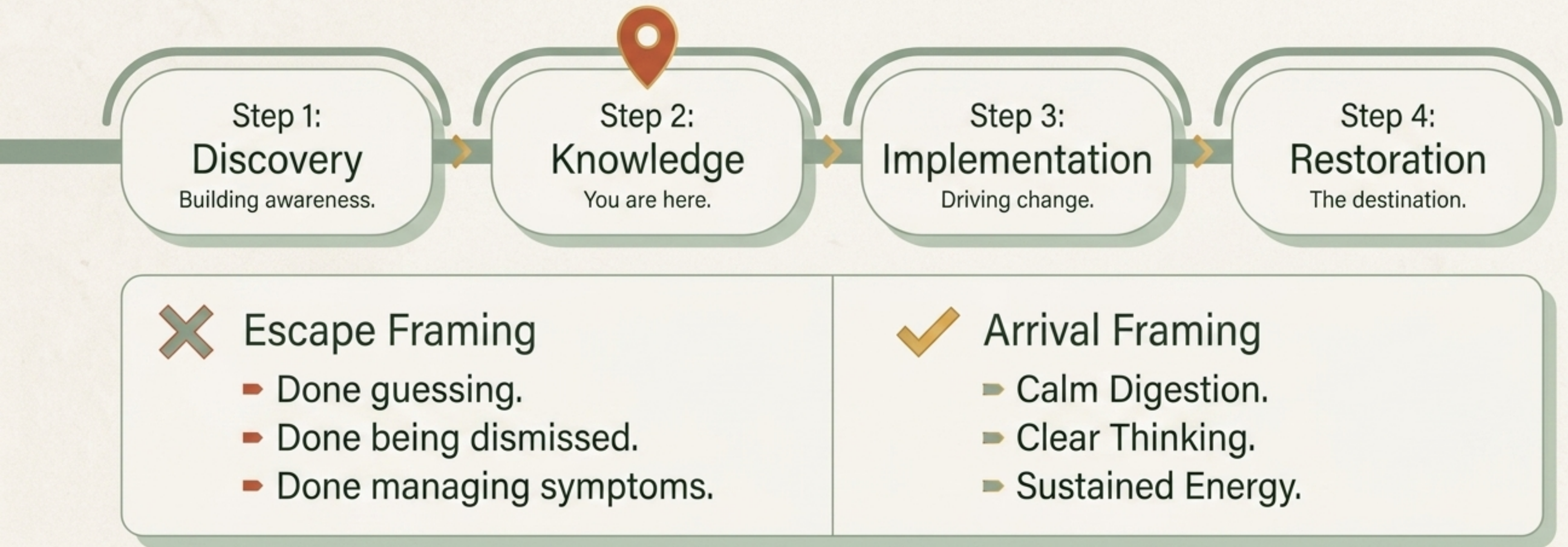
The Gut Web: Why Single Supplements Fail



Chronic diarrhea is a symptom, not a disease. Fixing it requires untangling the web, not just masking the final symptom. This is why guessing with isolated supplements rarely works.

The Wellucation® Paradigm Shift

From Learning to Action. The bridge between understanding and healing.



Built on 45+ years of clinical experience, real patient outcomes, and a root-cause framework.

Implementation: Moving from Knowledge to Action

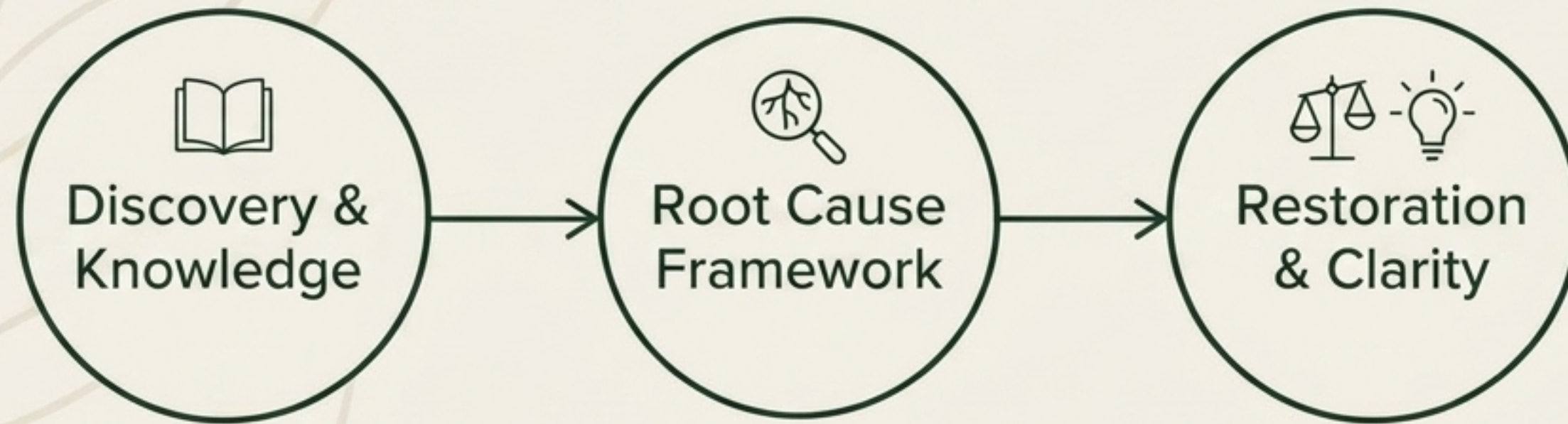
Implementation is the crucial step where understanding transforms into tangible results. A successful gut healing journey requires a structured plan that goes beyond symptom management.



**Stop chasing symptoms.
Start addressing the 8 root causes.**

True healing is an active process. By focusing on the root causes, you can break the cycle of chronic issues and move towards lasting restoration.

The Wellucation® Paradigm: Understanding the Root Cause



True healing begins with deep understanding. The path to lasting health is found by addressing the root causes, not just managing symptoms.