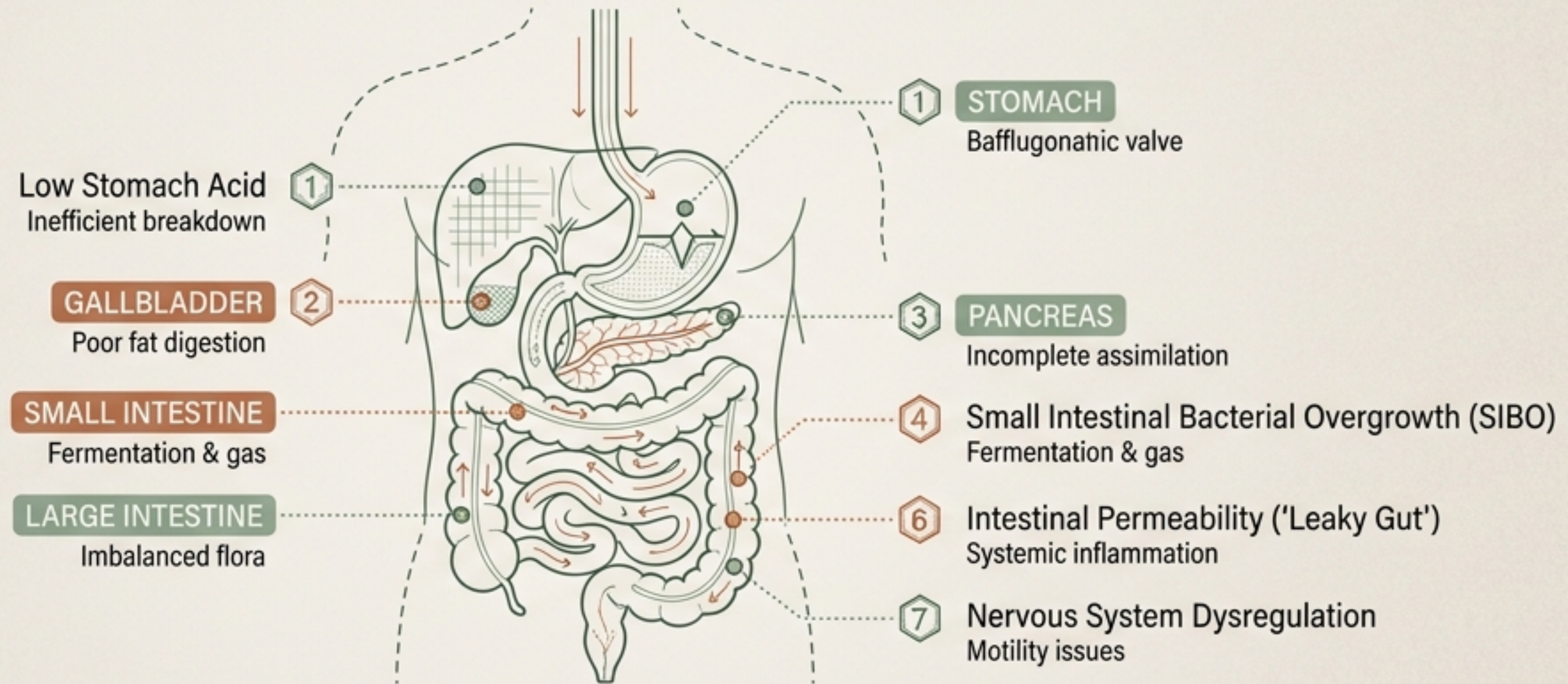


THE FUNCTIONAL DIGESTION BLUEPRINT

Uncovering the 7 Hidden Root Causes of Gas and Bloating —
and Why Symptom-Based Solutions Often Fall Short.



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 Symptom Management Trap

Nearly 70 million people deal with bloating weekly. Gas is not a random punishment—it is a message that your system is out of balance.



THE CONVENTIONAL TRAP

Mindset:	Your labs are normal, you just have a sensitive stomach.
Action:	Take an acid-blocking antacid.
Diet:	Avoid all fiber immediately.
Result:	Managing the symptom while the root cause worsens.

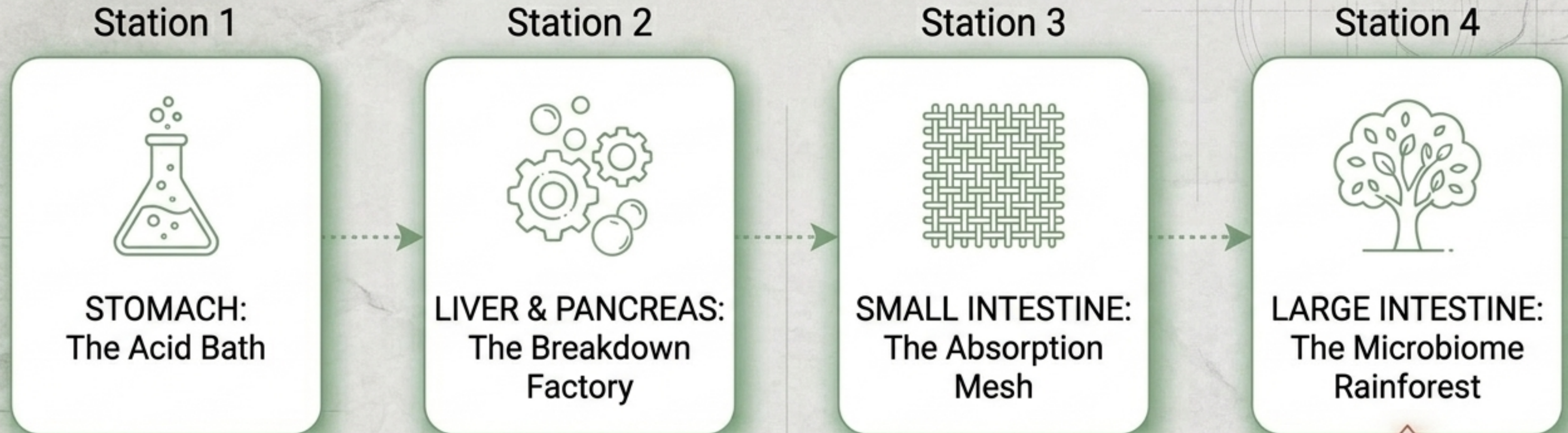


THE 45+ YEAR CLINICAL APPROACH

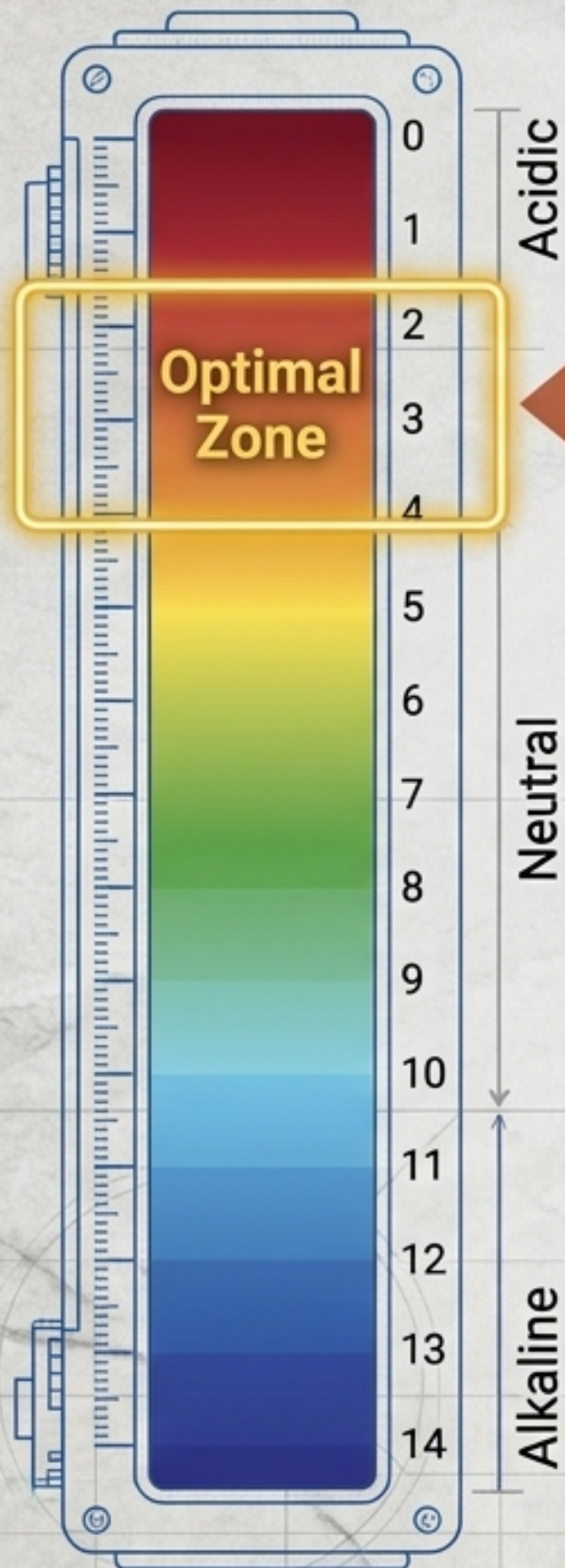
Mindset:	Symptoms are a system breakdown. We must find where the chain broke.
Action:	Low stomach acid requires natural acid boosters, not blockers.
Diet:	Fiber feeds the microbiome; we must rebalance the gut to tolerate it.
Result:	Healing lasts because understanding sticks.

The Digestive Symphony

When digestion is in tune, food breaks down efficiently, nutrients absorb, and gas is minimal background noise.



When just one section plays out of tune, the whole orchestra sounds off. The result? Uncomfortable bloating and gas.



The Fermentation Tank:
When acid drops, food lingers, ferments, and invites candida.

CAUSE 1 OF 7: THE STOMACH

The Missing Acid Bath

The Metaphor:



Low stomach acid is like running your car on watered-down fuel—the engine sputters and exhaust (gas) builds up.

The Culprits:



Stress, aging, and overuse of acid-blocking medications hijack your vagus nerve.

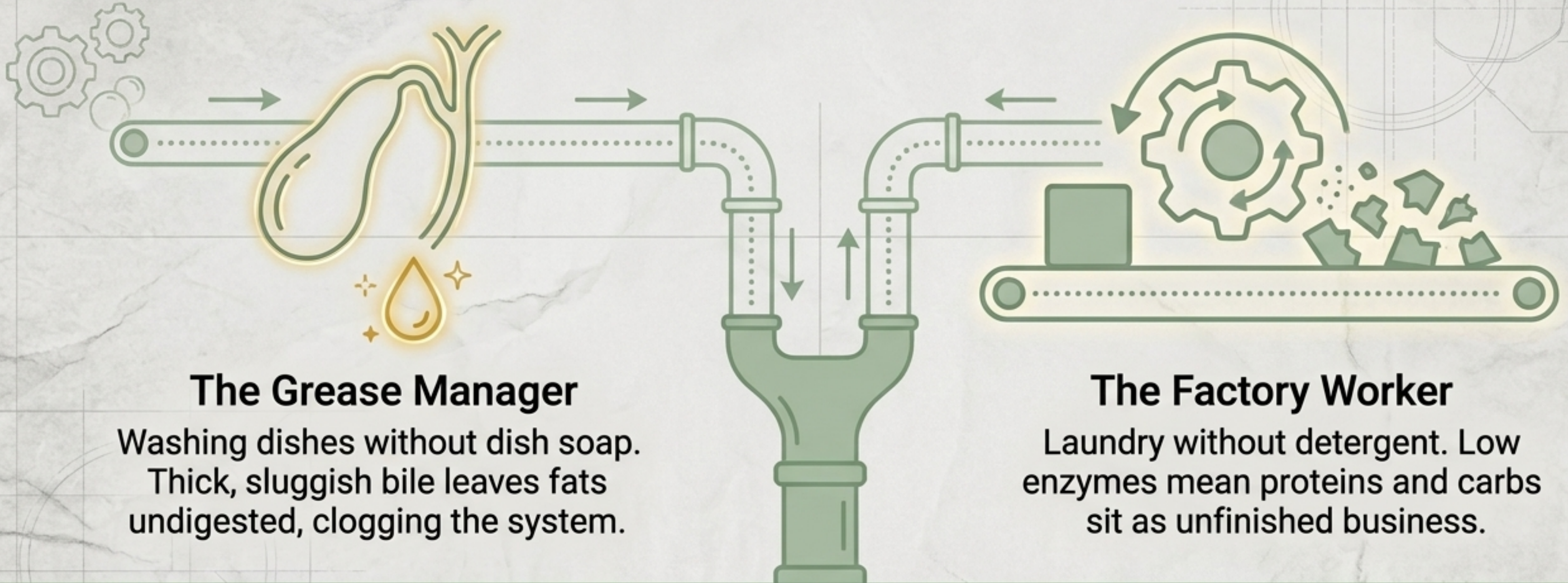
The Fix:



Natural acid boosters (apple cider vinegar) and stimulating the vagus nerve (deep breathing, humming).

CAUSES 2 & 3: LIVER, GALLBLADDER & PANCREAS

The Breakdown Duo



The Grease Manager

Washing dishes without dish soap.
Thick, sluggish bile leaves fats
undigested, clogging the system.

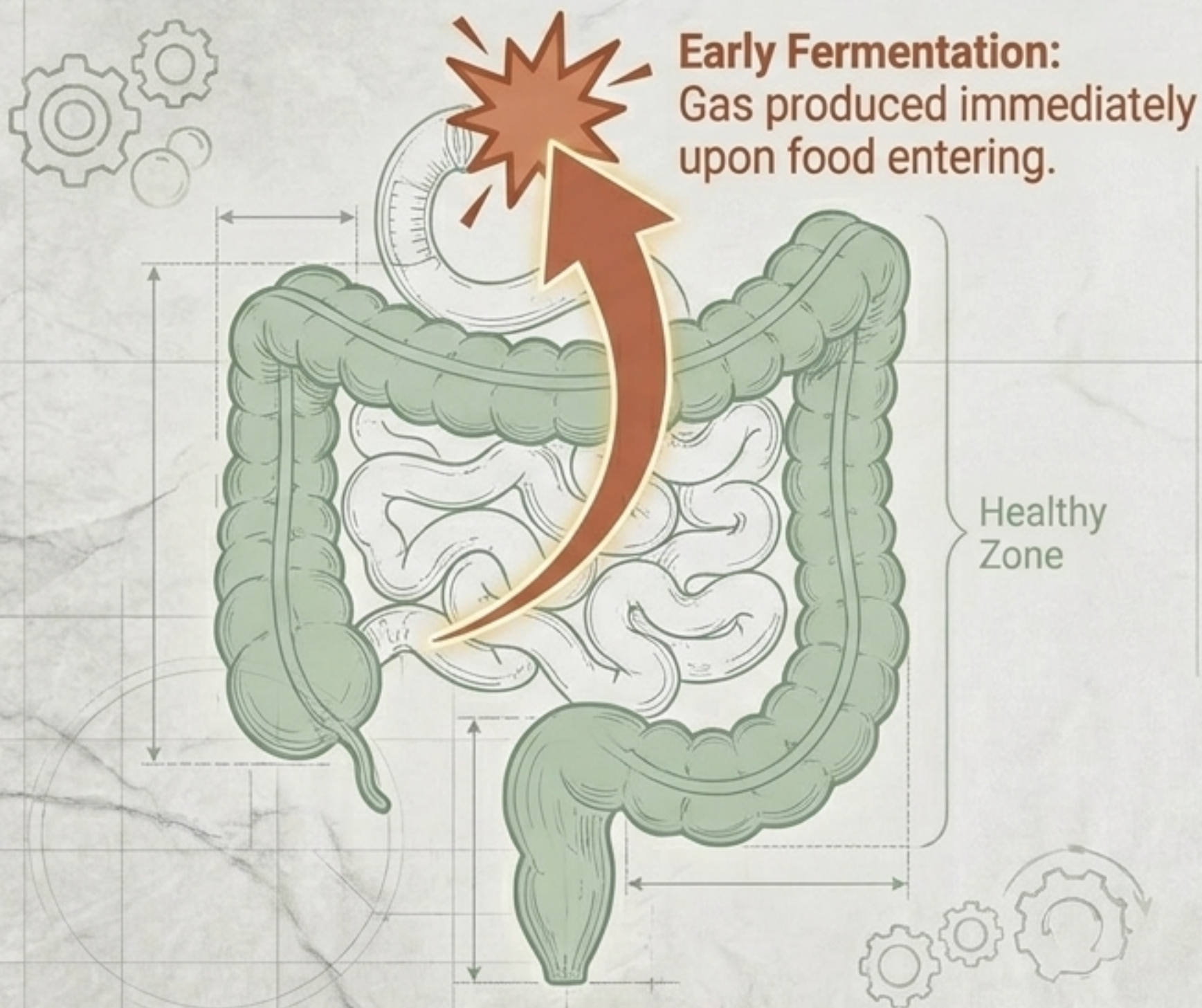
The Factory Worker

Laundry without detergent. Low
enzymes mean proteins and carbs
sit as unfinished business.

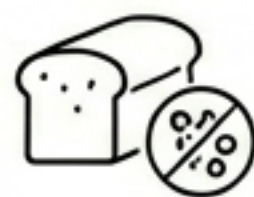
Support bile flow with beets, lemons, and artichokes. Support enzyme action
with mindful eating and broad-spectrum digestive enzymes.

CAUSE 4 OF 7: THE SMALL INTESTINE

SIBO & The Zoned City



The Metaphor:



A bakery opening in the wrong neighborhood. Yeast ferments healthy foods (like fiber) exactly where it shouldn't.

The Result:



Immediate bloating after eating, accompanied by brain fog.

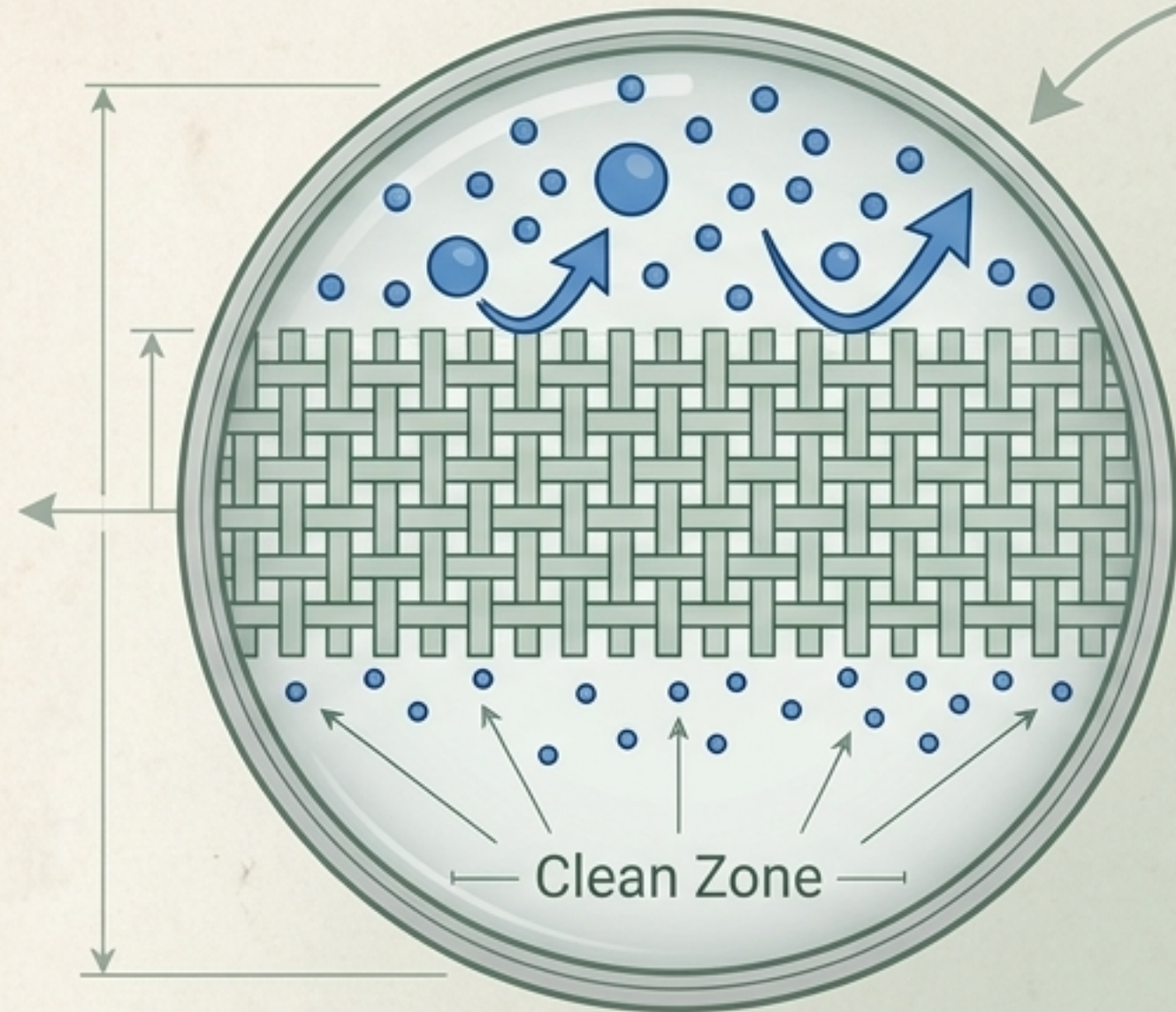
The Fix:



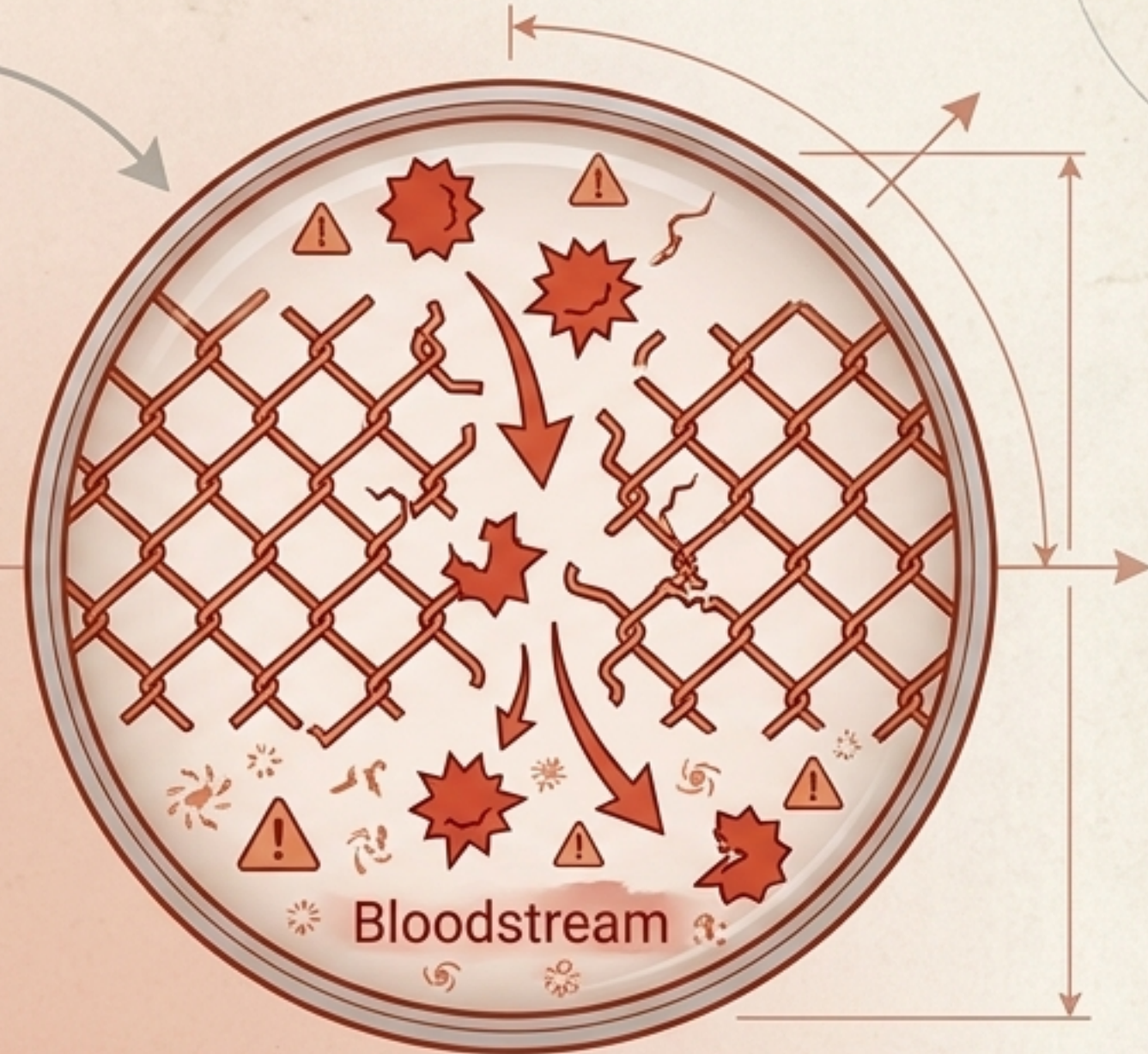
Rebalance bacteria, repair lining, and improve gut motility with ginger or peppermint.

CAUSE 5 OF 7: THE GUT LINING

The Microscopic Mesh



The Fine Mesh Screen

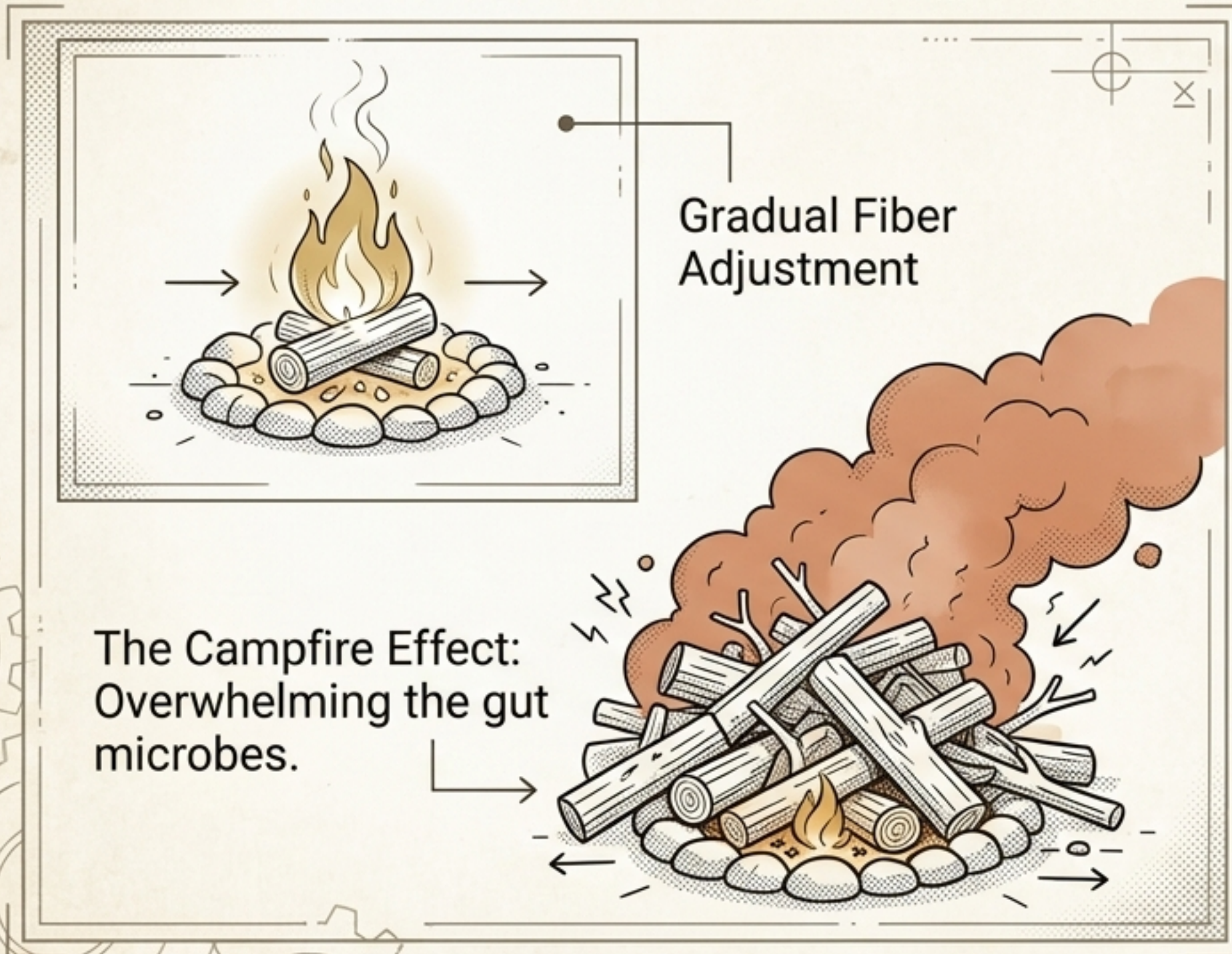


The Broken Chain-Link Fence

When the barrier breaks, food particles trigger an immune overreaction. The result isn't just bloating, but newly developed food sensitivities, fatigue, and joint pain.

CAUSE 6 OF 7: DIETARY INPUTS

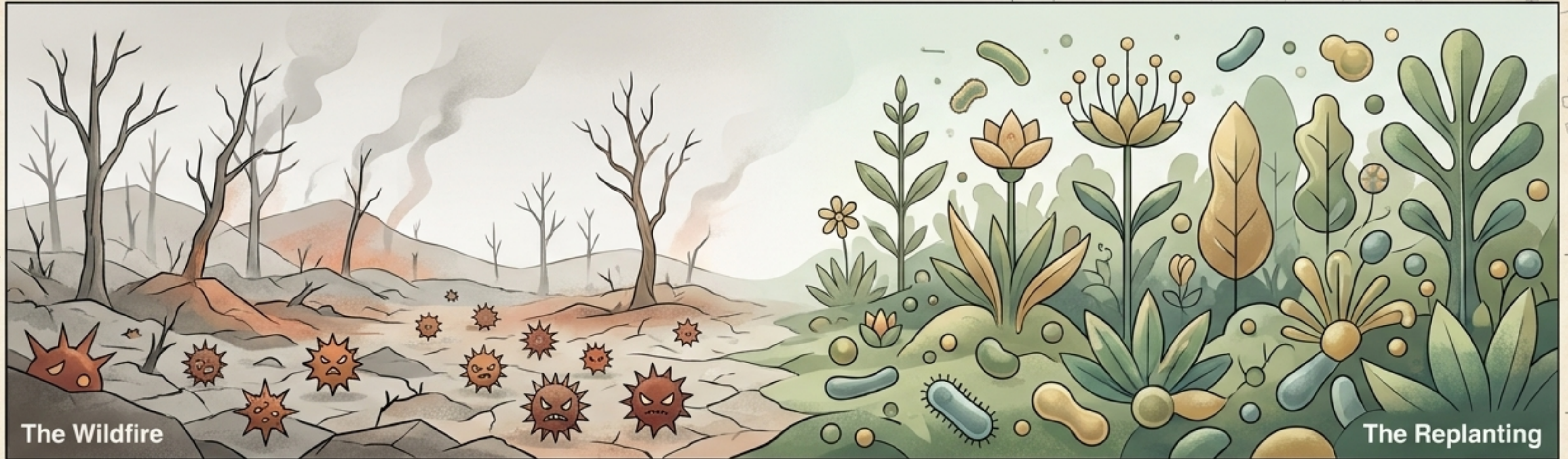
The High-Fiber Paradox



Fiber and resistant starches (beans, lentils, cruciferous veggies) are the darlings of nutrition, but introducing them too quickly overwhelms your system.

"The Fix: Increase fiber slowly, cook vegetables thoroughly, and balance intake with plenty of water. Your bacteria just need time to get the memo.

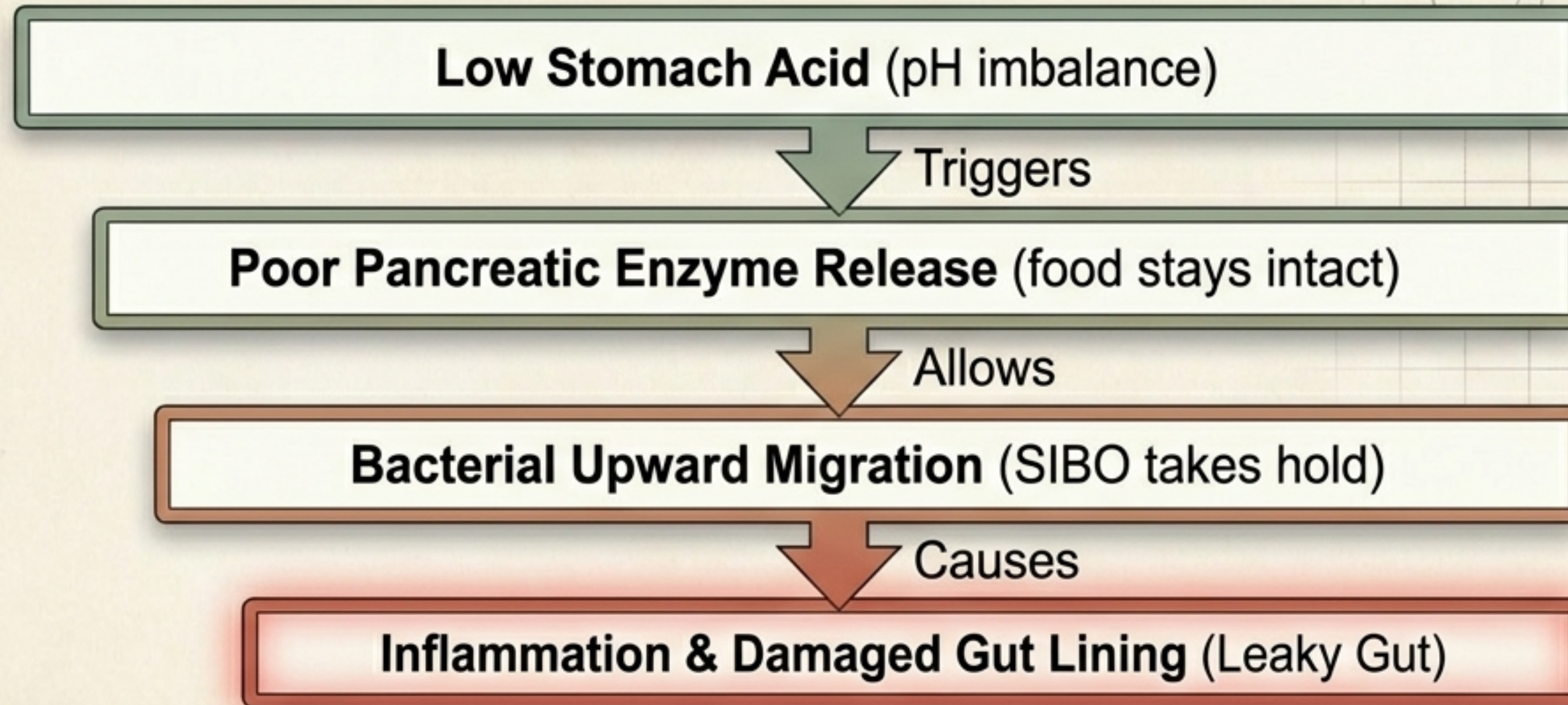
The Internal Rainforest



A healthy gut thrives on diverse stability. When balance is lost, harmful bacteria cause excessive fermentation and a perpetually unsettled gut.

Restoration Strategy: Nurture the good guys with prebiotic foods (onions, garlic, bananas) and fermented foods (kefir, kimchi), while cutting sugar.

The Cascade Effect



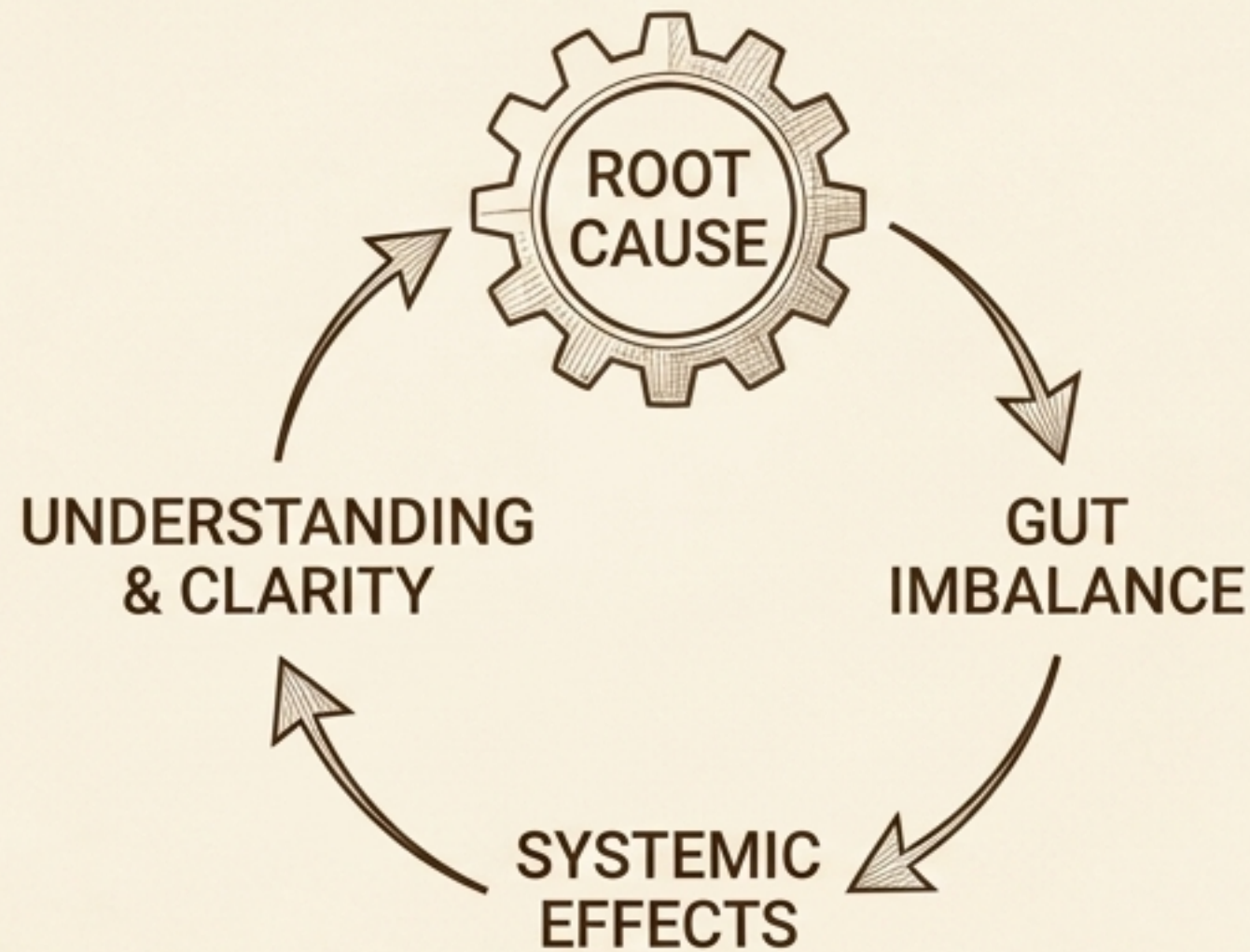
These aren't isolated issues. They are a domino effect. Fixing your gut requires addressing the entire chain, not just silencing the final symptom.

The Proven Roadmap for Lasting Change



Fix Your Gut... Reclaim Your Health...

Understanding the root-cause framework for lasting clarity



Relief is possible. The solutions begin with deep understanding.