

NIMBAL COMICS PRESENTS:

# DOCTOR LIVEWELL



NIMBAL  
COMICS

DAVID  
SUSKIND

JASON  
PIPERBERG

EXPLORATIONS INTO  
FUNCTIONAL ABDOMINAL PAIN  
& THE BRAIN GUT AXIS!

CHOOSING  
YOUR OWN PATH  
TO HEALTH!







MY DOCTOR TOLD ME THAT THE REASON MY STOMACH HURTS SO MUCH IS BECAUSE I HAVE FUNCTIONAL ABDOMINAL PAIN.

HUH? FUNCTIONAL ABDOMINAL PAIN? WHAT'S THAT?



TO TELL YOU THE TRUTH, I'M NOT SURE.

THE DOCTOR KEPT TALKING ABOUT THE NERVES IN MY GUT AND MY... ..UHHH... MY POOP!

EXACTLY. IT DIDN'T STOP HIM FROM TALKING, THOUGH.

GROSS!



HE SAID THAT THE NERVES IN MY INTESTINES ARE SUPER SENSITIVE...

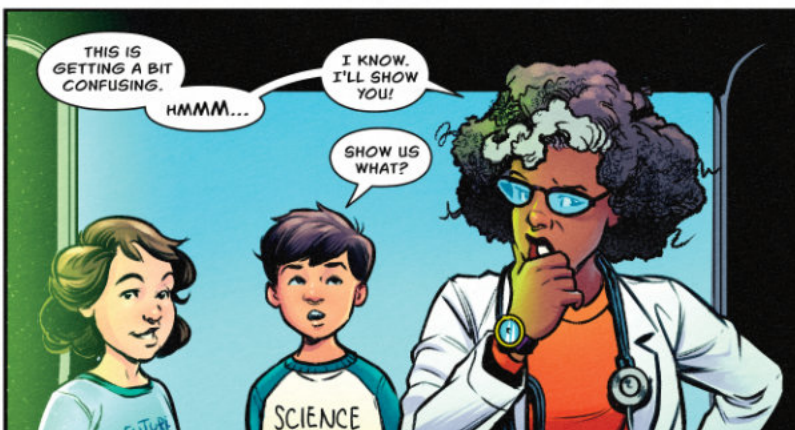
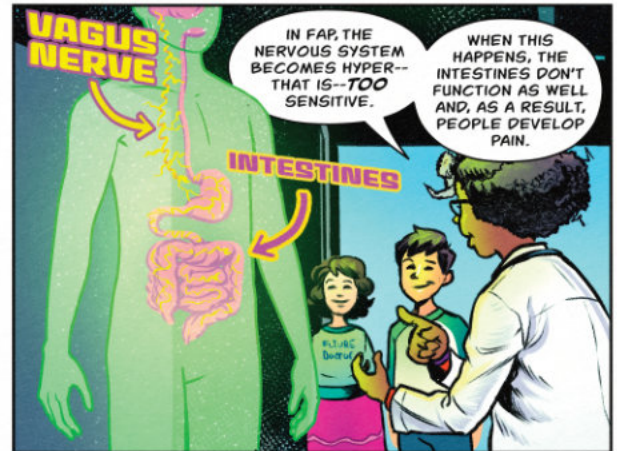
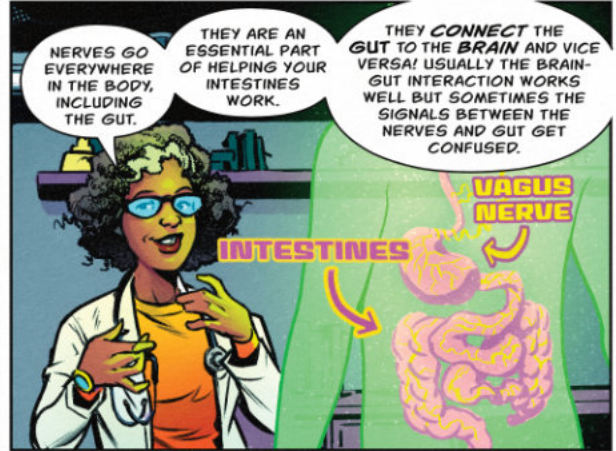
...AND NOW I'M KINDA WORRIED. I DON'T KNOW WHAT TO DO.

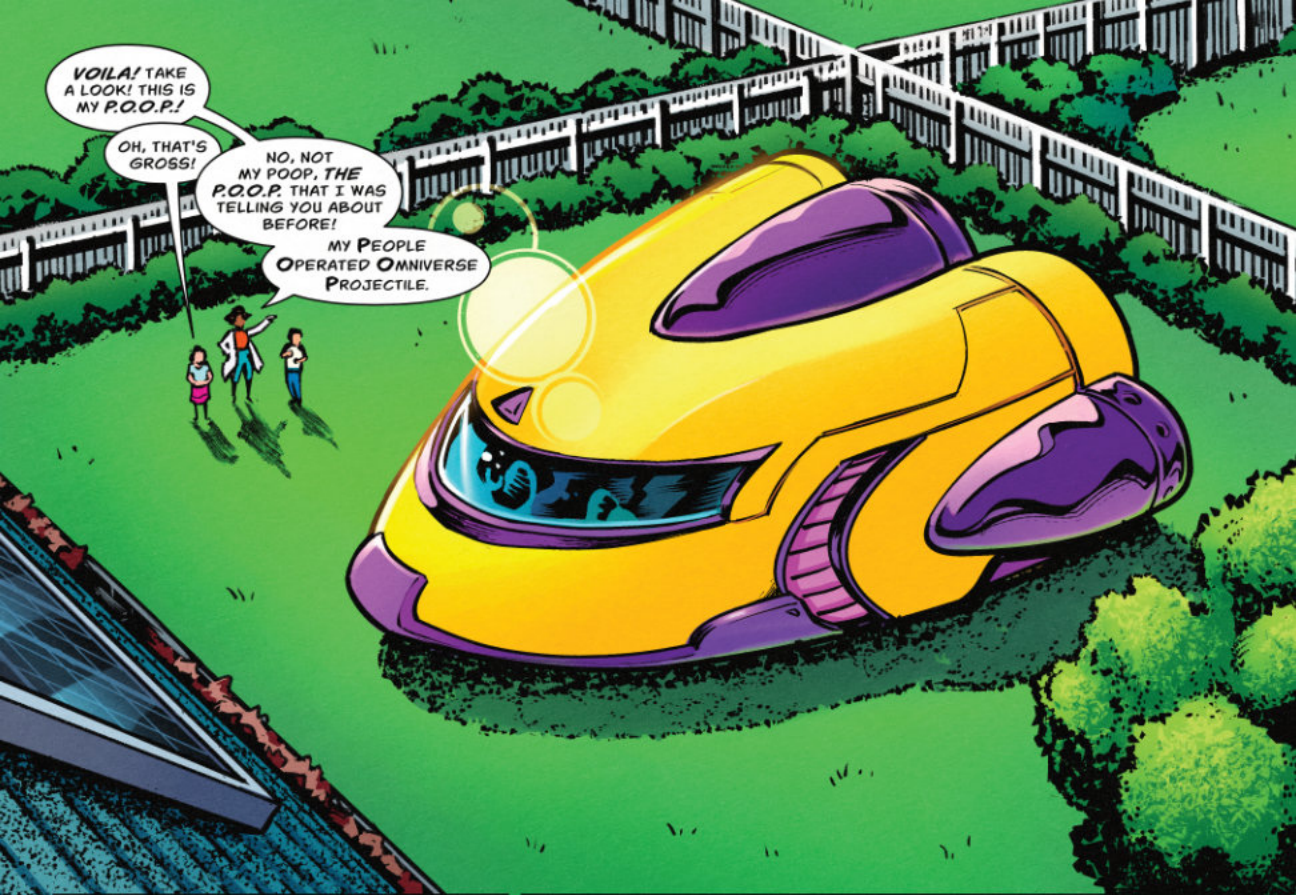
WELL, I DO!



LET'S GO SEE DOCTOR LIVEWELL. SHE'S SUPER SMART. SHE'LL KNOW WHAT TO DO!







VOILA! TAKE A LOOK! THIS IS MY P.O.O.P.!

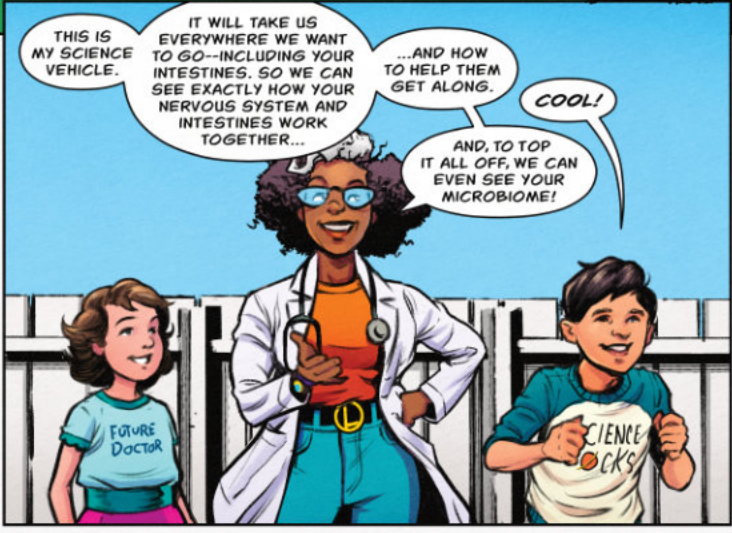
OH, THAT'S GROSS!

NO, NOT MY POOP, THE P.O.O.P. THAT I WAS TELLING YOU ABOUT BEFORE!

MY PEOPLE OPERATED OMNIVERSE PROJECTILE.



UHH, WHAT?



THIS IS MY SCIENCE VEHICLE.

IT WILL TAKE US EVERYWHERE WE WANT TO GO--INCLUDING YOUR INTESTINES. SO WE CAN SEE EXACTLY HOW YOUR NERVOUS SYSTEM AND INTESTINES WORK TOGETHER...

...AND HOW TO HELP THEM GET ALONG.

COOL!

AND, TO TOP IT ALL OFF, WE CAN EVEN SEE YOUR MICROBIOME!



MICROBIOME? DOCTOR LIVEWELL, ARE YOU MAKING UP WORDS?

NO! NOT MAKING UP WORDS!

A PERSON'S MICROBIOME IS ANOTHER REASON WHY FAP CAN OCCUR.

LET ME SHOW YOU...



...EVERYBODY INTO THE P.O.O.P.!

UGH, WHY DID SHE NAME IT THAT?

HEHE... I HOPE IT SMELLS OKAY INSIDE.



WOOOOOWW!



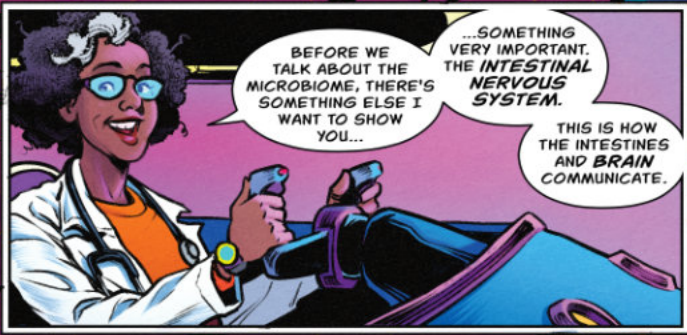


SEE ALL THOSE BACTERIA?

THOSE BACTERIA MAKE UP YOUR MICROBIOME!

WE HAVEN'T SEEN THE LAST OF THEM...

**HOLD ON!**



BEFORE WE TALK ABOUT THE MICROBIOME, THERE'S SOMETHING ELSE I WANT TO SHOW YOU...

...SOMETHING VERY IMPORTANT. THE **INTESTINAL NERVOUS SYSTEM**.

THIS IS HOW THE **INTESTINES AND BRAIN** COMMUNICATE.





DOCTOR LIVEWELL, THIS IS ALL VERY INTERESTING BUT HOW IS IT RELATED TO THE PAIN IN MY GUT?

GOOD QUESTION!

PEOPLE WHO HAVE **FAP** HAVE SUPER SENSITIVE INTESTINAL NERVOUS SYSTEMS.

FOR EXAMPLE, WHEN PEOPLE WITHOUT **FAP** GET A LITTLE GASSY, THEIR NERVOUS SYSTEM TELLS THEIR BRAINS "GUESS WHAT? YOU HAVE A LITTLE GAS!"

SO, YOU'RE SAYING MY GUT NERVOUS SYSTEM IS SUPER SENSITIVE?!

BUT THE SAME GASSINESS IN SOMEONE WITH **FAP** CAUSES PAIN.



EXACTLY, THIS HYPER- OR SUPER-SENSITIVITY CAUSES GUT PAIN.

IT CAUSES ME SO MUCH PAIN THAT SOMETIMES I MISS SCHOOL AND DON'T WANT TO HANG OUT WITH FRIENDS.

FOR SOME PEOPLE, **FAP** CAN GET IN THE WAY OF NORMAL DAILY ACTIVITIES.



IT'S IMPORTANT TO REMEMBER THAT DESPITE THE PAIN FEELING AWFUL, THERE IS NO DAMAGE TO THE GUT ITSELF.

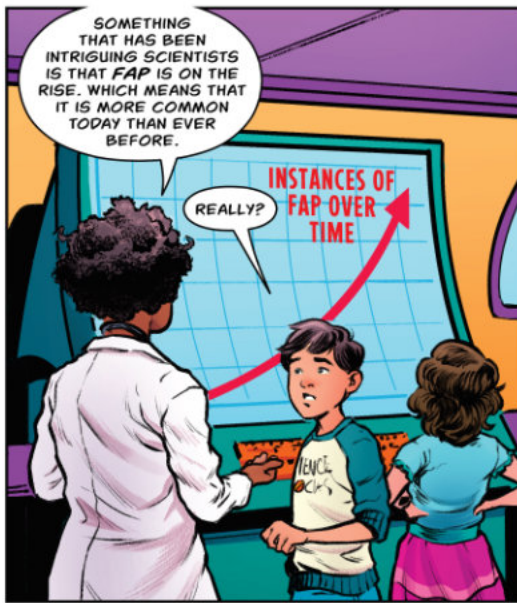
THE KEY IS TO TAKE AWAY THE TRIGGERS OF **FAP** AND TO HELP RELAX THE NERVES SO THE PAIN WILL GO AWAY.



SO WHY DO I HAVE **FAP**?

THAT'S A GREAT QUESTION.

THE CAUSE OF **FAP** HAS BEEN LINKED TO MANY THINGS INCLUDING PAST INFECTIONS, UPSETTING EXPERIENCES AND STRESS.



SOMETHING THAT HAS BEEN INTRIGUING SCIENTISTS IS THAT **FAP** IS ON THE RISE. WHICH MEANS THAT IT IS MORE COMMON TODAY THAN EVER BEFORE.

REALLY?

INSTANCES OF FAP OVER TIME



THROUGHOUT THE WORLD, MILLIONS AND MILLIONS OF PEOPLE HAVE **FAP**! MORE THAN ANY OTHER TIME IN HISTORY.

WOW! THAT'S A LOT OF US!

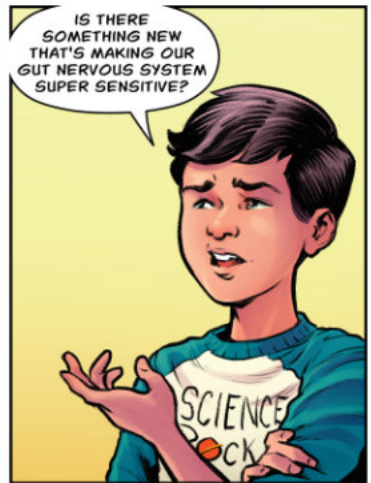


THERE ARE U.S. PRESIDENTS, PRO ATHLETES, MOVIE STARS, ROCK STARS AND EVEN SCIENTISTS WHO HAVE **FAP**!

EVERY TIME YOU WALK OUTSIDE, YOU PROBABLY WALK BY SOMEBODY WITH **FAP** AND DON'T EVEN REALIZE IT.



DO YOU HAVE ANY IDEA WHY SO MANY PEOPLE HAVE **FAP**?



IS THERE SOMETHING NEW THAT'S MAKING OUR GUT NERVOUS SYSTEM SUPER SENSITIVE?



GREAT QUESTIONS!

THERE ARE CHANGES IN OUR WORLD THAT MAKE **FAP** MORE COMMON TODAY THAN EVER BEFORE.

TO BETTER UNDERSTAND WHY, WE NEED TO DO SOMETHING A BIT RISKY.

REALLY? WHAT?!

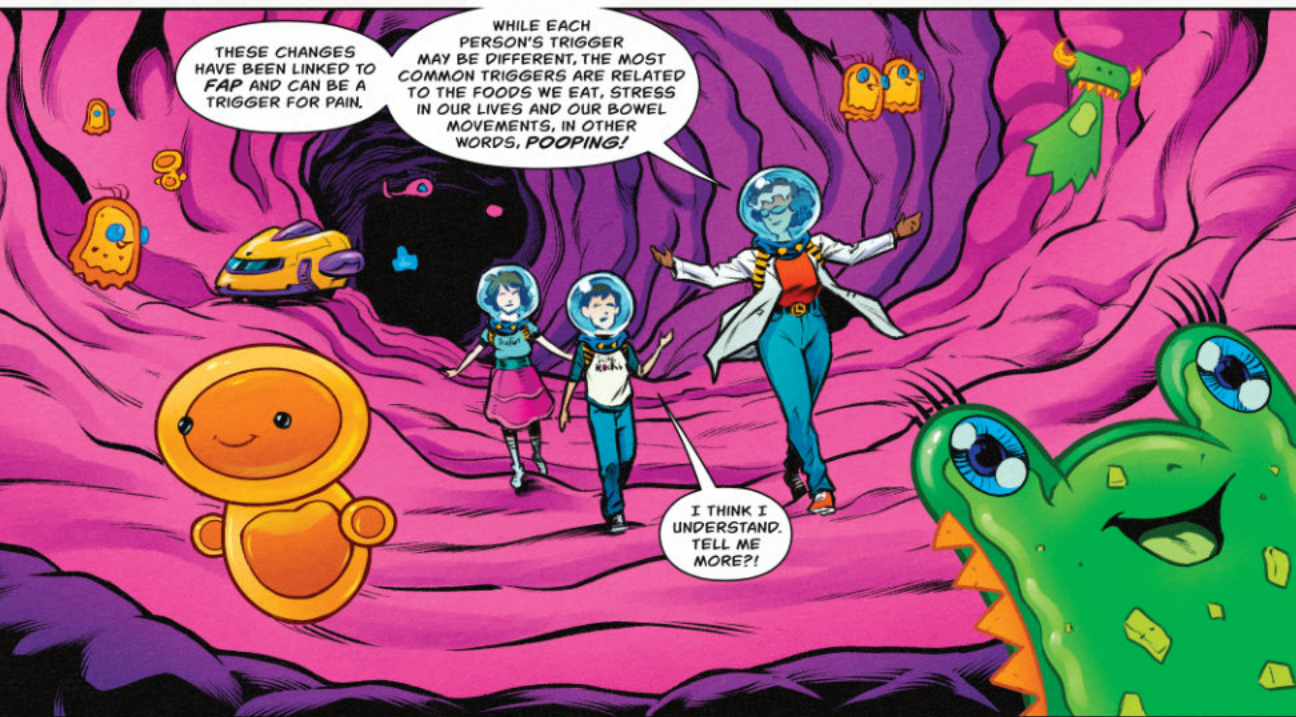
WE NEED TO GO ON A FIELD TRIP!



A FIELD TRIP?

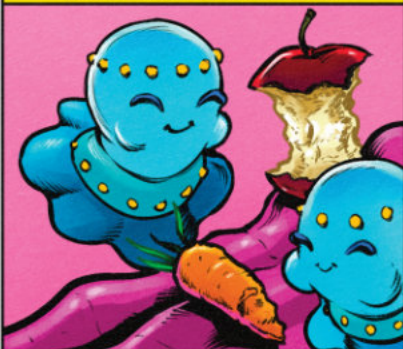
ABSOLUTELY! LET'S SUIT UP!

WE'LL GO TO SEE WHERE AND HOW **FAP** TAKES PLACE!



# CHOOSE YOUR OWN PATH!

IF YOU'RE INTERESTED IN LEARNING MORE ABOUT WHAT YOU'RE EATING AND HOW IT AFFECTS YOUR MICROBIOME AND FAP GO TO PAGE 12.



OR...IF WHAT YOU REALLY WANT TO KNOW ABOUT IS, WELL, TO PUT IT IN THE LEAST OFFENSIVE WAY, POOPING AND FAP GO STRAIGHT TO PAGE 16.



OR IF YOU'RE ADVENTUROUS AND WANT TO LEARN HOW STRESS AND EMOTIONS AFFECT FAP GO TO PAGE 19.



**FOOD/MICROBIOME & FAP**

THE FOODS WE EAT HAVE A BIG EFFECT ON US. OUR ANCESTORS DIDN'T HAVE MANY OF THE PROBLEMS WE HAVE TODAY BECAUSE THEY JUST DIDN'T HAVE ALL THE FOOD OPTIONS WE HAVE!



SO, ARE YOU SAYING OUR HUNTER AND GATHERING ANCESTORS WEREN'T HUNTING AND GATHERING CANDY AND SODA.

HEE, HEE!

EXACTLY! FROM THE BEGINNING, HUMANS ATE WHAT THEY COULD EASILY FIND.



VEGETABLES, FRUITS, GRAINS, AND WHEN THEY WERE ABLE TO, MEATS.

SO, OUR BODIES AND OUR MICROBIOMES ARE ADAPTED TO DIGESTING THESE FOODS.

DOCTOR LIVEWELL, WHAT EXACTLY IS THE MICROBIOME?



LOOK OVER THERE. WHAT YOU'RE SEEING ARE BACTERIA.

THEY, ALONG WITH OTHER MICROSCOPIC BEINGS LIVE IN YOUR GUT CREATING AN ECO-SYSTEM MUCH LIKE PLANTS AND ANIMALS IN A JUNGLE.

THESE MICROSCOPIC CREATURES MAKE UP YOUR INTESTINAL MICROBIOME.

IN FACT, IN YOUR GUT THERE ARE TRILLIONS OF THESE BACTERIA PLUS, A LOT OF OTHER WEE BEASTIES\*.

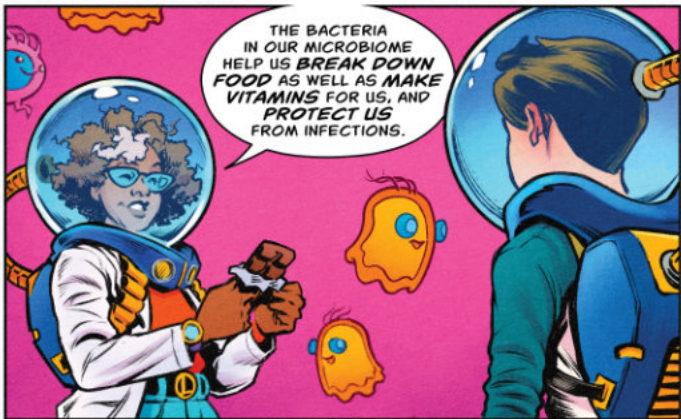
COOL!

\* DUTCH SCIENTIST ANTON VAN LEEUWENHOEK FIRST SAW LIVING BACTERIA WITH A MICROSCOPE IN THE 1670'S AND CALLED THEM "WEE BEASTIES."



THAT'S CRAZY! WHY ARE THEY HERE?

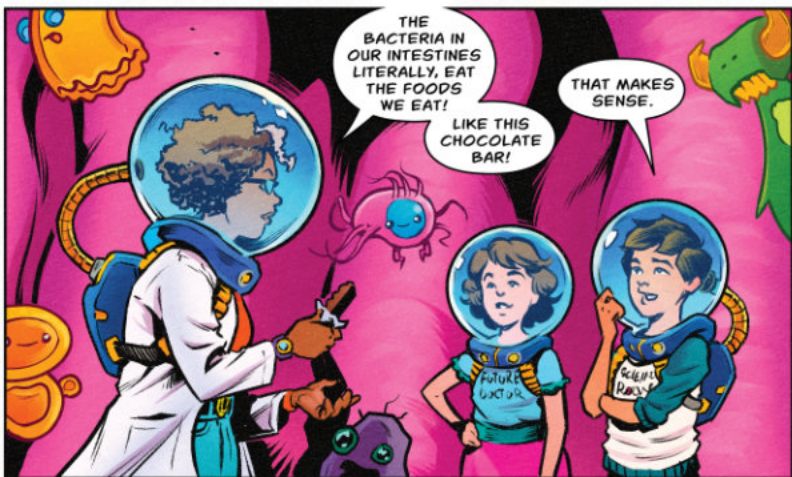
THEY, OUR MICROBIOME, ARE HERE TO HELP US!



THE BACTERIA IN OUR MICROBIOME HELP US BREAK DOWN FOOD AS WELL AS MAKE VITAMINS FOR US, AND PROTECT US FROM INFECTIONS.



WHAT DOES THIS HAVE TO DO WITH MY STOMACH PAINS?



THE BACTERIA IN OUR INTESTINES LITERALLY, EAT THE FOODS WE EAT!

THAT MAKES SENSE.

LIKE THIS CHOCOLATE BAR!



WATCH!



THERE ARE LOTS OF DIFFERENT TYPES OF BACTERIA THAT LIVE WITHIN OUR MICROBIOME AND, JUST LIKE DIFFERENT ANIMALS, DIFFERENT BACTERIA LIKE TO EAT DIFFERENT TYPES OF FOOD.

I GET IT. KIND OF LIKE AN ELEPHANT AND A LION. THEY'RE BOTH ANIMALS, BUT THEY EAT VERY DIFFERENT FOODS.



EXACTLY! SO DEPENDING ON WHAT FOODS A PERSON EATS, DIFFERENT TYPES OF BACTERIA WILL BE FOUND IN THE MICROBIOME.

MOST BACTERIA ARE GOOD AND CAUSE NO PROBLEMS. WHILE SOME BACTERIA CAN AGGRAVATE AND CAUSE INTESTINAL PAIN.

EATING FOODS WHICH INCREASE THESE "BAD" BACTERIA, CAN AFFECT HOW OUR GUT FEELS.

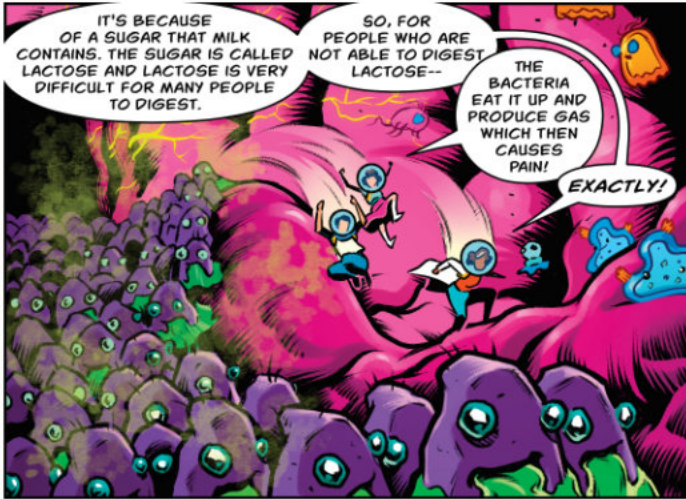


NOT ONLY DOES EATING THE WRONG FOODS CHANGE THE TYPE OF BACTERIA, IT CAN ALSO CHANGE WHAT THE BACTERIA DO.

WHEN SOME BACTERIA GET EXTRA SUGAR LIKE, FOR EXAMPLE, AS IN SODA, THEY PRODUCE A LOT MORE GAS.

GAS STRETCHES THE GUT LIKE A BALLOON WHICH THEN ACTIVATES THE NERVES IN THE INTESTINES CAUSING PAIN.

WHOA! IT'S GETTING BAD IN HERE! WE SHOULD GO!





SO, WHAT SHOULD A PERSON WITH FAP EAT?

AND, EVEN MORE IMPORTANT, WHAT SHOULD WE STAY AWAY FROM?



GREAT QUESTION!

DIETARY TRIGGERS CAN BE DIFFERENT FOR DIFFERENT PEOPLE.

WORKING TOGETHER WITH YOUR DOCTOR AND DIETICIAN WILL GET YOU THE BEST ANSWER TO YOUR QUESTION.



IT'S ALSO IMPORTANT TO REMEMBER THAT WHILE DIETARY TRIGGERS FOR FAP ARE NOT UNCOMMON, NOT EVERY PATIENT HAS ONE.

HERE'S A LIST OF THE COMMON DIETS PEOPLE WITH FAP TRY.

DISCUSS IT WITH YOUR DOCTOR AND DIETICIAN AND TOGETHER YOU CAN DECIDE WHICH ONE MAY BE RIGHT FOR YOU.



THANKS, DOCTOR LIVEWELL!

I'VE ALWAYS THOUGHT THAT KNOWLEDGE IS POWER!

NOW, I'LL KNOW WHAT FOODS TO EAT!

WAHOO!

# CHOOSE YOUR OWN PATH!

IF WHAT YOU REALLY WANT TO KNOW ABOUT IS, WELL, TO PUT IT IN THE LEAST OFFENSIVE WAY, POOPING AND FAP GO STRAIGHT TO PAGE 16.



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**POOPING & FAP**



THE GUT IS AMAZING!

YOU NEVER KNOW WHAT YOU'LL FIND AROUND THE CORNER!



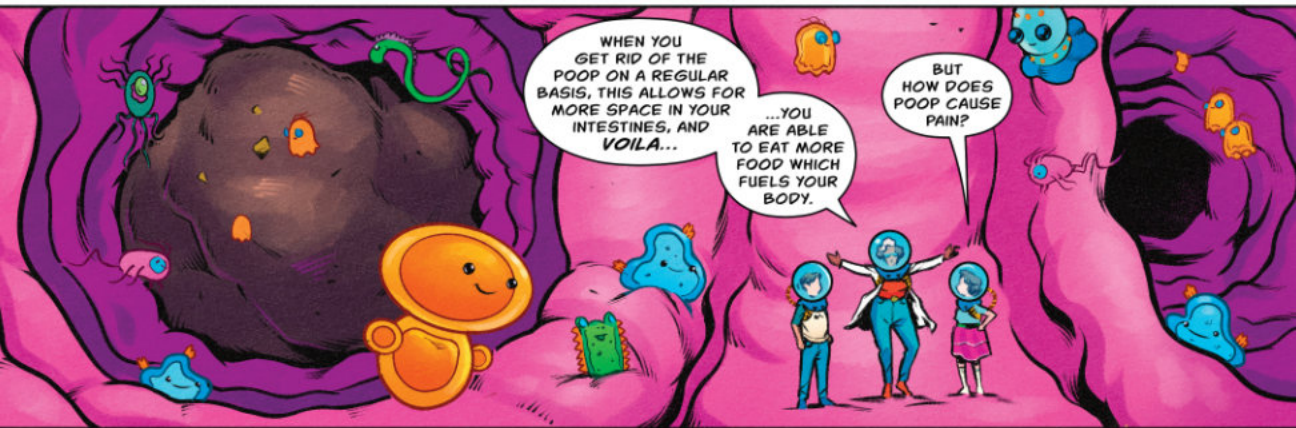
SO TRUE!

DOCTOR LIVEWELL, I DON'T UNDERSTAND HOW POOP IS RELATED TO MY PAIN.

AH! YOU SEE, HAVING TOO MUCH POOP IN THE INTESTINES IS ONE OF THE MOST COMMON CAUSES OF ABDOMINAL PAIN.



WHICH IS WHY HAVING NICE SOFT BOWEL MOVEMENTS EVERY DAY IS SO IMPORTANT.



WHEN YOU GET RID OF THE POOP ON A REGULAR BASIS, THIS ALLOWS FOR MORE SPACE IN YOUR INTESTINES, AND VOILA...

...YOU ARE ABLE TO EAT MORE FOOD WHICH FUELS YOUR BODY.

BUT HOW DOES POOP CAUSE PAIN?



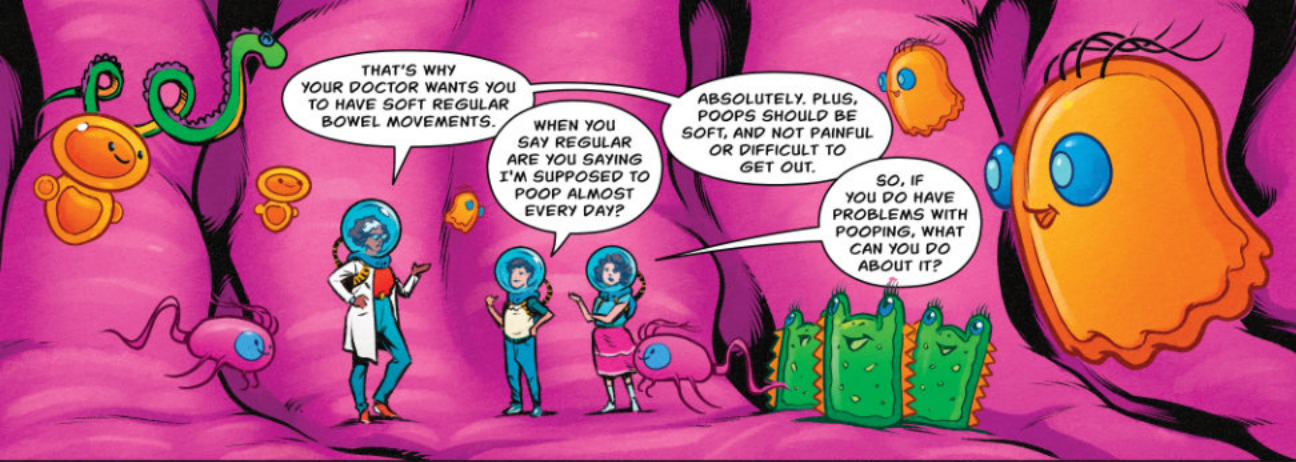
IF THE POOP DOESN'T LEAVE, IT BUILDS UP INSIDE YOUR INTESTINES...



...AND IT IS THAT BUILD UP... THAT ACCUMULATION, THAT STRETCHES THE INTESTINES...



...WHICH ACTIVATES THE INTESTINAL NERVOUS SYSTEM RESULTING IN SPASMS AND PAIN.



THAT'S WHY YOUR DOCTOR WANTS YOU TO HAVE SOFT REGULAR BOWEL MOVEMENTS.

WHEN YOU SAY REGULAR ARE YOU SAYING I'M SUPPOSED TO POOP ALMOST EVERY DAY?

ABSOLUTELY. PLUS, POOPS SHOULD BE SOFT, AND NOT PAINFUL OR DIFFICULT TO GET OUT.

SO, IF YOU DO HAVE PROBLEMS WITH POOPING, WHAT CAN YOU DO ABOUT IT?

AH! THERE ARE MANY THINGS WE CAN DO.

THE FOODS WE EAT PLAY AN **IMPORTANT** ROLE IN HOW WELL WE POOP!

INCREASING THE AMOUNT OF VEGETABLES AND FRUITS IN YOUR DIET INCREASES YOUR FIBER INTAKE.

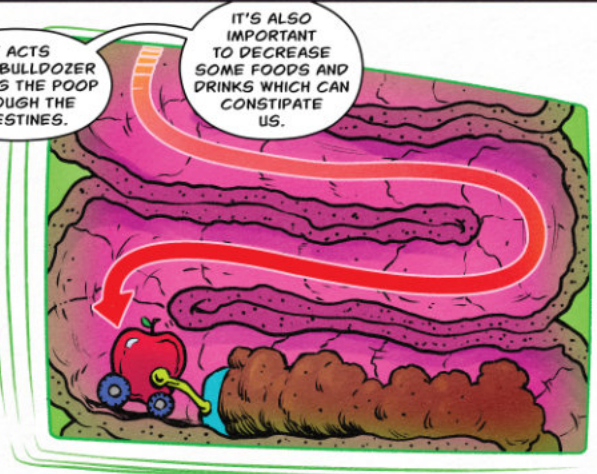
AND FIBER IS AN IMPORTANT POOPING TOOL!

IT ACTS LIKE A BULLDOZER PUSHING THE POOP THROUGH THE INTESTINES.

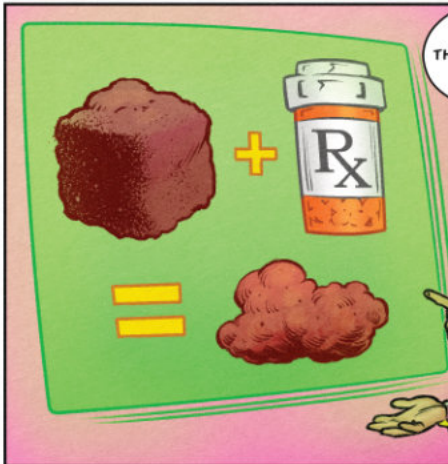
IT'S ALSO IMPORTANT TO DECREASE SOME FOODS AND DRINKS WHICH CAN CONSTIPATE US.



((BEEP))

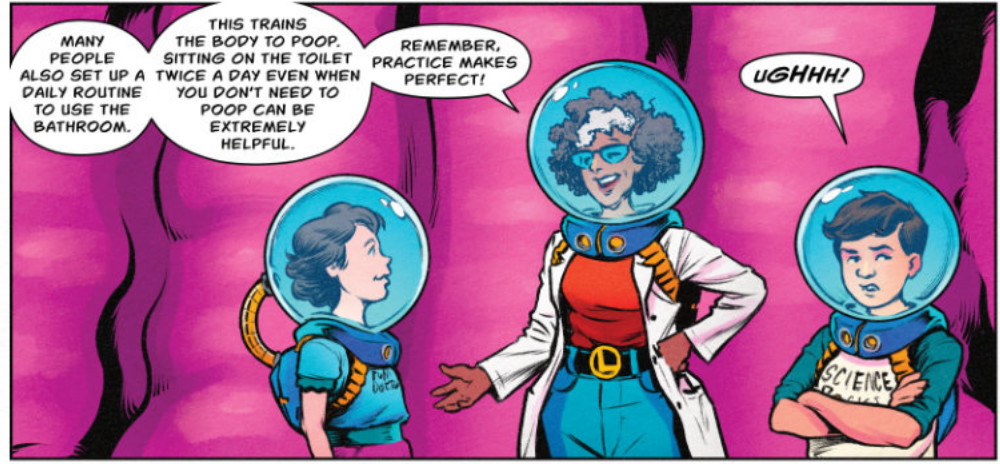


WHAT IF CHANGING THE FOODS YOU EAT DOESN'T WORK?



GOOD QUESTION. THERE ARE OTHER THINGS THAT CAN HELP...

...LIKE MEDICATIONS WHICH CAN SOFTEN THE STOOL OR HELP PUSH THE POOP THROUGH THE INTESTINES.



MANY PEOPLE ALSO SET UP A DAILY ROUTINE TO USE THE BATHROOM.

THIS TRAINS THE BODY TO POOP. SITTING ON THE TOILET TWICE A DAY EVEN WHEN YOU DON'T NEED TO POOP CAN BE EXTREMELY HELPFUL.

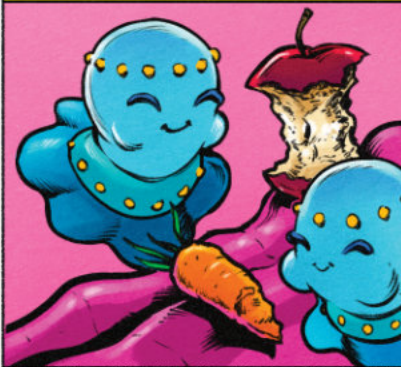
REMEMBER, PRACTICE MAKES PERFECT!

UGH!!!



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OR IF YOU'RE ADVENTUROUS AND WANT TO LEARN HOW STRESS AND HOW YOU FEEL AFFECTS FAP GO TO PAGE 19.



OR IF YOU ARE READY TO GET OUT OF HERE...GO TO PAGE 24.



DR. LIVWELL, HOW DOES STRESS MAKE FAP WORSE?

GREAT QUESTION, SAPIE!

FIRST, LOOK UNDER YOUR FEET AT THE LINING OF THE INTESTINAL TRACT...RIGHT BENEATH THE LINING OF THE GUT ARE THE NERVES WHICH RUN THROUGH THE INTESTINES.

THESE NERVES ARE AFFECTED BY HOW WE FEEL.

WHEN WE ARE ANXIOUS, STRESSED, OR DEPRESSED, OUR BODY PRODUCES NEUROTRANSMITTERS AND HORMONES WHICH ARE THEN RELEASED THROUGHOUT OUR BODIES.

THESE HORMONES AND NEUROTRANSMITTERS AFFECT HOW THE INTESTINAL NERVOUS SYSTEM SENSES AND REACTS TO WHATEVER IS GOING THROUGH THE GUT.

IN FACT, THERE IS SCIENTIFIC EVIDENCE SUGGESTING THAT **LONG TERM STRESS** FACILITATES **VISCERAL PAIN** THROUGH SENSITIZATION OF **PAIN PATHWAYS** AND PROMOTES CHRONIC VISCERAL PAIN.

UM... WHAT?

HUH!? DOCTOR LIVWELL, YOU'RE GETTING WAY TOO CONFUSING!

CAN YOU EXPLAIN IT A BIT MORE CLEARLY?

YES. LET ME TRY AGAIN!

TO PUT IT ANOTHER WAY, STRESS ACTIVATES OUR NERVES, MAKING THEM EVEN MORE SENSITIVE TO ABSOLUTELY EVERYTHING AROUND THEM...

...INCLUDING THE FOOD YOU EAT, THE POOPS YOU POOP, AND EVEN THE GAS INSIDE YOUR INTESTINES.

POKE



WHEN THERE IS A LOT OF STRESS, YOUR NERVES ARE OVER-ACTIVATED WHICH CAN LEAD TO EVEN GREATER SENSITIVITY OR WHAT DOCTORS CALL HYPERSENSITIVITY.

HOW?

FUTURE DOCTOR



HMMM...

WHEN YOU DO SOMETHING OVER AND OVER AGAIN LIKE PLAYING A GAME OR READING...

I GET BETTER AT IT.

...WHAT HAPPENS?



EXACTLY! THE VERY SAME THING IS TRUE WITH THE GUT NERVOUS SYSTEM.

THE MORE PAIN IT SENSES, THE BETTER IT BECOMES AT SENSING PAIN.



WHICH ISN'T REALLY A GOOD THING.

TRUE. WHEN STRESS, ANXIETY OR DEPRESSION OCCUR, THE GUT BECOMES INCREASINGLY SENSITIVE.

THE MORE THIS OCCURS, THE MORE SENSITIVE THE NERVES BECOME, AND THE MORE PAIN A PERSON WITH FAP FEELS.



IN FACT, THE GUT CAN BECOME SO SENSITIVE, THAT EVEN ITS NORMAL FUNCTIONS, LIKE DIGESTION AND MOVING FOOD THROUGH THE INTESTINES, CAN CAUSE PAIN.



WHOOA!

DOCTOR, HOW DO I MAKE IT BETTER?

HOW DO I MAKE IT LESS SENSITIVE?



THERE ARE MANY THINGS THAT CAN BE DONE TO HELP RELAX THE INTESTINAL NERVES AND MAKE THEM LESS SENSITIVE.

ONE OF THE MOST IMPORTANT THINGS IS DISTRACTION, KEEPING YOUR MIND FOCUSED ON THINGS OTHER THAN YOUR GUT.

LIKE A HOBBY?



GOOD IDEA! YES, IN FACT, ANYTHING THAT ALLOWS THE BRAIN TO CONCENTRATE ON SOMETHING OTHER THAN THE GUT IS HELPFUL.

EXERCISE, READING, OR WHATEVER YOU ENJOY DOING, CAN HELP ALLOW THE NERVES IN THE GUT TO RELAX.



IS THAT WHY MY DOCTOR TOLD MY PARENTS TO STOP ASKING ME HOW I WAS FEELING? SO, THAT I WOULD STOP THINKING ABOUT IT...

...SO MY GUT COULD RELAX.

PRECISELY! YOUR DOCTOR WANTS YOU TO BE THINKING ABOUT OTHER THINGS! THIS IS DEFINITELY AN IMPORTANT STEP.



ANOTHER IMPORTANT STEP IN THE HEALING PROCESS IS DEALING WITH STRESS IN YOUR LIFE IN A POSITIVE WAY.

LET'S FACE IT, OUR LIVES ARE FULL OF STRESS. SCHOOL, TEACHERS, FRIENDS, BULLIES, FAMILY CAN ALL CAUSE STRESS. THIS IS TRUE FOR EVERYONE.



IF STRESS IS A PROBLEM, THEN MAKING A PLAN TO SOLVE THE PROBLEM IS KEY.

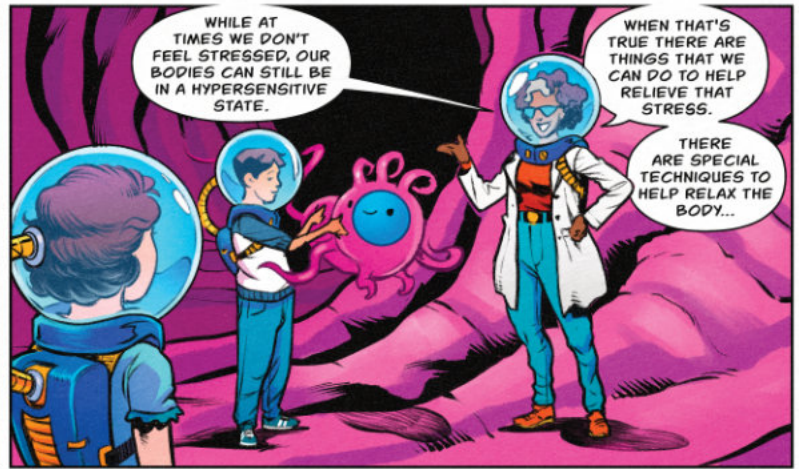
THIS MAY INCLUDE REACHING OUT TO PEOPLE WE KNOW WHO CAN HELP LIKE SCHOOL COUNSELORS, TEACHERS, FRIENDS, OR FAMILY.

ALSO, A GREAT PSYCHOLOGIST CAN HELP AS WELL.

Pat



DOCTOR LIVWELL, THE TRUTH IS, I REALLY DON'T FEEL STRESSED.



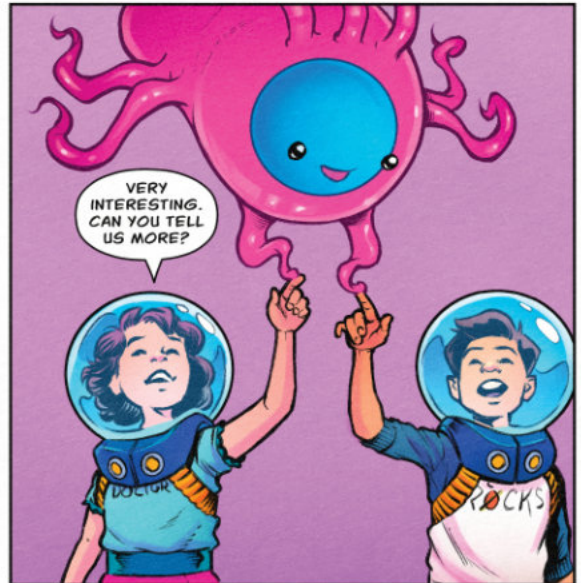
WHILE AT TIMES WE DON'T FEEL STRESSED, OUR BODIES CAN STILL BE IN A HYPERSENSITIVE STATE.

WHEN THAT'S TRUE THERE ARE THINGS THAT WE CAN DO TO HELP RELIEVE THAT STRESS.

THERE ARE SPECIAL TECHNIQUES TO HELP RELAX THE BODY...



...INCLUDING COGNITIVE BEHAVIOR THERAPY OR CBT AND BIOFEEDBACK.



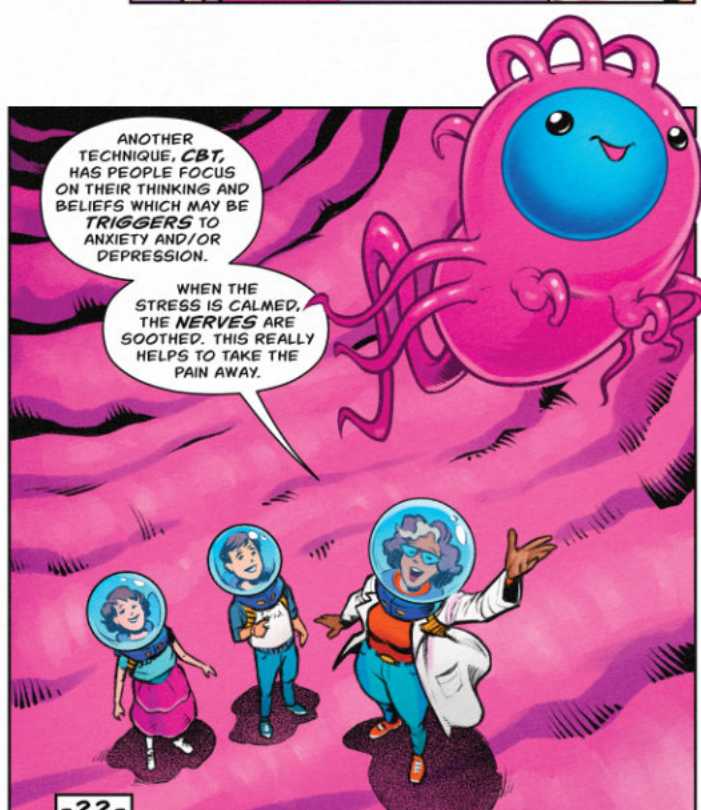
VERY INTERESTING. CAN YOU TELL US MORE?



OF COURSE!

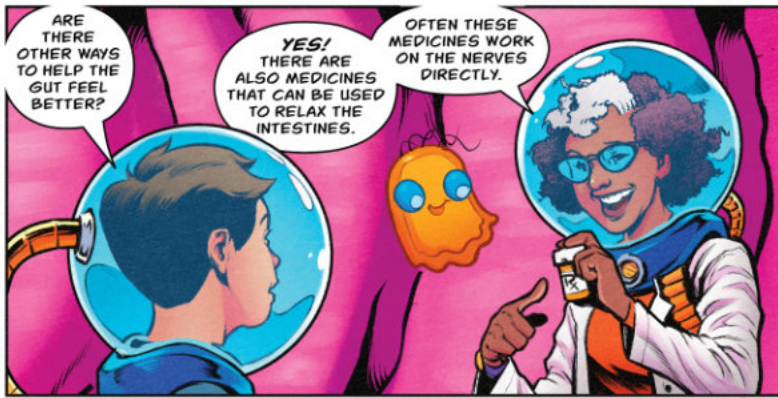
BIOFEEDBACK IS A TECHNIQUE WHERE PEOPLE TEACH THEMSELVES HOW TO RELAX BY USING RELAXATION TECHNIQUES.

SUCCESS WITH RELAXATION IS MONITORED BY MEASURING MARKERS OF HYPERSENSITIVITY INCLUDING, FOR EXAMPLE, HEART RATE.



ANOTHER TECHNIQUE, CBT, HAS PEOPLE FOCUS ON THEIR THINKING AND BELIEFS WHICH MAY BE TRIGGERS TO ANXIETY AND/OR DEPRESSION.

WHEN THE STRESS IS CALMED, THE NERVES ARE SOOTHED. THIS REALLY HELPS TO TAKE THE PAIN AWAY.

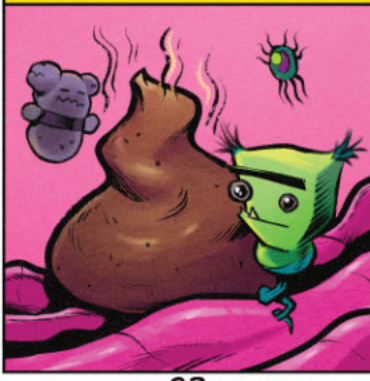


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OR IF YOU ARE READY TO GET OUT OF HERE...GO TO PAGE 24.



READY TO GET OUT OF HERE

THANKS,  
DOCTOR  
LIVWELL!



FAP  
TOTALLY  
MAKES  
SENSE!



NOW  
I KNOW  
WHAT I NEED  
TO DO!!

WHAT?

I AM GOING  
TO WORK WITH MY  
DOCTOR AND THEIR  
TEAM TO GET MY FAP  
UNDER CONTROL! AND  
THEN KEEP IT  
THERE!

YEAH!?

SCIENCE  
ROCKS

TO LEARN MORE ABOUT YOUR  
FAP, HAVE A NICE LONG TALK WITH  
YOUR GASTROENTEROLOGIST--  
YOUR GUT DOCTOR--YOUR VERY OWN  
DOCTOR LIVWELL!

**Special thanks to Jason's  
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**NIMBAL**  
**COMICS**