

The Mysterious Stomach Issue that Kept Gordon Ryan From Competing for a Year

The Joe Rogan experience How many more years do you think that you can maintain this level of dedication Have you thought about this Yeah Um So it's all number one pending my health particularly my stomach which is like probably 70% better Now That's amazing Like uh the last podcast I told you like I literally have no idea what we talked about at all besides me telling you that I was nauseous I was so nauseous I was just like come on fucking tell everybody what so what happened was you got staph infection but not Henzo in New York City was notorious for giving people staff that that basement because it got no sunlight It was down there and you got a bunch of savages out there strangling each other and sweating in this puddle and it just got funky right And so you got bad staff So I had recurring staph infections in 2018 And then uh uh I was taking oral antibiotics and it just wiped out everything in my stomach like all the good bacteria everything And then uh I had what ended up being uh a fungal overgrowth A massive fungal overgrowth in my small intestine and uh a huge bacterial imbalance uh in my stomach and then H pylori which I had um but it was misdiagnosed as gastroparesis because I did a stomach emptying test where you eat like radioactive eggs and they scan your stomach every X amount of like every half hour to see how it moves through the stomach And I was emptying slow and uh so they misdiagnosed as gastroparesis I still have people message me every single day who like are catching up on the podcast Like man I just saw Joe tell me what you did for your gastroparesis I'm like I don't fucking have gastroparesis Um but uh they misdiagnosed it after like four years I went to like all the best doctors in the country and they're just useless like they just oh we'll do an endoscopy I had one guy do a colonoscopy and uh they're like yeah you look fine Um And I was like ok well if I can't get these doctors to figure it out I guess I'm just gonna deal with it Hopefully it'll get better And then uh it just got worse as time went on because the fungal overgrowth just started getting worse and worse And then it was like affecting my kidney function and it was just like awful And then I had to like partially I took a leave of absence I guess I like retired from grappling from a year because I couldn't even like function as a human being never mind Like I couldn't even like hold the conversation I was so nauseous all the time Um And then uh we were doing the podcast and I was like traveling I was like looking at houses

in Austin because he convinced me to move to Austin And I was here like eating restaurant food for like three days before and we went to the podcast and I was like fuck I can't even talk right now Um But uh because you used to have to eat very bland food but even even even I would just wake up like 24 7 nauseous Like the best way I can describe it is the worst hangover you ever had like where you want to throw up to feel better but you can't that's like my baseline and then it gets worse from there and then like imagine you go to training and like now picture you have the worst hangover you've ever had and you have to run a marathon 30 minutes later like the more tired you get the worse it gets Um So then I was like yeah I just I can't do this anymore Um And then somehow like the Stars aligned and actually his doctor in California because he had some bad stomach problems He's like you gotta go to Doctor Rar uh in in in California Um and I saw him and he's like yeah I don't think you have gastroparesis I think you just have a uh something in your small intestines which is backing up into your stomach um and causing like a bile and food back up and that's why you're emptying slowly and it's mimicking ga gastroparesis So he did a bunch of tests that no one's ever done And like my levels are like way off Like one of the things was like normal was between like zero and five and then high uh was like uh like over five or over 10 and my level is like 555 It was just like like 50 times what it was supposed to be So he uh so I've been on this treatment now for a year uh a year in October and uh I'm like 70 75% better Now I can actually hold the conversation I can eat food I can like do shit Um and now I'm competing again But uh so are there cases in like medical literature that talk about people taking high levels of antibiotics over because you took it over a 12 month period right You were constantly on antibiotics Yeah because so basically you take the antibiotics and it wipes out the the good bacteria in your stomach and then your immune system is trying to fix that So then your immune system is low It's not as strong as it usually is And you're training I'm training all the time So I'm always just run down and then you get staff again and then you take more antibiotics and then it wipes out your stomach even worse So then your immune system's on overdrive trying to fix it and then you get stuff again So you just it's like a cycle where you just keep getting staff and keep fucking up your immune system in your stomach So there was probably like a year period from like 2018 to 2019 where I think I was on antibiotics more than I wasn't for staff I would like get staff and be like on 10 days two weeks of of of medicine And then three days later I'd have staff again and I go back on antibiotics like it was just miserable Um

And for anybody who's never taken antibiotics and tried to work out it's it just drains you it just kills you You have no cardio You have nothing Um So uh then I started using hip a cleanse um in the shower when I would train It's like uh the soap that they use to wash their hands before surgery It's like a super strong soap Um And that that helped a lot And then I met his doctor Doctor Aar and uh now that I'm getting better I hardly ever get stuff I get like maybe like once every six months Do you use defense Hope I know John was skeptical of that but it's because he hasn't seen the research on it Like defense soap is fucking legit And the good thing about it is it doesn't kill any of the bad bacteria or the good bacteria That's the thing with hip cleans It works out everything that's not good Um But uh I I'll try defense soap because like there was like a point where if I didn't if I was on the mats and I didn't use Hippo cleanse I was guaranteed to get that I will have them send it to you But my friend guy Sacco who runs a company uh he created it because wrestlers like they were working with wrestlers and they were all getting staff And so he did all this research into various essential oils and things that are good for healthy bacteria but kill off bad bacteria So it's got like eucalyptus oil and tea tree oil and all And it also smells good It's only soap I use I use it every day but it it just it stopped for me It stopped all staff Ring worm I was getting it all the time I I well not not all the time but I got two I got staff twice and I got ringworm probably three or four times It was annoying I don't get it at all and I wasn't getting it at all when I was using it on a daily basis It's just it also just like it smells good It's it's just bad like regular soap but it's and they have wipes they have all kinds of shit that like they have stuff that like even if you can't get to a shower immediately they have uh these wipes that look like uh those butt wipes and just fucking clean yourself off with them Um But yeah I definitely have to try that but to your original point of how long I'm going to compete for Um So uh but keep going on with that So what did they do to how did he what it was the medication So to fix that So I just got he just got like got to my house to do this show And uh he's like what are all these fucking pills I literally have like 30 pill bottles that I have to take twice a day and it's just a combination of like over the counter stuff um to to help me there's like nothing that's in it that that's uh that's prescription But he gave me uh I'm on a strong oral antifungal Uh At first I did a first I treated the H pylori Um And then I'm on a strong antifungal and they all just like immune and like gut supporting uh medicines that just take time to rebuild the gut bacteria and flush out the the fungus and the and the bad the bad bacteria So I know we talked about this

before in the last time But what is you have you ever said you know I'm gonna take like a month and just do some serious hardcore fasting and see if that helps So I I did do the fasting Um It wasn't my choice I just literally couldn't eat Um but uh I I did I did try to do uh probably about three weeks of fasting Um and uh it just it didn't help Uh I think that I I needed the medicine Uh the first success I had was when uh you introduced me to Brigham with the ways to well so they gave me you know a bunch of stuff which increased my appetite a lot and was helping I was able to because my main thing is keeping weight on and gaining size I'm like a very I'm big but I'm a small heavyweight Um so I might depending on my stomach I'd be 205 you know one day and then I have a good month and then I'm 225 230 then I'm back to 210 and my weight would fluctuate based on how much I could eat So they they put me on this regimen and uh they gave me uh you know a bunch of stuff that increased my appetite So I got super big but I was still getting nauseous So I didn't like fix the problem I could eat more but then I would just be nauseous after Um so then I was using a combination of the ways to weld stuff uh with his doctor Um and now their stuff makes me more hungry and I can actually eat food now So everything is getting a little bit better and I feel like I used to just eat like two eggs and I would just feel it like sitting in my stomach it just wouldn't filter down Um so I would just be carrying food all day long and then I'm trying to force feed myself to keep the weight on and they actually did a test and they're like yeah you're you're not only can you not eat but your body is only absorbing like 60% of the food that you actually do eat So I was eating like 10 times less than I was supposed to and then just not absorbing half of it So it was just like a total disaster How much longer do you have to be on all this medication Uh well I have a uh I have to do I have to do a retest like this week I have to take a like a pee test and some blood work And then I'm gonna do a meeting with him on September 20th right after a DC C And then uh he's gonna tell me where to go from there We have to see what my levels are But uh uh I'm sure he's gonna keep me on a lot of this stuff It's just like overall stuff to like help promote digestion and and overall stomach uh function Uh But I'm just listening to what he says because everything you said so far has been accurate