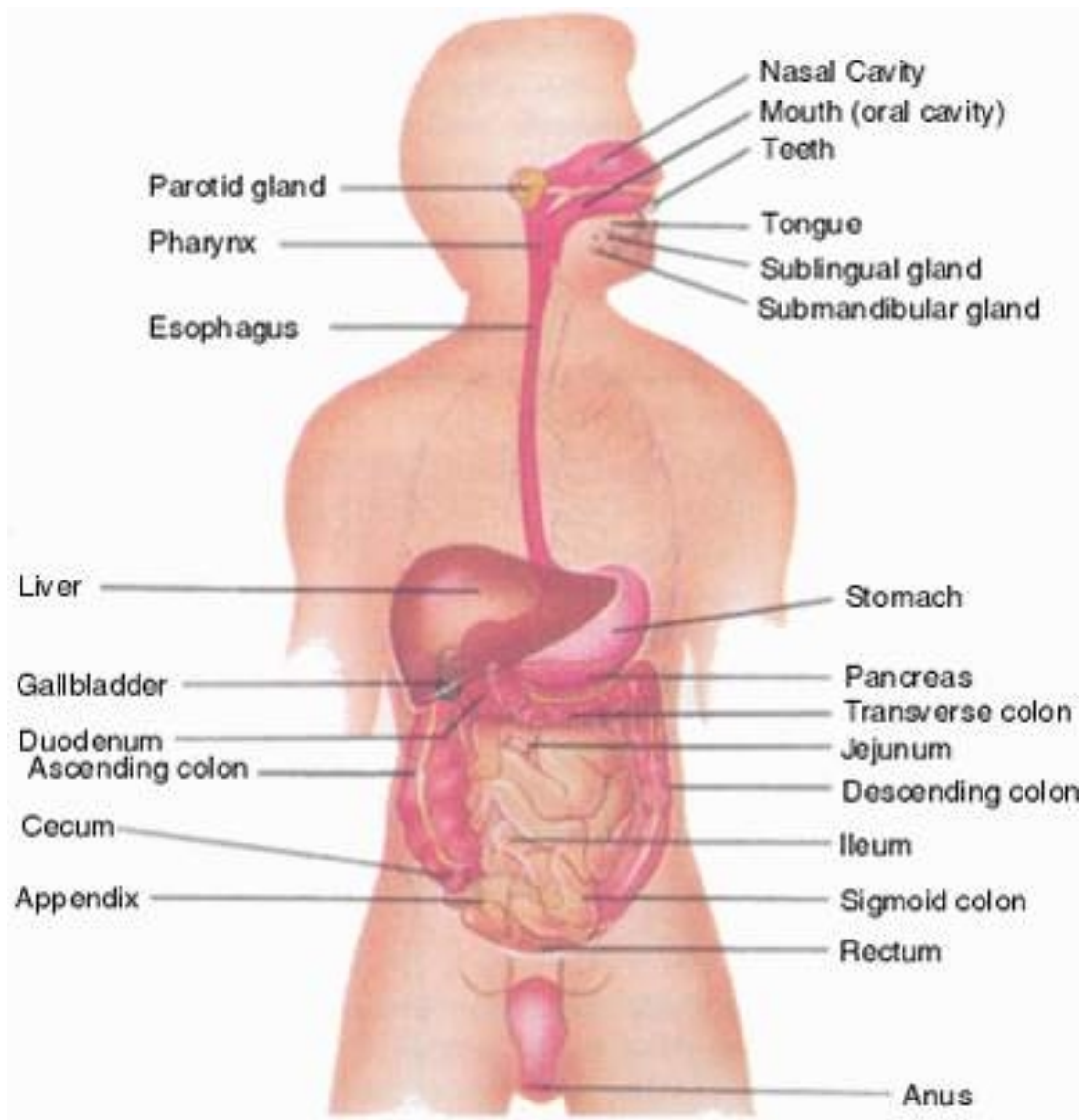


Human Cycles of Disease and Health

The fundamental role of the digestive system



The Digestive System

This article describes the fundamental factors in virtually all disease as a negative cycle, and shows clearly how they could be reversed by engaging in a lifestyle of eating live whole foods that bring a positive cycle of energy into your life. You might use these steps of the cycle as a tool in self-diagnosis and the designing of positive health programs for yourself.

Dr. Anthony Bassler wrote after a 25 year study of over 5,000 cases, **"Every physician should realized that the intestinal toxemias are the most important primary and contributing causes of many disorders and diseases of the human body"**¹

Poor Food

The SAD (Sad American Diet) Diet has the major food groups, but is lacking in vitality and freshness, low in fiber and too high in refined starches, the wrong fats and oils, and the wrong proteins. **Industrial food production has led to low levels of vitamins and minerals and high amounts of preservatives, hormones and other additives.**

If there are insufficient micronutrients, digestion, detoxification then the normal healthy body processes can be disabled. Deficiency is surprisingly common in the West. Relative deficiency will lead to poor functioning. For instance, digestive enzyme production is reduced if B vitamins are deficient.

Toxic food

Rancid or fried food gives oxidizing free radicals. High fat diets from animal fats and some processed oils and margarines have been found to increase the inflammation in colon diseases.² Excessive sugar, salt, protein, or highly processed food may overwhelm the digestive process, leaving part-digested food in the intestines. Read our article **"Toxic Matter In Your Blood"**

Estrogen's fed to cattle to increase their weight cause many problems, including yeast overgrowth in the intestines. A high fat diet from animal fats and some processed oils and margarines can result in a highly toxic body.

Antibiotics

Consistently over-prescribed and wrongly prescribed in the last few decades, commonly used antibiotics do not work any more on resistant strains of bacteria. 13,300 patients died in US hospitals from drug-resistant infection in one year according to Time Magazine (March 28 1994). Half the annual production of

antibiotics is fed to cattle, poultry and pigs as a prophylactic and to increase bulk. **Resistant bacteria developed in the animals are a source of dangerous infection to humans.** Antibiotics devastate the intestinal mucosa – no beneficial flora or protective mucus covering is left. Delicate mucosal cells are exposed to the intestinal contents, and parasites unaffected by antibiotics are free to invade.

Stress



Chronic stress not only reduces digestive enzymes and increases gut alkalinity, it also slows down protein replacement, leading to ulcers and leaky gut. Stress reduces mucus secretions and cuts down the immune system activity, leading to more inflammation, and attacks on the mucosa. So stress may reduce exactly the same nutritional factors as are needed for detoxification.

Drugs

Many medical drugs have moderate or severe effects on the digestive system, quite apart from their other toxic effects.

Poor digestion

Food enzymes are generally destroyed by overheating and in the preparation of processed foods. Without food enzymes a very crucial digestive process is completely eliminated. See our article **"The Importance Of Enzymes"**.

Stomach acid enables protein-digesting enzymes to activate and begin their work. This process enables us to take in minerals from food and is a barrier to microorganisms. Poor digestion of protein leads to part-digested food in the gut. Pathogenic organisms are attracted, and can produce highly toxic putrefaction. Oversized molecules may also be absorbed and pro-

voke immune system reactions, or food allergy.

Allergy and Food Intolerance

When an allergy is strong, it sets up unmistakable, immediate widespread reactions. Most people recognize these reactions at an early age. Gluten is a common allergen, directly related to inflammations of the intestinal tract. Lactose intolerance sets up allergic reactions associated with inflammatory bowel diseases.³ More subtle allergy, called 'food intolerance', is more difficult to detect, since the reaction may be delayed for hours, and is cumulative – the more you eat, the more you react – and its memory may be only a few months. The immune B-cells are forced to produce larger amounts, and overall immunity is compromised. Frequent ear infections in children, and immune reactions like fevers and inflammations are common. *Inflammation damages the gut wall, and sends a message to the stomach to stop producing acid and enzymes.*

Putrefactive Intestine

Putrefaction, or decomposition of proteins by anaerobic microbes leads to toxicity and inflammation. Feces are smelly with abnormal colors or consistency, and with constipation or diarrhea. Even with one or more bowel movements a day there may be constipation when sticky feces adhere to the walls of the intestine. Inflammation in the appendix area can result in total inhibition of peristalsis. ***Putrefaction produces highly toxic chemicals causing a complex of symptoms and disease.***

Candida and other Parasites

Candida albicans can change its form from a relatively benign yeast into fungal forms with filaments that penetrate and irritate the membranes, giving thrush, allergies, inflammation and a host of disabling symptoms.

It has recently been reported to live in the tissues of duodenal ulcers.⁴ Candida produces alcohol and acetaldehyde which can displace B vitamins and produce shakiness, depression, exhaustion, and deterioration of all the cells of the body.

There are many more parasites and pathogens, like the amoeba Entamoeba histolytica, protozoan Giardia lamblia, nematodes, worms and others that find a home in the intestines. They attack cells directly and their waste products are also highly toxic.

Giardia can produce serious ME-like symptoms. It reduces the immune complex Immunoglobulin A (IgA) which is the body's first line of defense. The protozoan Endolimax nana is associated with reactive arthritis. It is ingested as a cyst and resides in the colon.

Dysbiosis

Putrefactive bacteria and dangerous micro-organisms

may take control because of any combination of factors – antibiotics, stress, drugs, poor diet, poor digestion and so on. The result is a completely toxic environment, dysbiosis. It has been observed that in older people, beneficial bifidobacteria decrease, and toxic clostridia, enterobacteria and enterococci increase. This change goes along with a decrease in stomach acid.

Leaky gut (intestinal permeability)

The healthy mucosa acts as a physical barrier to harsh solids, bacteria and toxins. But it is damaged by the attack of corrosive toxins and oxidizing chemicals. Fungal filaments and other parasites dislodge the cells and expose the underlying blood and lymph vessels. Sticky, putrefying intestinal contents can physically pull off protective mucus and many of the cells are exposed and die. The immune system initiates an inflammatory cascade, opening up the blood vessels and bringing more immune cells to the fight. Blood and lymph are exposed to the contents of the intestine, and toxins leak into the body. Leaky gut opens the door to all kinds of disease.

Intoxication and the low functioning liver

Toxins leaking through the gut are carried to the liver. Liver enzymes are dependent on many nutrients and may simply be unable to deal with a large influx of poisons from the gut. Toxins from putrefaction can be deadly. For example:

An increased concentration of ammonia causes severe neurological symptoms resembling "hepatic coma, such as mental disturbances, characteristic tremor, and altered EEG pattern. . . (Ammonia) may even be involved with the malignant transformation of cells. . ." Phenol (carbolic acid) is both "a local corrosive and systemic poison" which can cause the death of the gastrointestinal mucosa, and cells of the liver and kidney.⁵ Hydrogen sulphide (bad egg smell) is "as toxic as cyanide and interferes with the cytochrome system" as reported in the Lancet.⁶

Overwhelmed elimination

Toxins in the blood are normally eliminated though kidneys, colon, bile duct, lungs, mucus membranes and sweat glands, but may be overwhelmed. The skin may develop rashes, eczema or psoriasis, boils or acne. The lungs and all mucous membranes will be choked with copious, thick or infected mucus. Urine may smell strongly and bladder infections are likely. Diarrhea may increase to a dangerous degree. *The body will look off-color, feel feverish, with aches and pains, and have all the symptoms of disease, without being able to point to a single*

causative factor. **When elimination is really overwhelmed it shuts down, and the body dumps the toxicity in the weaker, less aware parts.**

Disease

Disease results from the enormous variety of toxins and incompletely metabolized biochemical's saturating the tissues. **When the body is toxic and stops eliminating, it is in serious trouble.** The nervous system is very vulnerable. Eleven independent laboratories found at least five times more putrefaction in the urine of schizophrenics than in normal subjects.⁷ The stressed immune system may go haywire producing autoimmune diseases. The weakest organs and systems fail and ME or MS and the whole host of degenerative diseases develop. **In cancer, a diseased organ or tissue sealed off in a tumor could be a last-ditch way of the body trying to cope with the effects of toxicity.**

How to speed up the toxic cleansing Process?

Fasting

Man was to work six days and rest on the seventh. Rest meant total resting including the ingesting of food. The rules were for you not to eat from the evening of the sixth day at 6:00 P. M. until 6:00 P. M. the evening of the seventh. Fasting rests the digestive processes. Fasting will change the body's biochemistry and encourage more detoxification. A simple kind of fast for detoxification is one over several days (the length you choose), which has very little fiber, yet retains enough vitamins, minerals and amino acids while it cuts out concentrated fats and oils, starches and sugars, salt and all flavorings and sauces.

Complete Digestion

Digestion takes place through the action of enzymes from saliva, stomach, pancreas and small intestine secretions. The breakdown process produces smaller molecules, like amino acids, fatty acids and sugars, which are absorbed mainly through the gut wall into blood and lymph for delivery to all the cells of the body. Improvement in digestion comes from better food, a calm and well-chewed meal.

No Drugs

There is not one drug that the body is deficient of. Imagine an aspirin deficiency or an antibiotic deficiency. Allopathic drugs are foreign to human biochemistry. There are ways to rebalance your body using herbs, amino acids, vitamins, minerals and live whole foods. Go to our **"Recipes" section on our website** for a healthier diet.

No Stress

Stress must be reduced by lifestyle changes. This of

course is entirely up to you. We have found that of the millions of people eating Live Whole Foods on the face of the earth, they tend to slowly remove themselves from a stressful lifestyle.

Optimum Nutrition – a few reminders

- Fresh un-cooked live whole food with vegetables, soaked nuts and fruit for vitality, nutrients and fiber.
- Avoid processed food and over cooking your food.
- Concentrated Sunrider Herbal Whole Food are simply the best for your system.
- Avoid fried food or cooking with lard, polyunsaturated oil or margarine.
- Extra Virgin Olive oil is stable and is best for consumption.
- Alcohol, and coffee are best avoided.
- Cow's milk contains growth promoters, hormones, antibiotics and other toxins.
- Water, Fresh, filtered.

Health

The result of reversing the toxic spiral is to move towards health. Health is not simply the absence of disease, it is a process or lifestyle change with stages and levels to eating a healthier diet and living a healthier lifestyle.

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WARNING: The Information in these articles is not intended to replace medical advice or treatment. Questions about symptoms, specific dietary needs and medications, general or specific, should be discussed with your physician. The information in this article is for informational purposes only, and is not medical advice or a substitute for a physician's consultation and/or examination.

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