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HEALING DYSBIOTIC CONDITIONS OF THE GUT

In order to heal the gastro-intestinal tract we need to understand what has disrupted its natural balance of Ph changes throughout the gastro-intestinal tract. The natural Ph of the mouth which hosts ptyalin, a digestive enzyme, is alkaline (which digests carbohydrates) this changes to an acid condition in the stomach where the peptic lining secretes betaine hydrochloride (which digest protein). The acid condition is instrumental in opening sphincters as it creates a flaccid effect on them. Both the pyloric sphincter at the bottom of the stomach and the sphincter of Odi in the duodenum the ladder of which allows bile and pancreatic secretions to mix with the food to digest and absorb nutrients in the 25 feet of small intestines. This can only happen if the bile is flowing from the liver and these alkaline secretions from the gall bladder and pancreas flow into the duodenum and mix with the food to create the natural alkaline condition of the small intestines. If the small intestine is not alkaline then the illeocecal valve (at the junction of the large and small intestines) can become inflamed, unfriendly bacteria such as Candida will grow and the pores that limits absorption to nutrients into the blood stream will be too dilated causing a leaky gut which can lead to inflammation throughout the body and subsequent auto-immune disease. When everything is functioning properly friendly flora colonizes the small intestines, food digest properly, nutrients are absorbed and the bowels eliminate properly.

PROTOCOL FOR REVERSING DYSBIOTIC CONDITION OF THE GUT

1. Eliminate parasites with a product recommended by your test results more specific to you. Combat yeast, fungus, and bacteria with a natural anti-fungicide like *Candida Complex**, *Yeast Balance** or *Phytostan**. These products are design to eliminate the full array of infestations as well as help with gut integrity. Dosage: 1 caps 3X daily between meals.
2. Support the digestive tract with the digestive enzymes taken with each meal that are necessary to assure food will digest properly. Decomposing food hosts an overgrowth of unfriendly critters. You can use *BV Simalace** is suggested for vegetarians as it supports digestion of more difficult foods like beans, legumes and cruciferous vegetables. Dosage: 1 to 2 caps with each meal depending on the volume of food.
3. Detoxify the liver and gallbladder so the bile is flowing, this assures the Ph. of the small intestines is alkaline by using a product called Liver Support. (See Article: *Liver and Gall Bladder Flush*)..
4. Re-colonize the friendly flora by taking a broad-spectrum friendly bacteria like Lactobacillus, Acidophilus, Bifidus, Thermophilus or Bulgaris found in *Pro-biotic Pearls**. Dosage: 1tab 3 X daily-15 minutes after each meal. Swallow the pearls whole meaning don't chew them. This protocol may need to be continued until your test comes back clear so keep up the friendly flora at this dosage for up to 3 weeks after you are off the parasite medication.
5. Cleanse the colon with enemas or colonics to eliminate the toxic build up of fecal matter that harbors growth of parasites and unfriendly bacteria. This causes stress to the liver, thus weakening the immune system.
6. Follow the Diet below and eliminates all foods that you could be allergic to or those with high lectin content..

ABOUT THE DIET

The Healthy Gut Diet eliminates foods that cause an over growth of yeast and other unfavorable bacteria which in turn can host parasites in your system. This diet can be used as a diagnostic tool. By eliminating foods that aggravate a yeast/parasite condition you will be able to watch how cravings and dye-off of the yeast coincides with how strictly you

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adhere to it. For the best results follow the diet strictly for at least three weeks. If you find that your symptoms start to diminish then continue the Diet along with the protocol listed above. Avoid other foods that you may be allergic to such as gluten or dairy.

HEALTHY GUT DIET

AVOID: Yeast substances like leavened or sourdough foods such as; All gluten or grain products including: breakfast cereals, breads, bagels, pretzels, crackers, pizza dough and dinner rolls should be avoided at all costs. Fermented or distilled and aged products such as: wine, beer, alcohol, vanilla, malt, soy sauce, tamari, miso soup and vinegar - introduce yeast into the system and encourages it to grow. Avoid cheeses that are made with mold or bacteria. Also avoid all sugars including fruit, fruit-juices, grapes and melons in particular. Most fruits are very high in sugar and feed the yeast growth in the intestinal track, the exception of this are: berries, kiwi, plums, lemons, limes or avocados . Avoid eating the night shade of foods as they are extremely inflammatory: Potatoes, tomatoes, eggplant and peppers. Sweet potatoes are in the morning glory family so they are not included in this group. . Gluten free pastries and breads are usually made of GMO corn starch and potato starch and should be avoided.

ACCEPTIBLE: The best diet is low-carbohydrate/high protein (organic grass fed non-GMO meats or wild caught fish) with lots of fresh vegetables making up 80% of the diet. Products made with baking powder and sodas are acceptable, but beware that baking powder may have aluminum in it, which can be harmful. Whole grains sprouted (soaked for 8 hours pour off the soak water and cook with purified water) before cooking. Acceptable grains are brown rice, quinoa or millet with all of the vital nutrients. Beans like garbanzo, pinto, black or adzuki are also considered a carbohydrate and should be soaked for 8 to 12 hours and the water poured off and fresh pure water added before cooking. All carbohydrates should be taken in very small amounts 1/2 of a cup or less with a meal. Organic Yogurt from grass fed cows is acceptable because it is made with friendly bacteria for human intestines so they are helpful if you are dairy tolerant. Even the vegetables should be low in carbohydrates. The vegetables to eat as much as you wish are green vegetables such as Swiss chard, green onions, lettuce, and spinach and okra or any type of cruciferous vegetable like cabbage, broccoli, kale, cauliflower or Brussels sprouts are all excellent. Non-starchy squash like zucchini, crookneck and summer squash are fine but you should avoid the starchy version of that family like pumpkin, spaghetti squash, butternut and other hard shell types or at least treat them like a carbohydrate and in small quantities. Onions and garlic are great for building gut integrity and killing bad bacteria. Vegetables such as artichoke, carrots and sweet potatoes are non-lectin but should be eaten in moderation because of the high carbohydrate level. Even once you are rid of the yeast or parasite keeping to a modified version of this diet will assure that the problem doesn't return. All cruciferous vegetables should be eaten slightly steamed and the water thrown away as it is full of oxalic acid which can break down dental enamel and bones.

Note: If you have environmental sensitivity, allergies or other inflammation in the body, be sure to address the Adrenal Glands. (See Article: *Healing Burned-Out Adrenals*) to lower histamines in your system.

ABOUT THE AUTHOR - Nancy Gardner-Heaven has a PhD in Clinical Research and a Masters in Nutrition. She studied to be a surgical nurse at Stanford University but her passion to prevent disease caused her to take up more advance education in clinical nutrition and preventing disease with The American College of Advancement in Medicine. She was the CEO of the Optimum Health Clinic in Marin County California, helping hundreds of people learn how to be healthy by cellular detoxification for 35 years. She has taught at San Francisco State University, the University of California at Berkeley and the University of Hawaii at Hilo in the Holistic Health Program specifically teaching about reversing life threatening diseases. She offers Breast and Full Body Thermography as well as free counseling for any woman with breast cancer.