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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 aid in digestion and absorb nutrients in the 25 feet of small intestines. This can only happen if the bile is flowing from the liver and the 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) becomes inflamed and can open allowing bacteria from the colon to back up where food is digesting. This acid or semi-acid condition also allows unfriendly bacteria such as Candida will grow and also create a condition of the small intestine called a leaky gut otherwise known as a dysbiotic condition of the gut. This is the beginning of inflammation throughout the body or in the individuals weaker body parts 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. Our goal is to educate, adjust diet, life style and eating habits to rebuild gut integrity and an overall healthier constitution.

Protocol For Reversing Dysbiotic Condition Of The Gut

1. Eliminate parasites if this is an issue with the products recommended by your test results more specific to you. Combat yeast, fungus, and bacteria with a natural anti-fungicide like *Yeast Balance*(1). 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*(1) is suggested for vegetarians and meat eaters 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. Or take Liver Support, order at (800) 964-4414, referred by Nancy Gardner. (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*(1). 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.

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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 lectins content. See: Lectin Free Diet©. What proper food combinations.

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 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.

Dietary Considerations:

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.

Acceptable Foods: 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 some baking powder may have aluminum in it, which can be harmful. Whole non-gluten grains such as rice, quinoa or millet, sprouted (soaked for 8 hours pour off the soak water and cook with purified water) then cook at a high temperature will lower the lectins. 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 you may choose to take probiotics that are grown on vegetable sources. 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

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squash, butternut and other hard shell types or at least treat them like a carbohydrate and consume only 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 and is hard on the thyroid gland as well.

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. An essential part of healing the adrenal gland is making sure you are getting to bed by 10pm when the natural Circadian Rhythm giving you the best full 8 hour sleep cycle. Staying up later kicks in the adrenaline so you never get into those deep reparative sleep cycles.

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.



About the Author: Nancy Gardner-Heaven TMT is board certified as a Technician of Medical Thermology, at Auburn University by the American Academy of Thermology. After studying as a surgical nurse at Stanford University, she continued her education in Nutrition and Preventing Disease at The America College of Advancement in Medicine. She taught about disease prevention at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo. She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening in the numerous locations for 25 years.

(1) To order these products from: Integrative Therapeutics call: (877) 628-3477 Pin# iti5568