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HEALING DYSBIOTIC CONDITIONS OF THE GUT

Dysbiotic Condition Of The Gut and Autoimmune Disease

The Allopathic Medical Community is at a loss when treating Autoimmune Disease or its root cause a Dysbiotic Condition of the Gut. They treat it as an inflammation with steroids and anti-histamines which are hard on the system and offer no long term cure. This article addresses the core of the issue by rebuilding gut integrity. It addressed the cause being process, commercialized denatured diet and brings back a vitality of good health based on wholesome nutrition. By carefully following this step by step process you will learn so much about how your body works and how to care for yourself properly. The list of diseases miss diagnosed that are really autoimmune disease are numerous: Arthritis, skin disease psoriasis, dermatitis, thyroid dysfunction hyper or hypo, Crone's Disease, colitis, seasonal allergies and even Parkinson's Disease which is an attack on the body's ability to product dopamine, just to mention a few. Don't hesitate to ask for support when needed by an educate practitioner as each person has individual needs. Our full body thermography can be used to monitory condition of the gut and so much more..

Let the Healing Begin

In order to heal the gastro-intestinal tract we need to understand what has disrupted its natural balance of Ph changes throughout the various organs. The natural Ph of the mouth is alkaline, hosting the digestive enzyme ptyalin, which aids in breaking down of carbohydrates. The Ph changes to an acid condition in the stomach where the peptic lining secretes hydrochloric acid needed to digest protein and to kill bad bacteria and parasite. This acid condition is instrumental in opening sphincters as it creates a flaccid effect. Both the pyloric sphincter at the bottom of the stomach and the sphincter of Odi in the duodenum are opened from the flow of foods with its acids from the stomach. The sphincter of Odi opening, allows bile to flow from the liver/gall bladder and pancreatic enzymes to mix with the food which aids in digestion and absorb nutrients in the 25 feet of small intestines. If the small intestine is not alkaline then leaky gut starts, 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 a major cause of migraine headaches among other detrimental health problems. This back up causing a semi-acid condition also allows unfriendly bacteria such as Candida to grow causing a dysbiotic condition of the small intestine. Eating foods high in lectins (beans, legumes, nuts, seeds and most grains) can also breaks down the delicate lining of the small intestines causing inflammation and these inflammatory substances to leak into the bloodstream to circulate. This is the beginning of inflammation throughout the body as inflammatory particles make it through the small intestine wall into the blood stream and cause auto-immune disease, an attack on your weakest point of the system a major cause of arthritic and other inflammatory conditions. When everything is functioning properly, bile is flowing so the Ph of the small intestine is alkaline, the friendly flora colonizes the small intestines, food digest properly, nutrients are absorbed and the bowels eliminate properly. Our goal is to educate, adjust diet, lifestyle and eating habits to rebuild gut integrity creating an healthier constitution.

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Protocol For Reversing Dysbiotic Condition Of The Gut

1. Eliminate parasites, bacteria and yeast if you have symptoms indicating this is an issue. Genova Diagnostic Lab offers a Comprehensive Stool Analysis that can not only diagnose parasites, bacteria, yeast, molds and fungus but can test for what natural or drug related medication your overgrowth will response to. It also analyzes what enzymes and friendly flora you have or are lacking. So before testing do not take anti-parasite/yeast meds, enzymes or pro-biotic supplements so you can evaluate your natural state.
2. Detoxify the liver and gallbladder so the bile is flowing, this assures the proper Ph. of the small intestines is alkaline this aids in digestion and absorption of nutrient, pro-biotics to grow and keeps unfriendly bacteria, yeast and parasites from colonizing. Suggestion: **Liver Support** 3X a day between meals. To order at (800) 964-4414, referred by Nancy Gardner. (See Article: *Liver and Gall Bladder Flush*).
3. Support the digestion with a broad digestive enzymes (protease, amylase, cellulase, lypase etc..) taken with each meal to assure food will digest and nutrients absorbed. Decomposing food hosts an overgrowth of unfriendly critters. I recommend: *BV Simalace*(1) which is excellent for vegetarians and meat eaters as it supports digestion with a broad spectrum of enzymes including support for foods more difficult to digest like beans, legumes and cruciferous vegetables. Dosage: 1 to 2 caps with each meal depending on the volume of food.
4. Re-colonize the friendly flora by taking a broad-spectrum friendly bacteria with Lactobacillus, Acidophilus, Bifidus, Thermophilus or Bulgaris. Suggestion *Pro-biotic Pearls*(1). Dosage: Swallow whole 1 pearl 2X a daily with or after meal. Do not chew! The coating will make it past your stomach acids however if you have capsules with power inside take those between meals as your stomach acids will destroy 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 especially in the cecum area of the large intestine. See handout: Instructions on a High Enema and/or add Psyllium to your protocol to 'Broom-Out' your small and large intestines. Don't forget to drink plenty of pure water.
6. Follow the Diet below and eliminates all foods that you could be allergic or sensitive to (from overuse), or those with high lectins content. See: Lectin Free Diet©. Watch proper food combination: Don't combine animal protein with heavy carbohydrates and eat fruits alone.
7. Three nutritional supplements that rebuild gut integrity are Marshmallow Root 1,000mg daily, Quercitin 500mg daily and L-Glutamine 5,000 mg daily. Watch out for a combination supplement that adds flavor like stevia or other sugar substitutes that are not healthy for you.

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8. The Adrenals Glands produce your body's own anti-histamines and cortisol, anti-inflammatory mechanism so having excessive inflammation in the body is a good sign they have been overworked for an extended period of time. Lack of sleep will majorly contribute to adrenal exhaustion. (See Article: *Healing Burned-Out Adrenals*). An essential part of healing the adrenal gland is making sure you are getting to bed by 10 pm 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. To aid in sleep if your cycle is off: Cortisol Manager (1) and or Pro-Som-Sleep (1). Also a Stress B Complex will provide the nutritional support as long term stress uses up B vitamins especially B5 or Panathonic Acid. If your nerves are jumpy stop drinking coffee or any caffeine and get more Omega Oils to coat the myelin sheath on your nerves.

About the Healthy Gut Diet:

I recommend doing a food allergy test: US BioTek.com for the most comprehensive evaluation of 144 Food Super Panel: IgA/IgG/IgG4. This will categorize your food sensitivity into 0-4 categories. Choose foods in the '0' reaction area until you have rebuilt your gut health rotating in upon occasion those in the '1' reaction category (2X times a month). Healthy Gut Diet eliminates foods that cause an over growth of yeast, bacteria or parasites in your system. If you are unable to do this test then avoid other foods that you may be allergic the most common of which is Wheat and all gluten related grains and flour products, eggs or other dairy products. For advance cases of a dysbiotic condition of the gut eliminating all grains, beans and legumes as well as nuts and seeds will give you the best results. Some medications antacids or pain medications such as Ibuprophen in Tylenol or Advil cause inflammation and holes in the stomach and intestinal tract. Following a Paleo diet avoiding over-use of coconut milk, flour to replace the bread/grain type products that are so addictive.

Dietary Considerations:

Eliminate all yeast substances like leavened or sourdough breads, all gluten or grain products including: breakfast cereals, breads, bagels, pretzels, crackers, pizza dough, pastries and dinner rolls. Read all ingredients as gluten or wheat is an additive in many prepared foods. Avoid fermented or distilled and aged products such as: wine, beer, alcohol, vanilla, malt, soy sauce, tamari, miso soup and vinegar. Avoid cheeses as they 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 NOT okay as they are made of GMO corn starch which also has lectins and potato starch and should be avoided. Two grains/seeds that are okay are organic Quinoa and rice. To avoid getting a sensitivity to them, rotate and do not eat too often changing from wild rice to red rice to basmati and always soaking for 8 hour, pouring off the water and cooking with fresh water. If you have

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eaten a lot of rice in your life you may be allergic to it. Rotate foods so you don't develop a food sensitivity.

Acceptable Foods:

The best diet is low-carbohydrate/high protein (organic grass fed non-GMO meats, poultry 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 providing they are in the '0' reaction category 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. The vegetables in the '0' reaction category feel free 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 consume only in small quantities. Onions and garlic are great for building gut integrity. Vegetables such as artichoke, carrots and sweet potatoes are non-lectins 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 (meaning you can have a little more volume of carbohydrates) 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.

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