Leaky-gut—the cause of allergies, asthma, and auto-immune disease

by

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Introduction
Humans are complex beings, comprised of a physical body, an emotional body, an intellectual body, and a spiritual body. The physical body is comprised of up to 75% water, which itself is made from hydrogen and oxygen atoms. Hydrogen atoms radiate gravity waves that control every other type of atom in the Universe, including oxygen. The human body thus vibrates at the hydrogen frequency: 1,420 million times per second. Ill-health results when the body does not vibrate at the correct frequency. The vibration frequency of the physical body is affected by the emotional body [for example heart-ache, or jealousy], the intellectual body [for example, anger, fear, or stress] and the spiritual body [for example karma, or guilt]. Physicians concern themselves only with the physical body and, hence, ignore 75% of the available information when attempting to diagnose disease. It is thus easy to see why medical palliatives that work for one individual may not work for another.

Synopsis

Stress

adrenaline

Yeast & Gluten

Irritable Bowel

Leaky-gut

Allergies

Asthma

toxaemia

endocrine burn-out

over-active thyroid (Graves disease)

Dementia

Alzheimers

Parkinsons

liver does NOT produce more cholesterol & does not repair myelin

multiple sclerosis

liver produces more cholesterol & repairs myelin

cardiovascular disease

heart attack

blood thinning drugs

stroke

very fast heartbeat

Disclaimer
The information in this document was found to be effective for one individual but may not be effective for others. Individuals with physical ill-health should contact a qualified Medical Physician.

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Irritable Bowel Syndrome (IBS) → Leaky Gut Disease

**Causes**

- **Alcohol**
  - Kills friendly bacteria in gut leading to imbalance and inflammation in gut [avoid alcohol]

- **Chlorine in Water**
  - Kills friendly bacteria in gut leading to imbalance and inflammation in gut [boil water to destroy chlorine]

- **Antacid tablets**
  - Neutralises stomach acid allowing undigested food to enter gut where it rots, leading to imbalance and inflammation in gut. [Prevent indigestion through moderate eating/drinking]. Use baking soda [1/2-1 tsp in water] for indigestion

- **Stress**
  - Stress is fear. Fear stimulates production of adrenaline. Adrenaline irritates and inflames gut lining. Gut lining becomes diseased providing a haven for bad bacteria that release deadly toxins. Bad bacteria [and good bacteria] killed by antibiotics, or 1-2 raw garlic segments washed down with water [note: overdose of garlic will cause migraine-like headache for 2-3 days]. Repeat garlic treatment every 7 days.

- **Food Allergy** (usually Yeast and/or Gluten in Grain [and fermented products])
  - How the yeast organism causes leaky-gut: a) shows the single-celled yeast organism. b) In order to replicate it firstly grows twice as long. c) Then it divides into two, to become 2 yeast cells. Yeast organisms, glued to micro-villi [velvet-like hairs that line the small intestine] by the sticky protein gluten, found in wheat, puncture the gut wall as they double in length (b) and replicate, causing the gut to leak.

- **Candida Fungus in gut** (spreads like dry-rot in an acidic gut, puncturing gut wall allowing gut toxins to leak into blood. Caused by compromised immune system and also by over-use of antibiotics (one symptom = white/yellow-coated tongue)). Thrives in acidic environment. Requires prescribed anti-fungal drug Diflucon, 200 – 400mg per day for 42 days. Killed (on-tongue) by alkali (e.g. Sodium Bicarbonate [baking soda]). Try to keep internal alkaline environment (vegetarian, and a low sugar/low carbohydrate diet). Very difficult to eliminate. More insidious than other causes of leaky-gut. No refuge from pain until gut fungus killed-off.

- **Non-steroidal Anti-Inflammatory tablets** (including Aspirin-based pain killers)
  - Burn holes in the gut wall. [Use, instead, Paracetamol [although largely ineffective with severe toxoaemia-type headache]]

Aftercare: Multiple attacks of toxoaemia cause permanent damage to lower-back muscles leaving less muscle in that area to soak-up and store new toxins ingested normally from food. Previously harmless foods now cause lower back pain. [note; cooking at boiling-point destroys chemical chains of many toxins]. Avoid the following: Raw kidney beans (contain phytohemagglutinin; 3 raw beans can kill). [note; canned beans have been soaked overnight and cooked for 2 hours at boiling point and are safe to eat]. Raw broad beans and other pulses (cook at boiling point for 10 minutes). Raw or grean potatoes. Chilies (contain capsacin). Dried fruit (sultanas, raisins, apricots, peaches etc). Grapes. Seeds of fruits (contain cyanide). Nuts. Cashews. Some artificial Sweeteners are pure poison. Dark chocolate (contains toxic theobromine). Mouthwash (contains toxic boric acid). Soft drinks (contain benzine). Tar based shampoos. Wood preservative, Turpentine etc. [on the skin]. Ingesting/absorbing very small quantities of these will cause lower back-pain.

**Effects**

- **LEAKY GUT**
  - **Endocrine Burn-out**
    - Damage to Pituitary, Hypothalamus, Pineal & Adrenal glands; loss of diurnal rhythm; reduction in Cortisol = thrist, joint pain and muscle twitching

- **Bacterial toxoaemia**
  - Toxins from gut bacteria leak through gut into blood. Treatment: Antibiotics, or raw garlic, kill gut bacteria allowing liver to cleanse blood.

- **Candida-inspired toxoaemia**
  - Candida fungus punctures gut wall allowing toxins to leak from gut into bloodstream. Treatment: Diflucon antifungal drugs 200mg per day for 42 days.

- **Metabolic toxoaemia**
  - Dieting releases toxins (stored in fat) that re-circulate in blood. Long-term damage: toxins burn-off myelin insulation from nerves. Nerves short-circuit, causing extreme systemic pain and localised tremors (e.g. eye-lids). Treatment: Gain weight quickly to re-store toxins in new fat. Sweat and bathe often.

Figure 1. © Maurice Cotterell 2005 – 2014
Recurring bouts of Intestinal Toxaemia—caused by Leaky Gut Condition

**Leaky Gut Syndrome**
Inflammation of the lining of the small intestine causes damage to microvilli. Large spaces arise between the cells of the gut wall permitting bacteria, food and toxins, to leak into bloodstream. As this process continues, over time, substances bigger than particle size, such as undigested food, bacteria and other potentially toxic molecules pass through the weakened villi cell membrane into the bloodstream where they activate antibodies to fight the foreign invaders (antigens). Cytokines then act as messengers alerting the white blood cells to fight the particles that have managed to escape through the intestinal lining.

With Leaky gut Syndrome the antigens enter numerous tissues producing toxic oxidants that cause increased inflammation and allergic reactions throughout the entire body. Eventually, antibodies are continually built-up against the particular proteins in formerly harmless foods, and lie in wait to attack the antigens whenever they enter the body, leading to the allergies and inflammation becoming chronic.

*After Dr Leo Galland www.MDHeal.com ‘Leaky gut—breaking the vicious cycle’*

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**Impaired Liver Function**
Toxins accumulate in the liver. When the liver can no longer cope with the level of toxins it pushes them back into the bloodstream. The circulatory system responds by pushing them into the connective tissue and lower back muscles where the body stores them in order to prevent extreme damage to the organs. Being so overworked the liver does not get chance to return and cleanse the tissues of the toxins.

**Intestinal Toxaemia**

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**Irritable Bowel**

**Impaired Liver Function**

**Hypothalamus (malfuction)**

**Endocrine burn-out**

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**Cortisol malfuction**
Fatty acid deposits

**Adrenal (malfuction)**
Insomnia

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**Melatonin malfuction**

**Pineal malfuction**
Pituitary malfunction

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**Bacterial Putrefaction; Guanadine, Histamine**
Other organic Toxins

**Increased wind & Diarrhoea**
(after c. 1 week; gurgling in abdomen)

**Severe damage to Heart, Lungs, Liver, Kidneys**
(after c. 7 weeks; death, unless treatment with garlic/antibiotics to kill bad gut bacteria)

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**Tonsillitis-type sore throat**
First symptom of cyclical return of intestinal Toxaemia. Leaky-gut inspired antibodies begin to overwhelm the body and attack lymph follicles in the tonsils and small intestine (these common cells are connected through the lymph system, which affects the production of lymph cells and the autoimmune system). Over the long term the antibodies attack and stimulate the thyroid gland causing Grave’s disease and death, if unattended.

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**Recovery Cycle:** Raw garlic or antibiotics kill toxin-producing bacteria in gut. Toxins cease to be produced. Liver is then able to cope with the reduced level of toxins and begins to cleanse the blood of poisonous toxins (takes about 2 days). *Time* [2+ days] also allows toxins to migrate to fat stores where they are stored painlessly [note: toxins are re-released, en-mass, during a diet, leading to ‘metabolic (recirculating) toxaemia’. Hence, no infection (bacteria) found in bloodstream (i.e. a blood test for bacteria is useless). Symptoms (blue) cease. Toxaemia will return approx. every 6 weeks unless cause of Leaky Gut ascertained and removed and then gut restored to balance by change of diet/vitamins and minerals + 1-hour walk/sweat daily followed, immediately, by bath—to wash-away toxins contained in the sweat from the skin.

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Figure 2.
Stress (fear) inspires adrenaline. Adrenaline inflames intestine causing Irritable Bowel Syndrome which leads to Leaky Gut disease. Leaky gut produces histamine. Histamine causes gut to leak more leading to runaway histamine cycle. Leaking gut leads to intestinal toxaeemia. Toxaemia interferes with Hypothalamus. Hypothalamus is unable to control adrenal gland and fails to regulate the production of Adrenaline causing bouts of diarrhoea and (in-between times) constipation. Irregular Cortisol production causes loss of control over fat distribution leading to unregulated distribution of fat (evident in eyelids). At the same time, the Hypothalamus fails to regulate the Pituitary and the Pituitary fails to control the Pineal, allowing variations in melatonin, consequential insomnia resulting in cortisol deficiency.
Leaky Gut Disease — recovery cycle (I)

**Adrenaline v Histamine**
Irritable Bowel Syndrome

**Leaky Gut Disease**

**Toxaemia**

**Identify Toxin (difficult/expensive)**
Indol, skatol, phenol, cresol, indican, sulphureted hydrogen, ammonia, histidine, neurin, cholin, muscarine, butyric acid, uric acid, mcthyl, mercaptan, tetramethylendiamine, pentamethy, lendamine, putrescin, cadaverin, neurin, cholin, benoimidazole-thiolamine, methylglyoxaline, promaroprine, botulin, tryptamine, agamatine, tryptophane, sepsin, idolethyline, sulpheroglobin.

**Produce & administer antitoxin antidote (impossible)**

**Toughen Gut**

**Regulate**
- Diet
- Lifestyle
- Therapy

**Reduce stress**
Rest, Sleep, Relax, Exercise, Fresh-Air

**SCENAR (Bio-feedback [USA])**
[Self-Controlled Energo Neuro Adaptive Regulator]
Developed by Russians for Cosmonauts in 1970s. Like acupuncture but without the needles. Uses pulsed electromagnetic stimulation on nodes and meridians. Balances voltage levels at nodes. When voltage balanced body heals itself. IBS stopped after one 1-hour session.

**Raw Garlic:** To keep in check (every 7 days)
Peel, finely chop and swallow 1 segment of a garlic clove (1 heaped teaspoonful). Wash-down with 2 glasses of water.
Side effects: raw garlic immediately kills gut bacteria resulting in MORE toxins being released, resulting in a severe headache + blocked nose for approx. 3 days. Destroys good bacteria as well as bad, therefore supplement with Biotin [normally produced by good bacteria] and zinc [to heal intestine], Pantothenic acid and Vitamin C [for adrenal glands]. [Vitamin C also kills-off gut bacteria (causing headache)].

**OR** [if garlic doesn’t work]

**Flagyl antibiotics 3 x 200mg per day for 7 days** taken with food. Avoid all alcohol.
Note: Antibiotics destroy vitamins: B5 (biotin), B12, B6, C, magnesium, good bacteria and bad bacteria.
Side effects of antibiotics include Candida; clear with Diflucan antifungals.

**to restore integrity of gut**
After 7 days on flagyl antibiotics:
Adopt a yeast-free, gluten-free and low-histamine Diet
(no alcohol, vinegar, citrus juices, bread, cakes, biscuits, blue cheese)
[take vitamins and minerals to replace those destroyed by antibiotics] and rice-based diet for 3 weeks—[B’fast: rice crisps, banana and milk; lunch: and dinner: boiled rice; add mashed potato with butter for variety] and rice pudding, then:
Vegetarian diet—for 3 months
no lumps of meat, fish or fowl; stock soups, gravies, sauces, eggs, some cheese (not blue), OK
+ Use:
Boil freshwater [to evaporate chlorine]—8 pints/day. No tea/coffee.
Rice pudding/boiled rice/mashed potato & gravy-soothes IBS
Minimal fruit (bananas & avocados OK)
Zinc & selenium tablets daily to chelate toxins.

Figure 4. © Maurice Cotterell 2005 – 2013
**Metabolic (recirculating) Toxaemia**

- **Repair Myelin sheathing**
  - Myelin is made from: Cholesterol, Polyunsaturated fatty acids, phosphatidyl choline, [the lipid] sphingosine, and requires Vitamin B12 to synthesise.

- **Liver produces more and more cholesterol to make myelin to repair damaged nerves**

- **Excess cholesterol causes the build up of fatty deposits over eyelids and in cardiovascular system**

**Cholesterol makes:**
- **Hormones**
  - Includes Adrenaline & Cortisol
  - Requires Vitamin C and Pantothenic Acid (B5)
- **Bile Acid**
  - Makes mucous lining in gut = healthy gut
- **Myelin**
  - Protects nerves
  - Vitamin B12 + Polyunsaturated fatty acids (PUFA) essential for production

**Reduce excess Cholesterol**
- Vitamin B12
  - But for absorption, B12 requires Calcium (and Calcium destroys Zinc and Magnesium, see chart). B12 also requires Intrinsic factor (made in stomach) for absorption.
- Vitamin C
  - Reduces cholesterol, protects nerves
- Porridge
  - For breakfast precludes high cholesterol foods (eggs, bacon, sausages, butter etc) & reduces cholesterol
- Lecithin (contains Choline)
  - Reduces cholesterol, protects nerves

**Mineral relationships**

- Calcium
- Iron
- Copper
- Sodium
- Manganese
- Zinc
- Magnesium
- Cobalt
- Cadmium
- Phosphorus
- Potassium

**Supplements for Myelin production:** PUFA, Vitamin B12, Calcium, Zinc, Magnesium
**Supplements for Adrenalin and Cortisol:** Vitamin B12, Calcium, Zinc, Magnesium, Vitamin B12, Lecithin, Zinc, Magnesium
**Supplements to detox Arsenic, Cadmium, Mercury; Selenium**
**Supplements to detox Lead, Mercury, Aluminium and Cadmium:** Calcium, Zinc, Selenium

**Hence supplement regime of:** Vitamin C, Vitamin B5 (Pantothenic Acid), Vitamin B12 and Calcium (with Magnesium), Magnesium (for energy), Zinc (with copper), Selenium

**Note:** Minerals affect each other as shown above. Antibiotics destroy some vitamins (B, C, and biotin), and magnesium. Magnesium affects calcium. Calcium requires vitamin D for absorption. Vitamin C increases take-up of iron (=bad). Vitamin B12 requires intrinsic factor (made in the stomach) for absorption.
Vitamin A (Retinol) for mucus membranes and eyeball pain. Best source; fish oil, cheese, eggs.

B1 (Thiamine) converts glucose into energy. Good for nerves and muscles, fatigue, digestion. Best source; yeast, grain, pork, [hence need supplement in form of B complex]. Destroyed by antacid tablets, alcohol.

B2 (Riboflavin). Converts protein, fats and sugars to energy.

B3 Nicotinic Acid (Niacin). Co-enzyme. Produces energy from sugars, fats and proteins. Maintains healthy skin, nerves, brain, tongue, digestive system. Best source; yeast, bran, pig's liver, fish, cheese, eggs. [hence — when avoiding yeast — need to supplement in form of B complex]. Excess can cause pounding headaches.


B6 (Pyridoxine). For nerves (maintains myelin sheath), energy, reduce swollen abdomen, puffy fingers. Detoxes cyanide and tobacco smoke. Best source; yeast, [hence need supplement in form of B complex]. Destroyed by alcohol.


Bc (Folic acid). For DNA/RNA, fatigue.

Biotin. For stress and energy and muscle pain. Manufactured only by good gut bacteria. Destroyed by antibiotics.

C. Good for cholesterol absorption. Anti-stress hormone. Good source potatoes [citrus contains histamine, which makes lanky-gut worse]. Destroyed by antibiotics and in cooking.

D (Sunshine vitamin) aids take-up of calcium for energy. Made from sunshine on skin. High levels in oily fish.


Calcium for nerve transmission, muscle function. Requires vitamin D and magnesium for take-up.

Magnesium aids take-up of B1 and B6. Good for nerves. Destroyed by antibiotics.


Garlic; natural gut cleansing-antibiotic — but kills good bacteria as well as bad

Ginger; natural gut cleansing-antibiotic — but kills good bacteria as well as bad

[Cold] New Zealand Manuka honey (UMF 25/30); natural gut cleansing-antibiotic [turns to hydrogen peroxide and cleanses gut] — but kills good bacteria as well as bad

Bananas. Good source of vitamins E, B vitamins, Good source of essential potassium, however, note;

Pottassium. Good for nerve impulse transmission and intestinal tract but excess amounts are dangerous (depresses adrenalin and cortisol), causes ulceration of small intestine. Sources; dried fruit, bananas, chips, cereals.

Adrenal gland needs Vitamins C and B5 (Pantothenic acid) to make adrenalin and cortisol.
### The chain of causation: from Irritable bowel to Adrenal failure

<table>
<thead>
<tr>
<th>Stage</th>
<th>Cause</th>
<th>Effect</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stage 1</strong></td>
<td>stress, antibiotics, wrong diet</td>
<td>Irritable Bowel Syndrome (IBS)</td>
<td>SCENAR + rice-based diet + no yeast/gluten/wheat or histamine (citrus) products</td>
</tr>
<tr>
<td><strong>Stage 2</strong></td>
<td>IBS</td>
<td>Leaky-gut syndrome</td>
<td>rice-based diet + no yeast/gluten/wheat or histamine (citrus) products</td>
</tr>
<tr>
<td></td>
<td></td>
<td>food allergies watery eyes</td>
<td>Can take 8 months to rebalance gut</td>
</tr>
<tr>
<td><strong>Stage 3</strong></td>
<td>Leaky-gut</td>
<td>Intestinal Toxaemia</td>
<td>1 tsp chopped raw garlic weekly to kill gut bacteria</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(blood-poisoning by toxins released by gut bacteria) lower back muscular pain severe headache aches, palpitations delirium death (if unattended)</td>
<td>walk, sweat and bathe to clean body of toxins or antibiotics (every 6 weeks)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>damages myelin sheathing on nerves burns-out glands horrendous systemic pain as nerves short circuit</td>
<td>Caution: Antibiotics may be life-saving in the short-term, but kill good bacteria, as well as bad bacteria, causing gut dysbiosis and more leaky-gut in the long-term</td>
</tr>
<tr>
<td><strong>Stage 4</strong></td>
<td>recurring episodes of intestinal toxaemia</td>
<td>Cortisol deficiency</td>
<td>body produces cholesterol to repair nerves (takes about 5 months) gain weight to provide fat to store toxins. Walk, sweat and bathe to clean body of toxins</td>
</tr>
<tr>
<td><strong>Stage 5</strong></td>
<td>Adrenal burn-out Pineal Burn-out</td>
<td>Damage to adrenal cortex results in cortisol deficiency. Causes extreme thirst, joint pain &amp; muscle twitching Awaken at 0300 hrs (hence unable to produce any more Cortisol)</td>
<td>Cortisol supplementation reduces pain by c. 60%. [Cortisol is made from 0300 - 0600 hrs daily hence supplementation should be taken in the morning only. 10mg (2 blobs the size of garden peas) of 1% over-the-counter Hydrocortisone cream, at 0800hrs and 5mg at noon + low/zero carbohydrate diet allows adrenals to rest and regenerate over several months (2) After Dr Sarah Myhill <a href="http://www.DrMyhill.co.uk">www.DrMyhill.co.uk</a>]</td>
</tr>
</tbody>
</table>

[Cortisol can be measured using the Adrenocortex Stress Profile test [saliva test] available from Genova Diagnostics (London) via a GP [this is the only reliable cortisol test]. (2) After Dr Sarah Myhill www.DrMyhill.co.uk] |

**Stage 2A** (overactive thyroid) **Grave’s disease**

- Auto-immune antibodies attack thyroid. Thyroid produces too much thyroid hormone causing hyperactive metabolism; heartbeat very fast [130-140 beats per minute]; rapid weight loss, loss of heart muscle, palpitations and/or possible heart-attack. Antibodies may attack eyes resulting in swollen eye-lids, eye-bags, 'google-eyes' or blindness and/or throat causing sore throat
- Anti-thyroid drug Carbimazole 40mg per day for 28 days. Blood tests required every 21 days. Dosage reduced when Thyroid hormone returns to normal range [12 – 22], then 10mg/day for 18 months. Nebilet beta blocker (to prevent heart attack) 2.5mg/day for 60 days, 1.25mg for 14 days, then 1.25mg every other day for 14 days.

**Caution:** Cortisol-based eye-drops [for eye inflammation] will turn-off cortisol production and may cause insomnia and reduced cortisol.

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Figure 7.
The cause of Auto-immune disease (I)

The endocrine system produces Cortisol to ameliorate inflammation and, together with Adrenaline, switches 'on' and 'off' the immune system, which produces antibodies to fight infections. Unfortunately, antibodies also cause inflammation of their own. Auto-immune disease results when too many antibodies are released for too long a period causing inflammation to sensitive areas of tissue, like eyes, throat and thyroid. Endocrine dysfunction can occur in many ways: (i) Circulating blood-based toxins, from Leaky-gut, tobacco smoke etc. can damage the endocrine organs directly making them hypersensitive to activation from very mild or inflammation caused by normal bodily wear and tear. (ii) Damaged organs may not detect feedback shut-off signals and remain 'on' continuously, keeping the immune system 'on' continuously. (iii) High levels of adrenaline together with high levels of cortisol (HH) are used to activate the immune system, and the HH combination can be caused by various malfunctions (see figure 8b). Normally, the hypothalamus responds to significant levels of inflammation, from injury or infection, and instructs the adrenal gland (via the pituitary) and adrenal cortex to produce more Adrenaline and more Cortisol. Thus HH activates the immune system, antibodies are released to kill the infection. The increase in Cortisol negates the effects of the increased inflammation caused by the immune system and the original inflammation. When the inflammation falls, and the crisis is over, Adrenaline returns to normal, which switches-off the immune system and stops the release of antibodies, reducing inflammation further. The 'increase cortisol' signal, falls, switching-off the hypothalamus. Cortisol and Adrenaline return to normal. In auto-immune diseases the hypothalamus and/or pituitary send-out an ‘increase cortisol’ and ‘increase adrenaline’ signal continuously, which keeps the immune system activated continuously resulting in sustained tissue damage from antibodies.
The cause of Auto immune disease (II)

Leaky-gut → Histamine → Adrenaline → 
feedback loop
- insufficient adrenaline.
- increase adrenaline to H
- Activates immune system

The cause of Allergies

- antigens, such as food particles, dust, pollen and smoke, enter the bloodstream via the gut, nose, eyes, lungs or hyperdermic needle...

and activate the immune system. Antibodies are prepared to recognise and kill the invaders, leading to ‘auto immunization’ by the body against those antigens.

Later incursions of antigens are recognised by the immune system which releases previously prepared antibodies that rapidly attack them, causing inflammation and the release of histamine that causes runny eyes and more Leaky-gut, if antigens entered via the gut.

The cause of Asthma

- antigens such as dust and smoke enter the bloodstream via the lungs and activate the immune system to recognise and ‘kill’ them leading to ‘auto immunization’ by the body against those antigens.

Later incursions of antigens are recognised by the immune system which releases previously prepared antibodies that rapidly attack them, causing inflammation in the lungs and constriction of airways. Breathlessness causes panic, and a surge of adrenaline suppresses any systemic histamine, hence the absence of runny eyes and nose.

How Salbutamol can cause Allergies, Asthma and Auto Immune Disease

Salbutamol inhaler (adrenoceptor stimulator) → vasodilation of bronchi (in lungs) and gut → Leaky-Gut → Histamine → Adrenaline → feedback loop
- insufficient adrenaline.
- increase adrenaline to H
- Activates immune system

Figure 9. © Maurice Cotterell 2005 – 2013
Conclusion

Allergies, Asthma, and Auto-immune disease are caused by gut dysbiosis (IBS) that leads to ‘Leaky-gut’, which allows antigens to enter the bloodstream directly, resulting in ‘auto-immunization’ of the body against those substances. Diagnosis of Leaky-gut disease, that leads to these diseases, if unattended, can be easily diagnosed using a simple clinical test costing around 10 pence.

Leaky-gut leads to a runaway histamine cycle that reduces systemic adrenaline. The reduced level of adrenaline is sensed by the adrenaline feedback loop which sends-out an ‘increase adrenaline’ signal continuously, which activates the immune system continuously (if an increase cortisol signal is sensed at the same time).

Leaky-gut also leads to toxicaemia which, if unattended, causes death through blood-poisoning, in around 6 weeks. If the ingress of toxins is checked by the use of raw garlic, or antibiotics, the patient will survive to experience another episode within 6 weeks. [Note: antibiotics, although life-saving in the short-term, will exacerbate gut dysbiosis in the longer-term and therefore should be avoided if at all possible].

Long-term presence of toxins in the bloodstream can burn-out the endocrine system, in particular the adrenals, resulting in reduced levels of cortisol. This reduced level of cortisol is sensed by the cortisol feedback loop which sends out an ‘increase cortisol’ signal, continuously, activating the immune system (if an ‘increase adrenaline’ signal is sensed at the same time). Cortisol deficiency can cause thirst, severe muscle twitching, palpitations, sleeplessness, insomnia and a vicious cycle of further cortisol reduction and possibly death, if unattended. Adrenal function may be restored by using hydrocortisone supplementation and by adopting a low carbohydrate diet to allow the adrenals to recover.

Toxicaemia, further, prevents the hypothalamus from monitoring and controlling physical parameters resulting in all kinds of symptoms, such as severe headache, severe lower back-ache, hot and cold sweats, delirium and flu-like symptoms, palpitations, and alternating bouts of diarrhoea and constipation.

The presence of circulating toxins, in the long-term, can also burn-off the myelin insulation from nerve pathways causing excruciating pain. The only refuge from this pain is for the patient to gain weight quickly, to re-store toxins in fatty tissue where there are no nerves, until the burden of toxins can be expelled in a controlled way, slowly. When nerve myelin is damaged the liver increases cholesterol production, in an attempt to repair the myelin. Excess cholesterol can lead to cardiovascular disease and heart attack. Damage to myelin insulation can result in multiple sclerosis if the body does not repair the myelin coating of its own accord.

Auto-immune disease ensues when the immune system senses a continuous demand for adrenaline and cortisol, as aforementioned.

Leaky-gut may also be caused by candida, in the gut, that punctures the gut-wall allowing the leaching of toxins into the bloodstream.

The chain of causation from IBS through Leaky-gut disease to the above-mentioned diseases may be checked at any stage by appropriate remedial action prior to escalation; IBS and Leaky-gut can be rectified by the removal of stress and/or dietary changes that remove inflammatory antagonists from the gut. Toxicaemia can be managed through either antibiotics or garlic once per week, to keep bacterial endotoxins under control, plus exercise, followed by bathing, to remove toxins from skin. Rapid dieting should be avoided to preclude the en-masses release of toxins stored in fat deposits that can cause ‘metabolic toxicaemia’, which, again, can be managed by gaining weight rapidly to enable the short-term re-storage of toxins, safely.

Continuous activation of the immune system will result in an overactive thyroid that leads to Graves’ disease and symptoms of a very fast metabolic rate, and rapid weight loss that weakens the heart. This urgently needs to be brought under control with the use of thyroid controlling medication and beta-blockers. Corticosteroid-type anti-inflammatory eye drops should not be used on those with cortisol issues. The Antithyroid drug [Carbimazole] and blood thinning drug [Plavix] may depress white blood cells and seriously impair immunity.

Epilogue(I)

EPILOGUE (II): How to manage Leaky Gut (Summary)

Leaky-gut caused by Candida

Leaky-gut caused by inhaler

Leaky-gut caused by stress

Leaky-gut caused by yeast, gluten, histamine and/or injected bacteria

Stress produces adrenalin which inflames and damages the intestine, causing it to leak. Remove source of stress.

Yeast, and bacteria burrow-through the gut wall allowing the gut to leak toxins. Gluten glues-down the velvet-like ‘villi’ that line the intestine leading to imbalance and disease in the intestine. Histamine dilates blood vessels allowing gut to leak. Avoid food and drink containing yeast, bacteria (dairy), histamine (citrus/blue cheese) and gluten

Candida fungus punctures gut wall causing gut to leak. Treat using anti-fungal drugs

Inhaler vasodilates gut causing gut to leak. If possible don’t use inhaler

Irritable Bowel Syndrome (IBS)

TOXAEOMIA—deadly toxins leak into bloodstream

If not managed will lead to either death or Chronic sickness, including: Allergies, Asthma, Auto Immune diseases including Grave’s disease, Alzheimers, Dementia, Parkinsons and to Cardiovascular disease

To cure/manage: 7 days Flagyl antibiotics (to kill all gut bacteria) then 1 teaspoonful of chopped raw garlic per week (to minimize bacteria) forever. No food or drink containing yeast, gluten or histamine (citrus/blue cheese), or bacteria. No inhaler. No Candida

Long-term circulating toxins migrate and are stored in fat reserves

‘Metabolic toxemia’ caused by recirculating toxins

dieting consumes fat & toxins releasing toxins into the bloodstream

1 hour to sweat-out toxins & wash-off immediately in bath

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