

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

by

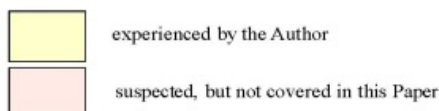
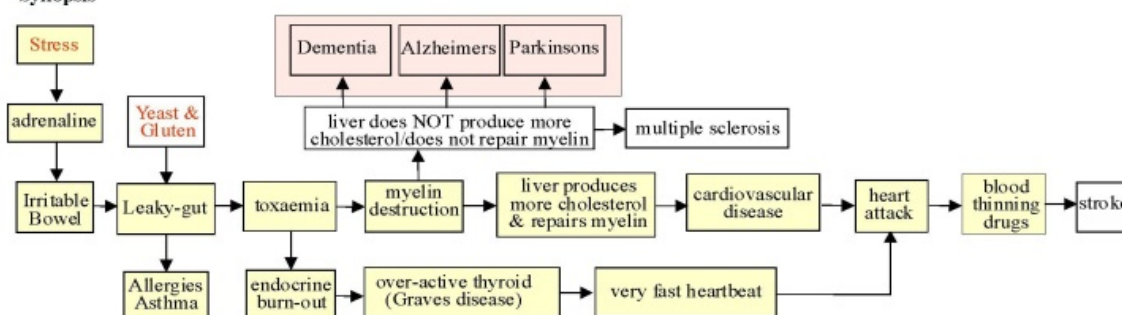
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Introduction

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 dis-ease. It is thus easy to see why medical palliatives that work for one individual may not work for another.

Synopsis



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.

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 Diflucan, 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 toxemia-type headache)]

Aftercare: Multiple attacks of Toxaemia 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 green potatoes. Chilies (contain capsaicin). 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 benzene). Tar based shampoos. Wood preservative, Turpentine etc. [on the skin]. Ingesting/absorbing very small quantities of these will cause lower back-pain.

Irritable Bowel Syndrome
Treatment:
SCENAR +
rice-based diet (fig. 4)

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

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

Effects

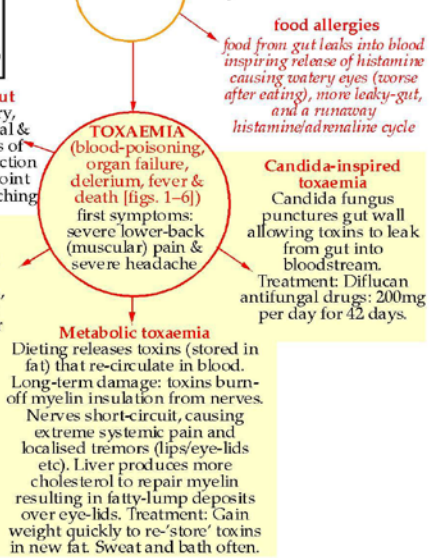


Figure 1. © Maurice Cottrell 2005 - 2014

Recurring bouts of Intestinal Toxaemia—caused by Leaky Gut Condition

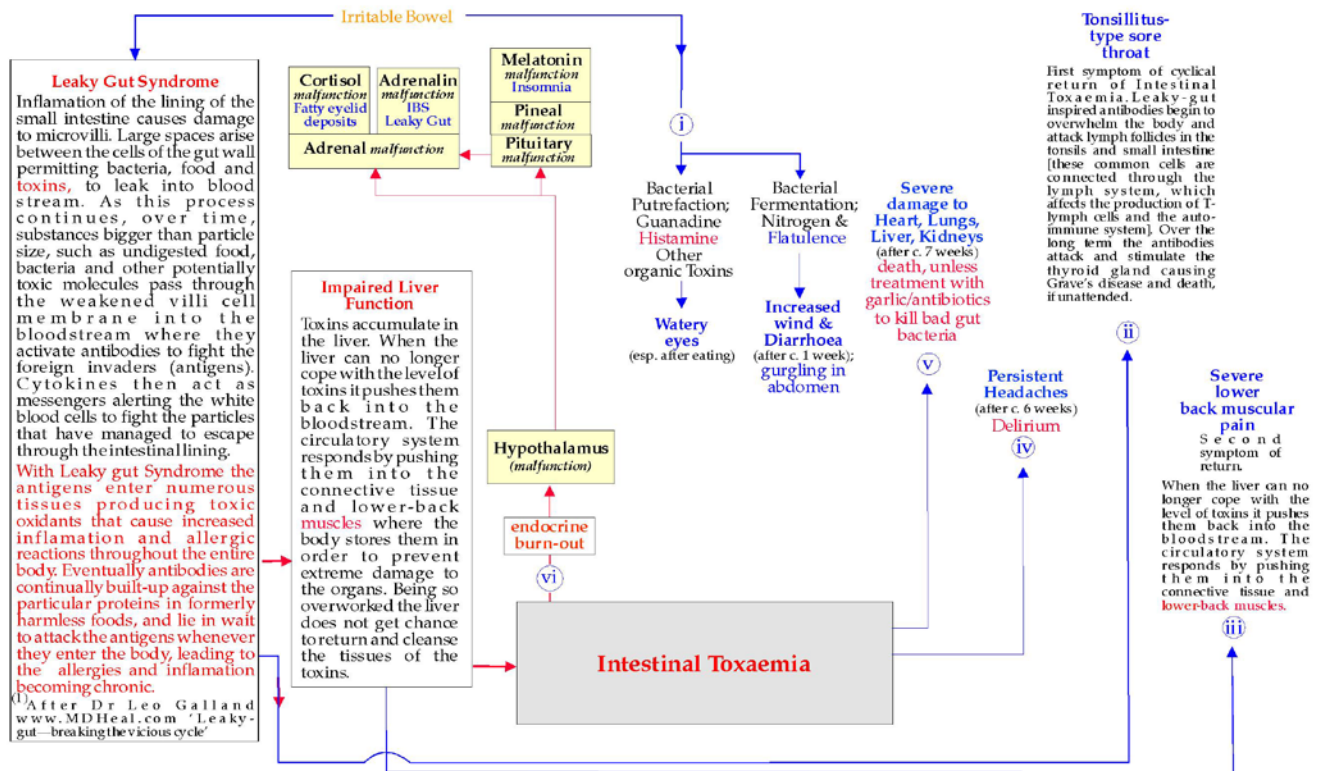
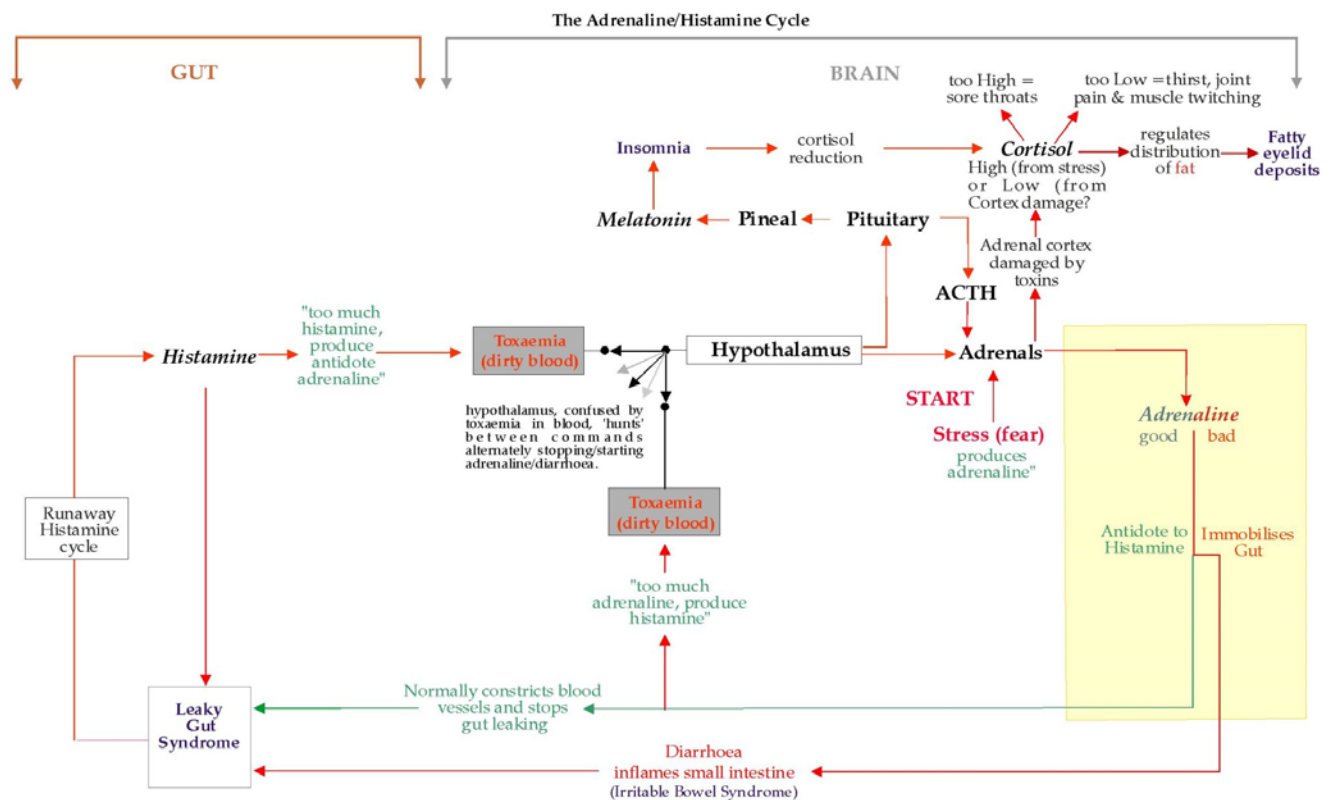


Figure 2.

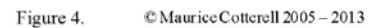
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Stress (fear) inspires adrenaline. Adrenaline inflames intestine causing Irritable Bowel Syndrome which leads to Leaky Gut disease. Leaky gut produces histamine. Histamine causes gut to leak more leading to runaway histamine cycle. Leaking gut leads to intestinal toxaemia. 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.

Figure 3.

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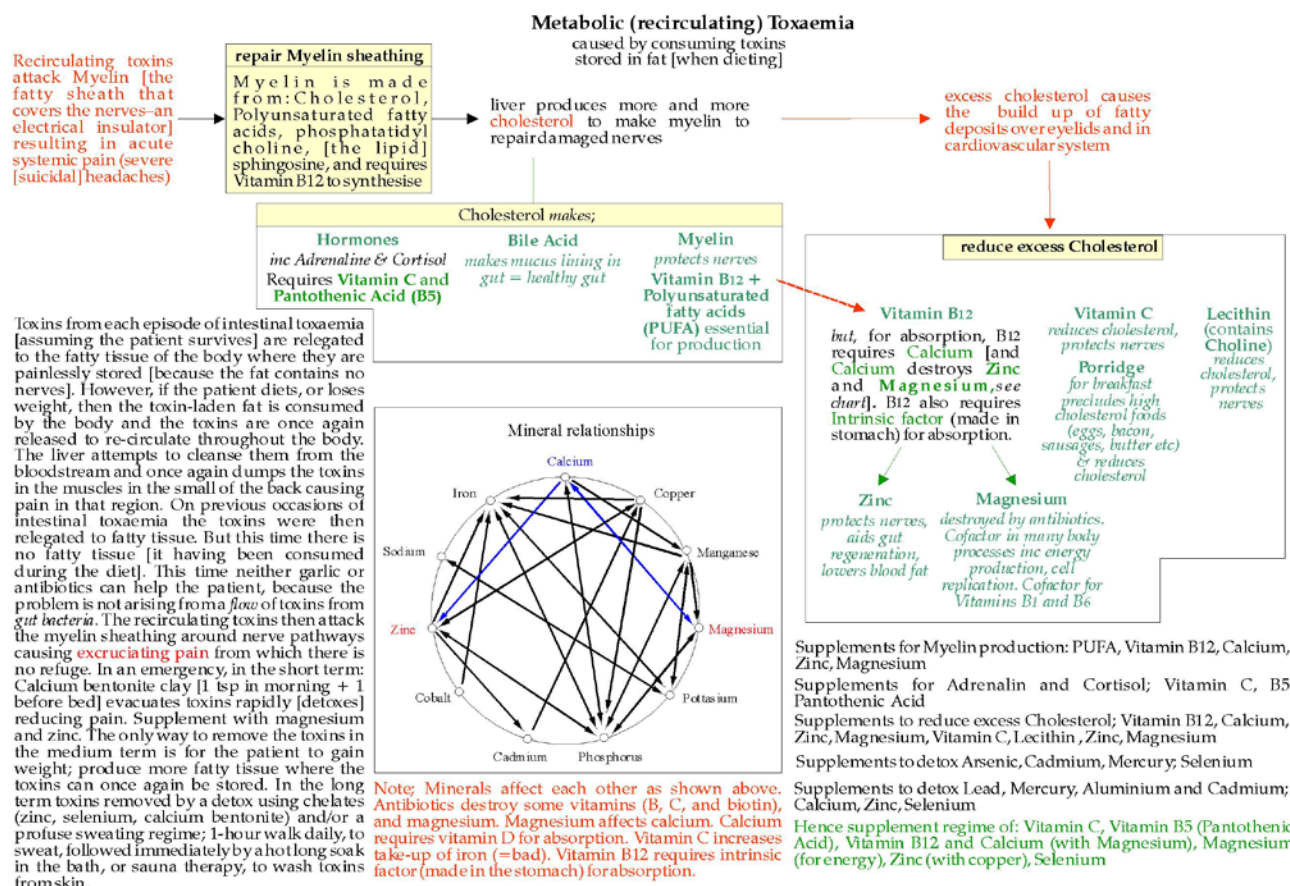


Figure 5. © Maurice Cotterell 2005 – 2013

Vitamin A (Retinol) for mucous 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.

B5. Pantothenic acid. Anti-stress vitamin. Good for hormones. Controls fat. Good for abdominal pain. Destroyed by antibiotics.

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.

B12 (Pernicious anaemia vitamin). Repairs myelin sheath in nerve pathways. Detoxes cyanide. Requires intrinsic factor and calcium for take-up.

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 leaky-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.

E. (Tocopherol). Antioxidant. Aids malabsorption of fat. (Natural form from kippers/oily fish, vegetable oils). Most toxic of vitamins. Can cause headaches.

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.

Zinc. Release vitamin A from liver to aid pituitary, adrenals, testes. Required for nervous system and brain. Reduces blood fat levels.

Selenium. Antioxidant. Detoxes arsenic, cadmium and mercury.

Lecithin. Reduces cholesterol and high blood pressure. Mobilises fat. Repairs myelin sheath. Source of phosphorus. Source of phosphorus.

Phosphorus. Activates vitamin B complex. Involved in production of energy. Can prevent absorption of iron, calcium, magnesium and zinc. Can cause diarrhoea.

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;

Potassium. 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

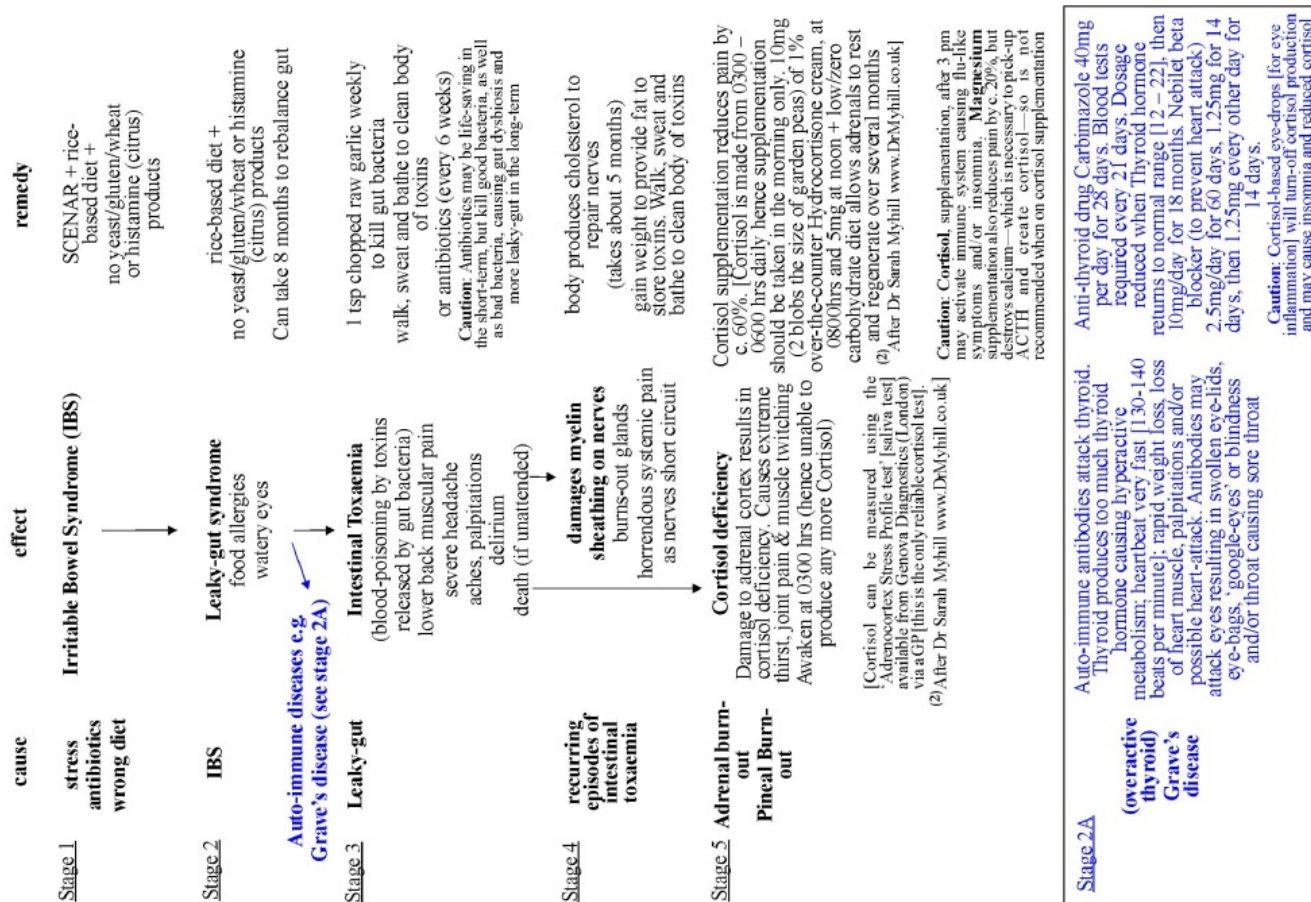
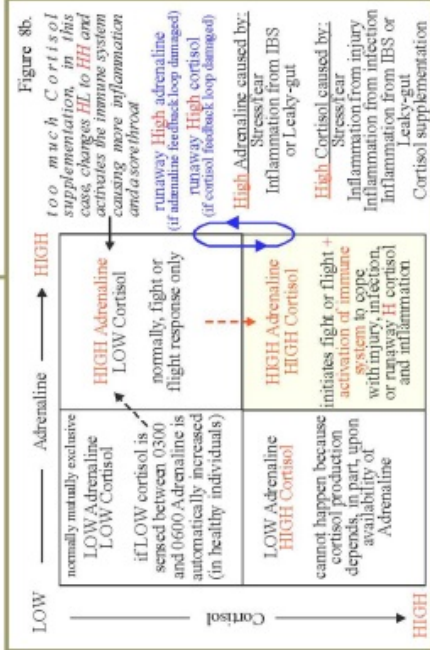
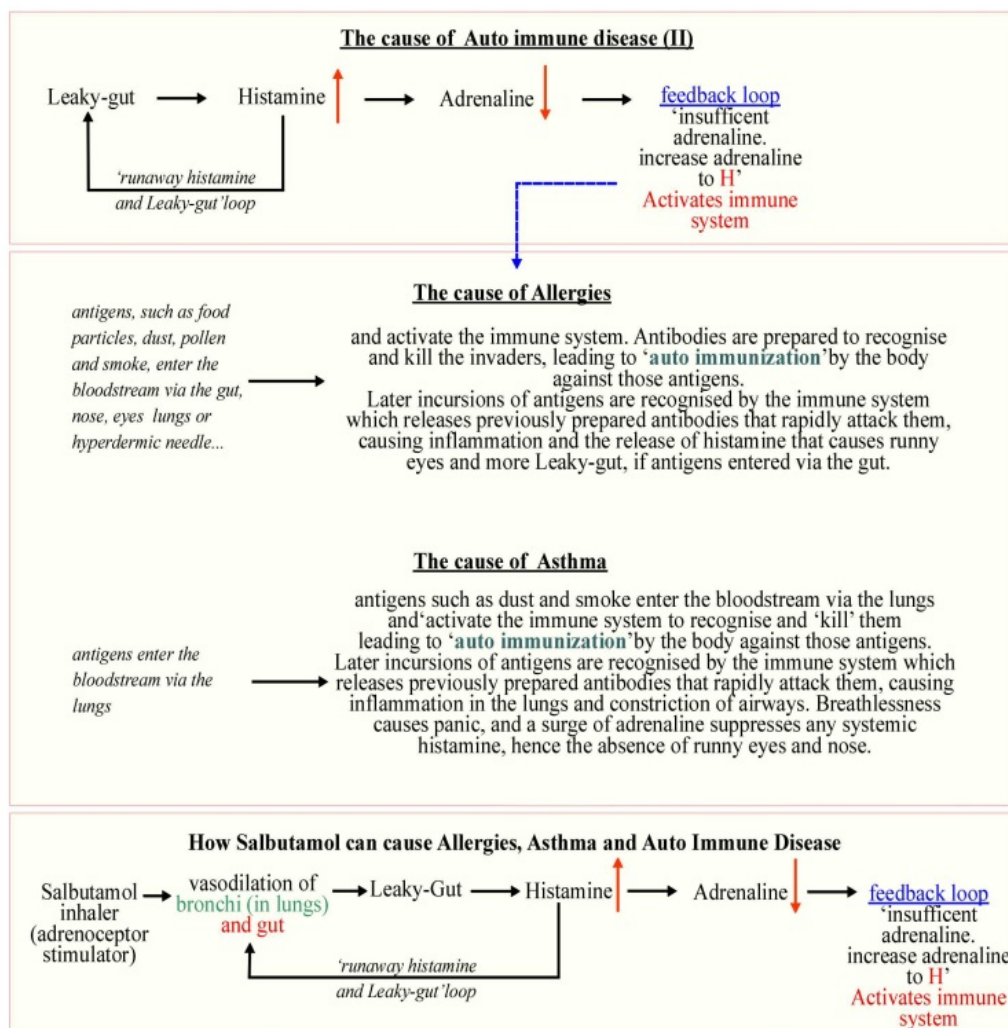


Figure 7.

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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 occurs 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-borne toxins, from Leaky-gut, tobacco/smoke etc. can damage the endocrine organs directly making them hypersensitive to activation from very minor 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. This **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 Allergies, Asthma and Auto-immune disease

The body is precisely controlled by mechanisms designed to monitor and correct deviations of parameters from specific values. Deviation data is carried in the bloodstream to management systems located in the brain that are controlled by hormonal software. In order to detect parameter variance, the circulating blood must be kept clean and free from impurities. Foreign bodies entering the bloodstream must therefore be removed by the immune system. Normally, the brain detects the presence of bacteria in the blood and activates the immune system. Antibodies attack and kill the invading bacteria, rendering them harmless. The immune system remembers the type of antibody that was effective with a specific bacteria. Thus, a re-occurrence of infection from the same bacteria results in the rapid regeneration of those specific antibodies. This process is known as 'immunity' from a specific bacteria and explains how 'immunization' with a weakened vaccine occurs. Auto-immune disease is caused by a similar process; 'auto-immunization'. Leaky-gut disease allows antigens (as well as harmful toxins) to leak into the blood stream and activate antibodies to fight the foreign invaders. Cytokines then act as messengers alerting the white blood cells to fight the food, bacteria, dust and other particles that have managed to find their way into the bloodstream. At the same time, histamine is produced to flush-out the antigens. The vasodilation properties of histamine worsens the situation by allowing the gut to leak more and a runaway histamine/leaky-gut loop ensues. Antibodies are built-up against particular antigens through the process of auto-immization' and lie in wait to attack the invaders in the future, whenever they enter the body again. The increase in histamine depresses systemic adrenaline, which is detected by the adrenaline feedback loop in the pituitary, which reacts by sending-out an 'increase adrenaline to 'High'' signal. But the overwhelming production of histamine cancels-out any increase in adrenaline, so the 'adrenaline has been increased' signal is never received by the pituitary feedback loop, which continues to increase adrenaline beyond the limits of endocrine control, resulting in a permanent 'High' state of adrenaline. Activation of the immune system results in inflammation that increases cortisol to 'High', creating the HH condition to permanently activate the immune system.

Figure 9.

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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 toxemia 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.

Toxaemia [dirty blood], 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. Toxaemia 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 toxaemia', 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)

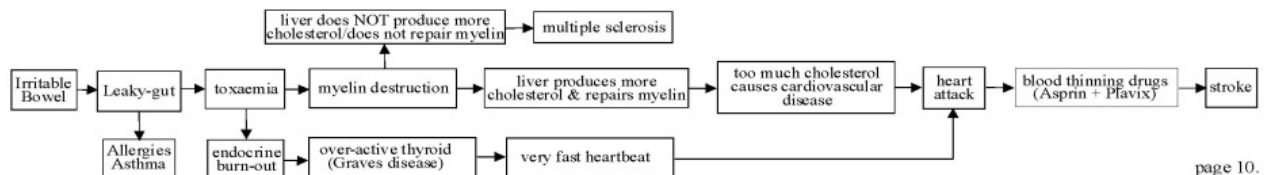


Figure 10b.

page 10.

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

