



GREAT HEALTH THROUGH INTESTINAL WELLNESS

In this rapid paced world, it is clear that the majority of people who live fast paced lives tend to forget the important rule: you are what you eat. It is clear from many of the current studies that focus on obesity that the American public is suffering from many of the diseases associated with being overweight. This, however, is not the greatest impact of eating in an unbalanced or unhealthy style. The greatest detriment to the body is its inability to detoxify and properly assimilate food stuffs into a healthy nutritional pattern. Essentially, poor diets feed illness and starve health.

As we look at the anatomy of the human intestinal tract, we find that the mouth gives way to the esophagus which is connected to the stomach. This food reservoir empties into the duodenum, which is the first segment of the small intestine. The second segment is the jejunum followed by the ileum, which ultimately dumps the remnants of digested and undigested food into the cecum. The digesta empties into the ascending, transverse and descending colon. Ultimately, the digesta is evacuated through the rectum and anus.

With the exception of the mouth and the rectum, all of the blood which flows from the intestinal tract is filtered and processed by the liver. It is collected by the portal system. This system is very most important in keeping us healthy. The mucosal barriers within the intestines are essentially a gathering of micro villi. These small root-like appendages jettison into the lumen of the intestine to



absorb nutrients, vitamins, sugars, proteins and fats that bathe this quasi root system. I often believe that humans are somewhat similar to plants since they have an external root system. The difference is that plants root in soil, humans root in the intestinal lumen which is outside the body. The micro villi provide digestive enzymes from the membranes. Transport mechanisms of digested food pull certain important growth and health related factors into the blood. If any of these micro villi have been diseased by bacteria, yeasts or parasitic overgrowth, these digestive systems break down. The intestinal tract itself is almost in an inflammatory war at all times, for the immune system must protect from internal invasions by offending pathologic bacteria, as well as prevent foreign substances such as large proteins, fats and carbohydrates from entering the body uninvited.

In the healthy person, blood shunting to the liver from the entire intestinal tract is highly polluted. There are estimates that 95-98% of the blood is polluted while it is collected and delivered to the liver. The efficiency of the liver is high and the blood leaving the liver to the heart via the hepatic vein is cleansed and roughly 2-3% polluted. The blood circulating within our own body is not sterile, but extremely clean. It is up to the circulating immune system to further reduce the pollution to a bare minimum. When people do not eat properly, the imbalances of the bacteria, yeast and parasites can cause greater pollution to the body as a whole. These pollutants will injure or harm many of the body's organ systems and create a dramatic imbalance in most people. Some people will become ill and manifest connective tissue diseases. Some patients will experience hypertension as a result of kidney dysfunctions due to the pollution. Some will have significant



coronary artery disease or asthma. Many will become afflicted with sinus diseases or the skin will manifest eczema. Therefore, it is important to remember that you are what you eat. Proper nutrition should be considered for intestinal health, not just the matter of obesity.

Elaine Gottschall has written a book referred to as "Breaking the Vicious Cycle". The book identifies the use of a Specific Carbohydrate food plan that allows for people to ingest certain carbohydrates and eliminate others. Changing food habits is necessary to reduce the amount of fermentation within the intestines and allow the body to recover and detoxify the greater majority of the time. Our own endogenous wastes can easily overburden if the products of waste from our intestines grow beyond our capacity to detoxify. It is clear that the Specific Carbohydrate food plan has helped thousands of people who have been on it. It is a healthy, well-balanced nutritional lifestyle plan. The Stone Institute and its staff embrace the Specific Carbohydrate Plan and many times use it for therapeutic intervention in chronic debilitating diseases. It is amazing how a healthy gut will ultimately translate to a healthy person.