

HUMAN FAQ

What about . . . DIVERTICULITIS?

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Any “-itis” means “inflammation” so *diverticulitis* is an inflammation of the *diverticula*, or pouches, within the weakened walls of an intestinal tract. This is actually an acute stage of chronic *diverticulosis*, wherein the *diverticula* remain enlarged. Constant irritation and inflammation can cause bleeding which will show up in the stool and is frequently mistaken for bleeding hemorrhoids. The bleeding can become severe enough to warrant blood transfusions which carry their own health concerns.

The typical treatment for *diverticulitis* is antibiotic treatment to reduce various infections. If it is severe enough, colon resection surgery is offered as an answer, sometimes with colostomies and their resultant exterior defecation pouches. Persons with *diverticulosis/itis* are generally encouraged to eat more dietary fiber or ingest fiber drinks such as Metamucil but to avoid seeds/nuts since they can become trapped mechanically within the *diverticula* causing more inflammation.

This particular disease, or syndrome as I view it, is rather personal as my father had it for years and, with annual transfusions (!), lived to be 87 years old before dying in 1976 of related causes. His last hemorrhage from the *diverticulitis* so severely compromised his system that his kidneys shut down and he died very quickly and peacefully after he was released from the hospital with its insistence on dialysis. If I knew then what I know now, I would advise him in the following manner. Of course, being my father, I doubt he would have listened! While that is all far in the past, perhaps such new awarenesses can help someone in the present.

Leaky Gut Syndrome

It is the holistic viewpoint that *diverticulosis/itis*, along with other intestinal challenges such as *Crohn's Disease*, *Irritable Bowel Syndrome (IBS)* and *Ulcerative Colitis*, actually results from a condition known as “Leaky Gut Syndrome.” In this condition, a super-porosity in the intestinal wall allows for the passage of toxic materials such as undigested proteins, fats, parasites, fungi and bacteria into the bloodstream; normally, healthy intestines simply eliminate these toxins through the colon. This leakage into the bloodstream can be verified by special permeability urine tests, microscopic examination of the intestinal wall, and bloodstream examination via dark field microscopy of living whole blood.

In fact, Leaky Gut Syndrome has also been implicated in numerous auto-immune conditions such as *Lupus*, *Alopecia Areata*, *Rheumatoid Arthritis*, *Multiple Sclerosis*, *Fibromyalgia*, *Chronic Fatigue Syndrome*, *Vitiligo*, *Thyroiditis*, *Vasculitis*, *Hives*, and *Raynaud's Disease*. Some physicians are beginning to recognize that the health and soundness of the Gastro-Intestinal Tract can dictate the overall health of the body. It is within the GI Tract that nu-

trient absorption takes place and if that is compromised, then malabsorption takes place resulting in a literal starvation regardless of food quantities or supplements ingested.

According to many nutritionally and holistically inclined physicians, the underlying cause of Leaky Gut Syndrome is a sensitivity to modern grains, grain products (especially the highly processed forms & gluten), and pasteurized dairy products. Large protein molecules, such as gluten or damaged dairy proteins, enter the blood stream inducing the immune system to manufacture antibodies to destroy them. Human tissues have *antigenic* sites similar to those on foods, bacteria, parasites, *candida* or fungi so the antibodies created against these antigens get into nervous tissue triggering an inflammatory response when the corresponding food is consumed or microbe is introduced. Such a response tends to cause reactions in the weakest area of that particular body. Thus inflammation in the joint = Rheumatoid Arthritis; in the blood vessels = Vasculitis; in the intestinal lining = Colitis, Crohn's or Diverticulitis, etc.

Meanwhile the liver can become overwhelmed by the extra work necessary to detoxify bodies with autoimmune challenges. As toxins accumulate, the resultant toxicity can cause confusion, memory loss, bruising, and even facial swelling when exposed to strong smells, i.e. cigarettes, perfume, cleaners, newspapers, etc.

The malabsorption itself can eventually result in various mineral deficiencies leading to new symptoms and “diseases.” Examples include magnesium deficiency which could result in *Fibromyalgia*, muscle pains and spasms in spite of a high magnesium intake through diet and supplements; zinc deficiency can result in hair loss or baldness as occurs in *Alopecia Areata*, or in male reproductive or prostate problems and copper deficiency can occur leading to higher production of blood cholesterol and also *osteoarthritis*. All this due to malabsorption from improper foods for that body.

Other contributing factors to Leaky Gut Syndrome include the use of corticosteroids, Ibuprofen, birth control pills, hormone replacement therapy, caffeine, antibiotics, food dyes and preservatives. When these are consumed, the initial symptoms of the Syndrome become evident and may include edema, bloating, gas and cramps. Then may come fatigue, headache, memory loss, poor concentration and irritability. Food allergies develop and then the list of chronic degenerative diseases begins to grow long.

Diet

So what can one do once *diverticulosis/itis* has been diagnosed? First and foremost, we suggest immediately dropping all grain and grain products from the diet. This includes all rice, corn, wheat, pastas (yes!), breakfast cereals, baked goods, and processed foods which have anything derived from the above (sometimes you have to read labels

very carefully).

Next, eliminate all dairy products including yogurt and low-fat milk that has been both pasteurized and homogenized supposedly for our health. In reality, this destroys their very benefits. A famous Scottish study showed that calves died when fed their own mother's milk which had been pasteurized. Some people find either raw or lightly pasteurized cream can be tolerated which would include yogurt made from such cream. In fact, spring milk from free-range cows and/or colostrums can be very healing for some individuals; even the grains fed most dairy can trigger episodes.

Most people drink far too little water so increasing water consumption (1 qt. per 50# body weight) while reducing/eliminating such fluids as fruit juice, pop, coffee, tea, etc. is very important. We mix our reverse osmosis water daily with **Catalyst Water** (makes water more available to cells) and **Elixir** (alkalizer + aids digestion). In the case of intestinal challenges, we would also add **DynaPro** (yes, we, and hundreds of other distributors, consume this "animal" product . . . about ½ teaspoon per day) and **DynaSpark** (yes again and same amount temporarily) although we cannot legally advise anyone else to consume a product approved only for animals. An option would be real Kefir [WWW.KEFIR.COM] made from free-range milk.

Especially with intestinal challenges, fresh, organically grown vegetable juices are very important since it is sometimes difficult to consume proper amounts of raw, steamed or roast veggies which are so very necessary for both nutrients and fiber. Start with just 1.5 oz. juice in the a.m. increasing that amount as tolerance allows to no more than 8 oz. juice at any one time. Select mostly green veggies (cabbage and cucumbers are especially helpful for intestines, but any greens, including peppers, spinach, parsley, etc. will do) with no more than ¼ of the total juice amount coming from carrots. Dr. Joseph Mercola suggests adding 1 raw egg yolk (high Omega 3 from organic, pasture-fed poultry only) per glass of vegetable juice for a complete meal. Until then, try eating a baked yam for breakfast instead of the standard cereal options.

Adding a few drops of **Trace Mineral Concentrate** (follow label directions) to juice or water can boost the nutritive value even further while helping to heal and strengthen the intestinal walls. The addition of some **Miracle Clay** water (activated gel added to water and shaken then allowed to settle out; top water only starting with about a teaspoon and slowly increasing) can also be very soothing and healing to the gut; build up to approximately ½ teaspoon of activated gel per day. As strength increases, a small amount of beet juice (½ ounce ±) can be added to the mixture instead of carrot juice; to help strengthen and cleanse the liver.

Many people recommend Aloe juice or gel as particularly healing for the intestines, and it is. However we have found that long-term use can actually slow down peristalsis which is definitely not desirable for individuals with any sort of GI challenge.

If raw juice is not an option, for a change of pace, or for a menu addition, try some of the recipe suggestions in Simple Sustenance for vegetable soups. The main idea is to raise the level of alkaline producing foods (mainly vegetables and fruits) to a higher level, perhaps 50-80% of the total diet while obviously reducing acid producing foods (everything else) a commensurate amount. Many holistic practitioners advise an 80/20% split, while others, ourselves included, find there is a range of about 65-80% alkaline which seems to cover all metabolisms. Especially when beginning such a change, many do better heading for that 50-50 ratio to allow their systems to adapt as they head toward their individual ideal.

Keeping meals smaller and more frequent can help digestion while the intestine is still in a questionable state. The No-Grain Diet by Dr. Joseph Mercola goes into great detail on what we consider to be an optimum life-sustaining diet with menus and recipes plus an excellent awareness of the acid:alkaline ratio needs. He makes it easy to feel positive about a grain/dairy-free diet.

You may have some nut/seed butters (NOT the seeds/nuts themselves!) if you wish, but do keep them to a minimum and eat them with fresh raw fruits or veggies. Common favorites are celery stuffed with sesame butter (tahini) and apple slices coated with almond butter.

Supplements

We have already suggested various supplements as a part of the diet section but as healing takes place and one is able to start thinking about taking "pills," the **DYNAMITE®** capsules with their properly formed amino acid chelated minerals (the carrier protein is already attached to the mineral for more effective transport) are, in our opinion, the most readily digestible of any supplements available and should be begun as soon as possible. Start with **Dynamite for Adults and Children** during the day and the **Tri-Mins+** in the evening; you will already be taking the **Elixir**. You might also try extra **Manganese Plus** and **P.M.S.** for women, and **Zinc+** for men. **Cell Mend** may also be a serious consideration as silica is known to strengthen all cellular structures, including those weakened intestinal walls, and some **Hiscorbodyne+** will also aid in total body health and immune system support as Dr. Linus Pauling's Vitamin C research so effectively points out.

Conclusion

Remember that it takes time to thoroughly heal although symptoms may abate relatively rapidly. In holistic thought, it is generally surmised that for every year of health challenge, it will take about one month of healing. Good health requires a life-long commitment and a healthful diet is something you live rather than "go on."

By following these suggestions, you may be very pleasantly surprised at the results you can achieve. ■