

# What Causes Allergies and What Can be Done to Reduce or Eliminate Them?

How good digestion keeps you healthy

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<http://www.yourhealthwiz.com>

<http://www.road-to-health.com>

The goal of this course is to educate the student. It will take action on the part of the student to re-gain complete digestion and eliminate allergies.

Additional course material, the full digestion course is located at:

<http://road-to-health.com/go/digestion/>

If you would like to enroll in additional education opportunities, we are pleased to offer you a discount of 10% on all additional enrollments. To obtain your discount you must use this Coupon Code: 9CA67 (you may share your discount code with family and friends).

## **Disclaimer:**

We are REQUIRED to advise you to make no movement toward improving your health without first consulting a medical professional.

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## **Why Are Allergies Linked to The Digestion Process?**

**Your body has a limited capacity to deal with debris.**

Debris can come from airborne items such as pollens as well as food particles that are not fully digested. When you breathe in these little pieces of debris they begin a journey that lands in your liver to then be disposed of through your bowels.

Some of the food that is not completely digested, but small enough to move into your bloodstream will also be delivered to your liver.

The liver is a big filter that is responsible for removing “foreign stuff” from the bloodstream.

When the liver overflows some of the “foreign stuff” is recirculated back into the bloodstream. This is the cause of allergy symptoms.

Medical technologies (drugs) address allergies by reducing or shutting down your body’s response to allergens.

# **It Is Our Approach to Augment Your Body's Functions With Supplementation and By Assisting With The Speed of Detoxification**

**Here is the Overview of our Recommended Process to Eliminate Allergy Symptoms:**

- Augment Stomach Function:
  - Mechanical Breakdown of Food
  - Betaine HCL (stomach acid)
- Augment Pancreas Function:
  - Pancreatic Enzymes
- Reduce Mucus Buildup:
  - Augment Stomach and Pancreas Function
  - Supplement Okra-Pepsin to breakdown old retained mucus (small intestine)
- Augment Friendly Bacteria if Needed:
  - Supplement if You Have Ever:
    - Used Antibiotics
    - Used Prescription Drugs
    - Have or Ever Had Stress Experiences
- Augment Speed of Waste Removal
  - Coffee Enemas (Dump Bile From Liver-Gallbladder)
  - Jim's Colon Pills (to move bowels if currently sluggish)
  - Jim's Colon Cleanse (to gently remove built-up debris in colon)

Results we are looking for include a reduction or the elimination of allergy symptoms and/or any of the symptoms listed on page 7.

Goto <http://www.road-to-health.com/go/noallergy>

## **What Not To Do About Allergy and Digestion Problems**

Drugs that reduce your body's defense systems are not advised because, while some reduction in your response to toxins seems at first logical, drugs allow toxins to remain in your system.

Antacids are not advised. Think about it. If you do not have enough stomach acid, food is not broken down properly; carbohydrates ferment, proteins rot and putrefy. Less acid just does not make sense.

If you ignore the problem and just eliminate foods that are the most difficult for you to digest (and/or take antacids) you will get some relief. However, every day you consume food that is not properly digested your food is not being successfully converted into nutrients to rebuild your body.

In addition to depriving your cells of nutrients, undigested food particles provide a wonderful fuel for candida and a host of unfriendly fungi and bacteria. Autopsies commonly disclose colons that weigh ten to twenty-five pounds and some that weigh over 75 pounds (contents consist of undigested food, parasites, candida and other fungi, and bacteria all glued together with mucus).

## Incomplete Digestion; Hidden Symptoms

When your system is in some way deficient the following can occur:

- Allergies and or
  - Emaciation (Extreme Weight Loss)
  - Skin Problems
  - Disorientation
  - Obesity
  - Acid Indigestion
  - Candida
  - Anemia
  - Asthma
  - Autonomic Unbalance (Equilibrium Problems)
  - Hernias
  - Malaise
  - Flatulence
  - Headaches
  - Apprehension
  - Halitosis
  - Ulcers
  - Aches and Pains
  - Alimentary Tract Flora Imbalance
  - Liver - Gallbladder Imbalance

And Poor Digestion Contributes to Many Major Illnesses Such As;

- Cancer
- Multiple Sclerosis
- Chronic Fatigue
- Epstein-Barr
- And many more
- Fibromyalgia

## **What You Can Do About Digestion Problems**

If your digestion is critical you can begin by masticating your food with a blender and eating the "baby food." Do this as a test for 30 days. Most likely you will feel dramatically better. I hear from people that aches and pains disappear just from doing this one thing.

### **Eat smaller meals and/or meals with less variety:**

The reason and logic behind eating smaller meals is that the energy to breakdown food through the chemistry produced by your body is less with a smaller meal. In addition to cutting the volume of a meal, eating a meal with less variety is also easier to digest.

### **Betaine Hydrochloric Acid Capsules:**

After 30 days, if you want to add whole foods (not blended) back into your diet, you will want to introduce additional acid into the stomach. Everyone is different and you will have to discover the correct amount of acid (Betaine HCL capsules) for you. Start with one capsule with each meal and increase one capsule per meal every day every three days until symptoms are controlled. (Note - a chronic need for HCL capsules may be an indication of a lack of zinc and Vitamin B Complex in the diet, which are needed for production of HCL.)

[More about HCL and how to buy](#)

### **Enzymes:**

Some people suffer from a lack of pancreatic enzymes. The pancreas produces enzymes that are essential to the digestion and absorption of food.

Pancreatic enzymes include lipase to digest fat, protease to digest protein, and amylase to digest starch.

Pancreatic enzymes digest foreign particles in the body as well as digest the food you eat. For instance, tablets or capsules of pancreatic enzymes work amazingly well for the alleviation of airborne allergies.

One sign that your pancreas is not producing enough enzymes for optimal health is when a bruise takes several days to heal. You can shorten the time it takes to heal any bruise by taking pancreatic enzymes, however, keep in mind the cause or severity of the trauma that caused the bruise

(surgery, for instance, can cause deep bruising, which will take a few days to heal, even when taking pancreatic enzymes).

If you lack pancreatic enzymes, enzyme capsules or tablets (pancreatic enzymes from beef or pork) should be taken with meals as needed for digestion/health.

**For a complete course on pancreatic enzymes go to:**

[www.road-to-health.com/go/enzymes](http://www.road-to-health.com/go/enzymes)

**How to Test for The Correct Amount of Pancreatic Enzymes You Need:**

In testing for the correct amount of pancreatic enzyme capsules you need please keep in mind that if you normally suffer from airborne allergies at a certain time of year you will need more pancreatic enzymes at that time than you will during the rest of the year.

Conduct the test by taking an increasing amount of pancreatic enzyme capsules with each meal (one the first day, two the second day, etc.) until you notice a burning sensation in your anus when you have a bowel movement. At the first sign of discomfort do not take the enzymes at your next meal or two. Thereafter, take one less capsule than you were taking with each meal and see how you feel. Keep adjusting until you find the amount that does not cause a burning sensation.

The enzymes to conduct the test are called, "Pancreatin, 325" -- 325 mg enteric coated pancreatic enzyme tablets (used at the Gerson Cancer Clinic). Purchase Link for Pancreatin 325:

<http://road-to-health.com/catalog/enzymes/what-do-enzymes-do.html>

You may be able to reduce your required amount of pancreatic enzymes by taking Okra-Pepsin capsules to help heal and remove the mucus that has built up in your small intestine. Take one capsule with each meal for three months each year. When you finish two 150 capsule bottles (a three month supply) and stop taking them you may notice that you felt better while you were taking them. If this happens you may continue taking them.

Purchase link for Okra-Pepsin:

<http://road-to-health.com/catalog/quality-nutrition-products/okra-pepsin>

## **Cancer Patients May Need Dr. Kelley's Pancreatic Enzymes**

Cancer patients may want to select PEP, Dr. Kelley's pancreatic enzyme formula (now called PEP and called Ca+ in his book, "One Answer To Cancer"). PEP contains 750 mg of pancreatic enzymes with extra trypsin and chymotrypsin added as activators in each capsule. Cancer patients are advised to take up to 72 capsules of PEP daily. When taking high amounts of pancreatic enzymes Dr. Kelley recommends that you stop taking them for five days every 25 days. Kelley's method includes coffee enemas every four hours along with taking the enzymes. Dr. Kelley warns that cancer patients will eventually feel very sick with flu-like symptoms when taking high amounts of his enzymes as they will destroy cancer cells, which will cause dead cancer cells to enter the bloodstream, which will cause flu-like symptoms. When this happens it is a good sign as it means the enzymes are working. The most important thing to do at the time of feeling these flu-like symptoms is to continue taking coffee enemas, sometimes every two hours, until the symptoms subside. When feeling better you should keep taking coffee enemas, but cut back to every four hours. Coffee enemas help the body to remove the destroyed cancer cells. After taking a five day break begin again by taking the PEP capsules in high amounts -- continuing with the coffee enemas every four hours -- until you feel sick and stop taking the enzymes again. Warning, do not stop taking the coffee enemas during your five day break from the enzymes. If you do stop you will not be able to take the enzymes again without feeling sick immediately (your liver will not have gotten rid of enough dead cancer cells). Follow this procedure over and over until you no longer feel sick with flu-like symptoms when taking the pancreatic enzymes, but you do get a burning sensation in your anus that signifies that you are taking too many pancreatic enzymes. Dr. Kelley recommends that once a person develops cancer he or she should take pancreatic enzymes with their meals for the rest of their lives as a lack of pancreatic enzymes contributed to the cause of their cancer no matter what kind of cancer they originally developed.

## **Stomach Ulcers**

A person with stomach ulcers lacks hydrochloric acid and pepsin, so he does not digest his food. Instead of being digested his food rots creating gas and organic acid that starts to erode his stomach. Most people talk about the ulcer patient having too much acid. The acid that he has too much of is the acid produced by this rotting food. If it is protein that is

rotting, the process is called putrefaction. If carbohydrates are rotting, the process is called fermentation. If the patient had hydrochloric acid and pepsin in his stomach he would not have this acid of fermentation or putrefaction. In other words, if he digested his food, it wouldn't rot.

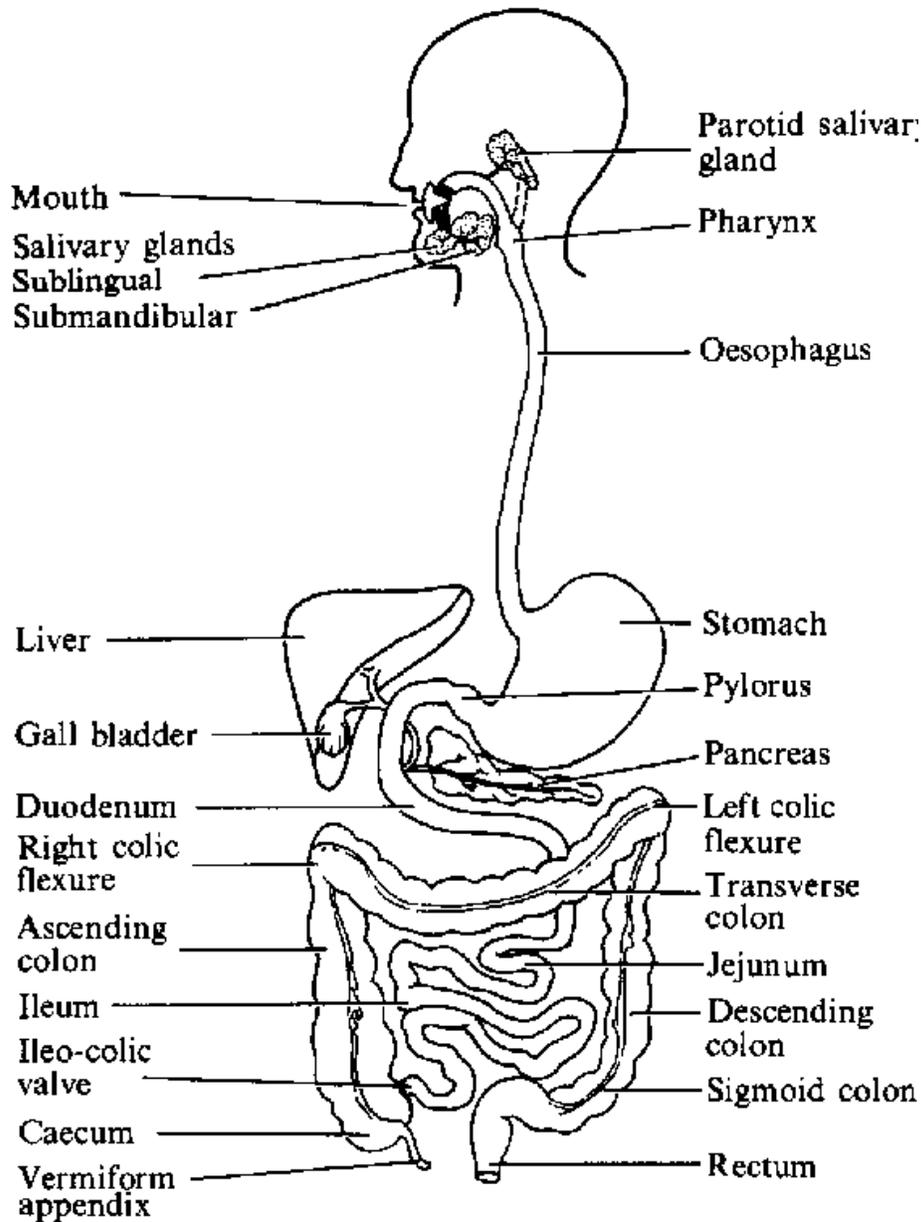
The usual (AMA) approach, when a person has this acid of putrefaction or fermentation in his stomach, is to take an antacid. This gives temporary relief, but makes the situation worse. Not only does the antacid neutralize the acid of putrefaction, it also neutralizes the person's digestive acid. So the next time he eats he has even less digestive acid than before, and the problem becomes worse. It's a vicious cycle that often leads to stomach ulcers.

Purchase Page With all the Products:

<http://www.road-to-health.com/go/noallergy>

# Is Faulty Digestion at the Root of Most Every Disease?

Drawing of digestion path:



## **In Vital Health (Usually When You Are Young) You Can Eat Just About Anything and Thrive**

Time passes and something happens; eating cooked foods, chemical exposure, injury, stress or aging. Your digestive resources are depleted and you develop "symptoms" (listed above).

### **How Good Digestion Keeps You Healthy**

The human digestive system consists of the mouth, the throat (pharynx), the esophagus, the stomach, the small intestine, and the large intestine.

#### **The Mouth and Saliva:**

Digestion begins in the mouth. Chewing our food thoroughly is just the beginning of digestion. The enzymes that are found in healthy saliva begin the digestion of carbohydrates and, when we are chewing protein, they send a signal to the stomach to get ready to secrete stomach acid because protein will soon be arriving in the stomach.

#### **The Tube That is Our Gastrointestinal Tract (GI Tract)**

The lining of our intestinal tract from our mouth to our anus is a tube made of skin just like the skin on the outside of our body and it absorbs nutrients and other substances just as our outside skin does. Some items that do not need to undergo a complex digestion process, such as sublingual vitamins, minerals, phytochemicals, and homeopathic remedies, are absorbed right in our mouth by the skin under our tongues.

#### **The Stomach:**

After we swallow our food it is sent directly to the stomach where it is churned and mixed thoroughly with digestive juices, including hydrochloric acid when the food contains protein. The stomach decomposes the food particles to about the size of cornmeal and, after it has been in the stomach for one to three hours (the amount of time food stays in the stomach depends on the amount we have eaten and the amount of fat it contains) it is transformed into a thick liquid called chyme.

#### **Chyme:**

The chyme is squirted forcefully into the top of the small intestine. The carbohydrate and protein-rich portions leave the stomach first; the fat leaves the stomach later. When food is released by the stomach into the

duodenum in the form of chyme, the gallbladder releases the concentrated bile to complete digestion

### **The Small Intestine:**

The small intestine is a long, narrow, coiled tube extending from the stomach to the large intestine.

When chyme arrives in the small intestine it bears no resemblance to the original food because the starches have been partially split, the proteins have been uncoiled and clipped, and fat has been separated from the mass.

The duodenum is the first and shortest part of the small intestine and, with the help of the liver, pancreas, and intestinal glands who pour their secretions into it, it is where most chemical digestion and the absorption of food takes place.

In the small intestine, there are an enormous number of tiny projections called villi, which absorb the end products of digestion. Villi and folds in the walls of the small intestine cover the lining and greatly increases the surface for absorption, which contributes to the length of the small intestine.

The small intestine of a human can be as long as 20 to 23 feet long and is about 1 1/2 inches in diameter, depending on age and size of the person. So much length can be compacted into so little space because it is coiled and takes up less space, while maintaining it's enormous surface area. The human small intestine has a surface area about ten times greater than the skin surface.

### **The Pancreas:**

The pancreas is both exocrine (secreting pancreatic juice containing digestive enzymes) and endocrine (producing several important hormones, including insulin, glucagon, and somatostatin).

During digestion the pancreas produces digestive enzymes and an alkaline fluid, and secretes them into the small intestine through a system of ducts. Digestive enzymes include trypsin, chymotrypsin, pancreatic lipase and pancreatic amylase.

Brunner's glands, which secrete mucus, are also found in the duodenum.

## **The Liver:**

The liver is a large brownish organ that lies above the stomach in the abdomen.

Blood is carried to the liver via two large vessels called the hepatic artery and the portal vein. The hepatic artery carries oxygen-rich blood from the aorta (a major vessel in the heart). The portal vein carries blood containing digested food from the small intestine.

The liver has many functions. Some of the functions are: to produce substances that break down fats, convert glucose to glycogen, produce urea (the main substance of urine), make certain amino acids (the building blocks of proteins), filter harmful substances from the blood (such as alcohol), storage of vitamins and minerals (vitamins A, D, K, and B12) and maintain a proper level of glucose in the blood. The liver is also responsible for producing cholesterol. It produces about 80% of the cholesterol in your body.

## **Bile:**

One of the functions of the liver is to secrete a yellow-brown liquid called bile. Bile is stored in a small sac called the gallbladder.

When food is released by the stomach into the duodenum in the form of chyme, the gallbladder, through a bile duct, releases bile, which aids in completing the digestion process.

Fats in the small intestine are broken down into smaller droplets by bile, which increases the absorption of the fats, which is an important part of the absorption of the fat-soluble vitamins A, D, E, and K.

One of the main functions of bile is to dissolve cholesterol. Bile is a mineral-salt containing detergent and if the amount of mineral salt in the bile is insufficient, sharp, painful crystals can form, known as gallstones.

Besides its digestive function, bile also neutralizes any excess stomach acid before it enters the ileum, the final section of the small intestine. Bile salts are also bactericidal to the invading microbes that enter with food.

## **Friendly Bacteria:**

The small intestine is also the host of many friendly bacteria (probiotics or microflora), which we are not born with, but that builds up in our intestine soon after birth.

Friendly bacteria helps breakdown and absorb chyme and makes vitamins and nutrients including enzymes, hydrogen peroxide, vitamin B complex, vitamin K, and lactase. Friendly bacteria also make Lactoferrin. Lactoferrin is necessary to retrieve iron from the food we eat. Increasing the amount of Lactoferrin in our systems can help cure iron deficiencies.

Last, but not least, probiotics prevent unfriendly bacteria from attaching themselves to the walls of our intestine, which causes excess mucus to be made, which leads to poor absorption of nutrients and illness.

### **The Colon:**

The colon or large intestine is the posterior or end of the human intestine that consists of four regions: the cecum, the colon, the rectum and the anal canal. The large intestine is wider but shorter than the small intestine. It measures approximately 5 feet in length and its primary function is to absorb water and electrolytes that have already passed unabsorbed through the small intestine.

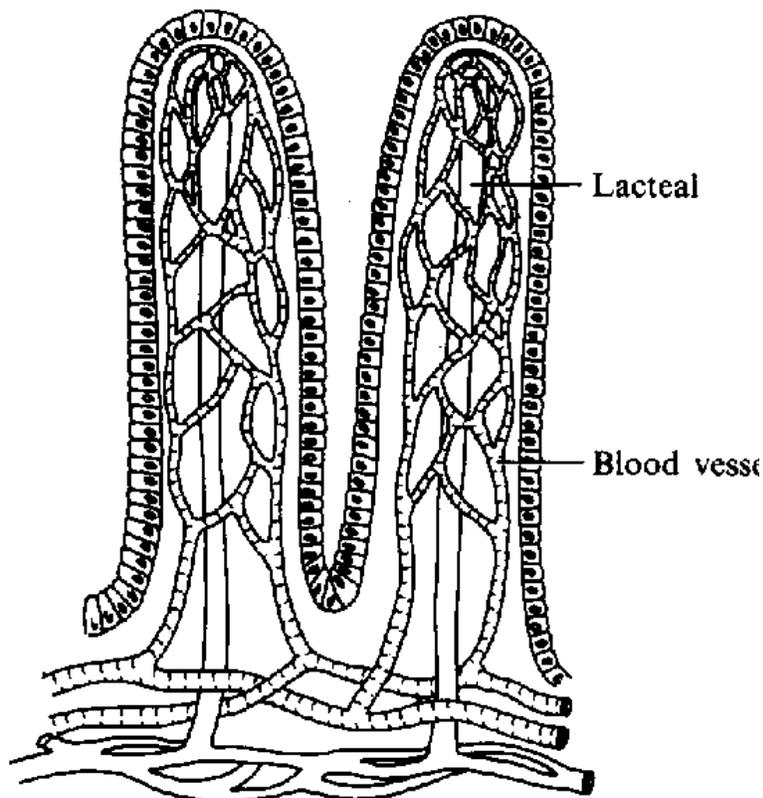
The colon is mainly responsible for storing waste, reclaiming water, maintaining the water balance, and absorbing some vitamins, such as vitamin K.

By the time the chyme has reached this tube, almost all nutrients and 90% of the water have been absorbed by the body. At this point some electrolytes like sodium, magnesium, and chloride are left as well as indigestible carbohydrates known as dietary fiber. As the chyme moves through the colon, most of the remaining water is removed, while the chyme is mixed with mucus and friendly bacteria and becomes feces. The bacteria break down some of the fiber for their own nourishment and create acetate, propionate, and butyrate as waste products, which in turn are used by the cell lining of the colon for nourishment. This is an example of a symbiotic relationship and provides about one hundred calories a day to the body. The colon produces no digestive enzymes — chemical digestion is completed in the small intestine before the chyme reaches the colon. The pH in the colon varies between 5.5 and 7 (slightly acidic to neutral).

## Cells in the Small Intestine

The Villi of The Small Intestine:

Most nutrients are absorbed into the bloodstream through the cells that line the small intestine.



Villi

The internal surface of the intestine is lined with finger-like projections called villi.

Villi increase the surface area of the lining of the small intestine, making absorption more efficient.

Nutrients are absorbed through blood vessels and lymph vessels in the villi.

Blood vessels absorb carbohydrates (sugars) and proteins (amino acids).

Lymph vessels called lacteals absorb fats and fatty acids.

Most of the nutrients used by the body are absorbed through the lining of the small intestine.

Undigested material leaves the small intestine through a valve and enters the large intestine or colon.

[Mucus build up can reduce efficiency. Okra Pepsin helps reduce mucus in the small intestine.](#)

## What to Avoid

### Drugstore “Over-the-Counter” Indigestion Remedies

#### **Antacids:**

Antacids usually contain aluminum compounds (magnesium aluminum silicate and di-hydroxyaluminum). Aluminum compounds have received a great deal of publicity in re-cent years due to the association of aluminum in the brain and Alzheimer’s disease. It has been shown that the intestine absorbs the aluminum in antacids. Furthermore, aluminum-containing antacids interfere with normal mineral metabolism. Prolonged use of aluminum-containing antacids has been linked with severe bone pain and fractures.

In fact, some doctors have gone so far as to suggest that antacids containing aluminum cause bone loss and their use should be considered one of the causative factors in bone diseases of unknown origin.

#### **Antacids shouldn’t replace calcium supplements:**

Many doctors recommend calcium supplements. The primary reason for this recommendation is the reduced risk of osteoporosis derived from long-term intake of calcium.

Some healthcare professionals have recommended antacids as a good source of supplemental calcium. However, antacids should not be relied on as a source of calcium.

The calcium carbonate contained in antacid tablets ranges from 317 mg to 500 mg per tablet. Unfortunately, calcium carbonate is only 40% calcium; the other 60% is the carbonate carrier. Therefore, the actual calcium content only ranges from 127 mg to 200 mg per tablet. (Calcium carbonate is the main ingredient in concrete.)

The conservative adult recommended allowance for calcium is 1,000 mg. (1,500 mg for postmenopausal women). It would require between five and eight antacid tablets per day to meet this recommendation using antacids as the calcium source.

Also, a key factor in protein digestion and some mineral absorption (including calcium absorption) is an adequate supply of hydrochloric acid (HCl) in the stomach. Since the function of antacid tablets is to reduce stomach acidity, antacids can theoretically reduce calcium absorption.

## **The relationship between antacids and stomach acid:**

When stomach HCl is in short supply, heartburn can develop. With low HCl, people often cannot tolerate fried or spicy foods. Some cannot even handle eggs, butter, milk, meat, or cheese. These are the same symptoms that antacids are prescribed for. Other symptoms include a feeling of fullness after eating, belching, constipation, diarrhea, and flatulence.

If HCl is low, the stomach holds the food longer. (This is why one symptom of low HCl is a feeling of fullness after a meal.) The small amount of HCl available mixes with the food, but instead of emptying its contents into the small intestine, the stomach churns and regurgitates some of this mixture into the esophagus. Since the throat is not protected against acid with the same mucosal barrier of the stomach, the throat feels “burned” by the heartburn. By treating this heartburn with antacids, the burning stops — but all the problems described above can occur. A better solution would be to increase the stomach’s HCl levels.

### **References:**

1. Spencer and L Kramer. Antacid-induced calcium loss. Arch Intern Med 1983;143(4);657-9.
2. Turek L. Orthopaedics: Principles and Their Application. 1977, JB Lippincott, pp 189-90.
3. Rappaport M. Achlorhydria: Associated symptoms and response to hydrochloric acid. NEJM1955;252 (19):802-5.

For more information about antacids please go to:

<http://www.road-to-health.com/go/vitaminevi>

## **Prescription Drugs**

### **Antibiotics:**

In the process of killing the bacteria for which they are prescribed, antibiotics also kill off all the friendly bacteria in your intestines, severely impairing digestion and assimilation of nutrients at a time when your body needs them most. At times the taking of antibiotics can be necessary, even life saving. However, when we take them to kill off infectious bacteria, we also destroy large amounts of the beneficial flora in our digestive tracts.

# How Supplements Can Help

## Friendly Bacteria

### Why We Need To Supplement Friendly Bacteria:

Friendly bacteria keep the always-present unfriendly bacteria in and on our bodies under control. They also assist in mineral uptake and digestion, help keep blood pressure normal, synthesize vitamin K, some B vitamins and hydrogen peroxide in the colon, and perform numerous other tasks.

Bacteria are everywhere. We swallow them with our food, drink them with water, they are in the air we breathe, on our skin, in our mouths, digestive tract, sinuses and other areas of our bodies.

In so far as health is concerned, some of them are harmful, some neutral and some are very beneficial. Some are extremely valuable for good health as they work harmoniously with our immune system.

Friendly bacteria in the intestines are essential not only to good intestinal health, but without it overall vibrant health is quite difficult to achieve and/or maintain.

In a healthy colon, there are literally billions of beneficial or “friendly” bacteria.

Under favorable conditions, they multiply at a fast enough rate to keep pace with the large numbers that are lost during elimination.

Friendly bacteria are also referred to as “microorganisms,” “intestinal flora,” “micro-flora,” “good bacteria,” “beneficial bacteria” or sometimes just “flora.”

### Antibiotics Cause Health Problems When Friendly Bacteria Are Not Replaced:

When we take antibiotics we disturb the balance between our friendly bacteria and the unfriendly bacteria in our GI tract from the mouth (in severe cases of imbalance a yeast infection called “thrush” will manifest in the mouth) to the rectum (diarrhea is a common side-effect of antibiotic treatment).

Even without the severe signs of an imbalance, when bowel ecology becomes out of balance health problems can and almost always do develop over the longer term. I have seen children who for years suffer one common cold after another, due to compromised immune systems

fundamentally brought about by a course or two of antibiotics without supplementing the friendly bacteria killed off by the antibiotics. In this instance, it is important to replenish the friendly bacteria as soon as possible in order to maintain good health.

In adults, bad breath is usually the first indication that normal friendly bacteria levels are critically low. When friendly bacteria levels are low in the colon, partially digested food decays, producing foul gas and toxemia. Taking an herbal supplement at that stage is self-defeating, a waste of time and a waste of money. It's way too late by then. Only a powerful friendly bacteria supplement that can withstand the acid in the stomach can permanently rectify the situation.

If you are not actively replenishing your intestinal bacteria after a dose of antibiotics, both with supplements and contributing foods, you indirectly are inviting the recurrence of future health problems. An intestinal tract devoid of friendly intestinal bacteria is a breeding ground for future illness.

Friendly bacteria are the only elements in the body that keep candida and other harmful yeast infections under control, so whenever you take a course of antibiotics, candida have a field day and will spread like wildfire throughout your system, unless you protect yourself and take a friendly bacteria supplement.

A primary effect of candida infection is suppression of the immune system, which means that the very drug you're taking to combat disease is impairing your only natural defense against it, both immediately and in the future.

### **The best friendly bacteria supplements we have found are:**

The best friendly bacteria supplements are Flora-G Plus capsules (2-4 per day) and Candida-G capsules (3-6 per day).

Flora-G Plus capsules contain a special, hearty, heat and stomach-acid resistant strain of friendly bacteria, *Lactobacillus Sporogenes*, that keeps the pH of the GI tract in the correct range for other, less hearty but necessary friendly bacteria, such as lacto-bacteria, to thrive. Flora-G Plus is so hearty you may take it on the same day as an antibiotic (take it two hours after each antibiotic dose). No other friendly bacteria strain has these qualities, which makes Flora-G Plus unique and precious.

Candida-G also contains Lactobacillus Sporogenes, with an added special Aloe Vera strain, Barbadosis Miller species, which marks inflammation in the body, signaling the body to send all healing resources to that area immediately. No other Aloe Vera strain has this quality and when combined with Lactobacillus Sporogenes it surpasses anything on the market today for healing and protecting the body from harmful bacteria.

By swallowing Flora-G Plus and Candida-G capsules you are promoting the health of your entire GI tract and bloodstream; the healing power goes wherever your blood goes.

Mixing the contents of a capsule of Candida-G with 2-3 ounces of distilled water and using the solution as a gargle — holding and swishing it around in the mouth your 1-2 minutes — brings the healing action of the body to your mouth and deep into your gums in a more concentrated form than will swallowing the capsules.

For getting Candida-G into areas where the bloodstream does not reach (the sinuses and ear canals): spray the solution up your nose or use it as nose drops for clearing up a sinus infection, and use it as ear-drops for clearing up earaches.

For topical use: spray the Candida-G solution on your face to clear up Rosacea and on your skin to heal rashes, cuts, and burns.

The Candida-G solution stays active 3 days without refrigeration and 5 days refrigerated.

Note: Animals are thankful when you provide them with Flora-G Plus and Candida-G as they often do not receive friendly bacteria in their diets. It is excellent for getting rid of mites in pet's ears.

For more about Candida-G and Flora-G Plus please go to:

<http://www.road-to-health.com/go/friendly>

# Enzymes for Digestion

## Why Pancreatic Enzymes?

Pancreatic enzymes are the most similar to what your body would be producing to digest food.

Food based enzymes may provide some benefits, but they are not close in effectiveness to the pancreatic enzymes.

Since you are not a vegetable, you can connect the dots and understand why the pancreatic enzymes work so much better.

How can you adjust your dosage to get the best results?

The amount of pancreatic supplements your body needs will change from time to time. Here is how I tell how much to take...

Over the last few years I have varied the amount I take dramatically and here is why... The performance of my body and yours will vary depending on the stress that you are experiencing. Learn how to identify and release stress and your body will work better.

So... here is how I know when I consume more enzymes than my body needs.

Initially start with one 325 enzyme, ideally 20-30 minutes before each meal. Use this dosage for three days. Notice and record in your log how you are doing. Then increase dosage... keep posting to your log. What you are looking for is a burning sensation in your anus when you have a bowel movement. This indicates to me that the enzymes I have consumed did not fully get used by my body and are making my stool too alkaline, which causes a burning sensation as it passes through my anus.

Adjust dosage down a bit and keep at this dosage until you notice either burning again or a shortage symptom.

## Shortage Symptoms:

### Allergy symptoms...

- Runny nose
- Runny eyes or matted eyes in the morning
- Any allergy symptom

## Digestive Enzymes

As you get older, or if you have experienced a trauma, you may have less capacity in the ability to produce your own enzymes. The pancreas is the organ that produces the enzymes used to digest food. The pancreatic enzyme is also used by your body to digest bruises and unruly cell production (cancer). When you supplement enzymes to bring your level to the correct amounts you will find:

- \* Allergies disappear
- \* You have more stamina
- \* Aches and pains are relieved
- \* and more

Supplementing with pancreatic enzymes is easy:

[Pancreatin Enzymes, 325 mg, 1,000 enteric coated tablets, \(used at the Gerson Cancer Clinic\) \\$88.00](#)

[If you have cancer now you will want to take Dr. Kelley Enzymes in large quantity for three to nine months or a bit longer depending on how much tumor material you have built up.](#)

## **Diseases of the Pancreas**

Due to the importance of its enzyme contents, injury to the pancreas is potentially very dangerous. A puncture of the pancreas generally requires prompt and experienced medical intervention.

### **The Pancreas and Trauma**

The pancreas seems to be one of the first, if not the first, organ to be effected by trauma. Trauma seems to cause the organ to contract reducing the function... The good news is releasing the energy that is related to the trauma event can allow the contraction to ease and recover the function,

[Watch the Trauma Release Video](#)

### **Diseases Associated With The Pancreas Include:**

#### **Diabetes mellitus**

Diabetes mellitus is a metabolic disorder characterized by hyperglycemia. All three forms of the disease are due to the inability of the beta cells of the pancreas to produce sufficient insulin. Type II diabetes is due to a hypo responsiveness of insulin receptors. Type I is generally due to beta cells not secreting enough insulin and it can be a genetic disorder or even sometimes an autoimmune issue. Type one is genetic but can also happen with no family history and is usually diagnosed as a child.

Researchers at the Toronto Hospital for Sick Children injected capsaicin into NOD mice (Non-obese diabetic mice, a strain that is genetically predisposed to develop the equivalent of diabetes mellitus type 1) to kill the pancreatic sensory nerves. This treatment reduced the development of diabetes mellitus in these mice by 80%, suggesting a link between neuropeptides and the development of diabetes. When the researchers injected the pancreas of the diabetic mice with sensory neuropeptide (sP), they were cured of the diabetes for as long as 4 months. Also, insulin resistance (characteristic of diabetes mellitus type 2) was reduced.

## **Benign tumors**

Like any other organ, the pancreas is susceptible to the growth of benign tumors. Benign tumors do not invade neighboring tissues, do not cause metastases, and usually do not return after surgical removal.

## **Cystic fibrosis**

Cystic fibrosis, also known as mucoviscidosis, is a hereditary disease that affects the entire body, causing progressive disability and early death. There is no cure for cystic fibrosis, and most affected individuals die young from lung failure. Cystic fibrosis is caused by a mutation in the cystic fibrosis transmembrane conductance regulator (CFTR) gene. The product of this gene helps create sweat, digestive juices, and mucus. Although most people without CF have two working copies of the CFTR gene, only one is needed to prevent cystic fibrosis. Cystic fibrosis develops when neither gene works normally. Therefore, it is considered an autosomal recessive disease. The name cystic fibrosis refers to the characteristic 'fibrosis' (tissue scarring) and cyst formation within the pancreas. Cystic fibrosis causes irreversible damage to the pancreas, which often results in painful inflammation. (pancreatitis).

## **Exocrine Pancreatic Insufficiency**

Exocrine pancreatic insufficiency (EPI) is the inability to properly digest food due to a lack of digestive enzymes made by the pancreas. EPI is found in humans afflicted with cystic fibrosis. It is caused by a progressive loss of the pancreatic cells that make digestive enzymes. Chronic pancreatitis is the most common cause of EPI in humans. Loss of digestive enzymes leads to maldigestion and malabsorption of nutrients.

## **Hemosuccus Pancreaticus**

Hemosuccus pancreaticus, also known as pseudohematemesis or Wirsungorrhage, is a rare cause of hemorrhage in the gastrointestinal tract. It is caused by a bleeding source in the pancreas, pancreatic duct, or structures adjacent to the pancreas, such as the splenic artery, that bleed into the pancreatic duct. Patients with hemosuccus may develop symptoms of gastrointestinal hemorrhage, such as blood in the stools, maroon stools, or melena. They may also develop abdominal pain. Hemosuccus pancreaticus is associated with pancreatitis, pancreatic cancer and aneurysms of the splenic artery. Angiography may be used to treat

hemorrhage, where the celiac axis is injected to determine the blood vessel that is bleeding, because embolization of the end vessel may terminate the hemorrhage. Alternatively, a distal pancreatectomy may be required to stop the hemorrhage.

## **Pancreatitis**

Pancreatitis is inflammation of the pancreas. There are two forms of pancreatitis, which are different in causes and symptoms, and require different treatment:

- \* Acute pancreatitis: A rapidly-onset inflammation of the pancreas.
- \* Chronic pancreatitis: A long-standing inflammation of the pancreas.

## **Pancreatic pseudo cyst**

A pancreatic pseudo cyst is a circumscribed collection of fluid rich in amylase and other pancreatic enzymes, blood and necrotic tissue, typically located in the lesser sac.

## **Zollinger-Ellison Syndrome**

Zollinger-Ellison syndrome can be caused by a tumor of the gastrin producing cells of the pancreas, resulting in elevated levels of the hormone, and increased hydrochloric acid secretion from parietal cells of the stomach. It can lead to ulceration and scarring of the stomach and intestinal mucosa.

## **Pancreas Divisum**

Pancreas Divisum is a birth defect where the pancreas fails to fuse together. This is a rare condition that affects only 6% of the world's population and of these few only 1% ever have symptoms that require surgery.

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