



The **Total Wellness Cleanse™**

A New Year, A New You.

Reclaim your health and live your best life in just 30 days!

- SPECIAL REPORT -

FOR CLIENTS OF THE "DIET SOLUTION PROGRAM"

The Fundamentals of Digestion and Colon Health

Courtesy of the...

Total Wellness Cleanse™

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The Fundamentals of Digestion

Almost all disease begins with faulty digestion. Digestion is the most energy consuming activity that our bodies perform. By improving digestion we can free up energy for other processes such as cleansing our bodies, which means cleansing unnecessary fat – weight loss! When energy is dedicated to digestion, it leaves us lethargic and drowsy. Mentally, we are not as sharp as if digestion were efficient, and cellularly, the body is unable to focus on other activities such as internal cleansing of bodily impurities – such as excess fat!

Freeing up that digestive energy will leave you eager to get yourself moving. Whether it's playing with the kids, taking the stairs, or hitting the gym, the more you move the faster you will hit your health goals. So let's start the ball rolling and do everything we can to improve our digestion, and our waist lines! Changes occur quickly once you start taking care of yourself...what will you look like in 30 days?

Mouth

The digestive process begins long before food reaches our stomach. Digestive juices (enzymes) start flowing with the sight, thought, and smell of food. Food starts to break down in the mouth when saliva is mixed into food via the act of chewing.

Saliva is rich in the enzyme ptyalin (amylase) and aids in the breakdown of carbohydrates and approximately one cup of amylase is produced at each meal.

Taking the time to chew your food, increasing surface area for amylase to work on in the mouth takes a myriad of pressure off of other digestive organs further along the digestive system. The act of chewing also alerts the stomach to the arrival of food and triggers the production of hydrochloric acid there.

Stomach

The stomach is the area of protein digestion. There are no starch-digesting enzymes released. The digestion of proteins into amino acids is slow and can take many hours to complete.

The stomach secretes hydrochloric acid (HCl) and pepsin to digest protein. If the stomach is not producing enough acid, or the stomach is being overloaded with too much food, protein digestion will suffer. Partly digested chains of amino acids can be passed onto the small intestine when there is not enough acid in the stomach to break them down.

This is how food sensitivities and allergies occur, and you will learn more about these problems in a later week. In addition to improper protein digestion, insufficient stomach acid means improper absorption of vitamins and minerals.

So, you can eat all the nutritious organic food you want, but if you are not digesting it and absorbing the nutrients, it really doesn't make a difference. Improving digestion you not only increase your energy and lose weight, you will increase nutrient absorption and gain more energy and vitality!

When the pH of the stomach reaches a certain level of acidity, the digestion of carbohydrates is halted for the time being but will resume in the small intestine. It is estimated that carbohydrates have up to an hour to continue digestion in the stomach until enough acid has been created.

So, we have about an hour's time of food sitting in the stomach until protein digestion can begin. If you were to drink water at this point, you would severely limit your digestive potential. Water will dilute digestive juices and therefore hinder digestion.

The more liquid you drink with or directly after your meal, the longer digestion will take. For this reason, water consumption should be stopped at least half an hour before meals and not resumed until at least an hour after eating. Also, never drink ice cold water near meal times. Ice water shocks the HCl-producing glands leaving them unable to produce digestive acid for up to an hour.

And, if you are celebrating or just absolutely have to have a glass of wine with your meal on occasion, opt for one 3 oz. glass of red wine at room temperature. Since red wine is fermented, it has enzymes that will aid in digestion when taken in moderation. Adding too much wine will increase digestion time as it increases the amount of overall liquid in the stomach.

Small Intestine

When food leaves the stomach, it empties into the small intestine – an area called the duodenum. The duodenum also receives digestive enzymes from the pancreas and bile from the gallbladder.

These secretions are necessary to complete the digestion and absorption of food. The stomach contents that move into the small intestine are acidic, and for digestion to continue in the small intestine, the acidity must be turned alkaline.

If food is not thoroughly digested for our body's use, the bad bacteria in our intestines will digest the food for you, releasing toxins into your intestines. The result is gas and bloating. If you have a healthy digestive system, you will not have any gas or bloating at all!

Pancreas

The Pancreas manufactures enzymes to aid in the break down of proteins, fats, and carbohydrates. Pancreatic juice is slightly alkaline, and the movement of acidic stomach contents into the small intestine stimulates the pancreas to supply pancreatic juice.

Gallbladder

The gallbladder, like the pancreas, is stimulated by acidic stomach contents to release its alkaline bile into the small intestine. Bile is manufactured by the liver, but stored in the gallbladder. Bile works to assimilate fat so it can be absorbed through the intestinal wall into the lymphatic system.

Liver

The liver is the detoxification center of the body. When food is absorbed from the intestines it goes through the portal vein to the liver where the blood passes around and through liver cells and then goes onto the heart through the vena cava. The liver cells filter the nutrients out of the blood and process them so they can be used or stored. The liver stores sugar by hooking individual molecules together to form glycogen.

Tips on How to Improve Your Digestion

Drink Your Solids, and Chew Your Liquids

Eating slowly makes it easier to tell when you're full. You don't want to get too full because you'll dilute your digestive juices. Sometimes this may mean leaving half of your food on your plate – and that's ok! Chewing your food well makes it easier for the stomach and intestines to finish digestion. Remember – the stomach doesn't have teeth! Chewing your liquids means not just downing a glass of juice, but rather swishing it around in your mouth to ensure each particle comes into contact with the digestive juices of the mouth.

Don't Drink With Meals

Take small sips if you must. Avoid ice water as it shocks stomach secretions and halts digestion completely. Drink plenty of water throughout the day, and make sure you drink plenty of water during and after exercise.

Eat Stress-Free

Stress halts digestion. Eat in an environment where you can take your time and simply enjoy the act of eating. This means it may be best if you turned off the television and avoided the evening news. News programs thrive on death and destruction – topics that are not going to aid digestion. Unexpressed worries and fears are common stressors that effect digestion. Look on the bright side of any troublesome situations you may find yourself in and stay happy and be optimistic!

Breathe

Deep breathing aids digestion big time. Take some time several times a day whenever you think of it...especially when stressed. Repeat: "Breathing in, I know I'm breathing in. Breathing out, I know I'm breathing out." This is one of the many useful tips I have gotten from my yoga instructors and it makes you relax and breathe so deeply. The extra oxygen does wonders for the body. Cancer cannot survive in an oxygen-rich environment, so breathe!

Food Combine

When you eat a concentrated protein (like meat) with a concentrated starch (like potatoes) you are asking your body to create opposite digestive environments at the same time. Protein needs acid to digest properly in the stomach, and starches need a more alkaline environment. Starches begin digestion in the mouth and continue to be digested in the intestines. Our prerogative here is to ensure an optimal stomach environment at all times. Remember to drink water on an empty stomach!

The general guidelines are these:

1. Eat fruit alone, or ½ an hour before other foods. Remember that fermentation will cause gas, bloating, and fatigue. (This is not a problem on the Total Wellness Cleanse because we have omitted fruit, so this will come into play post-cleanse!)
2. Proteins can be eaten with vegetables.
3. Starches can be eaten with vegetables.
4. Never eat concentrated proteins with concentrated starches. So meat + potatoes is a very bad idea. Sorry Dad! You will remember that starches and proteins require different environments to digest. Eating them separately will decrease the time and energy devoted to digestion.
5. Vegetables and good fats can be eaten with either proteins or starches since neither relies on the stomach for digestion.

Food Sequence

Though the stomach churns, the food inside is not thoroughly mixed. What is eaten first is largely kept separate from what is eaten later in the same meal. Clear fluids exit the stomach quickly, in a matter of minutes. Fruits have the second fastest exit time, followed by vegetables, starches, and proteins/fats/oils take the longest. Coffee, tea, and spices stimulate gastro-intestinal churning and act to accelerate the emptying of the stomach into the small intestine, so taking them with the meal promotes incomplete digestion, and should be avoided.

To maximize digestive efficiency, mono-meals (meals consisting of only one item, such as a meal consisting solely of bananas) are likely the way we were meant to eat. Our stomachs know how to deal with a banana, and gauge how much acid to create to get the job done. But as soon as we start mixing foods into gourmet dinners, our stomachs get confused.

The best way to remedy this is through the science of food sequencing. Food sequencing entails eating the most easily digested items first, followed by foods that require more time in the stomach.

The rules are as follows:

1. **Fruit.** Fruit digests itself, passing through the digestive system within 20 minutes. If fruit is eaten when food is already in the stomach, it gets trapped and ferments. This fermentation causes bloating and gas, slows down the entire system and steals your vital bodily energy to focus on digestion.
2. **Simple foods and enzyme-rich.** Raw foods contain the enzymes needed to digest themselves, and require less external enzymes, and therefore less time to be digested.
3. **Simple starches.** The acid in the stomach will disintegrate simple starches such as bread and baked goods.
4. **Complex carbohydrates and fibrous foods.** Foods such as a baked potato, and whole grains like wild rice and oat groats (unprocessed oats) require more digestion time.
5. **Protein and fats.** Protein needs sufficient time in the stomach where it can be soaked in acid and broken into amino acids.

Food combining and food sequencing are less important the cleaner your diet, (vegan vs. omnivore) but you may find these guidelines make you feel much better post meal no matter what type of diet you follow.

Exercise

It's important to have a regular exercise regimen to keep not only your digestive system in top shape, but also to relieve overall stress and calm your mind. Depending on your level of fitness this may mean starting a walking program or attending your first yoga class. While you're on the Total Wellness Cleanse™ you will be provided with a daily exercise plan, and after 30 days you will have the momentum going to keep up with daily exercise.

Use Digestive Enzymes

They are amazing, amazing. We try to eat raw foods most of the time, but when we find ourselves in situations where it's difficult to eat raw, we take digestive enzymes. When you eat cooked food, the enzymes have been deactivated in the cooking process. This is bad news considering they are essential to life.

Enzymes help take care of the bloating and sleepiness after eating and improve the quality of your skin, hair, etc. because they digest your food which helps the absorption of nutrients. We find it easiest to get full spectrum enzymes. Look for one that has protease (digests protein), lipase (digests fat), and amylase (digests starches).

Use Probiotics

You are probably familiar with antibiotics – the blanket prescription that your doctor has prescribed you for years. Antibiotics act to kill not only bad bacteria that may be causing an infection – but also good bacteria that are responsible for keeping your body in good working order.

If you have taken antibiotics anytime in the last 10 years than you may be quite familiar with the feelings of gas and bloating after you eat. This is often because antibiotics have killed off the good bacteria in your digestive tract, paving the way for bad bacteria to take over.

Taking a good probiotic before bed may help repopulate your digestive tract. Look for enteric coated probiotics found in your local health food store. The enteric coating ensures the probiotics make it through the acidity of the stomach, and release in the intestines where they are needed.

Quick Reference Guides

The next 3 pages provide you with 3 Quick Reference Guides to bettering your digestion, based on the information that has just been presented to you. We suggest printing them and keeping them accessible and visible as much as possible. Posting them on your refrigerator is a good idea.

Steps to Good Digestion

- 1 Eat while relaxed. Never eat while rushed or stressed.
- 2 Begin meal with a glass of lukewarm lemon water. Avoid ice-cold beverages, as they will shut down your stomach's gastric glands.
- 3 Chew your food thoroughly, until it feels mushy in your mouth.
- 4 Practice proper "Food Combining".
- 5 If eating a meal that does is not properly "combined", then follow the "Food Sequencing" principles.
- 6 Other than a few sips, refrain from drinking liquids with your food.
- 7 If the meal is cooked (not raw), it is helpful to take a digestive enzyme before, during, and after your meal.
- 8 If your meal contains animal protein, it will greatly help to take an HCL (hydrochloric acid) tablet to generate more gastric juice and protein enzymes.

*Print this page and keep it accessible.

Food Combining Principles

- 1 Eat RAW FRUIT alone
- 2 Avoid mixing STARCHY CARBOHYDRATES with ANIMAL PROTEIN
- 3 Water-rich VEGETABLES go with everything
- 4 Healthy FATS go with everything
- 5 Avoid combining HIGH SUGAR FOODS with other foods.

***Note:** Food combining principles can be more lax if your meal consists of a juice or smoothie, since the ingredients are blended.*

BAD COMBINATIONS:

- Cereal with cow's milk
- Chicken and rice
- Steak and potato
- Cereal (non-raw) with fruit

GOOD COMBINATIONS:

- Cereal with rice milk
- Salmon and steamed leafy greens
- Chic peas and kale
- Rice cracker with almond butter

*Print this page and keep it accessible.

Food Sequencing

If you are presented with a meal with foods that are not properly “combined”, you can also better your body’s ability to digest them by sequencing how you eat your meal. Here is how food sequencing works.

1 Eat SIMPLE FOODS and ENZYME-RICH FOODS first

These are generally raw foods such as salad or raw veggies. Their enzymes will assist in the digestion of the foods you eat next.

2 Eat COMPLEX CARBOHYDRATES + FIBER-RICH FOODS next

These include your starchy root vegetables (sweet potato, yams, etc...). We eat these before heavier protein because they are digested more rapidly and thus can pass through the digestive tract unimpeded.

3 Eat PROTEIN + FAT last

These take the longest to digest and thus should be eaten after the aforementioned foods. This is more applicable to those who eat animal proteins. If you are a vegan than your protein will be coming from easy to assimilate plant sources such as legumes. Furthermore, plant-based proteins don’t carry saturated fats or cholesterol (only healthy fats) which further assists their digestion.

SAMPLE FOOD SEQUENCING SCENARIO – MEAT EATER

MENU

On your plate, you have some simple greens with vinaigrette, brown rice, a piece of salmon, and steamed green leafy vegetables.

How do you sequence them for optimal digestion?

Ideally, it would look like this...

Salad Greens → Green Leafy Vegetables → Brown Rice → Salmon

Following this simple sequencing pattern will help you digest your meals much more effectively.

SAMPLE FOOD SEQUENCING SCENARIO – VEGAN

MENU

On your plate, you have cooked lentils, steamed broccoli, salad greens, and shaved raw (soaked) almonds.

How do you sequence this meal for optimal digestion?

Note: In vegan dishes, the need to sequence is less important due to absence of tough-to-digest animal proteins.

Ideally, though, it would look like this...

Salad Greens → Steamed Broccoli → Cooked Lentils → Soaked Raw Almonds

RAW VEGANS NEEDN'T WORRY AS MUCH

If you are a raw foodist or are eating a meal that is 100% raw, then both food combining and food sequencing are of lesser importance.

Since raw foods are rich in food enzymes, they are much more capable of digesting themselves and imposing less stress on the digestive system.

SOME MAY STILL EXPERIENCE DISCOMFORT

However, many people who are not accustomed to eating raw foods (especially cruciferous veggies) may report bloating or gas or digestive stress when eating these uncooked foods.

If this happens to you, then main reason is that your body is not yet accustomed to handling high amounts of fiber. As such, you have a tough time breaking down the “cellulose” plant wall (the fiber), which, in turn, may cause feeling slightly uncomfortable.

The solution – lightly steam your foods (and we’re talking 1-2 minutes – not 10-20 minutes!). This will help to breakdown the tougher cellulose fiber and enable your body to better digest those tougher raw veggies like broccoli, cauliflower, etc...

Hydration

Drinking enough filtered water is vital to your health. Remember, the body is 70% water, the most abundant substance in the body, so you want to make sure that your foods are 70% water. Most people today subsist on diets that are probably 70% bread! And bread is devoid of water so it needs to take water from your body in order to be digested, leaving you sluggish and dehydrated!

Pure water (distilled) does not exist in nature. Minerals and other substances are always present. Water is involved in every bodily function: circulation, digestion, absorption, elimination, pregnancy, etc., and is the primary component of blood, lymph, digestive juices, urine, tears, and sweat. These functions will be slowed immensely if there is not enough water in the body. Most people are in a constant state of dehydration, and most people are in extremely poor health.

Hungry? Grab some water! Reaching for a glass of water instead of food can save you many, *many* unwanted pounds over the years. The sensations of thirst and hunger are one and the same, generated whenever the brain is in need of sugar or water. So why do we often choose food over water? I am certain this is due to our highly processed food supply. Let's take white bread for example, which does not exist in nature, and is therefore a highly processed food! Its lack of nutrients and fiber makes it act like a drug within our bodies.

Broken down quickly, the simple carbohydrates enter our bloodstream causing a fast rise and fall in blood sugar. The fall causes the feeling of hunger to increase blood sugar and the need for water goes overlooked because we have created a more pressing need for sugar!

This also makes us more likely to reach for a sugar-laden drink over water, both situations result in packing on extra calories. This yo-yo battle with blood sugar will result in constant dehydration. If we ate whole foods like our ancestors did, we would be more in tune with our need for water.

Another mistake that leads to weight gain is assuming that manufactured beverages can replace our need for water. Our bodies need *water*, not just liquids.

Drinking 8 glasses of bottled juice, 8 cans of pop, or any other highly processed drink will not hydrate you. They have many other ingredients that influence body chemistry, none of which do us any good! I've come across many people who are adamant about telling me that as long as a beverage contains water, it's just as good as water. You can fool yourself, and you can argue with me all you want, but it won't change the fact that every cell in your body needs a pure source of water.

Let's take for example someone who drinks upwards of 8 Diet Cokes a day. The caffeine found in coke acts directly on the brain, like a drug. Caffeine also acts as a diuretic, increases urine production, and leaves the body in a constant state of dehydration. This is why a person can drink so many sodas and never satisfy their

thirst. These people assume they have drunk enough “water” (in the form of soda) and assume they are hungry. Overeating and weight gain will be caused by the confusion between thirst and hunger.

Let’s talk about another constituent of diet coke: aspartame. Aspartame converts to aspartate, phenylalanine, and methyl alcohol (formaldehyde) in the small intestine. The first two are highly excitatory neurotransmitter amino acids, and cross the blood brain barrier. There is a claim that the body renders the methyl alcohol non-toxic, but their claim has yet to be proven.

According to the video “Sweet Misery: A Poisoned World,” aspartame complaints represent 80-85% of food complaints with the FDA due to its multiple neurotoxic, metabolic, allergenic, fetal, and carcinogenic effects. Aspartame is known to erode intelligence and affects short-term memory. The most frequent complaints about aspartame include brain tumors, birth defects, lymphoma, diabetes, MS, Parkinson’s, Alzheimer’s, fibromyalgia, chronic fatigue, depression, anxiety attacks, epilepsy/seizures, migranes, numbness, hearing loss and ringing in the ears, blindness, blurred vision, other eye problems, and stomach disorders. Artificial sweeteners stimulate the appetite by spiking insulin levels, leaving you hungry shortly after eating. This leads to an increase in carbohydrate cravings and the increased intake of food will stimulate fat storage and weight gain!

Before learning about the effects of aspartame, I (Amy) drank about 4 cans of diet coke per day. Like many others, I assumed a toxic substance would never gain allowance into our food supply. I was wrong. For 2 years I suffered from cloudiness in my eyes. I always had one eye that was so fuzzy I could not see properly. Now I cannot tell you that Diet Coke was for sure to blame, but 6 months after I stopped drinking it, I realized my vision was completely fine! Aspartame is a man-made chemical and has no place whatsoever in our bodies. Water, on the other hand contains no aspartate, phenylalanine, or formaldehyde.

What About Juice?

The biggest problem with juice is its sugar content. Too much sugar in juice form will be absorbed into the blood stream, causing a drastic spike in blood sugar. The drastic spike causes a drastic fall, leaving us craving more sugar. This may lead to drinking even more juice, adding even more calories!

Let’s take Ocean Spray’s white cranberry juice for instance. Ingredients: Filtered water, white cranberry juice from concentrate, sugar, high fructose corn syrup, natural flavors, ascorbic acid (vitamin C), and citric acid. In addition to the concentrated juice, there is more added sugar *and* high fructose corn syrup! The term “natural flavors” can mean anything. It can even mean MSG has been added. It is amazing what labelers can categorize as natural. Water has no added sugar, no fillers, and no preservatives. If you want juice, buy a juicer and make it yourself. It will then be full of vitamins, minerals, and enzymes which are needed for every single function within the body.

Even if you're already drinking water, you need to start thinking about the source of that water. Drinking any old tap water is not good for our cells. Tap water has chlorine, among other things, added to kill bacteria. The problem here is that it kills both bad and good bacteria that our bodies need to be healthy.

Drinking chlorinated water is like taking antibiotics every day. It is important that drinking water is filtered using a respectable filtration system. I prefer carbon filtered water. Ideally, you want to find a filtration technology that reduces volatile organic compounds, lead, cysts, MTBE, turbidity, chlorine, bad tastes, odors, and particulate matter.

How much water do you need to drink? An often-agreed amount is half your body weight in ounces per day. So, if you're 160 lbs, you need 80 oz. of water each day. That breaks down into 10 8 oz. glasses...but all these numbers are SO confusing! You may find it easiest to keep a glass of water where you can see it at all times – you'll find you just naturally drink more that way.

Be sure to sip water throughout the day and not chug 2 or 3 glasses at a time to “make up” for lost glasses. Water taken this way may not become assimilated into the body and pass through the system relatively unused. Drink water first thing in the morning as the body becomes dehydrated at night. It can also stop you from overeating your breakfast!

Water is good for so many things in addition to dropping a few pounds, so you may notice other problems get better, like asthma, hiatus hernia, and pains in the lower back, neck, and heart! Get headaches? Drink water! You will be amazed at the results!

How to Create a Healthy Colon

You would be hard pressed these days to find someone free of colon issues. Most clients complain about bloating, gas, smelly bowel movements, and a general uncomfortable feeling after eating. Proper hydration and proper nutrition are the two most important factors affecting the peristalsis of your colon. So it's a no brainer that constipation is often caused by poor diet and dehydration!

Laxatives and even “natural” laxatives – herbs such as senna and cascara sagrada – are strongly advised against to relieve constipation. They irritate the colon and cause it to expel its contents, but do not address the root of the problem.

Gentle minerals like magnesium hydroxide can be used to bring water into the colon, but you must drink lots of water when taking even gentle minerals to ensure you rehydrate your cells. Gentle herbs like peppermint can stimulate digestion and make elimination easier. In addition, cape aloe and rhubarb are gentle herbs that naturally stimulate peristalsis of the colon.

Colon cancer is consistently linked to slow transit time. This is the time it takes your meal to make it through your body from mealtime to elimination. Transit time should be anywhere from 18 to 24 hours.

If you are eliminating regularly, it doesn't mean that you have a healthy colon. You could be eliminating food from days ago! If you're one of those people with a “pregnant belly,” and there's no baby to speak of – you'd better start getting serious about straightening things out right this minute. When food stays in the colon for long periods of time, it creates toxins, putrefies, and means you've got an increased chance of bacteria overgrowth, cancer, diverticulosis, or constipation. On the other hand, if transit time is too short, there is a chance of malabsorption and diarrhea, which may mean you are regularly eating foods to which you are sensitive.

To test your transit time, eat a cup of beets (grated) or corn and note how long it takes to come out the other end!

For more detailed information on constipation and how to improve transit time read the chapter “*Eternal Health – The 4 Elements Cells Need to Thrive*” which is in your Starter Kit.

Is Your Gut Leaky?

Leaky gut syndrome is the technical name for increased intestinal permeability. As its name signifies, this condition is characterized by a gut (intestinal tract) that allows far too many substances into the bloodstream.

Normally, the intestinal walls form a semi-permeable barrier, only allowing properly digested nutrients into the bloodstream, while preventing the uptake of toxins and undigested food particles. Such nutrients are able to pass into the blood through pores located in the intestinal wall.

Under ideal circumstances, these pores are small enough to prevent undigested food particles and other large toxins from escaping the intestinal tract and causing damage in the bloodstream.

However, in the case of leaky gut syndrome, these pores widen, which allows anything and everything to pass through the (now very permeable) intestinal walls and into the blood.

This is a big problem and is one of the biggest factors behind food allergies and autoimmune diseases.

Why is Having a Leaky Gut Dangerous?

Our intestinal tract is obviously semi-permeable for a reason. It is meant to keep out certain substances then there's a reason for needing to do so.

One of the problems with leaky gut is that it allows undigested food particles into the blood. When this happens, the immune system builds up antibodies against the protein in that food and mounts a full-out immune response. The immune system is simply doing its job. If it identifies a "foreign" substance in the bloodstream, then it will take the necessary action to neutralize it.

Unfortunately, since the body has now developed an antibody army against this food, with time as you ingest this food your body will become "hypersensitive" to it. This is how food allergies develop. And the more this occurs with the foods you eat, the more hypersensitive your immune system becomes.

As a result, you become much more susceptible to environmental allergens since your body's immune system is now in overdrive and "paranoid" about everything little thing it is exposed to.

With time, a hypersensitive immune system can start reacting in a myriad of unpredictable ways. In many cases, it will actually begin to attack the body itself, creating an auto-immune disease such as alopecia, multiple sclerosis, celiac disease, Graves' disease, endometriosis, and many more.

A substantial proportion of the population suffers from immune diseases, which are often chronic, debilitating, and life-threatening. There are more than eighty illnesses caused by autoimmunity and about 75 percent of those affected are women. It has been estimated that autoimmune diseases are among the ten leading causes of death among women in all age groups up to 65 years.

However, go to your doctor, allergist, or immunologist and they will NEVER even mention the possibility of leaky gut syndrome.

What Causes Leaky Gut Syndrome?

Well, as was briefly mentioned above, the substances and choices that stress your body and digestive system will have a profound effect on the health of your colon and intestinal tract. Refined sugars, processed foods, alcohol, medications, and stress will negatively impact the colon.

All of these can worsen the balance between good and bad flora in your colon. If the bad are way out of control, then fungi, for instance, can latch onto the intestinal walls and create irritation, inflammation, and the eventually widening of the pores.

If food sits in your colon for too long, it too will irritate the intestinal walls and predispose them to becoming more permeable. That is one of the reasons why passing regular bowel movements is so important.

Leaky Gut Remedies

Remedying leaky gut syndrome is synonymous with healing your colon. To help you do so, we have prepared a 1-page quick reference *Guide to Gut Health*, which will give the exact steps to help you repair your gut and improve the health of your colon. You can find this guide in just a few pages at the end of this chapter.

Candida Explained

Candida Albicans is a single-celled fungus (a yeast to be more exact).

In a healthy individual, it lives in the digestive tract and is kept in balance among other bacteria and fungi. These "normal flora" that live in the large intestine help in the digestion of food, produce enzymes and vitamins, and prevent infections and disease.

You're certainly aware of the importance of probiotics right? Well, that's why. They keep your flora in check by providing the "good" bacteria.

However, when the condition of your bowels becomes disrupted through the use of antibiotics, steroids such as estrogens, progesterone, the birth control pill, or cortisone, the environment becomes one where fungi will thrive.

In recent years, the outbreak of candida-related problems has been largely due to the generous consumption antibiotics. Antibiotics act like an atomic bomb, wiping out ALL micro-organisms in the body, good ones included.

But because fungi and bad bacteria have a tendency to repopulate much faster than their good counterparts, they can quickly over-populate your colon and create severe floral imbalance. A condition known as dysbiosis.

If this occurs, it creates a vicious cycle whereby your body is more prone to infections and illness, leading you to seek out further antibiotics, and so on and so forth.

Metabolic diseases such as stress, diabetes, and hypoglycemia can also be triggers that favour Candida overgrowth, as can the daily consumption of refined carbohydrates, alcohol, and caffeine.

Food contaminated with fungi, mold, and yeast can add to the problem. Mushrooms especially are a no-no since they are themselves a fungus! Once you have a fungus problem, it can be incredibly difficult to get rid of since it thrives on sugar, and there is sugar everywhere!

At the heart of the Candida problem lay mycotoxins. Mycotoxins are secreted by Candida and other fungi to protect the fungi against viruses, bacteria, parasites, insects, animals, and us humans!

When mycotoxins get into the blood stream, they cause all sorts of problems such as fatigue, spaciness, irritability, confusion, memory loss, depression, dizziness, mood swings, headaches, burning sensations, mental foggy, numbness, tingling, burning sensations, and more.

You may notice a similarity between candidiasis symptoms and hypoglycemia, or low blood sugar. Symptoms diagnosed as hypoglycemia may actually be mycotoxins at work in your body! Yikes!

How Do You Get a Candida Overgrowth?

Usually, a person has another big problem that predisposes them to Candida, such as hormonal imbalances, a compromised immune system, or antibiotic use that ripens the environment for bacteria and fungi overgrowth, so it is important to not only treat the Candida overgrowth, but to address the underlying causes and triggers!

The following are just a few of the conditions that can predispose you to Candida overgrowth:

Insufficient hydrochloric acid (HCL) production – If you are not producing enough stomach acid, it makes it easier for fungi to make it into your intestinal tract. Surprisingly, low HCL production can be caused by allergies to foods – most prominently milk, wheat, soy, or corn. Removal of these foods from your diet can make the problem go away. In addition, HCL supplementation is a great help.

Pancreatic enzyme deficiency – When you cook your food, you lose the enzymes inherent in all living foods, and your pancreas has to work overtime to get the job done. Furthermore, when you eat enzyme-deficient food that has fungal overgrowth, such as leftovers that have been sitting for days, and the food has no enzymes, you are unable to digest and render the fungi inactive.

Toxic food supply – Corn, peanuts, cashews, and dried coconut are notorious for fungal overgrowth. Any product that includes yeast, including the health food brewer's yeast and baker's yeast. Barley, rye, wheat, rice, millet, and almost all cereal grains may contain fungi. Animals are often fed a diet rich in grains contaminated with fungi, which results in their muscles and fat being full of mycotoxins!

Cigarette smoking – Not only does smoking overload the liver with toxins, but all cigarettes sold in North America are contaminated with yeast and fungi. To top it all off, sugar and yeast are added to the final product!

Fungal fermentation – the making of bread, wine, beer, cheese, chewing tobacco, aged and cured meats, and cigarettes involves a fermentation process that increases the likelihood you will be exposed to mycotoxins. Alcohol is toxic – this fungal produced toxin has been documented in the causation of brain and nervous system damage, liver cancer, and birth defects among many other health concerns!

Refer to the *Guide to Gut Health* at the end of this chapter for the steps to conquer candida.

Tips For Healing the Colon

Like with leaky gut, the detailed protocol for healing your colon can be found at the end of this chapter, on our 1-page *Guide to Gut Health* reference sheet.

However, in the meantime, here are some more helpful tips. If you want to get your colon in good working order, you may want to add an herbal concoction that includes artichoke and dandelion to your healing regimen. Be sure to include turmeric root, St. Mary's Thistle, blessed thistle, buckbean leaves, milfoil herb, genetian root, wormwood, calamus root, chamomile and fennel.

If that list of herbs is too overwhelming for you, you may simply want to try supplementing with the amino acid L-glutamine. L-glutamine helps heal the cells that line the small intestine and stomach. It is also the primary source of energy for those cells.

Licorice root is known to help soothe inflamed mucous membranes in the digestive tract and helps protect the intestinal lining as well. Licorice root makes an unbelievably tasty tea. Make sure to get a de-glycyrrhizinized form of licorice because it has had the part of the root removed associated with water retention and increased blood pressure.

Chamomile is high in the bioflavonoid apigenin. Drinking chamomile tea is a good way to soothe irritated mucosal membranes.

Marshmallow Root is another herb you can add to your gut healing arsenal. As you have probably guessed, it helps heal inflamed mucosal membranes.

Guide to Gut Health

- 1 Avoid C.R.A.P – coffee, refined sugar, alcohol, processed foods.
- 2 Eliminate allergenic foods.
- 3 Ensure adequate HYDRATION (water) – drink 1/2 your body in weight (lbs) in ounces per day.
- 4 Ensure adequate FIBER intake – 35 grams/day is ideal (lots of veggies)
- 5 Ensure adequate LUBRICATION – 1-2 tbsp EFAs/day
- 6 REMOVE YEAST and bad bacteria – “Steps to Good Digestion”, and...
 - a. 1-2 tsp or capsules/day caprylic acid for 1-2 weeks, then add
 - b. 3-4 drops/day of oregano oil, garlic
- 7 REPLENISH GOOD BACTERIA
 - a. 30 billion/day for 2-4 weeks
 - b. 8-12 billion/day maintenance, thereafter
- 8 REPAIR GUT LINING – glutamine (5g/day), aloe vera, EFAs, raw cabbage juice, enzymes.

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