



# IMAGE AWARENESS WELLNESS INSTITUTE

## *Digestion and Disease*

1271 HIGH STREET, AUBURN, CA 95603 • PHONE (530) 823-7092 • ORDER LINE (800) 359-6091  
HOURS: TUES. – FRI. 10 A.M. – 4 P.M. • E-MAIL: MAIL@IMAGEAWARENESS.COM WEB: WWW.IMAGEAWARENESS.COM

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### FROM THE MAILBAG

In June of 2007 I began to have problems in my body. My hands and knees hurt. It became painful to get up and down.

My husband had changed jobs so I was waiting on insurance to go to the doctor. The pain became so unbearable that I went to a doctor. He gave me a cortisone shot, and told me I had osteoporosis.

I became nearly bedridden. My husband and son had to put my socks and shoes on for me. I began to devour advil for the pain. This in time caused internal bleeding.

In September our insurance was in effect so I went to the doctor. He X-rayed my knees and said they were full of arthritis.

He sent me to a rheumatoid doctor. By that time I had lost 30 pounds and was using a cane and a walker.

I could not turn over without un-

bearable pain. My husband had to help me down steps. I cried all the time.

The doctor put me on medicine and prednisone. I began to get some better, at times, but I was still very bad. This went on for another year.

I read some books by Jim McAfee. He had a friend that had rheumatoid arthritis and she had gone into remission. I prayed and asked the Lord to let me talk to him.

I called in June of 2008. Mr. McAfee called me back the same day. He told me to take 3 paks of Formula IV Plus, some Salmon Oil Plus, Acidophilus Plus, and the Multi-Fiber Blend. *He encouraged me to keep at it.*

It was two months before I noticed a difference. I have now been on this program for about 5 months.



I feel more like myself. I do not have pain unless I really over do. I can tell I am on my way to recovery.

I thank my heavenly Father. I thank Mr. McAfee for letting me see a light at the end of the tunnel and for regaining my health.

Thank you for telling me to keep at it so I wouldn't give up.

Paulette

Millington, Tennessee

### DIGESTION AND DISEASE

Restoration of normal digestive function is essential for improvement of many cases of rheumatoid arthritis and many other autoimmune diseases. Increasing research suggests that many of the individuals who suffer with these diseases experience overgrowth of harmful bacteria in the digestive tract.

Paulette benefited her digestive tract in two ways. Firstly, she provided her body with a generous supply of nutrients which supports the production of hydrochloric acid and pancreatic enzymes. She could have used Betagast (a stomach acid support) and Enzyme Digestive Aid to further support this aspect of digestion.

Stomach acid kills harmful microbes in the stomach and also prevents the survival of harmful microbes ingested with the foods one consumes. Many older individuals experience a decline in stomach acid

production which allows colonization of the stomach and intestine with harmful bacteria and other organisms. A good part of this decline in stomach acid is associated with inadequate nutrient intake or absorption.

Paulette also benefited her digestive tract by supplementing with Acidophilus and fiber. Acidophilus supplies beneficial organisms to the colon, helping to displace harmful microbes.

Fiber is particularly important and neglected by most nutritionists and physicians since it bulks up the stool promoting more regular elimination.

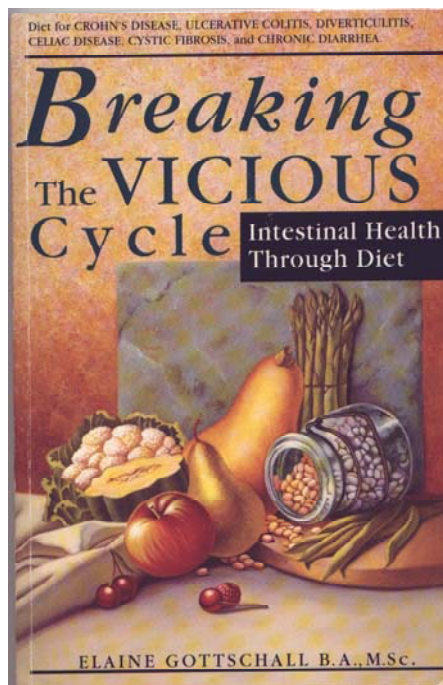
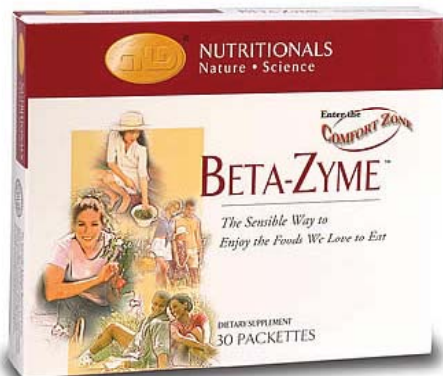
## THE 4 R'S

At the clinical nutrition symposium in Baltimore this year we heard a lecture by Dr. Michael Wald. He offered four fundamentals for the restoration of health to the digestive tract. He referred to the four fundamentals as the 4 R's. The discussion below was inspired by Dr. Wald's discussion of the topic of digestive health.

Prior to addressing the digestive tract Dr. Wald pointed out that a huge number of health problems have their origin in a deterioration of the functional capacity of the digestive tract.

## REMOVE

The first measure necessary for the establishment of a healthy digestive tract is to remove unwanted substances. This includes both undesirable microbes and also foods which are not well-tolerated.



Foods which trigger allergic responses should be avoided. They cause a release of large quantities of inflammatory substances in the digestive tract promoting "leaky gut." Regular consumption of foods to which one is allergic will lead to an ever increasing list of foods which are poorly tolerated.

Take the example of gluten intolerance. Consumption of gluten by an intolerant individual can lead to disintegration of the villi in the small intestine. These are tiny finger-like projections where digestion and absorption of complex carbohydrate takes place. When carbohydrates are poorly broken down and used, they nourish the growth of excessive numbers of bacteria in the small intestine and colon. Overgrowth of these bacteria leads to further damage to the lining of the digestive tract. This scenario is discussed by Elaine Gottschall in her book *Breaking the Vicious Cycle*. (21-24)

Milk proteins and foods with gluten have been shown to be a problem for many patients with rheumatoid arthritis. Nightshade plants have also been implicated as contributors to arthritic symptoms.

Intake of any food which is difficult to digest is a potential problem for those with a delicate and sensitive digestive tract. For example, most boxed cereals are heavily heated. It has been estimated that as much as 30% of the protein in a typical boxed cereal is filled with Maillard molecules. This is also referred to as the browning effect. It refers to the fact that the amino acid lysine combines with the sugar in the cereal. Proteins are long complex chains of amino acids. Unfortunately, when the digestive tract encounters one of these lysine-sugar links in a protein digestion of that protein ceases. The residue of incomplete digestion floats around creating potential allergic responses.

Maillard molecules fall into a category of substances called advanced glycosylation endproducts (AGE's for short). Unfortunately, many AGE's are absorbed and contribute to premature aging and place a burden on the smooth functioning of the body's intricate biochemistry.

Harmful microbes and parasites are the other thing that must be removed to permit the restoration of a healthy digestive tract. In a healthy environment pickup of internal parasites and bacteria is prevented by a robust hydrochloric acid production. Unfortunately, the widespread use of antacids has destroyed the "gastric barrier" to invasion of the digestive tract.

Harmful bacteria can also overgrow in the large intestine and push their way upward into the small intestine and even into the stomach. The most powerful preventative here is adequate fiber intake. The average intake of fiber in the United States is only about 8 grams. It is difficult to remove harmful bacteria from the digestive tract with a low fiber intake.

## REFERENCES

Van Dee Laar, M.A.F.J., et al, Rheumatoid Arthritis, Food, and Allergy, *Seminars in Arthritis and Rheumatism*, August 1991; 21(1):1991:12-23.

Childers, Norman F., *Arthritis Childers' Diet to Stop It! The Nightshades, Aging and Ill Health*, Gainesville, FL: Horticultural Publications, 1986.

## REPLACE

Replacement focuses on digestive substances. The stomach normally produces hydrochloric acid and pepsin. This stomach acid support is available from a concentrate of beet stems and roots called Betagest. Betagest restores to acid barrier killing off harmful microbes which are commonly ingested with foods. Stomach acid also prevents the movement of bacteria up the small intestine into the stomach.

Common indications of the need for stomach acid are bloating, belching, burping, bad breath, and intolerance to fruit acids. Low stomach acid sets a person up for infection with a bacteria called *Helicobacter pylori* which causes ulcers. It is estimated that half the human population is infected with this bacteria which acts to suppress stomach acid so it can comfortably inhabit the stomach.

Henriksson found that 32% of a study group of rheumatoid arthritis patients had either a complete lack of hydrochloric acid secretion or reduced secretion of stomach acid. He found that half of the patients with low stomach acid secretion suffered from bacterial overgrowth. He also found that 35% of rheumatoid arthritis patients with normal stomach acid also had bacterial overgrowth. The researchers concluded that there is a high degree of bacterial overgrowth in rheumatoid arthritis, sometimes but not always tied to low stomach acid. The severity of the disease was associated with the bacterial overgrowth.

Van Dee Lear found *Clostridium perfringens* in the fecal flora of 88% of rheumatoid arthritis patients. Numerous studies including the classic work of Henry Scammell with Thomas McPherson Brown, M.D. suggest

the involvement of bacterial infection or bacterial overgrowth in rheumatoid arthritis.

Replacement in the small intestine focuses on enzymes. These are available through the use of Enzyme Digestive Aid.

Enzyme Digestive Aid is a supplement of enzymes from plant sources which have a much wider pH range of activity than animal enzymes. Need for enzyme support is often indicated by a feeling that one is slowly blowing up like a balloon after eating a meal. Enzymes are often helpful in minimizing allergic responses to foods and even have an anti-inflammatory effect on the body. Enzyme supplementation has also been used in natural cancer treatments by alternative physicians.

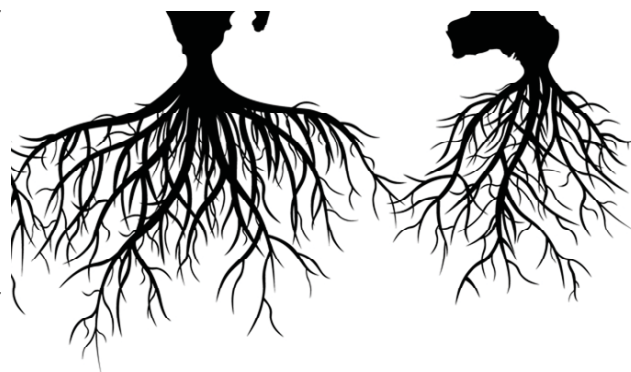
GNLD has a supplement called Betazyme which combines two Betagest and three enzymes in a single packet. This is the most commonly used form of replacement of digestive supplements by GNLD customers.

Replacement of missing nutrients can be important for proper bowel function. Deficiency of vitamin B5 or pantothenic acid in animals causes a loss of the muscle tone of the digestive tract making it impossible to move food through the hollow tube that is our digestive tract. Lack of other nutrients can have a similar effect.

One of the most important functions of the digestive tract is mucous secretions. This is supported by Lecithin (phosphatidylcholine), Tre-en-en, and Aloe Vera Plus (polysaccharides). Plantain is an excellent food for promoting healthy mucous secretions.

## REFERENCES

Henriksson, A.E.K., et al, Small intestinal bacterial overgrowth in patients with rheumatoid arthritis, *Annals of Rheumatic Diseases*, 1993;52:503-510.



Scammell, Henry, *The Arthritis Breakthrough*, New York: M. Evans and Company, 1993.

## REPAIR/REGENERATE

Regeneration of the digestive tract is dependent upon adequate repair nutrients and antioxidants. Antioxidants suppress inflammation and allow the body to begin the repair process.

An essential part of the repair process for the digestive tract is the key nutrients to nourish the cells that line the small intestine and colon. Glutamine, an amino acid, is a very important nutrient for the health of the cells that line the small intestine. Low protein diets can worsen digestive function.

The cells that line the colon nourish themselves with a substance called butyrate. Butyrate is manufactured by bacteria in the digestive tract as they feed on fiber. I am particularly fond of the Multi-Fiber Blend as a tool to bulk up the stool to promote





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more regular elimination and also as a raw material to promote additional bacterial production of butyrate.

A number of nutrients speed the healing of the digestive tract. These include trace minerals, vitamin C, quality fatty acids, and vitamin A.

### REINOCULATE

Over 400 different bacteria inhabit the average digestive tract. Some of these organisms are highly beneficial as they synthesize needed nutrients or suppress the growth of harmful organisms.

For example, Lactobacillus acidophilus has been shown to suppress the growth of a harmful fungus called Candida albicans.

Candida becomes disease causing when it produces something called a germ tube which is like the root of a plant. These germ tubes can root in the intestinal lining damaging it. Candida albicans can not produce germ tubes when large numbers of acidophilus are present.

Unfortunately, when antibiotics are ingested they often destroy beneficial organisms in the digestive tract while they leave many harmful organisms including Candida albicans unharmed. After a course of antibiotics or chemotherapy it is wise to supplement with a quality acidophilus product as soon as possible to replace the beneficial organisms. Acidophilus Plus is an ideal product for this purpose due to the targeted delivery technology which delivers 5 billion living organisms to the area of the digestive tract where they are most needed.

Most people do not realize that half of all the antibiotics produced in the United States are used in animal feed or to treat animals. This means that we may need acidophilus supplementation more frequently than we often think. Simply eating commonly available meats

can upset normal intestinal flora.

The above discussion is relevant to any health problem to which faulty digestion makes a contribution. Improved digestion function will also benefit general health.

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