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# Natural Health News

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EVERGREEN SPA & WELLNESS CENTER  
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## IT'S ALL IN YOUR GUT

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"All diseases begin in the gut." This profound statement of Hippocrates, "father of medicine", was made more than 2,000 years ago and the more we learn, the more we realize just how right he was. Every disease begins in the gut and we have to look at the digestive system when we try to treat any disease no matter how unrelated it may seem to the condition. There is a close connection between immunity and our gut flora. In fact, about 84% of our immunity is located in the gut wall. Our gut flora is the right hand of our immune system. Without it, our immune system simply cannot function. People who never had allergies often become allergic after having sustained damage to the gut flora. In a healthy person with normal gut flora, we find about 500 different species of downright disease-causing, bad pathogenic bacteria and fungi happily existing next door to our beneficial bacteria. As long as the beneficial bacteria predominate, they control those creatures; they do not allow them to do us any harm. However, when we destroy the beneficial bacteria—and they are extremely vulnerable to antibiotics, to contraceptives, to steroid medications prescribed on a long term basis—we end up with what is called gut dysbiosis or damaged gut flora. There are other factors in our modern world that can damage gut flora including the modern junk food diet, prolonged periods of stress, infections, radiation and other environmental influences. And unfortunately, dysbiosis is actually handed down from one generation to another. All too often, the saying, "It's all in your genes" should be changed to, "It's all in your gut." It works like this. Babies are born with sterile bodies and sterile digestive systems. During birth, as the baby goes through the birth canal, he/she swallows the first mouthfuls of bacteria and that becomes the baby's gut flora. So whatever lives in mom's birth canal becomes the baby's gut flora. If the mother has a history of antibiotic or contraceptive use and poor digestive health, the baby's flora will likely be unhealthy. If she does not breast-feed her baby, the gut flora of the child will be further compromised. The infant will often develop digestive problems such as colic, bloating, diarrhea, feeding difficulties, intestinal damage and malnourishment very early in life and is typically afflicted by a host of allergies. Eczema, severe learning disabilities, emotional problems, and even autism, are all part of this clinical picture. Poor bacterial flora and digestion are the seat of serious health problems. Severe dysbiosis is not a simple problem to cure. It requires a major change in diet and lifestyle. You will need to give up your old diet and switch to a gut-friendly diet of whole foods and no processed foods. Basically, we created the situation that has allowed illnesses to flourish when we moved away from our traditional diet which had its emphasis on **lacto-fermented foods, good fats, bone broths and properly prepared grains by first soaking them**. All these foods are healing and strengthening our gut. Furthermore, our insistence on a diet in which everything has been pasteurized compromises the health of our intestinal flora and made ourselves even more vulnerable to pathogenic microorganisms. Scientists and doctors have been mystified by the increase in the incidence of digestive disorders, parasites and human viruses. They are also puzzled by the proliferation of new viruses that seem to be associated with everything from chronic fatigue to cancer. However, the cure for these diseases will not be found in vaccinations, drugs or antibiotics but in eating a traditional diet which includes consuming key nutrients as they are found in lacto-fermented foods (such as yogurt, sauerkraut, kombucha, etc.) and gelatinous-rich bone broth. On the next page I will give you more information on how you can heal your gut and obtain optimum health.

**HOW TO HEAL YOUR GUT NATURALLY**

You will need to make sure your digestive system is creating enough acids and enzymes to digest your food. Undigested food in the intestines, caused primarily from too little stomach acid and compounded by antacid use, is a major cause of dysbiosis. So first, start at the mouth, making sure you eat real food (versus fake, chemical concoctions called processed “foods”) that your body can digest. Also make sure to chew your food well. A nutritional exam as it is performed as part of a complete health evaluation at the Evergreen Spa & Wellness Center will help determine if you will need to supplement with either pancreatic enzymes and/or hydrochloric acid. This will eliminate most indigestion, heartburn, and reflux, but most important, it will eliminate the passing of undigested food into your gut—causing dysbiosis.

If you have trouble digesting fatty foods, with lots of burping, nausea, pain, and even vomiting, you are probably suffering from gallbladder problems. Undigested fatty foods are another cause of dysbiosis. In this case, you need to clean your gallbladder. Your liver and bile ducts will also be cleaned during this process. Start by using the phytonutrients found in beet root. Betaine is a natural bile thinner found in beets. I use a supplement which is made of beet plant and root juice with the sugar and water removed and I generally have clients take 2-3 tablets with each meal to improve fat digestion and gallbladder function. In addition, I recommend a 10-day gallbladder cleanse 3 to 4 times a year to rid your liver and bile ducts of stale bile. For this cleanse you mix 2 cups of finely shredded, organic, raw beets with the juice of 1 lemon and 2 Tbsp. of extra-virgin, cold-pressed olive oil. Eat half of this mixture between breakfast and lunch and the other half between lunch and dinner for 10 days. Once you have normalized your diet, your stomach, and your gallbladder, you will have automatically started on the path to treating and healing your gut and intestines. Next, consider getting off as much prescription medication as possible. See your physician to start a weaning program. In addition, you will have to consume phytonutrients that will begin to heal the lining of your intestines. I usually start my clients with the healing properties of a supplement called Okra Pepsin E3 which contains okra, as well as the digestive enzyme pepsin, and a tissue-healing agent called E3. Since Okra is a sticky plant, it sticks the phytonutrient complex to the lining of your intestines where pepsin begins to erode away excess stale mucous built up from years of dysbiosis. Now the lining will be available to accept the healing properties of the complex. Over time, erosions and damage from years of dysbiosis are slowly repaired and real food can once again be absorbed through the lining. At that time I recommend a product called Zymex which helps develop a healthy acidity in your gut to discourage dysbiosis-causing microbes and to help detoxify your gut. Finally, you need to feed beneficial bacteria to your gut. To do this, eat fermented foods such as yogurt (without sugar) and sauerkraut. In addition you should take a good quality pre- and probiotic. ProSynbiotic by Standard Process is arguably the best product on the market. Unlike many other products that are dead in the bottle, cannot survive your digestive tract, or lack prebiotics, the ProSynbiotic complex reaches your gut and seeds it with beneficial bacteria that will thrive. It also contains prebiotics which are actually food for the beneficial bacteria being introduced to your gut. These cannot be digested by our digestive system, but are utilized by the friendly bacteria. Rebuilding your natural gut flora is a slow and steady process, so you will need to take one capsule 3x daily for a year. Once you start turning things around, you will be improving your health and your entire body “from the inside out.” Your digestive tract will no longer be tearing down your health. Instead, it will finally be digesting the critical nutrients that your body needs to heal—once and for all. During this whole process your diet is a crucial factor. I highly recommend following the GAPS diet (Gut and Psychology Syndrome Diet). This diet emphasizes lots of healthy fats like butter, ghee and coconut oil, grass-fed meats, wild seafood, fermented raw dairy products, low-starch vegetables, some fruit, bone broths and cod liver oil. For more information on this diet visit: [www.gapsdiet.com](http://www.gapsdiet.com). All the nutritional supplements mentioned are available at our “Natural Pharmacy” at the Evergreen Cottage; make sure to ask for assistance.

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~Author Unknown