



# Healthy Bowel: Critical for Detox and Immune System Competence


Understand the link between  
chronic infections and the bowel



Consider:

## Life and death begins in the bowel

- Dr. Ali considers the bowel-liver-blood the primary ecosystem and starting place in addressing all health disorders.
- Most of our patients have some degree of bowel disorder.
- The bowel is your primary source of toxicity and chronic infections.
- The immune system is largely driven by bowel function/dysfunction.
- Bowel health is long term management, not short term fix.



# The Bowel is the largest immune organ, and a most important barrier to toxins


- Dr. Ali's bowel therapeutic is referred as: **Weed, Seed, and Feed**
- Dr. Bland's same bowel strategies are the 4 R's:
  - **Remove** (bad bugs, allergenic foods)
  - **Replace** (digestive enzymes)
  - **Restore** (friendly bacteria)
  - **Regenerate/Repair** (bowel mucosa)



# What can go wrong with the bowel?


Digestion begins with the mouth, the stomach, the upper part of the intestines.

- The Mouth: Chewing and digestive enzymes (saliva)
- The stomach: Mixing the food with hydrochloric acid and enzymes (and killing bacteria)
- The upper part of the intestines: Where the pancreas and liver secrete. The pancreas secretes the majority of the enzymes and the gall bladder secretes the bile.



In the lower Bowel, the colon and small intestine, leaky gut barriers and overgrowth of the bugs internally poison the body.

- The liver detoxifies the bowel and blood.
- When the liver can't clean the bowel adequately, the toxic bowel debris spill into the blood
- Then, the entire body is affected by the increase level of toxicity.



Allergies, especially food hypersensitivities need to be identified and controlled if bowel restoration is to take place. Some foods like gluten need to be avoided.



# Water therapy is the simplest solution

- It carries excess substances and toxic acids into the urine.
- In the bowel, water is the single most important laxative.
- In the blood, water is the most important anti-oxidant.



# The Signs of a Healthy Bowel

- Bacteria, the frequency, color, character and odor of the stools are important signs of bowel health.
- Constipation is a problem that needs immediate attention.
- Healthy elimination parameters are 12-18 hours transit time, 1-3 times per day.
- Healthy stools should be sausage shaped, corn cob and diameter, light brown in color, defecated with minimal exertion, no stench. (If your poop stinks you have an overgrowth of bad bugs.)





# Healthy Signs, Continued

- Feces should have a healthy coat of mucus.
- Beneficial bacteria of the gut attach to the GI mucosa affording a layer of protection.
- The bad bugs are usually not attaching, however candida can proliferate.
- Prebiotics or food for beneficial bacteria is crucial.
- “Feed the bugs you want to grow!”



# Reduce the bad bugs, eat the good bugs

- The gut is in a constant battle for growth and proliferation between good and bad bugs.
- You must eat and supplement beneficial bacteria.
- Every indigenous culture eats lacto-fermented foods that promote growth of good bacteria.
- The gut is the reservoir of all chronic infections.
- No chronic infection can be controlled without bowel restoration. (Lyme, parasites, virus, etc)
- Controlling bad bugs may require herbal or drug anti-microbials.



# Colon Hydrotherapy and Coffee Enemas

- Washing the bowel, or colon hydrotherapy, has been used by indigenous medicine for thousands of years.
- This reduces the toxic load on the liver, oxygenates the bowel and liver and enhances detox.
- Other affects are the release of emotions and other areas of pain or dysfunction.
- Coffee enemas stimulate the liver to produce 1000 fold amounts of glutathione (a detox molecule).



## **KryptoPyrrolUria (KPU)**

also called HemoPyrrolLactamUria, Pyrruluria,

Foundational to evaluate and treat if present for **heavy metal and toxic chemical detoxification, and Lyme's disease: ASD, neurological degenerative diseases...**

**KPU patients loose supra-physiological amounts of zinc, magnesium, B-6 and manganese in the urine**

- **KPU patients have a defect of enzymes needed for the synthesis of heme (part of hemoglobin), resulting in defective heme**
  - **Heme needed for multiple functions including liver detox (cytochrome P<sub>450</sub> detox enzymes),**
- **KPU patients have low glutathione levels, low neurotransmitters, hormonal problems, methylation problems, high NO and low histamine (allergies)**
- **KPU can be inherited or acquired by stress (including early childhood traumas), heavy metal and chemical toxins and chronic infections (Lyme and co-infections)**
- **First discovered by Dr. Abraham Hoffer (1960): patients include schizophrenics (40-70%), Downs (70%), Autism (50%), ADHD (50%), Alcoholics and other addictions (20-80%), Lyme disease and other co-infections (80% positive – Klinghardt), Toxic patients with mercury, lead...(75% - Klinghardt)**



# KPU

The result of KPU is what causes the health problems (defective heme and zinc, magnesium, manganese and B-6 deficient):

- Lack of oxygen to the tissues – dys-oxygenosis, with a tendency towards acidosis
- Immune problems – lack of zinc, lack of methylation to quench viral replication
- Digestive problems – zinc required for hydrochloric acid and digestive enzyme production
- Detox problems – reduced glutathione production, methylation problems due to not enough zinc and B-6 as co-factors to drive the methylation pathways.
- Methylation problems create problems for cell replication and exacerbate all mental and neurological functions



# What are the symptoms of KPU?


- Poor dream recall
- Stress intolerance
- Poor breakfast appetite
- Emotional instability
- Nail spots (leukodynia)
- Explosive anger
- Stretch marks (striae)
- Anxiety, withdraw
- Pail skin, poor tanning
- Pessimism
- Allergy, acne, obesity
- Depression
- Course eyebrows
- Paranoia, hallucinations
- Brain fog
- Knee and joint pain
- Perceptual disorganization
- Cold hands and feet
- Crime and delinquency
- Abdominal tenderness
- Substance abuse
- Eosinophilia (parasites)
- Attention deficit, ADHD
- Light, sound odor intolerance
- Autism Spectrum Disorder
- Tremor, shaking, spasms
- Amenorrhea, irregular periods
- Hypoglycemia, glucose intolerance
- B-6 responsive anemia
- Delayed puberty, impotence



# How is KPU diagnosed?

Urine test: KPU, HPL

- 24 hour, collection in foil, add vitamin C to preserve, freeze sample, send to Lab (Holland): handout
- ART
- Symptoms and History

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- KPU is a frequent co-factor in:
    - Heavy metal toxicity – the detox pathways are overwhelmed and ineffective, lack of glutathione
    - Lyme disease – microbes induce KPU enzymes to deplete WBC of zinc and weaken their fighting abilities
    - Many if not most neurological illnesses (common in MS, Parkinson, depression autism)
    - Others: dental cavitations (jaw bone gives up its zinc)
  - Note: when KPU is correctly diagnosed and the recommended substitution of supplements is included in the treatment of any chronic illness, outcome can be dramatically improved.



# Treatment: KPU

The patient's other conditions must be considered when treating for KPU because during this treatment heavy metals will be released and they must be detoxed. Further, the immune system will be activated and the neurotoxins must be detoxed. Use AM to treat KPU and PM to detox heavy metals, because the two treatments are not simultaneously compatible. Treatment should last for 3-4 months, then maintenance.

- AM: Core supplements
  - Matrix Minerals – all the minerals including trace in solution and digestible form
  - Zinc (picolinate, glutamate, sulfate): 150-250- 600 mg/ day
  - Manganese: 10-30 mg/ day – this is important if joint pain, disc problems are present
  - Lithium: 75-120mg
  - B-6: 1/3 P-5-P and 2/3 B-6; 50mg/day: 2/3 of patients don't do well on P-5-P
- Support supplements:
  - Membrane rehabilitation:
    - Omega 6 fatty acids: evening primrose, ghee, black current , borage
    - Omega 3 Fatty acids: fish oils – 1 tsp/ day
    - Arachidonic acid: ghee, butter, milk products, animal fat
    - Coconut oil
  - Anti-oxidants:
    - Vitamin E: 400 IU per 40 lbs of body weight
    - Vitamin C complex and high orac foods
  - Niacinamide 1000 mg 3 times per day
  - Biotin
  - Taurine 500mg 3 times per day
- PM: continue heavy metal, toxic chemical detox; Lyme detox

# Observations, clinical tips and unresolved issues:

- Many KPU patients are copper intolerant, but also copper deficient in various body compartments (i.e. WBC, cranial nerves, frontal lobe/dopamine etc.); Zinc has a synergistic effect with mercury and other heavy metals, and may temporarily increase toxic symptoms – thus the need for heavy metal detox to move the toxic metals out with least damage.
- Zinc in large doses displaced mercury on the enzyme's metal binding sites; zinc also binds to the same sulfhydryl binding sites as all chelating agents (chlorella, DMPS, DMSA, OSR, cilantro, EDTA, cilantro); thus the need to separate the zinc dosage and the heavy metal detox agents.
- Supplementing zinc liberates many 2 valent toxic metals, such as mercury, cadmium, lead, nickel. These start moving and may cause damage on the way out. The clients may need metal capturing agents on board (Micro-silica, chlorella, cilantro, anti-oxidants) and support with other detox strategies (colonics, IV DMPS, EDTA)
- Minerals require HCl to absorb: Betaine HCl 600-1500mg
- The KPU protocol improves hormonal status, patients may become symptomatic (reducing or eliminating need for thyroid, progesterone – these have become long term maintenance hormonal therapies)
- The kidneys and lymph often need support with drainage remedies, including drainage remedies, and electrolytes and water.