

## **DIGESTIVE DISORDERS**

Irritable Bowel Syndrome, Ulcerative Colitis,  
Leaky Gut Syndrome and Crohn's Disease

Over the years of working with clients, I have seen many people who suffer with I.B.S., Ulcerative Colitis, Leaky Gut, Crohn's Disease and what I see as general digestive disorders. These, of course, are just a few of the well-known belly issues affecting hundreds of thousands of people throughout the United States. Other digestive imbalances include constipation, diarrhea and acid reflux. It is important to remember that the symptoms are not a disease in themselves but the expression of intense regulatory processes, and their message regarding the whole body which must be recognized and supported.

Our digestive track begins in the oral cavity and continues through the body to the anus. The digestive system is a very complex system composed of the mouth, esophagus, stomach, large intestine, small intestine and the different portions of the colon and rectum. This system is the center for the body's regulatory processes and comprises the majority of our immune system.

Under the tutelage of Dr. Rau and Dr. Braid from the Paracelsus Clinic in Switzerland, my approach to these chronic and painful conditions continues to evolve concerning the best way to help clients overcome these debilitating illnesses.

Like many diseases, digestive disorders are considered multi-causal. Food allergies, poor lifestyle habits, dental disturbances of many kinds (particularly infected root canal teeth) and heavy metal toxic loads within the body are just some of the primary stressors which can bring on or add to this inflammatory condition.

To illustrate the dental component, let's for example take a look at our wisdom teeth, our 1<sup>st</sup> and 2<sup>nd</sup> molars and 1<sup>st</sup> and 2<sup>nd</sup> premolars. These particular teeth are all related to the Large Intestine, Small Intestine and parts of the descending colon. This correlation becomes very obvious when one looks at the relationship between acupuncture meridians and the organs on which these teeth reside and affect.

Another very important aspect for people who suffer with digestive disorders to

understand is the degradation of the intestinal flora. This flora serves as the primary immune response for our body, as well as the breeding ground or the “incubator” for the proper bacterial balance within the digestive track and the production of digestive enzymes which give us the ability to break down foods.

An additional stress factor which I have witnessed with great frequency when it comes to digestive disorders, which has also been recognized at the Paracelsus Clinic, is the emotional component. Negative stressors, primarily worry, nervousness, distrust, and a general feeling of a lack of control over events in one’s life dramatically affect the inflammation of the intestine. Being non-expressive, the “keeping it all inside” type person, only increases the inflammation within the stomach, intestine and colon. We have all experienced nervous tummies at different times, imagine if that never let up even after the tense event is over. It would become unbearable and so it is with such digestive problems.

There is also a connection to these disorders relating to one or more lost or suppressed seasons of life. Humans need to move through the seasons of life just like plants need to go from spring into summer, autumn and finally winter. Children who find themselves stepping into the role of mom or dad (late summer/early fall) while being in their springtime, now caring for siblings or disabled parents, or the death of a parent, skip over important growing times in their life. Being unable to reconcile our past, deal with our present life or move into our future without fear has a deep effect on the function of the digestive track. We have all heard someone say “I was worried sick,” or “It was eating me up inside.” All these statements are quite true; literally worry and fear will make us sick to our stomachs.

Our close support system, family and friends, who deeply want us to be well and live without such illnesses, may often be a contributing factor to the condition without being aware of it. We need to look at our relationships and see if they are in fact inflammatory. Do you feel uneasy when around certain people? Does your stomach knot up when you think about going to work on Monday morning? Do you find it hard to express your true feeling to those you love? Is it easier to just keep it all inside? If so, you may be on your way to such stomach troubles or you may now have another way to help heal your existing digestive problems.



I cannot emphasize enough the great importance of dealing with the emotional component to these problems. Often I see people willing to take the pills and potions but unwilling to truly deal with the emotional issues or dietary changes needed. Those who are willing to do so and make the necessary changes, including dealing with the emotional components, often experience long term relief and healing.

There is not one recipe for wellness or health. There is not one diet, food, supplement or drink that will cure all of everything. Our body and our lives are not that simplistic. Health and healing is a process and must be approached from all angles with the focus being on the individual. As the renowned founder of Applied Kinesiology (AK) Dr. George Goodheart stated, "See with eyes that see, and hear with ears that hear..." Observe and listen closely to the patient before making a diagnosis the body will show you the way to health and wellness.

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