Typical 7 Zones of the Iris

Typically Called Zone 2
The Intestinal System

Reflexes in the Bowel...
I am not convinced of its accuracy

Position of the Autonomic Nerve Wreath
Which is Following the Contour of a Normal Shaped Bowel

Circular in shape about 1/3 distance from the pupil to the sclera
**BUT in the “Real” World**

Most glands plus the heart and bronchials will be touching the autonomic nerve wreath no matter how ballooned or restricted it may be.

[Lung Lesion] [Heart Lesion] [Diverticuli]

To determine origin of a Lesion, use the Autonomic Nerve Wreath as your point of reference.

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**Intestines Constricted or Smaller than Normal**

The Autonomic Nerve Wreath is closer than the 1/3 distance between the pupil and the sclera.

**Intestines Flaccid or Larger than Normal**

The Autonomic Nerve Wreath is further than the 1/3 distance between the pupil and the sclera.

**Intestines Lacking Fiber OR Being Affected by Over Stressed Nervous System**

Slowly increase your intake of raw foods, allowing your digestive tract to adjust

- Do you eat less than 5-7 servings vegetables daily?
- Do you eat less than 3-5 servings fruits daily?
- Do you eat WHOLE grains?
- Do you consume less than 25 grams of fiber per day? (example one apple contains approximately 5 grams)

When tolerated, Raw is best!

When available Organic is best!

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**Nature’s Sunshine Products**

Keep Your Intestinal System Moving Daily!

*Nature’s Three* is a fiber supplement that combines psyllium, oat fiber, and apple fiber to support the normal function of the bowel. Fiber binds with cholesterol and bile salts, which are derived from cholesterol, and may reduce the amount of cholesterol in blood.

*Everybody’s Fiber* is a fiber supplement that protects a delicate intestinal system from inflammation and irritation. It is a soothing product that helps things “slide” along smoothly.

Other Fiber products include: Loclo, Psyllium hulls, psyllium seeds and flaxseed meal.

Supplement fiber needs plenty of hydration to prevent drying out the stool. Drinking an adequate amount of fluid is essential.

---

• Soluble fiber pulls toxins into itself to carry them out of the colon. It aids in healing as well as detoxing
• Insoluble fiber acts like a broom to sweep things out of the colon. It’s harsher, but detox action is a little more aggressive
• Avoid white flour products like noodles and bread

*Soluble fiber looks like a sponge*  
*Insoluble fiber looks like straw*
Another Bowel Condition Which Affected by the Nervous System is a Spastic Bowel

Short Term Help for the Nervous System Which allows the Intestinal Muscles to Relax

- **Stress Relief**
  - Chinese blend for great nervous system support
  - May help balance mood and deliver a calming tonic effect to several major body systems

- **Nerve Control**
  - Supports the nervous system
  - May help with occasional restlessness, anxiety and stress

- **Nutri-Calm**
  - Designed to support the nervous system when it is under stress
  - Good source of B-complex vitamins
  - Antioxidants
  - Other essential nutrients

- **Skeletal Strength**
  - Provides magnesium and other essential nutrients that help increase the body’s ability to support tissue and maintain cellular integrity

- **Cascara Sagrada**
  - The black staining = Staining fingers from blueberries or strawberries

Lacking Tone
Lack of Magnesium? Spinal Cord Injury? Retention, Laxative or Enema Abuse?

- **LBS II**
  - Supports the intestinal system
  - Promotes normal bowel function
  - Supports proper waste elimination

Both the Small and Large Intestines are indicated in the Feet

Both the Small and Large Intestines are indicated in the Iris
Notice the Color Coding

Small Intestine... Large Intestine

The SMALL Intestine

- **SIZE:** An average of 20 feet in length and 1 1/4 to 1 1/2 inches circumference in an adult.
- **LOCATION:** Ribboned between stomach and large intestine in lower abdomen.
- **FUNCTION:**
  - Breaks down various foods into their basic components
  - Hydrochloric acid is neutralized and nutrients are absorbed
  - Bile from the gallbladder and pancreatic juices are introduced to help aid in digestion
  - It reabsorbs water and electrolytes and sends them back into the blood stream
  - It eliminates digestive by-products and toxins released from cells
  - Production of 95% of the body's serotonin is produced in the small intestine

Duodenum

- First part and shortest part of the small intestine. Typically 10-15 inches long in an adult.
- Brunner Glands - located just above the common duct going to the liver and pancreas which help alkaline the chime from the stomach by releasing a mucosal secretion
- Place where digestion of carbohydrates mostly occur
- Lipase is released by the pancreas to digest fats

Jejunum

- Second section of the small intestine
- Contains Villi
- Suspended and nourished by Mesentery
- Absorption of carbs, protein, fats, vitamins and minerals (electrolytes)
Mesentery
Nourishes and provides circulation to intestinal wall

http://biology.clc.uc.edu/fankhau
ser/Labs/Anatomy_&_Physiolog
y/A&P203/Digestive_Sys_Anat
y/pegs/10_ileocecal_valve_P4294
090bd.jpg

Ileum
• Last part of the small intestine
• Contains Villi
• Houses Preyer’s Patches – Lymph nodes and lymphatic system for the intestine
• Absorption of B-12 and Bile salts
• Secreates protease and carbodydrase
• Nutrients absorbed by the villi are introduced the the blood and taken to the portal vein to the liver

Duodenum
Jejunum
Ileum

Clean Bowel
Produces Healthy Cells

There are more than 80 types of autoimmune diseases

http://www.nlm.nih.gov/medline
plus/autoimmunediseases.html

Large Diverticulum Bowel But Relatively Clean

Clean Bowel

Toxic Bowel

There are more than 80 types of autoimmune diseases
Healthy Bowel But Toxic

An Autoimmune Disease
IS NOT

• A Disease
• An indiscriminate attack on the body’s cells
• An immune system which can’t distinguish between the body’s healthy cells and antigens
• Solely genetic destiny

In the intestine there are villi and microvilli that suck up the nutrients from the bowel, allowing them to enter into the blood stream.

Acne and Rashes Cleaning Through the Skin

Fecal transplantation (or bacteriotherapy) is the transfer of stool from a healthy donor into the gastrointestinal tract for the purpose of treating recurrent C. difficile colitis.

An Auto Immune Disease ….. IS

• A correct response of the body protecting you from additional toxins or inferior cells
• The body constantly replaces inferior or old cells…. If the raw materials that the body uses to make new cells are toxic or acidic, the new cells will also be toxic. That is why the immune system keeps attacking the cells.

These nutrients are what the body uses to make and replace cells.
Clean Bowel
Produces
Healthy Cells

pH Out of Balance in
the Bowel Produces
Less Than Healthy
Cells

Acid In and Outside the Bowel

Acid In Colon

Toxic Bowel
Produces Less
Than Healthy
Cells

Saliva - 6.5  Saliva - 6.0  Saliva - 7.0  Saliva - 6.0
Urine - 6.5  Urine - 7.0  Urine - 7.0  Urine - 6.0
Peyer's Patches and Appendix

To clean up infection in Peyer's Patches & Appendix...

- Lymph Gland Cleanse (regular or for Hypoglycemics) - Helps promote lymph drainage.
- All Cell Detox - Nourish and cleanses the body.
- Una De Gato - Supports the immune system and helps cleanses the digestive tract

Eating Sulfur rich foods such as: Onions, Garlic and Cabbage

Physical Symptoms of Leaky Gut

- Allergies
- Asthma
- Eczema
- Auto Immune
- Swollen lymph nodes (especially in the intestines)

Gut and Psychology Syndrome
Dr Natasha Campbell McBride

Leaky Gut – Toxins Go Beyond Zone 2 (past the Autonomic Nerve Wreath)

Appendix

The more toxic the Bowel, the more endangered is the health of the appendix

Symptoms of a appendix in jeopardy is a stitch in the right side especially while running
Other Effects of a Toxic Bowel

- Siphoning effect
- More toxins in the blood stream put more work on the liver and kidneys
- Can cause acne

Leaky Gut

Toxins Beyond the Colon

- When toxins are able to leak out of the intestinal wall into the blood stream or surrounding tissue, the body’s immune system attacks that tissue
- When the acid and by-products from undigested food are absorbed by the micro-villi to be used as the raw material for cells, the immune system attacks the acid in those cells
- Therefore a lack of good bacteria can contribute to auto-immune diseases

The Auto-Immune Connection

Break Time!!!

Get a glass of water in a clear glass for the second half of class

Break Time!!!

Stop Recording

Start Recording
How most Bacterium are introduced into our Gut

• As the Baby goes through the birth canal, some bacterium are ingested & populated
• But much of the bacterium comes from the mother’s breast milk. Mother’s gut health is essential in order to pass on to baby
• If the bacterium is not well established in the first 20 days after birth, the baby’s immune system is dramatically compromised

So what compromises the friendly bacterium?

• Antibiotic – prescription & from food supply
• Anti-fungals
• Drugs/Pain Killers
• Steroids
• The Pill
• Diet/Sweeteners and Simple Carbs
• Stress
• Disease
• Environmental toxins
• Radiation

Yeast Overgrowth in Bowel

Yeast Symptoms

• Nervous system: Headaches, depression, lethargy, irritability, lack of concentration or memory loss.
• Genito-Urinary tract: Vaginal, Bladder, Jock itch
• Systemic: Fatigue, joint pain, cold hands and feet, food allergies, increased body hair, numbness and tingling, loss of libido, chemical sensitivities, food cravings, sugar craving or mitral valve prolapse.
• Respiration: sinusitis, bronchitis, hay fever, earaches or asthma.
• Skin: Hives, fungal infections, eczema, athlete’s foot or dermatitis

Spit in Water Yeast Test

Normal Yeast Level

Stringiness (Jellyfish like) on top of water
Suspended Cloud
Sinking Cloud
Yeast Overgrowth in Bowel

Fermentation Dots

- Starve out yeast
- Add natural predator
- Yeast/Fungal
- Caprylic Immune
- Avoid Antibiotics, Commercial meat, Canned foods
  - Probiotic
  - Coconut oil
  - Caprylic Acid
  - Caprylimmune

So what can I do?

Probiotics contain 1,3,7 or 11 strains of bacillus but is at a therapeutic dose. Fermented food contain infinitely more strains but is more of a maintenance dose of bacillus.

If you have an active yeast infection, we suggest adding probiotics until the yeast is under control and they use the fermented food to maintain your levels.

Dr. Mercola wrote on his website: "Here's a case in point: It's unusual to find a probiotic supplement containing more than 10 billion colony-forming units. But when my team actually tested fermented vegetables produced by probiotic starter cultures, they had 10 trillion colony-forming units of bacteria. Literally, one serving of vegetables was equal to an entire bottle of a high potency probiotic! Fermented foods also give you a wider variety of beneficial bacteria, so all in all, it's your most cost effective alternative."


<table>
<thead>
<tr>
<th>Category of Foods</th>
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<th>Category of Foods</th>
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</thead>
<tbody>
<tr>
<td>Yeast starving diet</td>
<td>Yeast starving diet</td>
<td>Yeast starving diet</td>
</tr>
<tr>
<td>Do's</td>
<td>Don'ts</td>
<td>Do's</td>
</tr>
<tr>
<td>Carbohydrates/Sugar</td>
<td>Carbohydrates/Sugar</td>
<td>Carbohydrates/Sugar</td>
</tr>
<tr>
<td>Starch, Cooked toast</td>
<td>Sugars, corn syrup, honey, dextrose, glucose, fructose, molasses, maple syrup, malt and artificial Breads, Noodle, White Rice.</td>
<td></td>
</tr>
<tr>
<td>Proteins</td>
<td>Proteins</td>
<td>Proteins</td>
</tr>
<tr>
<td>Organic Meats, fish, eggs, saus, Lembce, Meat Holy</td>
<td>Commercial Meats, Cashews, Peanuts, or Pistachio nuts, Sunflower, Fish, Dairy products (except butter), cheese, snacks, hot dogs, corred beef.</td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td>Fruits</td>
<td>Fruits</td>
</tr>
<tr>
<td>Avocados</td>
<td>Most Fruits.</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>Vegetables</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Most Vegetables are fine</td>
<td>No Potatoes, Corn, Peas, be prudent with Carrots and beans.</td>
<td></td>
</tr>
<tr>
<td>Fats</td>
<td>Fats</td>
<td>Fats</td>
</tr>
<tr>
<td>Olive, Butter, Fat supplements</td>
<td>Rancid oils, Canola</td>
<td></td>
</tr>
<tr>
<td>Beverages</td>
<td>Beverages</td>
<td>Beverages</td>
</tr>
<tr>
<td>Water and Minors sugar vegetable juice</td>
<td>Coffee, Tea, Soda, Milk products, Alcoholic beverages.</td>
<td></td>
</tr>
<tr>
<td>Condiments and Miscellaneous</td>
<td>Condiments and Miscellaneous</td>
<td>Condiments and Miscellaneous</td>
</tr>
</tbody>
</table>
| Packaged and processed food, Leaters, dressing ground for meats and modest Edible fungi (mushrooms, mornes, tofu) | No cheese, sauces, marinades, pickles, fish, meat, tartar, sausage, scotch, rice milk, soy milk, eggs, fish, 

*Basically you avoid Sugar & Simple Carbohydrates, Fermented, Moldy & Yeast-Containing Foods, and Commercial meals which contain antibiotics, and any food with a high glycemic index.

We will all data check with a competent health practitioner before you start this diet.

A person typically stays on this diet for 6 weeks.
Why Doesn’t Fermenting Foods Make You Sick?

• During the process, lactic acid is released from the fermenting food, thereby killing off the “bad” bacteria that would ordinarily render the food unfit for digesting
• Then gradually the good bacteria and enzymes develop

Among the villi in the small intestine there are friendly bacteria

• There are over 500 good strains of bacterium
• Some live on the skin, eyes, respiratory system, etc.
• Most of them live in our digestive tract
• They provide nutrients, energy and protection for the intestine
Yeast, parasites and bad bacteria can cause the intestinal wall to develop pinholes which is the cause of leaky gut syndrome.

**Leaky Gut**
- Intestinal Soothe & Build
- Slippery Elm Bulk
To help rebuild the Mucosal Lining of the intestine.
Also helps re-establish the proper pH of neutral to slightly alkaline.

- Probiotic
- Kefir to control the yeast overgrowth

- L-Glutamine – To help repair intestinal wall

**Enterocytes**
- Hairs on Enterocytes make up the microvilli
- They finish digestion & absorb the nutrients from food and feed it to the villi
- If there is an abundance of healthy bacteria, the enterocytes are born in the crypts and mature on their way up the villi.
- If the healthy bacteria are not present, the enterocytes journey is slowed down and the enterocytes die before reaching the top
- This leads to poor digestion, malabsorption of nutrients and allergies

Enterocytes (aka micro-villi) pull nutrients from the intestine and present it to the villi to be absorbed into the blood stream.
The Reason We Crave What We Are Allergic to:

- In the stomach, milk’s casein is broken down into Casomorphines
- In the stomach, wheat’s gluten is broken down into Gluteomorphines
- In a normal gut both of these are further broken down by enzymes & by the microvilli of the enterocytes
- In an abnormal gut the process of digestion is incomplete and the person becomes addicted to the morphines

Gut Bacterium Repopulation

- Curds & Whey
- Homemade Yogurt
- Kefir
- Buttermilk
- Sauerkraut – stimulates stomach acid production. Drink juice or eat 15 min before meals

Gut Lining Healer

Bone Broth & Meat Stock (Beef, Lamb, Pork, Game, Poultry and Fish – Rotate source to get the full spectrum of nutrients) Provides raw material to rebuild the lining of the intestines. Helps soothe the intestines. Extract the bone marrow and fat when warm. Consume broth all day between and with meals. Do NOT warm up in microwave. Also helps replenish minerals

That’s Not All, Folks!!!

- By-products of good bacteria are B vitamins
- Bad bacteria consume large amounts of iron often causing anemia. Taking Iron pills can often make anemia worse because it causes these bad bacteria to populate.
- The gut comprises approx 80%-85% of our immune capabilities!

Intestinal Symptoms

- Pale whitish stools
- Foul smelling stools
- Foamy and loose stools
- Acidic stools
- Floating stools
- Constipation
- Gassiness and bloating
- Alternating diarrhea and constipation
- Undigested food in stools
- Chronic abdominal discomfort

Psychological Symptoms

- Autism
- Schizophrenia
- ADD
- ADHD
- Depression
- Dyspraxia – lack of oral muscle tone
- Learning and behavior problems
- Eating disorders
- Bi-polar
- OCD
- Dyslexia
Yeast Overgrowth in the Bowel Produces Less Than Healthy Cells

The Large Intestine - Colon

IleoCecal Valve
A sphincter muscle between the small intestine and the large intestine

Other Malformation of the Colon

Prolapse Of the Transverse Colon
Sigmoid Indicators

Ballooning of the Ascending Colon
To determine the difference between a Ballooned Bowel and Flaccid Bowel, make sure none of the bowel is toned.
Ballooned Bowel

PROLAPS TRANSVERSE COLON

Normal Transverse Colon

Fallopian tube

Rectum

Vagina

Prolapsed Transverse Colon

Fallopian tube

Rectum

Vagina

MarysHerbs.com

Bowel Pockets

Cross Sections of Colon

Healthy Colon

Diverticulum

Diverticulum

MarysHerbs.com

Diverticula

Seeds can get imbedded in a diverticulum, causing diverticulitis

If the mucousal lining is thick and healthy, seeds are less likely to get imbedded in a diverticulum

MarysHerbs.com

Subacute Diverticula

http://www.webmd.com/digestive-disorders/ss/slideshow-diverticulitis-overview

MarysHerbs.com
Intestinal System Problems
A poorly functioning colon can lead to a variety of health concerns, including the following:

- Hemorrhoids
- Diverticulitis
- Constipation
- Colonic polyps
- Cancer
- Ulcerative colitis
- Irritable bowel syndrome
- Crohn’s disease
- Celiac’s

http://ahealthcenter.net/problems-of-the-colon/

Intestinal System Concern
Colon Polyps and Cancer
The growth of a polyp is a major concern for Americans

Over 95% of colorectal cancers develop from polyps.

More than 130,000 new cases of colorectal cancers are diagnosed in the United States each year.

According to the National Cancer Institute, colorectal cancer is third in occurrence and cause of cancer deaths.

Over 50,000 people in the United States die annually as a result of colorectal cancer.

http://www.midlandsendoscopy.com/patient-education/what-is-a-colon-polyp/

Transit Time Is Key
Colon transit time: 10 hours

- The longer the transit time, the more toxic the waste becomes.
- Longer transit times can lead to autointoxification through the re-absorption of putrefied and fermented waste.
- Short or quick transit times result in diarrhea

Intestinal System
Causes of Constipation

- Stress
- Medication
- Poor dietary habits
- Inadequate fiber
- Dehydration and lack of exercise
- Inactivity

For every meal you eat you should have at least 1 bowel movement. They should be light mahogany in color, semi-float and be fiber rich light and fluffy.

Infrequent bowel movements leads to toxicity
Hyper-frequent bowel movements leads to mal-absorption and electrolyte imbalance
Veggies
Capsicum & Slippery elm
Slippery Elm, Intestinal soothe & build
Gallbladder formula
VS-C & Liver cleanse
Capsicum and Slippery Elm

Rectocele

Infection/Inflammation in Diverticula
Toxic Radii Solaris

Radii Solaris After a Cleanse

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Cause</th>
<th>Suggestions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crohn’s Disease</td>
<td>pH imbalance, Possible Parasite</td>
<td>Suggested Book… The Ultimate Healing System by Dr. Donald Lepore</td>
</tr>
<tr>
<td>Celiac’s</td>
<td>Primarily a Magnesium Deficiency</td>
<td>Slippery Elm</td>
</tr>
</tbody>
</table>

Know your limitations….. Severe Pain or bleeding might need the attention of a doctor.

It is best to rule out serious conditions by a doctor before attempting to help someone.

Questions

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