

The Importance of an Intestinal-Mucous-Membrane-Regenerating Diet Increasing the Effectiveness of Isopathic Remedies

By Dr. Konrad Werthmann, M.D., Austria - Reviewed by Dr. Kirk R. Slagel, N.M.D., M.Ed., USA

Everyone is talking about allergies these days. Many chronic diseases that may clinically resemble allergies are, like allergies, the result of functional disturbance of an atrophied intestinal mucous membrane.

Also, there are a great number of diseases that get treated symptomatically, but that should be seen as typical remote actions of a deficient intestinal mucous membrane. The central theme of all chronic diseases, which includes allergies, is an atrophied intestinal mucous membrane. Our specialized knowledge of the physiology of the small and large intestines makes it impossible to ignore these problems.

An allergy is a disturbance of the general internal state of the body, which originates in the intestinal mucous membrane and the Peyer's patches, the gut-associated lymphoid tissue of the small intestine, and spreads to ever more areas, thus necessitating long-term therapy. Treatment of allergic symptoms must in every case include the two important compartments of the intestinal milieu: the intestinal mucous membrane, with all its functional components, and the bacterial lawn.

In holistic therapy and milieu treatment, reconstructing the "soil" of the intestinal mucous membrane with the proper pH improves the opportunities for the bacterial lawn. A bacterial flora that is qualitatively and quantitatively right for the region needs the right pH. This, then significantly improves the efficiency of SANUM Isopathic and microbiological therapeutic agents.

Being immune means possessing full regulatory capacity. This capacity can only exist with a fully functional

intestinal mucous membrane and a working symbiosis, as well as a balanced supply of minerals and trace elements. The intestinal milieu is determined by the state of the intestinal mucous membrane and its bacterial stock.

The milieu cannot be fully or even adequately improved by only treating a part of it. Rather, one must treat all three parts at the same time and for a long time. In order to ease its burden, the intestinal mucous membrane behaves in accordance with Reckeweg's laws and accomplishes excretion of the inflammatory parameters that arose due to the allergic reactions via other (weak) organs (see Table 1). But the origin of an allergy is in every case to be found in the intestinal mucous membrane and its atrophy.

Infants who are not breast fed or only partially breast fed including those whose mothers drink cow's milk, can be negatively affected by the exposure to foreign protein, (i.e. cow's milk and hens eggs). All the parts of the intestinal milieu - mucous membrane and acidifying flora - are primed for mother's milk. It is this repeated contact with these first foreign proteins that ultimately leads to allergic overreactions and simultaneous loss of the villi and the mucous membrane (subtotal villous atrophy: see Table 2). Villous atrophy has a markedly deleterious effect on immune response and leads in short order to dysbiosis as well.

Table 1: Vicarious Intestinal Phenomena

- RESPIRATORY TRACT:
Sniffling (infant)
Spastic bronchitis

Sinusitis and remote disturbances
SKIN:
Seborrhoidal Dermatitis
Neurodermatitis (40-year-olds)

- JOINTS:
Monarthritis (small children)

- INTESTINAL SEGMENTS:
Enteritis, Appendicitis Colitis
syndrome, Constipation

- IMMUNE-SYSTEM ORGANS:
Tonsillitis, heightened susceptibility
to infection, recurring flu

Thus, intestinal villous atrophy turns out to be the cause of many diseases and forms the basis of a tendency to chronicity. The mucosal destruction or atrophy associated with villous atrophy leads to a definite reduction in the production of immuno-globulins, especially Immunoglobulin A (IgA). IgA is very important for good health and can be viewed as the "anti-allergy agent". It seals off the intercellular space of the surface-layer cells, which is not done when one has leaky gut syndrome, prevents the invasion of foreign bacteria, i.e. bacterial parts, fungal phases or their parts and other toxins in the body. These phenomena were observed as early as 1846 (Krebs). Only a permeable small intestine and associated severe IgA deficiency make possible a positive RAST allergy test. With a well-sealed intercellular space, no intracorporeal systemic reaction can take place, therefore the RAST values for cow's milk and hen's eggs are negative. A false-negative RAST is not an exclusion phenomenon for an intestinal allergy.

Table 2: Mucosal Atrophy and its Consequences

- RESTRICTION OF ABSORPTION
POSSIBILITIES

(Continued on Page 2)

■ EXPANSION OF DIFFUSION
POSSIBILITIES:

Proteins diffuse more easily; Heavy metals diffuse greater permeability for toxins, fungi, bacteria.

■ LOSS OF THE PRECURSOR
STAGES OF PANCREATIC
ENZYMES:

Lack of pancreatic function

■ LOSS OF SURFACE FOR
BACTERIAL CULTURE:

Increase in fecal flora

■ LOSS OF CELLULOSE
CLEAVAGE:

Fermentation/putrefaction dyspepsia

■ DYSTROPHY OF THE PEYER'S
PATCHES:

Limited T3/4 cell activity Loss of B & plasma cell activity Heightened susceptibility to infection Lowered resistance

In addition, IgA inhibits the IgE histamine pathway. This defense variant is the trigger for mast cell degradation and favors the dependent diseases such as colitis, asthma and, in part, neurodermatitis.

The more IgA is present, the less this pathway can be activated. A deficiency of IgA leads to more work for the tonsils, which become overwhelmed by this exposure. It also adds to adenoidal vegetation, especially in children and in adults susceptible to infection. Thus, the remote actions can continue extending themselves without functional digestive disturbances becoming visible in the foreground. These can only be detected by paying special attention to associated reactions and some historical dietary reference. Chronic diseases can develop all the more easily, which then are very difficult to treat, or for which the patients are advised to undergo frustrating therapy (rheumatoid arthritis, duodenal/ventricular ulcers, colitis syndrome, neurodermatitis, recurring candida infestation, amalgam sensitivity, etc.). Table 3 summarizes the importance of IgA.

Table 3: Immunoglobulin A and its Functions

- Sealing off intercellular space
- Marking the luminal toxins
Influence on the IgE histamine pathway
- Prevention of mast cell degeneration
- Development of immune bodies by antigen-antibody binding
- Checking IgG complement effect

Atrophy of the intestinal mucous membrane arises from a strongly acidic milieu.

According to Dr. Prof. Guenther Enderlein, the German researcher who developed the Isopathic fungal remedies, excess protein and the resulting (or isolatedly existing) long term acidic milieu is the cause of high-valence and at the same time highly pathogenic phases of the Endobiont *Mucor racemosus fresen* and the other Cyclogenies, especially the penicillin series. Of primary importance is turning the bacterial, viral or fungal phases back into low-valence basic forms and thus, break the tendency towards chronicity. An alkaline terrain guarantees that the many Symprotits and Macrosymprotits created by the degradation of the high-valence forms do not again develop into higher valences.

Maintaining an alkaline milieu is a fundamental prerequisite for speedy and long lasting therapeutic success. As an important side effect, it re-enables the small intestine's mucous membrane cells, when necessary, to adequately start up the pancreas on short notice. It ensures the proper breeding ground for desirable local bacterial strains and prevents parasites from breeding. The therapeutic goal must be eliminating the atrophy of the small intestinal mucous membrane and the disturbances of the microbial Cyclogeny.

Only a combination of a diet free of milk and egg products and the microbiological isopathics (SANUM) can effect a successful treatment of allergies and chronic diseases.

This balanced combination:

- Re-establishes the intestinal mucous membrane
- Alkalizes the intestinal milieu
- Returns the high valences to their basic forms
- Prevents upward development after administration of isopathics
- Promotes the reestablishment of the normal local bacterial lawn and of microbial symbiosis

Milieu therapy takes time. On average, count on 1 to 2 years before the body is again able to regulate the individual mechanisms. Besides the individual adjuvant remedies such as **SELENIUM, MAPURIT, RELIVORA COMPLEX**, as well as individual nosodes, the therapy plan in Table 4 is to be regarded as the basic therapy.

Worthy of note is the **SANUKEHL** combination, which, in order to amplify its effectiveness by a power of ten (immune-body formation), presupposes a healthy intestinal mucous membrane and (in the Cyclogenic sense) a healthy intestinal colonization.

**Table 4:
BASIC THERAPY**

Always a diet (Werthmann) with no milk and egg products, in conjunction with:
FORTAKEHL 5X: 5-15 drops, 1 tablet twice daily for 2-3 weeks; then
MUCOKEHL 5X: 5-15 drops, 2 tablets once in the morning;
NIGERSAN 5X: 5-15 drops, 2 tablets once in the evening.

For Children:

SANKOMBI 5X: Administer 5-20 drops twice daily for months;
ZINKOKEHL 3X dil.: 3-5 drops twice daily;
SELENOKEHL: 5 drops twice daily; (Selenium)
SANUKEHL PSEU 5X: Oral: 5 drops twice daily; Skin: 2 drops twice daily;
REBAS 4X capsules: 1 capsule twice daily

See page 3 for Dr. Werthmann's Dietary Guidelines for Chronic Disorders and Allergies

DIETARY GUIDELINES for CHRONIC DISORDERS and ALLERGIES

From the guidelines of Konrad Werthmann, M.D., Austria, Senior SANUM Instructor

FORBIDDEN FOODS	PERMITTED FOODS & SUBSTITUTIONS
<p>Cow's milk and all its products Including: butter and margarine, cream cheese, cheese, whey, chocolate, yogurt, French salad dressing, etc.</p>	<p>1. For Sucklings: <u>Soy</u> milk, but it must be adapted to mother's milk - Milupa Som, Humana SL, and Galaktina Mammina (or other similar products available in the U.S.A.)</p> <p>2. For Older children & Adults: <u>Soy</u> milk and products - soy drinks, soy desserts, soy cream, soy soured cream, etc. <u>Goat's</u> milk and products - always mix milk with water, goat's yogurt, butter, cheese, etc. <u>Sheep's</u> milk and products - always mix milk with water, sheep's yogurt, butter, cheese maragine</p> <p>ALL PRODUCTS SHOULD BE FREE OF COW'S MILK</p>
<p>Eggs and all egg-products <u>Including:</u> cakes, dumplings, breaded foods, mayonnaise, pancakes, Chinese spring rolls, pasta, biscuits, etc.</p>	<ul style="list-style-type: none"> ■ Egg substitutes - Mondamin, Maizena (or other similar products available in the U.S.A.) ■ Eggs of turkey, quail, goose, and duck ■ Pastas: original Italian pasta, semolina
<p>Nuts, fresh fruit, and raw vegetables (cellulose containing foods) <u>Including:</u> hazelnut, walnut, muesli, Nutella, high fiber diet, whole meal bread, kernels (e.g. sunflower kernels) <u>Including:</u> fresh fruit, dried fruit, raw vegetables and salads.</p>	<ul style="list-style-type: none"> ■ Boiled vegetables ■ Boiled fruit and salads ■ Grilled bananas
<p>Food containing histamines <u>Including:</u> tinned fish, sardines, anchovies, pork, bacon, and rabbit</p>	<ul style="list-style-type: none"> ■ Boiled or grilled fish ■ Mutton, beef, lamb, turkey, chicken, goose, duck and sausages (beef, lamb and fowl) ■ Potatoes, rice, and polenta
<p>For Nasal and Airway allergies (sinus paranasales, pollinosis, and hay fever), also avoid:</p> <ul style="list-style-type: none"> ■ Any form of onion, soup cubes (Oxo), garlic, chives, and leeks ■ Mustard, ketchup ■ Acid suppliers - such as citrus fruits, kiwis, berries and pomaceous fruit (apples) 	

These therapy guidelines are provided by a variety of doctors and health care practitioners and are not intended to be definitive therapeutic recommendations. Please use them as such and treat patients according to their individual needs.



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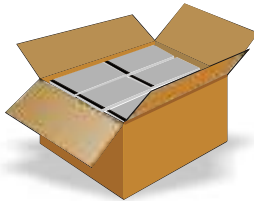
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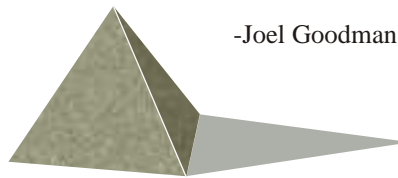
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"Seven days without laughter makes one weak".

-Joel Goodman



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