The Blaylock Wellness Report
Living a Long Healthy Life
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November 2005 Vol. 2, No. 11

Quick Facts

- Nutrition to treat GI ailments
- Liver largest organ in the body
- Medicines, alcohol destroy liver
- Pancreatitis: A growing epidemic
- Disease linked to food preservatives
- Irritable bowel syndrome more common
- Good/bad intestinal bacteria
- 'Probiotics' keep intestines healthy
- Inflammatory bowel disease
- Omega-3 levels dictate bowel disease
- Food allergies & 'leaky gut syndrome'
- Leaks triggered by disease, toxins

Better Digestion:

Protect Your Intestines, Colon and Vital Organs from Disease and Cancer

Since we covered the upper GI tract last month, in this issue we'll concentrate on the rest of the GI tract — specifically the large and small intestines, the pancreas and the liver.

We will focus particularly on nutritional approaches to improving and maintaining the health of these vital organs.

When people think about their lower digestive tract, most usually mention the intestines but forget about the liver and the pancreas. In fact, these two organs are essential to the digestive process.

The liver is a major metabolism site for our food and also serves as the body's chief detoxification center. And the pancreas, in addition to regulating blood sugar levels, produces and stores the body's most important digestive enzymes.

Protecting the Liver

The liver is the largest organ in the body and one of the most important for survival.

It has three major functions:

1. **Metabolizing nutrients**
2. **Generating bile acids**
3. **Detoxifying poisons from both within and outside the body**

Bile acids are produced by liver cells and stored in the gallbladder until needed. They are critical to the digestion and absorption of fats.

When fats enter the upper small bowel (which is composed of two sections — the duodenum and jejunum), the gallbladder releases bile acids that mix with the fats. This reaction forms a special chemical structure that can be further broken down by enzymes (lipases) to allow for better absorption.

When bile stagnates in the gallbladder, gallstones can form, leading to possible bacteria growth. This situation often triggers gallbladder attacks that spur severe cramping and pain, particularly if the gallstones block the bile duct — the tube connecting the gallbladder to the small intestine.

You can effectively prevent such attacks by regularly using

Another powerful vein strengthener is a product made by Thorne Research. It's called Gambir (from the plant Uncaria gambir) and has been shown to reinforce collagen, the matrix of blood vessels.

You can do a great deal to prevent this painful and embarrassing condition by ensuring that your stool stays soft and that you have regular bowel movements that do not require you to strain.

This means you will need to maintain a high intake of fiber (soluble and insoluble), which you can get by eating at least three to five servings of vegetables and fruits. You should also be sure to add flax fiber to your diet. And avoid sitting on the toilet for too long.

Supplementing your diet with plenty of natural fiber will also help prevent another prevalent problem in this country — diverticular disease (diverticulitis and diverticulosis).

Diverticulosis is a condition in which the colon wall (usually near the beginning and end of the colon) pouches out. These pouches can range from the size of a raisin to that of a large grape, and they sprout up in the weak spots of the colon wall.

As with hemorrhoids, straining increases your chances of developing the condition. Chronic constipation is commonly a contributing factor. And the same nutrients that aid in treating hemorrhoids can be used to strengthen the wall of the colon.

Diverticulitis occurs when the colon pouch becomes inflamed.

This is dangerous and can lead to either massive bleeding or the formation of a fistula (an abnormal duct or passage resulting from injury) or intra-abdominal abscess. In some cases, even death can occur.

All of the recommendations above will reduce the risk of these two conditions.

Nutrition News Briefs

Finally, a Safe Sugar Substitute

For those searching for a safe and tasty sugar substitute, look no further.

Aspartame has proven far too dangerous and there are significant safety concerns associated with other artificial sweeteners. But one new sweetener, Just Like Sugar, is made from a natural dietary fiber derived from Chicory root fiber, maltodextrin, vitamin C and flavors extracted from orange peel.

I had the company test the product independently for the presence of L-glutamate, D-glutamate and aspartic acid, based on concerns about other sweeteners that contain these excitotoxins. The results show that the product is completely free of all three.

I have tried it and it really does taste just like sugar.

There is no hypoglycemic effect, as seen with Stevia, and its sweetness is equal to that of real sugar. Importantly, there is no aftertaste. To learn more and to get the product, go to www.justlikesugarinc.com.

Powerful Plant Extracts Fight Leukemia

New studies have shown that the berry extract ellagic acid powerfully combats a number of cancers, including leukemia. Even more exciting is the finding that combining this flavonoid with quercetin and resveratrol dramatically increased its ability to kill leukemia cells. High concentrations of ellagic acid are found in blueberries, blackberries, raspberries, walnuts and pecans.

Unlike conventional chemotherapy, this combination of natural plant extracts did not harm normal cells — and it even protected them from the damaging effects of chemotherapy.

In addition to its anticancer effects, ellagic acid also eradicates the ulcer-causing bacteria Helicobacter pylori from the stomach, suppresses the dangerous Staphylococcus aureus bacteria, protects against radiation damage, fights nickel toxicity and is a powerful antioxidant.

Ellagic acid is the ingredient that makes pomegranate juice so healthful.