

Intestinal Permeability Syndrome

A Natural Approach to Fibromyalgia and Fatigue Syndromes

This is a condition in which the small intestine leaks its contents back into the blood stream to recirculate through the system. Large food particles are allowed into the body which can provoke an allergic type reaction causing further irritation to the intestine walls. Sometimes there is a proliferation of yeast in the intestine. The waste products of yeast also irritate the intestinal lining. The leakage of waste products back into circulation causes toxic overload to the body. The elimination systems back up and toxins from metabolic wastes and other sources overload the liver, kidney and lymph systems. Toxins then begin to accumulate in the tendons and ligaments, which function as a filter for them. This process is now being addressed as the cause of fibromyalgia, a chronic soft tissue pain syndrome with intestinal and neurological symptoms.

The etiology of the problem is multifactorial and not completely understood. Antibiotic and NSAID use increase intestinal permeability. The increased pace of life seems to be the extra straw that breaks the system down; by depleting the adrenal glands. Adrenal depletion always underlies food allergies and heavy metal accumulation. The adrenal glands are further depleted by the physical 'stress' of handling the allergens and toxins.

Therapy must replenish the adrenal glands and identify and desensitize the body to the food reactions. The small intestine lining must be healed; infective organisms and toxins and antibiotics must be removed.

The basic therapy protocol follows:

PROTOCOL		SUPPLEMENTS
1. Reset and replenish the adrenal glands	Establish a deep relaxation routine such as QI GONG meditation	
	Supplement the adrenal glands	DSF formula
2. Replenish other depleted organs	QI GONG meditation exercises (these are more effective after #10 below)	Oriental herbs (Sea of Qi...)
		Nutritional supplements
3. Remove infective processes	a. Yeast	Total Yeast Redux
	b. Virus	Intestinal Fungus Formula
		Total Virex

	c. Parasites	Total Para
4. Reinnoculate normal bowel flora		Total Probiotics
5. Repair small intestine lining		Total Leaky Gut
		Pulsatilla Intestinal Formula
		Sea of Qi
6. Where fatigue or food sensitivities are a problem, take digestive enzymes		Total enzymes
	Some individuals may need hydrochloric acid supplements to help with meat digestion	Hypo-D
7. Enhance elimination functions and get toxins out of the connective tissue.	a. Liver / Gallbladder flush; if muscle pain is a big problem this should be an ongoing therapy.	Total liver and systemic detox
	b. Five minutes of jogging preferably outdoors or 20 minutes of walking - daily.	
	c. Skin brushing; whole body, brush toward the heart followed by a 20 minute bath.	
	d. Drink fresh clean water, one pint per day.	
	e. Minor Buplerum Herbal Formula cleanses the lymph system.	
8. Reprogram allergies / sensitivities (this addresses neurotransmitter imbalances when present)		
9. Remove heavy metals	Diagnose with Hair Analysis and / or Reflex testing	
	Treat with Frequency Modulation	
10. Remove obstructive emotional patterns when present.		

* Supplements and therapies in bold are available at Dr. Kindred's Clinic