THE TUESDAY MINUTE
IT'S TIME TO FEEL GOOD AGAIN

THIS WEEK'S TOPIC

Are Patients Sabotaging Their Treatment Program?

"You diagnose a condition correctly, apply a therapy that has been successful in the past and nothing happens. Consider these strategies."

I think we all have clinical situations where we diagnose the condition correctly, apply a therapeutic program that we have had success with in the past and yet nothing happens. Let's consider a few strategies to increase our percentages.

Dr. Gary Lasneski shared a case report where one of his patient's had severe Crohn's disease and despite all his efforts, she still needed the maximum amount of medication in addition to the nutrients he was providing. In fact she was so bad her physicians were discussing surgery due to the severe pain and cramping. Eventually he discovered she was consuming a known irritant sodium lauryl sulfate in her soaps, cosmetics and toothpaste. She was also drinking fluoridated tap water. He suggested she stop both as they wear away and have a pitting effect on the protective mucus in the bowel and continue on the same supplement program. One month later she was able to cut her medications in half. Ninety days later she was able to cut them in half again and six months later she was off the meds and doing fine.

Here's another factor to consider for your gastrointestinal patients. Bacillus thuringiensis (Bt) is a soil based bacteria that has been sprayed on corn for many years. If insects eat the sprayed corn, the cell walls of the insects' stomach are disrupted in order to kill them. For the last 15 years the Bt has been attached to a virus and injected directly into corn called Bt corn. If the bugs die when they eat the corn, what happens when we eat the corn? That's right, our stomachs are affected. In fact, the increase usage of Bt corn exactly corresponds with the rate of increase in stomach problems.

Last time I checked the number two class of over the counter drugs are stomach related. Researchers are warning us about the dangerous effects GMOs have on gut microbiota or the microorganisms living in our intestines. Dr. Alex Vasquez points out that

the real value in food might not be the vitamins, minerals and protein but rather the phytochemicals, fiber and other factors in our food that feed the microbiota. Gut microbiota directly affects the release of inflammatory cytokines that can cross leaky gut barriers and propagate systemic inflammation.

There's still controversy on the exact effect of GMOs; but when lab animals or livestock are fed GMOs, they often get sick with many of the same accelerated aging, GI, immune and reproductive organ malfunctions that humans have. If these same animals are fed a non-GMO form of the same food they get better.

Here's a clinical pearl I learned from Jeffrey Smith from the Institute for Responsible Technology that you will find interesting. Many of the symptoms of gluten sensitivity: gas, bloating, intestinal permeability, damaged microvilli, overgrowth of bacteria, immune system dysregulation including autoimmune diseases, brain fog, etc. have also been associated with GMOs.

Doctors have their patients eliminate gluten from their diets; however, patients unknowingly increase their consumption of GMOs especially soy and corn. Their recovery is slowed or reduced. So when your patients eliminate gluten, make sure they also eliminate GMO foods as well.

Currently there are nine GMO crops: soy, corn (not popcorn); cotton, used to make cotton seed oil; canola, used to make canola oil; sugar, from sugar beets (not cane sugar); alfalfa, the hay used to feed cows particularly dairy cows; papaya, from China and Hawaii; and a small percentage of yellow squash and zucchini.

It may take time to educate a patient how to avoid GMOs, but the sicker the patient the more they need to eat clean food. This means all restaurant food is suspect. Fast food restaurants have derivatives of soy and corn in all their sauces, condiments and flavoring agents. Soy is mixed in the beef. High fructose corn syrup is in the drinks. Generally, farm raised animals are fed GMO corn, alfalfa or cotton seed meal. Even most farm raised fish are fed GMO soy pellets. Restaurants buy processed packaged foods whenever possible to make it easier for their cooks and servers to prepare.

I am not saying everyone can't eat in restaurants; but if someone is facing serious degenerative disease and not responding to your care, encourage them to eat food they know is clean and healthy.

As I mentioned, you may have made the correct assessment and therapeutic program; but if your patient is sabotaging themselves by their lifestyle, you can take action. That's why we suggest an anti-inflammatory therapeutic diet developed by Dr. Abbas Qutab for all our patients. I encourage patients to follow it as closely as they can; and if they go off the diet, pay attention to the symptoms they experience.

Dr. Qutab lectures regularly on detoxification. He is now teaching doctors how to integrate blood chemistry into their practices. You can see a link below to learn how to use blood chemistry to find deeper causes of illness and the individualized nutrients that will support the healing process.

Thanks for reading this week’s edition. I'll see you next Tuesday.