

RESILIENT IMMUNITY BEGINS IN THE GUT (WHERE ELSE?)

Looking Beyond Microbiome/SIBO to Where Chronic Health Problems Originate & Need to be Addressed First: the GI Lymph Immune System

DID YOU KNOW?

- The **headquarters of your immune system is in the GI lymph** that holds 60-80% of your immune cells.
- Disrupted GI lymph leads to vulnerable immunity: cancer, post treatment Lyme, autoimmune, chronic inflammation – essentially **all chronic illness**.
- **Treating the symptoms** of those individual diseases **does nothing** to improve GI lymph function.
- There are **no imaging technologies** to show or pharmaceuticals to optimize GI lymph function.
- Improving GI **immune function always improves** quality of health.
- The **vectors of modern life** – antibiotics, steroids, pollution, cane sugar, hybridized grains and dairy can disrupt the GI lymph function?

How do I know this about the gut lymph & immune function? From 30 years of research and practice in natural healthcare, beginning with my honors thesis from Smith College: The Role of Plant Saponins in Immunotherapy.

The lymph system is located behind and within all mucosal linings including the nose, lungs, sinuses, GI tract, vagina, and even eyes, thyroid, breast and liver. When that lymph is congested, immune cells cannot travel to where they need to go. Also, if the mucosal lymph is disrupted, it will over or under react: not recognize what is foreign or could set off a hyper response. The mucosal immune response is the gate keeper of gut-brain communications, so plays a role in anxiety, depression, hormonal imbalances, autism, MS and diabetes.

A protein and vegetable diet that minimizes carbs (paleo diet) is essentially coddling the GI lymph immune system. Disrupted gut lymph does not well tolerate starches but tolerates very well vegetables (especially greens), protein and animal fats. The Weston Price diet with its emphasis on animal fats and raw milk is also supportive of GI lymph, in part because of the presence of Bifidus lactis in raw milk. Diet is a critical step to healing GI

lymph since inflammation and allergies begin with how the immune cells within the GI tract respond to foreign material and interact with each other.

Alternative medicine has been aware of the role of GI lymph ever since the medical medium Edgar Cayce of the early 1900's recommended castor oil packs to the abdomen for many chronic ailments. The warm castor oil on the belly helps to open and drain stagnation from the GI lymph. In his readings, Cayce noted how castor oil packs improved functioning of the Peyer's Patches. We know today that the Peyer's Patches sample the GI contents and set off a protective immune response or an exaggerated, destructive one. Autoimmune diseases such as lupus, MS, RA, Crohn's disease, ulcerative colitis all begin with the triggering of inflammation at the Peyer's Patches. Inflammation of the skin seen in itchy redness, psoriasis and eczema also is triggered from the Peyer's Patches. Edgar Cayce's remedy still works today to clear GI lymph stagnation and lower inflammation when applied for 20 minutes twice per week.

In my recent book "Resilient Immunity: Caring for Your GI Immune System" I outline a five-phase clearing protocol to heal dysregulation of GI immune function. The book gives dietary and lifestyle recommendations as well as suggestions for herbs, homeopathics and essential oils that support a healthy GI lymph. For example, healthy lymph requires the body to be well hydrated (often 64 oz of quality water per day) and regular movement such as yoga and aerobic exercise.

Beginning in October there will be classes with more details about the GI lymph and immune function at the Nonotuck Mill, Suite 12, 296 Nonotuck Street, Florence, MA 01062.