

CPC #5 THE LEAKY GUT/ADRENAL FATIGUE CASE

READERS SUMMARY:

1. HOW CAN A LEAKY GUT CAUSE ADRENAL FATIGUE?
2. CAN OTHER THINGS COMPLICATE THIS LIKE A VIRAL INFECTION?
3. CAN WE TREAT IT?
4. HOW DO WE TREAT IT?
5. CAN YOU HOPE FOR IMPROVEMENT TOO?
6. A PATIENT TESTIMONIAL AFTER JUST 4 MONTHS OF TREATMENT

We have talked at length on my forum about how a leaky gut can cause havoc for modern humans. What many people do not realize is that humans having a leaky gut happened by design. Primates, our nearest relatives, do not have leaky guts by design because they do not have zonulin the protein that binds our gut cell membranes where they join. Many people are shocked to find out that this make it impossible for a Primate to get an autoimmune disease. This is also true. Primates also can't get an infection of H. Pylori in their guts either. This is why Barry Marshall had to drink a vat of H. Pylori to prove it caused human ulcer disease in the last part of the 20th century. He had no animal models that would prove his hypothesis. Check out this detailed history of precisely what the establishment did to Dr. Marshall and his ideas for close to 20 years. [LINK](#)

Choosing the correct animal to study at the right time of the year makes a huge difference in science. This is a fact that few people even consider when reading many of today's pub med articles. If you do not believe it is true consider that small doses of penicillin can kill a guinea pig during the winter time. During other seasons the guinea pig can tolerate massive doses of penicillin with out any problems to their physiology. What if scientists had chosen to use guinea pigs to study

penicillin instead of mice back in the 1940's? Do you think we might have made some bad assumptions? Might antibiotic research taken a massive turn if we were not aware of what we did not know? When you realize that this kind of result can happen in a species, it has to make you consider the limitations of extrapolating any data from one species of mammals to others and then drawing a conclusion. Sadly, this is one of the biggest errors in all nutritional science today, in my opinion. It is also why we see some much bad science being done and regurgitated. Alexander Pope had it right when he said, "The only proper way study of mankind is man." We must always remember that humans are not animals and what we find in research done upon them rarely parallels the expected results to be found in us. This is why aftermarket data can cause a drug to be pulled from the market. Think of what happened to the diet drugs Phen/Fen or the recent COX2 inhibitor drugs like Vioxx or Bextra.

Evolutionary friend of foe round two?

So why would a human have a leaky gut by design?

Moreover, why don't we see it in primates?

Like we saw in our last CPC #4 maybe this liability today used to be a huge evolutionary advantage in eons passed? I think that is precisely the case when you think about the co-evolution of the gut and the development of the brain in humans. What happened between Ardi and Lucy and Homo Habilis is a story that must be considered by modern humans to get back to Optimal. I believe this transition in speciation within the hominid tree of life is just another way that Factor X helped fueled natural selection because of a rapidly changing environment that Ardi and Lucy found themselves in. You will soon find out in the next monster blog series why the differences in the human gut likely fueled our evolution into a new species.

So today I am going to show you how a leaky gut can cause massive collateral damage to many systems in a modern human. This shows you how a leaky gut can cause other body systems to fail because the gut is just not working as it was designed too.

It is a pleasure to share with you a video today from my clinic on a patient who had a severe leaky gut with dreadful adrenal fatigue. This patient came to me for a pseudoarthrosis in her neck. This means her previous neck operation for a disc herniation causing spinal cord compression never healed. She had this surgery done by another surgeon in Nashville. The cause of her leaky gut was a long standing Hepatitis C infection that she got from a blood transfusion earlier in her life. This viral infection was actually the “real cause” of why she never properly healed the fusion in her neck. When she first came to me for a revision surgery I told her it would never work unless I first treated her leaky gut and her Adrenal Fatigue first. How I did this was by making lifestyle changes. Some of the techniques I used on her I have not discussed on the blog to date. In her I used an Epi-Paleo dietary solution, spot CTing, control of night time light cycles, and a special supplement regimen to help her. I also sent her to a colleague for some special treatments to rapidly heal her leaky gut before and during her surgery to make sure the osteoporosis would not hinder her healing once again. None of these things were done by her original surgeon in 2007 because they just thought these illnesses were ‘bunk’ and would have little impact on her case.

Take a look at this video here before going on and see if the surgeon in 2007 was correct or not.

Conclusions:

Leaky gut and adrenal fatigue are two modern diseases that were once evolutionary adaptations that protected us. Both of these processes dramatically alter level 5 called the brain gut

axis. Today because of a modern lifestyle both of these adaptations can cause massive collateral damage in our bodies. This video clearly depicts how it can radically alter a persons life if adrenal fatigue proceeds to wreck havoc. The good news is that once we become aware of just how much we do not know and we try to reverse the process we can also help a person. I am happy to report that that her good fortunes continue using Cold Thermogenesis in helping her reverse her illness. You don't wear out, you flame out.....limit inflammation and you control the burn rates for all neolithic diseases.

This is case illustrates that cold is not just hormetic and many times in a detailed clinical treatment plan can be curative for those who have it. We must always question our preconceived notions of what we believe. Sometimes when we do we can go to a place we did not think was possible. These neolithic diseases are complex presentations with numerous causes and solutions. Our job as clinicians is to continue to look for solutions when patients show up in our clinics with puzzling questions we can't answer for them. There are many ways to treat them but you first must consider them as possibilities in order to help a person with it.

Healing her non healed neck fusion was a very complex situation that required and outside the box approach using multiple modalities.....the moral of her story is that we should not settle when you do not feel well regardless of what an expert may tell you.

The joy is in creating your health.....not maintaining it.

Do not believe for one minute that you can not change your life when you take back control of how you think about things. Sometimes we can't help people because we remain blind to what we don't know.

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