Leaky-gut—the cause of allergies, asthma, and auto-immune disease

by

Maurice Cotterell
B.A. (Hons) MCM, MB, BCh
Smsgott3UK@aol.com
www.MauriceCotterell.com

Introduction
Humans are complex beings, comprised of a physical body, an emotional body, an intellectual body, and a spiritual body. The physical body is comprised of up to 75% water, which itself is made from hydrogen and oxygen atoms. Hydrogen atoms radiate gravity waves that control every other type of atom in the Universe, including oxygen. The human body thus vibrates at the hydrogen frequency; 1,420 million times per second. Ill-health results when the body does not vibrate at the correct frequency. The vibration frequency of the physical body is affected by the emotional body [for example heart-ache, or jealousy], the intellectual body [for example anger, fear, or stress] and the spiritual body [for example karma, or guilt]. Physicians concern themselves only with the physical body and, hence, ignore 75% of the available information when attempting to diagnose disease. It is thus easy to see why medical palliatives that work for one individual may not work for another.

Synopsis

Stress

adrenaline

heat & chlorine

leaky-gut toxemia liver does NOT produce more cholesterol does not repair myelin multiple sclerosis

leaky-gut allergies asthma endocrine burn-out over-active thyroid (Graves disease) very fast heartbeat

Dementias Alzheimers Parkinsons liver produces more cholesterol & repairs myelin cardiovascular disease heart attack blood thinning drugs stroke

experienced by the Author

suspected, but not covered in this Paper

Disclaimer
The information in this document was found to be effective for one individual but may not be effective for others. Individuals with physical ill-health should consult a qualified Medical Physician.

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Causes
Alcohol
Kills friendly bacteria in gut leading to imbalance and inflammation in gut (avoid alcohol)

Chlorine in Water
Kills friendly bacteria in gut leading to imbalance and inflammation in gut [boil water to destroy chlorine]

Antacid tablets
Neutralizes stomach acid allowing undigested food to enter gut where it rots, leading to imbalance and inflammation in gut. Prevent indigestion through moderate eating/drinking.

Use baking soda 1/2-1 tsp in water for indigestion

Stress
Stress is fear. Fear stimulates production of adrenaline. Adrenaline irritates and inflames gut lining. Gut lining becomes diseased providing a haven for bad bacteria that release deadly toxins. Bad bacteria [and good bacteria] killed by antibiotics, or 1-2 raw garlic capsules washed down with water [note: overdose of garlic will cause migraine-like headache for 2-3 days]. Repeat garlic treatment every 7 days.

Food Allergy (usually Yeast and/or Grain in Gluten and fermented products). How the yeast organism causes leaky gut: a) shows the single-celled yeast organism. b) in order to replicate it firstly grows twice as long. c) then it divides into two, to become 2 yeast cells. Visit organism, glucose in enterocyte & divided into two that make the small intestine [by the sticky protein, gluten, found in wheat, puncture the gutwall as they double in length (b) and replicate, causing the gut leak.

Candida fungus in gut (spreads like dry-rot in an acidic gut, puncturing gut wall allowing gut toxins to leak into blood. Caused by compromised immune system and also by overuse of antibiotics (one symptom = white/yellow-coated tongue)). Thrives in acidic environment. Requires prescribed antifungal drug (Nystatin, 200 – 400mg per day for 42 days, killed on tongue) by alkalali (e.g. Sodium bicarbonate [backing soda]). Try to keep internal alkaline environment (vegetarian, a low sugar/carbohydrate diet). Very difficult to eliminate. More insidious than other causes of leaky gut. New lesions from pain until Candida fungus killed-off.

Non-steroidal Anti Inflammatory medications (including Aspirin-based pain killers)
Burn holes in the gut wall. [Use, instead, Paracetamol although largely ineffective with severe toxemia-type headache].

Aftercare: Multiple attacks of toxemia cause permanent damage to lower-back muscles leaving mass muscle in that area to cause-a-lasting and severe new toxins ingested normally from food. Previously harmful foods now cause lower back pain. Avoid cooking at boiling point (destroy chemical chains of many toxins). Avoid the following: Raw kidney beans (contain phytohemagglutinin, 3 raw beans can kill). [note: canned beans have been cooked overnight and cooled for 2 hours to boiling point and are safe to eat]. Raw beans and other pulses (cook at boiling point for 10 minutes). Raw or green potatoes. Chillies (contain capsaicin), Dried fruits (pomegranate, dates, prunes etc). Grapes. Seeds of fruits (contain cyanide). Nuts. Cashews. Some artificial Sweeteners are pure poison. Dark chocolate (contains rotenoids). Meatballs (contains trichloroacetic acid). Soft drinks (contain aspartame). Bar based shampoos. Wood preservative, turpentine etc. [on the skin] ingesting/absorbing very small quantities of these will cause lower back pain.

Effects

Irritable Bowel Syndrome Treatment

LEAKY GUT

Endocrine Burn-out Damage to Pituitary, Hypothalamus, Pancreas & Adrenal glands. Loss of diurnal rhythm in Cerebellum – think, joint pain and muscle twitching

Bacterial toxemia Toxins from gut bacteria leak through gut into blood. Treatment: Antibiotics, or new garlic, kill gut bacteria allowing liver to decrease blood Metabolic toxemia

Dieting releases toxins (rash in face) that re-circulate in blood. Long-term damage: toxins burn-off own insulin from nerves. Nerves askiculitic, causing extreme systemic pain and localised numbness and weakness (diabetes-like). Liver produces more cholestrol to repair arenyle resulting in high triglycerides and cholesterol. Treatment: Can maintain weight quickly to re-store toxins in new fat. Sweat and breathe often.

Figure 1. © Maurice Coutand 2005 – 2014
Stress (fear) inspires adrenaline. Adrenaline inflames intestine causing Irritable Bowel Syndrome which leads to Leaky Gut disease. Leaky gut produces histamine. Histamine causes gut to leak more leading to runaway histamine cycle. Leaky gut leads to intestinal toxaemia. Toxaemia interferes with Hypothalamus. Hypothalamus is unable to control adrenal gland and fails to regulate the production of Adrenaline causing bouts of diarrhoea and (more between times) constipation. Irregular Cortisol production causes loss of control over fat distribution leading to unregulated distribution of fat (evident in eye lids). At the same time, the hypothalamus fails to regulate the Pituitary and the Pituitary fails to control the Pineal, allowing variations in Melatonin, consequential insomnia resulting in cortisol deficiency.

Figure 3.
**Vitamin A (Retinol)** forms mucous membranes and eyelid pain. Best source: fish oil, cheese, eggs.

**B1 (Thiamine)** converts glucose into energy. Good for nerves and muscles, fatigue, digestion. Best source: yeast, grain, pork. (Hence need supplement in form of 'B complex'). Destroyed by alcohol, alcohol.

**B2 (Riboflavin)**. Converts proteins, fats — sugars to energy.

**B3 (Niacin) (Nicotinic Acid)**. Co-enzyme: Produces energy from sugars, fats and proteins. Maintains healthy skin, nerves, brain, tongue, digestive system. Best source: yeast, bran, pork, fish, cheese, eggs. (Hence when preventing yeast — need to supplement in form of 'B complex'). Excess can cause pouting headaches.


**B6 (Pyridoxine)**. For nerves (maintains myelin sheath), energy, reduce swollen abdomen, puffy fingers. Detoxes cyanide and tobacco smoke. Best source: yeast, bran, pork. (Hence need supplement in form of 'B complex'). Destroyed by alcohol.

**B12 (Cyanocobalamin)**. Repairs myelin sheath in nerve pathways. Detoxes cyanide. Requires biotin and folic acid for take-up.

**Bc (Folic Acid)**. For DNA/RNA, fatigue.

**Biotin**. For stress and energy and muscle pain. Manufactured only by good gut bacteria. Destroyed by antibiotics.

C. Good for cholesterol absorption. Anti-stress hormone. Good source potatoes [citrus contains histamine, which makes knobby worse]. Destroyed by antibiotics and in cooking.

**D (Vitamin D)**. Acts on calcium — energy. Made from sunlight on skin. High levels in oily fish.


**Calcium**. For nerve transmission, muscle function. Requires vitamin D and magnesium for take-up.


**Zinc**. Release vitamin A from liver to aid pituitary, adenals. Testes. Required for nervous system and brain. Reduces blood fat levels.

**Selenium**. Antioxidant. Detoxes arsenic, cadmium and mercury.

**Lecithin**. Reduces cholesterol and high blood pressure. Mobilizes fat. Repairs myelin sheath. Source of phosphorus.


**Garlic**. Natural gut cleansing antibiotic — but kills good bacteria as well as bad.

**Ginger**. Natural gut cleansing antibiotic — but kills good bacteria as well as bad.

**[Cold New Zealand Manuka honey (UMF 25+) — natural gut cleaning antibiotic (turns hydrogen peroxide and clears gut) — but kills good bacteria as well as bad.]**

**Bananas**. Good source of vitamin E, B vitamins, Good source of essential potassium. However, note.

**Potassium**. Good for nerve impulse transmission and intestinal tract but excess amounts are dangerous (depresses adrenaline and cortisol), causes ulceration of small intestine. Sources: dried fruit, bananas, chips, cereals.

**Adrenal gland** needs Vitamin C and B5 (Pantothenic acid) to make adrenaline and cortisol.
The chain of causation: from Irritable bowel to Adrenal failure

**Stage 1**
- **cause**: Stress, Antibiotics, wrong diet
- **effect**: Irritable Bowel Syndrome (IBS)
- **remedy**: SCENAR + rice-based diet + no yeast/gluten/wheat or histamine (citrus) products

**Stage 2**
- **cause**: IBS
- **effect**: Leaky-gut syndrome
- **remedy**: Rice-based diet + no yeast/gluten/wheat or histamine (citrus) products

*Autoimmune diseases e.g. Graves’ disease (see stage 2A)*
- **remedy**: Can take 8 months to rebalance gut

**Stage 3**
- **cause**: Leaky-gut syndrome
- **effect**: Intestinal Toxaemia (blood-poisoning by toxins released by gut bacteria)
- **remedy**: 1 tsp chopped raw garlic weekly to kill gut bacteria

*Caution: Antibiotics may be life-saving in the short-term, but kill good bacteria, as well as bad bacteria, causing gut dysbiosis and more leaky-gut in the long-term*

**Stage 4**
- **cause**: Intestinal Toxaemia
- **effect**: Cortisol deficiency
- **remedy**: Body produces cholesterol to repair nerves

*Caution: Cortisol supplementation, after 3 pm may activate immune system causing flu-like symptoms and/or insomnia. Magnesium supplementation above doses per by 20%, but destroys calcium which is necessary to pick-up ACTH and create cortisol—so is not recommended when on cortisol supplementation*

**Stage 5**
- **cause**: Cortisol deficiency
- **effect**: Adrenal burn-out
- **remedy**: Cortisol supplementation reduces pain by 60%. (Cortisol is made from 0000 – 0600 hrs daily hence supplementation should be taken in the morning only, 10mg (2 blobs the size of garden peas) of 1% over-the-counter Hydrocortisone cream, at 000hrs and 10mg at noon + low/zero carbohydrate diet allows adrenals to rest and regenerate over several months.

*After Dr Sarah Myhill www.DrMyhill.co.uk*

**Stage 2A**
- **cause**: Autoimmune antibodies attack thyroid.
- **remedy**: Anti-thyroid drug Carbimazole 40mg per day for 28 days. Blood tests required every 21 days. Dosage reduced when Thyroid hormone returns to normal range (12 – 22), then 10mg/day for 18 months. Nebiteta beta blocker (to prevent heart attack) 2.5mg/day for 60 days, 1.25mg for 14 days, then 1.25mg every other day for 14 days.

*Caution: Cortisol-based eye drops [for eye inflammation] will turn-off cortisol production and may cause insomnia and reduced cortisol*
The cause of Auto-immune disease (I)

The endocrine system produces Cortisol to ameliorate inflammation and, together with Adrenaline, switches 'on' and 'off' the immune system, which produces antibodies to fight infections. Unfortunately, antibodies also cause inflammation to their own auto-immune disease results when too many antibodies are released for too long a period causing inflammation to sensitive areas of tissue, e.g., eyes, thyroid. Endocrine dysfunction can occur in many ways:

1. Circulating blood-borne toxins, e.g., from fatty-gut, tobacco, etc., can damage the endocrine organs directly making them by-pass sensitive to activators from very minor inflammation caused by normal body wear and tear.
2. Damaged organs may not be able to mount a stress response (Cortisol), thus compromising the immune system's ability to deal with infection.
3. Low levels of Adrenaline together with high levels of Cortisol (HIV) are used to activate the immune system, and the HIV infection cannot be cured by antiretroviral drugs.
4. The hypothalamus controls its activity by producing a stress response.
5. Cortisol feedback between the hypothalamus and the pituitary gland (adrenal) to produce more Adrenaline and more Cortisol. Thus, HIV activates the immune system, antibodies are released to kill the virus. The increase in Cortisol means the effects of the increased inflammation caused by the immune system and the original inflammation. When the inflammation falls, and the crisis is over, Adrenaline is produced, which switches off the immune system and stops the release of antibodies, reducing inflammation further. The 'increase Cortisol' signal falls, switching off the hypothalamus, Cortisol and Adrenaline return to normal. In auto-immune diseases, the hypothalamus and/or pituitary send out an 'increase Cortisol' and 'increase adrenaline' signal continuously, which keeps the immune system active and continuously results in serious tissue damage from antibodies.
### The cause of Autoimmune disease (II)

- Leaky-gut → Histamine → Adrenaline → feedback loop → insufficient adrenaline, increase adrenaline to H → Activates immune system
- Runaway histamine and Leaky-gut loop

### The cause of Allergies

Antigens, such as food particles, dust, pollen, and smoke, enter the bloodstream via the gut, nose, eyes, lungs or hyperdermic needle...

- Antigens enter the bloodstream via the gut
- Antigens enter the bloodstream via the lungs

And activate the immune system. Antibodies are prepared to recognize and kill the invaders, leading to ‘auto immunization’ by the body against those antigens.

Later incursions of antigens are recognized by the immune system which releases previously prepared antibodies that rapidly attack them, causing inflammation and the release of histamine that causes runny eyes and more Leaky-gut if antigens entered via the gut.

### The cause of Asthma

Antigens such as dust and smoke enter the bloodstream via the lungs and activate the immune system to recognize and ‘kill’ them leading to ‘auto immunization’ by the body against those antigens.

Later incursions of antigens are recognized by the immune system which releases previously prepared antibodies that rapidly attack them, causing inflammation in the lungs and constriction of airways. Breathlessness causes panic, and a surge of adrenaline suppresses any systemic histamine, hence the absence of runny eyes and nose.

### How Salbutamol can cause Allergies, Asthma and Autoimmune Disease

Salbutamol inhaler (adrenoreceptor stimulator) → vasodilation of bronchi (in lungs) and gut → Leaky-Gut → Histamine → Adrenaline → feedback loop → insufficient adrenaline, increase adrenaline to H → Activates immune system

- Runaway histamine and Leaky-gut loop

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The body is precisely controlled by mechanisms designed to monitor and correct deviations of parameters from specific values. Deviation data is entered in the bloodstream to management systems located in the brain that are controlled by hormonal software. In order to detect parameter variance, the circulating blood must be kept clean and free from impurities. Foreign bodies entering the bloodstream must therefore be removed by the immune system. Normally, the brain detects the presence of bacteria in the blood and activates the immune system. Antibodies attack and kill the invading bacteria, rendering them harmless. The immune system remembers the type of antibody that was effective with a specific bacteria. Then, a re-occurrence of infection from the same bacteria results in the rapid regeneration of those specific antibodies. This process is known as ‘immunity’ from a specific bacteria and explains how ‘immunization’ with a weakened vaccine occurs.

Autoimmune disease is caused by a similar process: ‘auto-immunization’. Leaky-gut disease allows antigens (as well as harmful toxins) to leak into the blood stream and activate antibodies to fight the foreign invaders. Cytokines then act as messengers alerting the white blood cells to fight the food, bacteria, dust and other particles that have managed to find their way into the bloodstream. At the same time, histamine is produced to flush-out the antigens. The vasodilation properties of histamine worsens the situation by allowing the gut to leak more and a runaway histamine/Leaky-gut loop ensues. Antibodies are built-up against particular antigens through the process of auto-immunization and lie in wait to attack the invaders in the airways whenever they enter the body again. The increase in histamine depresses systemic adrenaline, which is detected by the adrenaline feedback loop in the pituitary, which reacts by sending-out an ‘increase adrenaline to H’ signal. But the overwhelming production of histamine cancels out any increase in adrenaline, so the ‘adrenaline has been increased’ signal is never received by the pituitary feedback loop, which continues to increase adrenaline without the limits of endocrine control, resulting in a permanent ‘High’ state of adrenaline. Activation of the immune system results in inflammation that increases cortisol to ‘High’, creating the HI condition to permanently activate the immune system.

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Figure 9. © Maurice Cotterell 2005–2013
Conclusion

Allergies, Asthma, and Autoimmune disease are caused by gut dysbiosis (IBS) that leads to 'Leaky-gut', which allows antigens to enter the bloodstream directly, resulting in autoimmunisation of the body against those substances. Diagnosis of Leaky-gut disease, that leads to these diseases, if untreated, can be easily diagnosed using a simple clinical test costing around £10 per test.

Leaky-gut leads to a runaway histamine cycle that reduces systemic adrenaline. The reduced level of adrenaline is sensed by the adrenal feedback loop which sends out an 'increase adrenaline' signal continuously, which activates the immune system continuously (if an increase cortisol signal is sensed at the same time).

Leaky-gut also leads to toxemia which, if untreated, causes death through blood poisoning in around 6 weeks. If the ingress of toxins is checked by the use of raw garlic or antibiotics, the patient will survive to experience another episode within 6 weeks. [Note: antibiotics, although life-saving in the short-term, will exacerbate gut dysbiosis in the longer-term and therefore should be avoided if at all possible.]

Long-term presence of toxins in the bloodstream can burn-out the endocrine system, in particular the adrenals, resulting in reduced levels of cortisol. This reduced level of cortisol is sensed by the cortisol feedback loop which sends out an 'increase cortisol' signal continuously, activating the immune system (if an 'increase adrenaline' signal is sensed at the same time). Cortisol deficiency can cause thirst, severe muscle twitching, palpitations, sleeplessness, insomnia and a vicious cycle of further cortisol reduction and possibly death, if untreated. Adrenal function may be restored by using hydrocortisone supplementation and by adopting a low carbohydrate diet to allow the adrenals to recover.

Toxemia (dirty blood), further, prevents the myelin sheaths from normalizing and controlling physical parameters resulting in all kinds of symptoms, such as severe headaches, severe lower back ache, hot and cold sweats, delirium and flu-like symptoms, palpitations, and alternating bouts of diarrhoea and constipation.

The presence of circulating toxins in the long-term, can also burn-out the myelin insulation from nerve pathways causing excruciating pain. The only refuge from this pain is for the patient to gain weight quickly, to re-store toxins in fatty tissue where there are no nerves, until the burden of toxins can be expelled in a controlled way, slowly. When nerve myelin is damaged the liver increases cholesterol production, in an attempt to repair the myelin. Excess cholesterol can lead to cardiovascular disease and heart attack. Damage to the myelin insulation can result in multiple sclerosis if the body does not repair the myelin coating of its own accord.

Autoimmune disease ensues when the immune system senses a continuous demand for adrenaline and cortisol, as aforementioned.

Leaky-gut may also be caused by candida, in the gut, that punctures the gut wall allowing the leaking of toxins into the bloodstream.

The chain of causation from IBS through Leaky-gut disease to the above-mentioned diseases may be checked at any stage by appropriate remedial action prior to escalation. IBS and Leaky-gut can be rectified by the removal of stress and dietary changes that remove inflammatory antigens from the gut. Toxemia can be managed through either antibiotics or garlic once per week, to keep bacterial endotoxins under control, plus exercise, followed by bathing, to remove toxins from skin. Rapid dieting should be avoided to preclude the ex-masses release of toxins stored in fat deposits that can cause 'metabolic toxemia', which, again, can be managed by gaining weight rapidly to enable the short-term re-storage of toxins safely.

Continuous activation of the immune system will result in an overactive thyroid that leads to Graves’ disease and symptoms of a very fast metabolic rate, and rapid weight loss that weakens the heart. This urgently needs to be brought under control with the use of thyroid controlling medication and beta-blockers. Corticosteroid anti-inflammatory eye drops should not be used on these with cataract issues.

Epilogue (1)

Figure 10b

References

EPilogue (II) How to manage Leaky Gut (Summary)

Leaky gut caused by Candida
Leaky gut caused by SIBO
Leaky gut caused by stress
Leaky gut caused by yeast, gluten, histamine and/or injected bacteria

Stress produces autoantibodies which inflame and damages the gut lining, causing it to leak. Remove source of stress.

Yeast, and bacteria burrow-through the gut wall allowing the gut wall allowing the gut wall to leak, gluten, grains, down the valley like a "fist" that raids the intestinal lining to subdue and damage the intestine. Histamine, static blood, venom allowing gut to leak. Avoid food and drink containing histamine (all blue and cheese) and gluten.

Irritable Bowel Syndrome (IBS)

Candida fungus punctures gut wall causing gut to leak. Treat using anti-fungal drugs

Ibuprofen vasoconstricts gut causing gut to leak. If possible don't use ibuprofen.

TOXAEMIA—deadly toxins leak into bloodstream

If not managed will lead to either death or Chronic illness, including:
Allergies, Asthma, Auto Immune Diseases including Ulcerative, Rheumatism, Dementia, Parkinsons and to Cardiovascular disease.

To cure/manage: 7 days Fungus antibiotics (to kill all gut bacteria) then 1 teaspoon of adopted raw garlic per week to minimize bacteria forever. No food or drink containing yeast, gluten or histamine (blue cheese), or berries. No inhaler. No Candida.

Long-term circulating toxins migrate and are stored in fat reserves

Dieting removes fat & toxins releasing toxins into the bloodstream.

"Metabolic lesions caused by recirculating toxins.

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