

## GOING BEYOND SYMPTOMS

When you look to the root causes of disease, you go past symptom chasing. The symptoms are just superficial indicators of something deeper that has gone awry, whether it be a dysbiosis within the microbiome that creates all kinds of agitation and inflammation within the brain and nervous system, or it's due to other things that are not largely considered the aggressive destructors or destruction forces of the microbiome, like antibiotics, additives and preservatives, and the colorings and the flavorings and the residues from the pesticides in a chemical agriculture and herbicides and fungicides.

All of these tend to aggravate the nerves directly and indirectly. One, because they destroy the home for the microbiome, causing inflammation of the lining of the gut, creating a hostile environment for a healthy microbiome balance and it's the biodiversity that is key there. But in addition, these synthetic chemicals also have a direct impact on neurological function, triggering the nerves to fire when they shouldn't, or deadening or killing the nerves that shouldn't obviously be dead.

There's a lot of chemical assault on the integrity of the cells, of self, the nervous system, the brain, as well as the home for the microbiome and the gut-brain connection, the axis, the communication pathways. In addition to the destruction to the microbiome and all of its negative consequences for brain pathways and neurological health, you also have a significant absorption capacity.

Digestion and assimilation is compromised and corrupted. When that happens, various vitamins, minerals, trace minerals, even if they're in the food you're taking in, can't get into the body. And therefore, the nourishment that is needed for all cellular health including the brain, and nervous system function is going to be corrupted. And that will impact neurodegenerative diseases that can be countered if we understand the true cause, the root cause.

The impact of the microbiome on the production of neurotransmitters and endocrine compounds. And there's a gut-brain axis, and a lot of the neurological issues, emotional issues, even depressive disorders seem to impact on the gut. When we talk about root cause, we can certainly acknowledge that there are heavy metals that could impact the brain directly, but those heavy metals as well impact the microbiome and the home for the microbiome because they inflame and damage tissue everywhere.

But if you don't have the healthy home for the microbiome, if you have these inflammatory cascades that are chronic and never-resolving, you'll never get the flora back in to retain in that balanced and biodiverse fashion, which is what makes it all work.

In healing the gut, one of the most extensive means by which we can do so is to understand the home for the microbiome, which is often overlooked, is the key to successful replenishment. What can reduce tissue inflammation on contact better than anything else are two things in nature that are designed in some way for epithelial health or epithelial tissue regeneration, both *external* to the body and *internal* to the body. Those are *silver* and *aloe*. Aloe is a plant; silver is a mineral. There is a huge regenerative impact of silver ions on tissue that needs to be healed or regenerated.

The regeneration of silver is so significant. The ions will help to regenerate tissue when brought into contact with tissue that is inflamed, injured, damaged, or infected. So there's a multifactorial benefit that silver provides. Normally when we take a silver hydrosol product in the colloidal family, it will go sublingual into the lymph and blood for systemic immune benefit and other benefits.

But, with the epithelial lining of the gut, it's harder to deliver the silver in a bioactive form, so you can combine it with aloe vera juice. By doing so, it mobilizes past the stomach where it would normally just stay, and it goes into the small and large intestines. Both aloe and silver have tremendously beneficial impact on epithelial tissue, skin tissue *externally*, and mucus membranes *internally*. In this way, we can accelerate recovery of the healing of the tissue that is often overlooked as we continue to try to digest food that aggravates the situation. Hopefully, the food is clean and organic, but very often it contains residues of glyphosate from the Roundup. Everything is soaked and desiccated, even in vegetarian foods, like legumes and beans.

If they're not certified organic, they're being soaked in glyphosate, a cancer-causing destructive synthetic chemical that displaces glycine, which is important for connective tissue, the tight junctions within the villi of the intestines. So we're counteracting all of the good work every time we eat food that contains these substances. There is dimethylglycine (DMG) that can counteract some of the glyphosate—push it out as well.

But the healing of the gut is the restoration of the home for the microbiome. And the replenishment of the microbiome is simple. That's not hard. The hard part is to do it when the inflammation and the leakiness and all of that is ongoing and never resolved. This is also why fasting can be helpful to give your body a break, in terms of the inflow, the assimilation capacity. And that's something that allows for healing, rapid healing, in between the times where we're using the digestive system more aggressively because we're putting foods in to be broken down and utilized by the body, which we need to do ultimately.

But we can survive a long time by not doing that in recovery here and working with other easy ways of assimilation, even for juicing temporarily for detox and supportive purposes that can be done on this kind of cleanse or fast.

This silver and aloe combination is the most rapid route of recovery of the tissue that you'll ever witness. Now, people can be helped to accomplish what it would normally take two years to achieve, in two months or less. It's an ounce of a bioactive form of silver, and an ounce of aloe combined together, consumed on an empty stomach, three times a day. And then replenish at night the pre and probiotics.

Once you're done with the protocol, two, four, six, or eight weeks later, you can more aggressively replenish the good bacteria because now you've established a proper home, and that makes all the difference in the world. Every system is enhanced, including brain, neurological, mood, everything.

The seed of the immune system is the digestive system, the gastrointestinal tract, particularly the small intestine, but also large intestine has some impact there. The microbiome is 70% or more of the immune system, and the destruction of that immune system through the use of antibiotics or other heavy metal-containing elements or drugs is devastating to immune health. We need to restore the function to the immune system.

The microbiome—the bacteria, whether it be in the mouth, on the skin, the nose, the throat, the esophagus, the stomach, the intestines, all are your primary defense, before your immune system even kicks in. And the health of every cell is also there, when it's operating in pure, perfect function. We have to have copper in the system, for the *cuproenzyme* pathways and all of the metabolic things that happen in the presence of adequate copper, now you have a system that is more appropriately interacting with its environment and not descending into a chronic inflammatory response—a cytokine storm response—because the immune system is always on, always engaged because there's defect and deficiency.

Normal, healthy metabolic functioning of every cell is primary, and even before the immune response is needed. But when we have the microbiome damage, that's the buffer, the interface, these microbes are protective of us, whether it be internal or external. So, when those things are corrupted, then the immune system has to begin to kick in in various different ways in terms of inflammatory response, cytokine response, these immune cells that come in and try to target and neutralize offenders from an external or an internal source or address the toxic burden.

All of these things matter, both from a mineral perspective in terms of the mineral content of the body as well as the microbiome. We have redundant systems. If one fails, something else kicks in. But we find most people in a chronic systemic inflammatory state, because their microbiome is damaged, their lining of their gut is inflamed in a chronic manner. They're not absorbing the minerals. So they have aberrant absorption of things that shouldn't pass through that gut barrier, that epithelial barrier now reaching areas of the body, including organs or brain and nervous system, again, aggravating or causing dysfunction. And then mood changes, behavior changes, people don't understand why they're having so much trouble, but it's all of these things that are related.

One of the simplest things you can do is restore integrity to the gut lining. Once you restore integrity to the epithelial lining of the gut, then a lot of things can self-correct, or you can add in the things that should work normally but haven't because you didn't realize from that chronic inflammatory state that had never resolved.

We can exhaust the immune system through this chronic response that we don't even know exists because we are always on something in terms of the Western medical-pharmaceutical killing machine mindset, chronic use of antibiotics, chronic use of anti-inflammatory drugs, including prednisone, more powerful steroid hormones that weaken the connective tissue. And that leads to complete destruction of the connective tissue to the point where antibiotics and prednisone are what paves the road to colostomy bags, they will resect your colon, and you'll go in a bag for the rest of your life if you're not careful. It's a very serious issue.

Rather than just targeting the hormones and the brain, we must look at what was the source, going back deeper to the root cause. And we come back to the digestive health.