Good Health - it all begins in the Digestive System

A Health Information Booklet by Sandra Cabot MD

SCB International Inc. Tel: 623-334-3232
Is your liver a ticking time bomb?

FREE LIVER CHECKUP

www.liverdoctor.com

This comprehensive assessment has been designed by Sandra Cabot MD to holistically assess liver health in conjunction with your:

• existing health issues (including current medication regime)
• eating and lifestyle habits   • digestive and bowel function

Based on your results, you receive absolutely free:

• documented evaluation of your current liver health
• tailored program which includes recipes, diet and exercise plan

Check and see how healthy your liver is...

it’s simple, painless and FREE!
Good health begins in the digestive system or as some doctors say “in your gut”. Your digestive system consists of your stomach, small and large bowel, pancreas and your liver.

THE LIVER

This amazing organ receives venous blood from the intestines. This blood is laden with nutrients from digested food, as well as contaminants that may have been in the food (such as drugs, hormones, chemicals and toxins from microorganisms).

If your liver is healthy –

- It processes nutrients so they can be used to manufacture vitally important proteins and fats for metabolism
- It filters and removes from the blood stream unhealthy cells, cancer cells and microorganisms from the blood; in other words your liver keeps your blood stream clean
- It breaks down chemicals and toxins via its two detoxification pathways - which then allows your body to eliminate them.

![Image of the liver and detoxification pathways]

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THE INTESTINES

There are several pounds of microorganisms in your intestines and these are an important part of your immune system. If you have healthy types of microorganisms (such as lactobacilli and acidophilus etc) in your intestines, then your immune system will be much healthier.

Bowel problems are extremely common and include -

• Sluggish muscular contractions of the walls of the intestines; this is a lazy bowel and usually results in constipation.

• Reflux of acid contents from the stomach causing heartburn.

• Inflammation of the stomach lining – this is called gastritis.

• A long or redundant bowel which is too large; this affects around one in five persons and causes constipation and bloating. This is sometimes called a “megacolon.” People who have inherited such a long enlarged bowel usually complain of constipation from a young age. These people may not have a bowel action for many days unless they take large doses of laxatives. One of my patients did not have a bowel action for over a week unless she took laxatives!

• Pockets or diverticula in the wall of the colon – this is known as diverticulosis. These pockets often trap tiny pieces of food and can become inflamed and infected.

• Unhealthy types of bacteria, parasites and fungus (such as helico-bacter or candida) living in the stomach and bowel - this is called dysbiosis.

• An inflamed lining of the intestines, which causes excess permeability of the bowel lining - this is known as leaky gut. If the inflammation becomes very severe, ulceration of the lining of the bowel may occur. If this progresses serious intestinal diseases can occur such as ulcerative colitis or Crohn’s disease.

• Prolapsed bowel which hangs down too low in the abdominal and pelvic cavities. This occurs because of weakening in the connective tissues which support the bowel and is worsened by prolonged straining. Weakness of the pelvic floor from repeated childbirth or difficult childbirth will worsen bowel prolapse and cause constipation or fecal incontinence.
Symptoms of intestinal problems may include -

- Overload of the liver from toxins returning to the liver from the intestines
- Abdominal bloating
- Flatulence, which may have an offensive smell
- Constipation
- Hemorrhoids, which may bleed
- Diarrhea
- Irritable bowel syndrome, with irregular bowel actions
- Burping
- Bad breath and coated tongue
- An unpleasant taste in the mouth
- Heartburn and/or reflux
- Inability to lose weight
- Abdominal cramps and pain
- Mucus in the bowel actions
- Bowel polyps
- Itchy rashes around the anus

What are the causes of intestinal and digestive problems?

1. Sluggish liver function.
2. Gall bladder problems, which often cause nausea, indigestion, discomfort over the right upper abdomen or pain referred to the right shoulder.
3. Toxic or inadequate bile production.
4. Non steroidal anti-inflammatory drugs can cause ulcers and bleeding from the bowel.
5. Pain killers slow down the contractions of the intestinal muscles often causing constipation.
6. Past chemotherapy can damage the intestinal lining.
7. Drugs that reduce hydrochloric acid production by the stomach can be particularly damaging.

Lack of hydrochloric acid can cause many digestive problems.

8. Poor diet lacking in raw vegetables and fruits. Excess consumption of sugar and processed foods, which contain preservatives, sugar, hydrogenated fats and chemical additives.

9. Antibiotic drugs are especially bad for the intestines. Antibiotic drugs not only kill the bad bacteria, they also kill off all the friendly bacteria, which are so essential for a healthy bowel and immune system. Antibiotic drugs lead to an overgrowth of unfriendly opportunistic bacteria and fungi and this can lead to a leaky gut. The after effects of repeated or prolonged courses of antibiotics can take many months to recover from.

10. Hereditary factors - an enlarged sluggish bowel is often inherited.
11. Food allergies can cause irritable bowel syndrome. Gluten intolerance can cause celiac disease where the lining of the small bowel is so damaged that nutrients cannot be absorbed and weight loss occurs. Gluten intolerance can also cause symptoms of irritable bowel or bowel inflammation and can worsen ulcerative colitis or Crohn’s disease. The best test to see if you are gluten intolerant is a blood test which checks your genotype to see if you carry the genes associated with gluten induced diseases.

12. Lack of fluid intake, especially water, can lead to constipation and bowel toxicity.

13. Lack of digestive enzymes from the pancreas due to pancreatic damage from fatty pancreas or excess alcohol.

14. Autoimmune disease may attack the stomach lining causing inability to absorb vitamin B12 and this can be detected by low serum vitamin B12 levels.

15. Stress and anxiety can cause indigestion and irritable bowel syndrome.

**Effects of chronic constipation**

If constipation becomes chronic and the bowel is not emptied effectively, waste products and feces will accumulate in loops, pockets, nooks and crannies in the bowel. In such places unfriendly bacteria and parasites may grow and this can cause a build up of toxins which can affect general health. Toxins from the bowel may recirculate back to the liver.

The bowel may become inflamed causing abdominal bloating, cramps and unpleasant gas and this is embarrassing for many people.

**BRISTOL STOOL CHART**

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
<th>Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Separate hard lumps</td>
<td>Very constipated</td>
</tr>
<tr>
<td>2</td>
<td>Lumpy and sausage like</td>
<td>Slightly constipated</td>
</tr>
<tr>
<td>3</td>
<td>A sausage shape with cracks in the surface</td>
<td>Normal</td>
</tr>
<tr>
<td>4</td>
<td>Like a smooth, soft sausage or snake</td>
<td>Normal</td>
</tr>
<tr>
<td>5</td>
<td>Soft blobs with clear-cut edges</td>
<td>Lacking fiber</td>
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<tr>
<td>6</td>
<td>Mushy consistency with ragged edges</td>
<td>Inflammation</td>
</tr>
<tr>
<td>7</td>
<td>Liquid consistency with no solid pieces</td>
<td>Inflammation</td>
</tr>
</tbody>
</table>
Effects of gastric reflux and gastric inflammation

The stomach produces hydrochloric acid for good reason – without it you can’t digest proteins efficiently and you will not absorb calcium from foods efficiently.

When there is a weakness in the valve between the stomach and the esophagus, hydrochloric acid reflexes back into the esophagus where it does not belong; this can cause heartburn and even ulceration of the esophagus. If the acid reflux occurs during the night when you are lying horizontal it can spill into the trachea and this causes a sore throat and cough in the mornings.

If you are overweight and/or have a fatty liver there is too much pressure on the stomach and reflux is much worse. If you eat a lot of sugar this will feed unhealthy bacteria in the stomach and this will make your stomach inflamed and more prone to infections. Thus is it vital to avoid sugary foods.

Millions of people with reflux and/or heartburn are given drugs which reduce the ability of the stomach to manufacture hydrochloric acid and these drugs reduce unpleasant symptoms.

Unfortunately if you stay on these drugs long term you may get side effects such as –

• Poor digestion of protein foods leading to amino acid deficiencies
• Liver inflammation
• Increased risk of osteoporosis
• Increased risk of intestinal and lung infections because hydrochloric acid kills bad bacteria and parasites; without adequate hydrochloric acid in the stomach infections flourish
• Magnesium deficiency.

So why would someone want to stay on these potent drugs long term? Mostly because they are unaware of these potential side effects.

Natural and safe therapies have a good chance of healing the problem of reflux and heartburn. Including alkalinizing foods in the diet and natural anti parasite formulas, probiotics (friendly bacteria) and antioxidants are vital. The minerals selenium, iodine and zinc, as found in Selenomune powder, can help to heal the inflamed lining (mucus membranes) of the stomach. If overweight, it is vital to lose weight, and the best way to do this is with a diet low in sugar and grains and high in raw foods and protein.
Why Cleanse the Bowel?

A good cleansing program should always begin by removing the waste in your colon, which is the last portion of your food processing chain. If you attempt to clean your liver or bloodstream without addressing a bowel filled with old waste material, the toxins in your bowel will probably get recycled back into your body.

We need to remove waste and toxins from the colon and we need to understand the importance of frequent, easily passed bowel movements.

Gastroenterologist, Dr. Anthony Bassler, tells his colleagues, "Every physician should realize that intestinal toxemias (poisons) are important contributing causes of many disorders and diseases of the human body."

Waste products, bad bacteria and old feces that linger too long in the colon cause inflammation to the lining of the colon; if chronic this inflammation may cause bowel polyps and cancers to form.

Once your small and large intestines are clean you will be able to absorb nutrients efficiently again! This will produce more energy and a sense of general well-being after cleaning your bowel. Approximately 90% of the body's supply of serotonin (the good mood chemical) is manufactured in your intestines. By cleaning the toxins and old fecal matter out of your colon your mood will improve, as you will be able to synthesize serotonin more efficiently!

Cleansing the colon will also improve your metabolism and make it easier for you to control your weight.
Holistic therapy to overcome intestinal and digestive problems

DR CABOT’S COLON DETOX CAPSULES

Colon Detox is a multi ingredient and multi action formula in one vegetarian capsule.

Each capsule contains:

• Calcium Bentonite (food grade)
• Diatomaceous earth (food grade)
• Psyllium seed
• Apple pectin
• Wheat grass
• Lactobacillus acidophilus (friendly and healthy bacteria)
• The herbs - cascara sagrada, buckthorn and butternut bark, ginger root, marshmallow root, golden seal, gentian root, rhubarb root and chamomile

Colon Detox is designed to achieve the following -

• Thorough emptying of the large bowel
• Cleansing of the small and large bowel
• Reduction of unfriendly bacteria and fungi in the small and large bowel
• Increased good bowel flora
• Binding of heavy metals (such as lead and mercury) and toxins from the colon
• Elimination of heavy metals and toxins via the feces

Why does Colon Detox contain Calcium Bentonite Clay?

Bentonite is known for its excellent absorptive properties which enable it to bind heavy metals, drugs and other toxins from the bowels.

Bentonite clay has been used for thousands of years as an internal cleanser. Bentonite is one of the volcanic ashes and is not made in a laboratory. Over thousands of years bentonite has been blown into the atmosphere by volcanic action. It has sifted down to impregnate soil with its many trace minerals. Bentonite when examined microscopically appears as tiny rectangular particles. When hydrated, these particles generate a strong electromagnetic field; this field attracts and holds undesirable substances such as heavy metals,
pesticides and other toxins. Bentonite clay draws in intestinal impurities, which are then excreted along with the bentonite clay in the feces.

Bentonite has strong absorptive powers but it does not absorb necessary nutrients from the intestines. However do not to take any nutritional supplement at the same time as the Colon Detox as it contains bentonite. Wait one hour after taking Colon Detox before taking any nutritional supplements.

*Why does Colon Detox contain Diatomaceous earth?*

Food grade diatomaceous earth makes a very effective natural antibiotic. The insecticidal quality of diatomaceous earth is due to the razor sharp edges of the diatom remains.

When diatomaceous earth comes in contact with parasites or insects, the sharp edges lacerate the organism’s waxy coating and then the powdery diatomaceous earth absorbs the body fluids of the organism causing its death from dehydration.

Food grade diatomaceous earth works in a mechanical manner and not as a chemical and has no chemical toxicity. Organisms such as parasites cannot build up a tolerance to its action.

Diatomaceous earth has been reported in scientific literature to absorb methyl mercury, bacterial endotoxins, pesticides and drug residues.

Food grade diatomaceous earth detoxes material it comes into contact with. Diatomaceous earth acts as a digestive aid and a colon cleanser. The honeycomb skeletal form of diatomaceous earth is found, under microscopic evaluation to become clogged with hard debris such as intestinal scale. Food grade diatomaceous earth has not been found to cause any insult to the mucosa or barrier wall of the intestines.

*How to take Colon Detox*

Begin with 2 capsules in the morning and 2 capsules in the evening. Do this for one week.

The next week take 3 capsules in the morning and 3 capsules in the evening.

The next two weeks take 4 capsules in the morning and 4 capsules in the evening.

Thereafter take 5 capsules in the morning and 5 capsules in the evening until the bottle is finished.

Once you have done this, if you think you require more cleansing, you may repeat this same sequence with another bottle of capsules.

In general, best results are obtained by taking Colon Detox for 5 to 8 weeks.

Colon Detox is not designed for continuous use and generally 2 bottles of 240 capsules is adequate. Do not take more than 3 bottles continuously, as the effect may be too strong and you don’t need it.
How to take Colon Detox (continued)

Take the capsules half an hour before a meal or 2 hours after a meal.

You can take the Colon Detox at the same time as taking the Intestinal Parasite Cleanse capsules but the Intestinal Parasite Cleanse capsules are best taken with food.

**WARNING FOR COLON DETOX**

1. Do not do an intestinal cleanse whilst breast feeding or pregnant.

2. Do not exceed recommended dosage of Colon Detox and do not exceed three (3) bottles in continuous use.

3. Do not use Colon Detox if you suffer with severe diseases of the bowel such as ulcerative colitis, Crohn’s Disease, bowel cancer or severe diarrhea – you must check with your doctor first.

4. During the 5 to 8 week cleanse you must **drink plenty of water** or abdominal cramps may occur. With every serve of Colon Detox capsules drink 8 ounces of water or juice. In between meals drink extra water – ideally you should drink 65 to 70 ounces of water, herbal tea, weak black tea or juices every day. Colon Detox will not be as effective if you do not drink adequate fluids.

**VERY IMPORTANT - PLEASE NOTE**

You need to drink lots of water while doing a bowel cleanse and warm water is preferable. The warm water will stimulate the muscular contractions of the intestines (peristalsis); whereas cold water is not as effective at this. Drink at least 70 ounces (2 litres) of suitable fluids (water, tea or vegetable juices) every day.
Intestinal Parasites

Parasites in your intestines can be considered as unwanted guests who live at the expense of your health.

Parasites include worms, unhealthy types of bacteria, amoeba and fungi and they are found in soils, feces (animal and human), water, vegetables, meat and fish.

The scary feature of parasites is that they can hide in the mucosal folds of your intestines for years without being found in conventional stool (fecal) samples and tests. Those who carry excess numbers of unfriendly "bugs" in their gut are said to have dysbiosis.

How can we test for intestinal parasites?

You can have a sample of your bowel actions (feces or stool) sent to a lab by your own doctor. This sample will be tested with microscopy and culture to see what abnormal bacteria or parasites can be grown from it.

You can also have a breath sample tested for a bacterial infection in the stomach known as helicobacter pylori.

These tests are not always reliable to detect small infections or deeply buried infections and these sneaky parasites can hide in nooks and crannies in the mucosal folds of your gut. These tests should not be relied upon exclusively, as there have been many false negative tests over the years.

Those most likely to have parasites include people who -

- Travel widely, especially in Asia or crowded countries
- Eat out a lot
- Have recently taken antibiotic drugs, steroids or immune-suppressant drugs
- Have diabetes
- Are chronically constipated
- Consume a lot of sugar or soda pops high in sugar
- Eat a lot of processed and packaged food and not enough raw natural foods

However anyone can get parasites – it can be a matter of being in the wrong place at the wrong time!

What symptoms can parasites cause?

There can be single or multiple symptoms and symptoms may include:

- Abdominal bloating
- Excess gas (flatulence)
- Intermittent diarrhea or chronic diarrhea
- Anemia
- Heart burn, indigestion and reflux
- Peptic ulcers
- Bad breath and/or coated tongue
- Excess hunger
- Abdominal pain
Some people can harbor intestinal parasites with no symptoms at all and that’s why Dr Cabot recommends an intestinal and liver cleanse at least once a year.

Parasites can inflame the lining of the intestines making them porous and leaky so that bowel toxins and incompletely digested proteins and allergens can travel back to the liver - this increases the workload of the liver and then you start to feel toxic and tired. Next thing you know your liver is not protecting your immune system and your immune system becomes weakened and dysfunctional.

**Nutritional and herbal therapies against parasites**

Thankfully nutritional medicine can eradicate these nasty bugs or at least get them down to such low levels that they can no longer damage your bowels and your health.

**INTESTINAL PARASITE CLEANSE CAPSULES**

Natural antibiotics such as Intestinal Parasite Cleanse Capsules can really work well in cases of unwanted parasites, even in those who have had them for years. This is because parasites do not develop resistance to natural antibiotics, as unlike antibiotic drugs, they are far more complicated in their multiple biochemical ingredients.

Intestinal Parasite Cleanse Capsules contain a carefully chosen selection of antibiotic herbs - these include wormwood, black walnut, clove, deodorized garlic, butternut bark and Pau D’Arco. These herbs are all combined together in one capsule for your convenience.

**How to take Intestinal Parasite Cleanse**

The dose is 1 to 2 capsules, three times daily, just before food. Generally you need to take them for 5 to 6 weeks to eradicate the unfriendly bacteria and parasites. Some folks find that they need to repeat this course four months later, if they have had a big load of parasites. Do not take Parasite Cleanse if you are pregnant or breast feeding.
Diet to cleanse the bowel and gallbladder

AVOID

- Sugar and foods containing added sugar.
- Deep fried foods, but you can have stir fries with cold pressed olive or coconut oil.
- Preserved meats such as bacon, jerky, salami and smoked meat or fish.
- Excess alcohol.
- Fast foods and processed foods such as donuts, pretzels, cookies, chips, fries, etc.
- If you are gluten intolerant, avoid gluten containing foods such as foods containing wheat, rye, barley and oats. During a bowel cleanse, rice is preferable to gluten-containing grains.

CONSUME

- Fermented foods such as plain full fat yogurt (avoid flavored yogurts) and tempeh.
- Raw salads made with all types of lettuce, radicchio, cabbage, cucumber, bell peppers, celery, walnuts, apples, olives, avocado, tomatoes and carrots. Try to include some red radish, onions, garlic, ginger, oregano, cilantro and basil as these are natural antibiotics. You can use a grater or a garlic crush or a machine which chops things very finely. Grating hard vegetables makes them easier to digest.
- Cooked vegetables of all varieties; you can have these roasted, baked, stir fried or steamed. Good oils to use are cold pressed olive oil, coconut oil and nut oils.
- Raw garlic is an excellent bowel cleanser.
- You do not have to eat anything that you do not enjoy or anything that upsets your digestive system. Avoid things that you are allergic to.
- Raw fruits – the best ones are citrus, berries, apples and stone fruits. Make sure the fruits are not moldy.
- Tahini and hummus are excellent for the digestive system and provide easily absorbed minerals especially calcium.
- Raw juices made with carrot, apple, cabbage, kale, lime, orange, grapefruit, pineapple and mint can help to heal the gut and reduce parasites. You do not have to include all of these at one time; if your digestive system is sensitive just start with 3 or 4 ingredients.

A dash of fresh herbs such as oregano, mint, thyme or cilantro add more potent antibiotic effects. You can freeze the juices immediately after making them (this will retain all the healing properties of the juices) and store them in containers in the freezer. This enables you to avoid cleaning the juicer every day. During a bowel cleanse you can drink approximately 8 to 10 ounces of juice daily. If the juice is too strong in flavor or effect, you can dilute it with water or extra apple and carrot.
Healthy Diet Tips

• Eat raw food every day including vegetables and fruits; 40 to 50% of your diet should be raw vegetables and fruits.

• Include liver healthy herbs in your diet such as mint, parsley, chives, cilantro, basil, turmeric, fennel and ginger etc.

• Take one tablespoon of apple cider vinegar mixed in a small glass of water with your main meal – sip this slowly during the meal.

• Good quality protein from legumes (chickpeas, lentils, beans), nuts and seeds, seafood, organic poultry or lamb, free range eggs, plain full fat yogurt and some cheeses such as feta, Romano, parmesan, ricotta and cottage. Protein will keep up your energy levels and is also excellent if you are trying to lose weight.

• If you get hungry and feel like having a shake, try Dr Cabot’s Synd-X powder, which is very high in protein and is sweetened with the herb stevia. Synd-X powder contains whey protein and extra taurine and glutamine which are most beneficial for the liver and bowel. This shake tastes delicious if blended with milk (dairy, rice or coconut milk), berries or other fruits. There is no sugar in Synd-X powder so it will not feed parasites or other unfriendly organisms in your gut.

Peach and Nut Smoothie

1 medium peach, peeled and chopped
1 cup water
1 heaped tbsp almond butter/paste
2 tbsp Synd-X Slimming Protein Powder

Place in blender and blend until smooth. Scrape the sides of the blender with a spatula if needed. Add more water, or a pinch of stevia for your desired consistency and sweetness.

Peach could be replaced with mango or apricot.
Extra things that may help heal your bowel

SELENOMUNE POWDER

This is a yeast based energy powder that is enhanced with the essential minerals iodine (from kelp), selenium, chromium, molybdenum, magnesium, phosphorous, calcium and zinc in an easily absorbed form. Selenomune contains natural carotenoids, B group vitamins, amino acids, biotin, folic acid, chlorophyll, the minerals mentioned above, carrot, beetroot and barley grass powder, a full range of natural vitamin E isomers and vitamin C.

So if your diet has been lacking in essential nutrients or your digestion has been weak for some time, taking Selenomune powder will provide benefits of increased energy and nutrition. The nutrients in Selenomune powder are easily absorbed.

How to take Selenomune

Take one teaspoon once or twice daily in juice. If desired, Selenomune can be taken long term as it is a super food for energy production and the immune system.

GLUTAMINE AND COLOSTRUM POWDER

The best brand of this powder that I have seen is the Nutrasumma brand.

It contains 5 grams of glutamine per serving and I recommend two to three servings daily if you have an inflamed stomach (gastritis) or inflamed small and large bowel. Glutamine and colostrum act to heal bowel damage caused from many injurious factors such as - unfriendly bacteria, parasites, steroids, antibiotics and autoimmune disease. It is vital for those with ulcerative colitis or Crohn’s disease. Glutamine and Colostrum powder is best taken for several months after your bowel cleanse is finished.

Dr Cabot says . . .

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If your diet is low in fiber, your colonic contractions and motility may become sluggish. Your bowel actions may be too small and hard and may be difficult to pass.

FiberTone is a GLUTEN FREE SUPER FOOD FOR THE BOWEL.

The fiber in FiberTone comes from guar gum, ground flaxseed powder, pectin, rice bran and soy bran.

FiberTone contains peppermint oil, ginger and slippery elm to soothe the lining of the bowel and support digestion and reduce symptoms of irritable bowel syndrome.

FiberTone also has nutritional value, as it contains beet powder, carrot powder, broccoli powder, spinach powder and tomato powder.

FiberTone is sweetened with the naturally sweet herb stevia and molasses.

How to use FiberTone

Mix in 6 ounces of water, juice or a smoothie. You can also add FiberTone to your breakfast cereal.

Start with one teaspoon and increase to 2 teaspoons, after one week. Some people with very sluggish bowels may need to take more and it is perfectly safe to do so.

FiberTone is very high in soluble and insoluble fiber and can be taken long term to support stronger bowel function.

FiberTone is best used in between bowel cleanses and on a long term basis if you have weak intestinal function.
Observe your bowel actions during your cleanse

Many people will find the idea of checking their bowel actions a little gross or distasteful. But if you can’t see what you’re eliminating, then you can’t see the results!

Always have a look at your bowel actions to observe their color and consistency. Your bowel actions can be light brown to dark brown or greenish in color, which is all normal. If your bowel actions are black (similar to a black tar color) this is abnormal and may indicate bleeding from the bowel. If there is red blood in your feces, this also indicates bleeding from the bowel or from hemorrhoids. Always tell your doctor, as this can be a sign of bowel cancer.

During your bowel cleanse you might want to place a colander in your toilet and eliminate into that. Use a fork or chopsticks to examine your bowel action.

**Things you may find in your bowel actions**

Mucoid plaque is the old putrefied fecal matter that has been stuck to the sides and corners of your colon and small intestine. This may have been stuck in your bowel for months, all the while causing inflammation and reducing the absorption of nutrients.

Mucoid plaque forming foods are: sugar, processed foods, refined flour and preserved meat. Mucoid plaque has different shapes and sizes depending from which area in your gut it originated.

It may resemble ropes; these are discs and balls held together by stringy mucus like substances. These ropes can get quite long and their color may vary from yellow-green, light brown to very dark brown. They should not be tar black, as this indicates bleeding from the bowel, which is often a sign of bowel cancer. Mucoid plaque can look quite weird and may be soft, firm or rubbery. If you have ever had a colonic irrigation (professional enema) you may have eliminated this rubbery old fecal matter out of your bowels before.

Some of my patients have passed strange looking objects or worms and that’s why it’s important to check your bowel actions during a bowel cleanse. If you do pass anything that moves, such as a worm, keep it in a jar for you doctor to check at the lab.
Suzana came to my medical practice seeking help for recurrent discomfort over the area of the liver – meaning the right upper abdomen. She also complained of constipation.

She brought along an ultrasound scan of her liver, which showed a lesion in her liver situated near the porta hepatis, which is the part of the liver where the blood vessels and bile ducts enter the liver. Thankfully this lesion had a benign appearance and according to the radiologist's report looked like a type of liver tumor called a hemangioma, although it did have an atypical appearance. The radiologist had also reported that her ultrasound scan showed fatty changes in her liver consistent with fatty liver disease of mild to moderate degree.

The patient had been reassured by her local doctor that she did not have a cancerous or malignant tumor of her liver and that it was safe to leave it alone. Nevertheless Suzana continued to experience intermittent discomfort over her liver, as well as some indigestion, nausea and constipation.

Suzana had been on the oral contraceptive pill for 20 years and had recently ceased taking it, as she could not lose weight. I explained to Suzana that the long term use of oral hormones, such as the oral contraceptive pill, can cause hemangiomas in the liver. A hemangioma is a very vascular tumor made up of a group of enlarged blood vessels and does not become cancerous.

I recommended a 4 week bowel cleanse and changed her diet. After the bowel cleanse I started Suzana on a liver formula, a selenium supplement and a gluten free fiber formula. I told her to drink 8 ounces of raw vegetable juice every day. She was to juice cabbage, orange, lemon, mint, parsley, basil, ginger, apple and carrot. I also put her on a low carbohydrate diet excluding grains and sugar and told her to eat plenty of raw salads and fruits, legumes, fish, organic eggs, nuts and seeds.

I gave Suzana a request form for a repeat ultrasound scan of her liver to be done in 6 months' time and a follow up appointment during which I would review her liver function and symptoms.

Well, when Suzana returned 6 months later she told me a fascinating story and one that I had never heard before.

She said that one day she experienced quite bad pain over her liver area and had to go to the toilet to have a bowel action. When she looked in the toilet bowel before flushing away her bowel action, she was shocked by what she saw. She described a yellow – brown gooey lump of material in the bottom of the toilet bowel that required several flushes of the toilet before it disappeared down the toilet drain. She said the mass in the bottom of the toilet bowl reminded her of molasses and she had never seen this before and said that it was separate from her feces. After she had passed this gooey gelatinous mass from her bowels her abdominal discomfort went away. Over the ensuing weeks she experienced an improvement in her general health and had no further pain over her liver area.

I reviewed her repeat ultrasound scan and there was no sign of her liver hemangioma. Indeed her liver scan looked perfectly normal and the fatty changes were almost gone.

My reaction was – wow! I said to her in a joking light hearted manner "Congratulations you have given birth to a liver tumor!"

Perhaps I have a strange sense of humor but it really was quite amazing to see her completely normal liver scan.

As I always say, of all the organs in the body, the liver is most able to repair and regenerate itself.
**THE GALLBLADDER**

*What is the gallbladder and why do we need one?*

The gallbladder is a small pear-shaped organ situated directly under the liver in the right upper quadrant of the abdomen. Its main function is to collect and concentrate the bile that the body uses to digest fats.

Problems with the gallbladder and biliary system are very common and consist of -

- Inflammation of the gallbladder and bile ducts.
- Muscular spasms and/or poor contraction of the gallbladder wall.
- Stones forming in the gallbladder and/or bile ducts.
- Obstruction to the free flow of bile.

**Gallbladder problems**

The condition of fatty liver is often associated with gallbladder disease such as gallbladder inflammation or gallstones.

Gallbladder problems can be helped and often completely resolved. There is no need to panic and rush into surgery for gallbladder disease, unless you are in severe acute pain or your doctor suspects that you have gallbladder cancer. Indeed having your gallbladder surgically removed may not relieve your abdominal pain.

According to a study published in The British Journal of General Practice 2004;54:574-79, it was found that having the gallbladder surgically removed (cholecystectomy) does not always relieve upper abdominal pain even in those with proven gallstones.

After cholecystectomy, one third of the patients saw their doctor again with the same pain they had suffered prior to the surgery. After 12 months most of the patients who had a cholecystectomy were pain free, but so were 63% of the patients who had kept their gallstones.

In this study 45% of the patients with “biliary pain” did not have gallstones. Gallstones are very common but they are not always the cause of the patient’s pain. So if you have upper abdominal pain and proven gallstones, do not assume the pain is caused by the gallstones. It is important to get your doctor to exclude other causes of upper abdominal pain such as stomach ulcers, acid reflux, spasm and pancreatic disorders etc. These can be treated effectively so that it is often possible to avoid gallbladder surgery.
Gallbladder problems can cause symptoms that include:
- Nausea and vomiting
- Indigestion
- Intolerance to fatty foods
- Abdominal bloating
- Pain in the right upper and central upper abdomen
- Referred pain may radiate to the back and the right shoulder

**Acute Gallbladder Emergencies**

If the gallbladder or large bile ducts become infected or obstructed with sludge or gallstones, very severe acute symptoms may supervene and these include –
- Severe abdominal pains which may radiate into the back and the right shoulder
- Vomiting
- Fever
- Septicaemia (the infection extends into the bloodstream)
- Inflammation of the pancreas (pancreatitis)

This is an acute emergency and requires intravenous antibiotics and removal of the gallbladder to prevent a fatal outcome.

**Chronic or grumbling gallbladder problems**

This condition is far more common than acute gallbladder emergencies.

**What is a grumbling gallbladder?**

It is a gallbladder that is inflamed and/or sluggish and the causes of this include –
- Weak or uncoordinated contractions of the gallbladder
- Toxic sludge in the gallbladder and/or bile ducts
- Bile that sits in the gallbladder and contains excess toxins
- Gallstones
- Overworked gallbladder, which cannot cope with a normal Western diet

What is meant by grumbling is that the symptoms come and go, especially recurring after indulgence in fatty foods or too much alcohol.

**Interpreting your symptoms**

Sometimes symptoms of a sluggish liver and/or sluggish bile flow can be interpreted incorrectly as gallbladder disease and the solution is to improve liver function. There may be excessive pressure inside the bile ducts within the liver and this occurs before the bile ducts get to the gallbladder. This increased pressure inside the bile ducts can be caused by thick toxic bile or an inflamed liver.

A fatty liver is swollen and congested with fat; this can cause bile flow to be sluggish, resulting in increased pressure and discomfort over the liver.

If the increased pressure remains in the bile ducts this can result in back pressure in the bile ducts; this can cause liver cysts. These cysts are small to begin with, but if nothing is done, these cysts can grow in size and become painful.
**Beware – your gallbladder is precious!**

You may be talked into having your gallbladder out at the earliest convenience. The surgeon may tell you, “Why not get it removed; it’s not important and it’s making you sick?” Another common thing that doctors will say is “After your gallbladder is removed, you can eat whatever you like without any more pain”.

Dr Cabot disagrees with both of these concepts for several reasons –

- The gallbladder concentrates the bile and supplies a quick shot of bile into the small intestine during a meal – this facilitates the digestion and absorption of fats.

- The gallbladder may not be the cause of any of your symptoms and may not be making you sick.

- The gallbladder may be the cause of only a few of your symptoms and having it out may not relieve all your symptoms.

- After your surgery, if you eat whatever you like, you will probably get a fatty liver and gain a lot of weight.

- Any operation carries significant risks and if you get complications, you may end up worse off.

- You do not need to panic if you have a grumbling gallbladder – why not try to treat the cause first – namely improve your liver function so your liver can make healthy bile allowing your gallbladder to heal.

**What to do after your gallbladder is removed**

Your liver cells are continually making bile, whether you have a gallbladder or not. Once the gallbladder is removed you lose the ability to store and concentrate bile in the gallbladder and bile continually flows through the bile ducts into the small intestine.

When you eat a meal you don’t get the extra squirt of bile from the gallbladder into the small intestine and thus your ability to dissolve, digest and absorb dietary fat may be reduced. Some people have problems after losing their gallbladder and this can be helped by various medical treatments.

**SUPER DIGESTIVE ENZYMES**

These come in the form of capsules and are often used to improve indigestion and bloating associated with loss of the gallbladder. Stronger doses and types of enzymes are best prescribed by a doctor. For vegans it is possible to buy vegetarian enzyme capsules over the counter and these are not as strong but are still helpful.
Continuing Problems

Some people continue to have problems in their tiny or large bile ducts after the gallbladder is removed such as –

- Toxic unhealthy bile inflames the bile ducts.
- Sluggish thick bile increases back pressure in the bile ducts leading to liver cysts which can be painful. Large to medium cysts can be seen on an ultrasound scan of the liver whereas tiny cysts in the bile ducts may only be seen on an MRI scan of the liver.
- If the underlying problem of thick, sluggish or toxic bile is not improved the liver cysts may grow larger causing chronic pain in the area of the liver.

Common questions about the gallbladder

Can I still do the Liver Cleansing Diet or follow Liver Cleansing principles even though my gallbladder has been removed?

Yes – in fact it is highly recommended as even after the gallbladder is removed there may still be problems in the bile ducts inside and outside the liver. This is because the underlying problem of toxic bile has not been corrected.

Indeed after gallbladder removal the following may still happen – stones and gravel may form in the bile ducts inside and outside the liver. The liver may develop fatty changes, thus it is important to take extra care of your liver if you have gallbladder problems, or if you have had your gallbladder removed.

I have been diagnosed or believe I have gallstones – should I do a gallbladder/liver flush?

No – this is not recommended as a first step. These flushes using olive oil, lemon juice or apple juice, etc. work by shrinking the stones and causing the gallbladder to contract forcefully to hopefully expel the stones to be passed in the feces. Alternatively, a teaspoon of good quality apple cider vinegar mixed with a teaspoon of honey in a small glass of warm water and sipped slowly during every meal can be taken to help dissolve the stones. These flushes are best done after at least 6 months of following the “Liver Cleansing Diet” principles and taking the recommended supplements to shrink and soften the stones before flushing. Once this has been done – the shrunken softened stones and remaining sludge may then be safely flushed out.

It is recommended to have an ultrasound of the gallbladder before undertaking the flush to determine the size of the stones. The reason being that if the gallbladder is full of silent gall stones and a flush is undertaken – these stones may become impacted in the narrow bile ducts as they are flushed out. This may cause a tear in the duct and requires immediate surgery.

A standard and alternative method of gallbladder flushing is outlined in Dr Cabot’s “Healthy Liver and Bowel Book” or visit www.liverdoctor.com and click on Gallbladder.
The books that changed the world!

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