

Asthma Dysbiosis

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I just had a call from a doctor who shared with me that several cases of asthma were resolved using Iodizyme-HP. They were so excited they wanted to know the upper dose levels of iodine. I don't know about you but whenever I hear of a remarkable recovery, I always want to know why it worked.

The late Dr. George Goodheart always used to say "seek to understand the underlying process in any condition you are treating. If you understand the process you can use multiple therapies to accomplish your goal." Dr. Goodheart shared that iodine will thin mucus. Apparently, an enzyme called mucolase, breaks down mucus. If you are low in iodine, mucolase will not function properly, hence concentrated mucus. So that may be why the iodine worked. But my second thought and the reason I am sharing this insight is because "iodine contains potent antibacterial,



anti-parasitic, antiviral and anticancer properties."

Dr. Cindy Howard recently taught an in-depth seminar on the gut and she said anyone who has unknown causes of inflammation needs a stool test to rule out dysbiosis, and asthma is certainly a condition associated with inflammation.

What causes dysbiosis? One of the major causes is a molecule called lipopolysaccharide or LPS. As the name implies LPS is a molecule in which lipids and polysaccha-

rides or long chain sugars are linked. It is a major component of the cell wall of gram-negative bacteria which are present in the bowel. LPS are endotoxins which are not secreted but are released only when the cells are disrupted or die. LPS are highly immunogenic and stimulate the production of the endogenous cytokines interleukin-1 and tumor necrosis factor. It is a potent activator of macrophages. So LPS can cause inflammation, mitochondrial impairment, muscle dysfunction, and an

increased perception or sensitization to pain.

The large LPS molecule is a major factor contributor to what we call “leaky gut.” So the bacteria in the gut cause or give off molecules that increase inflammation, stimulate immunologic activity and down regulate the mitochondria resulting in exhaustion, pain and multiple sensitivities. And that's not all. There is growing research to support gut bacteria give off hydrogen sulfide and D-Lactate. Both of these are potent mitochondrial poisons. So not only do we see a potential link with potent cytokines and inflammation coming from LPS, now we see the energy factories of the cell being compromised by an unhealthy gut.

Mitochondrial health is very important with asthma. Yes, iodine may thin mucus; but I think the main reason it is so valuable are its antibacterial, anti-parasitic, and antiviral properties. So the bugs cause leaky gut and the leaky gut increase cytokines and the cytokines increase inflammation and inflammation in the bronchioles would reduce the oxygen (O₂) and carbon dioxide (CO₂) exchange, a condition we call asthma. Iodine kills the bugs.

Here's another perspective from Dr. Harry Eidenier from a lecture he gave several years ago, titled “Silver Bullets.” Based on the literature and our clinical results, it appears that proteolytic enzymes are more than just a tool to help to remove mucous. With asthma we generally suggest Intenzyme Forte, six tablets, twice a day on an empty stomach; Bio-6 Plus, three tablets with each meal, Cytozyme-PAN, three tablets with each meal, always magnesium at bedtime to bowel tolerance and OOrganik-15 which is a methyl donor, three tablets, three times a day.

Adrenal dysfunction, mostly cortical hypofunction, is also a common problem as is hypochlorhydria. A need for adrenal support as ADB5-Plus or ADHS and one of the hydrochloric acid (HCl) containing products should be ruled out. Dr. George Goodheart is no longer with us, but his work carries on and the need for adrenal support and HCl is something we learned from him and it has stood the test of time. The best way is to dose HCl is in the middle of the meal. Dose it until the patient gets a slight warming in their stomach and then reduce. In other words, start the patient with a tablet or capsule or whatever you determine is the correct starting dose and increase it every other day until they start feeling a warming, then go back down one tablet/capsule.

One case we were able to track was able to get to 21 Betaine Plus HP capsules before the patient felt the warming. But, in the meantime, the patient's asthma, allergies and joint pain all were resolved. General lung support as Pneuma-Zyme, three tablets daily should also be considered.

Remember one of the main functions of hydrochloric acid and pancreatic enzymes beyond digestion is to return the GI Tract back to its intended pH and to kill any weird strains of bacteria or yeast. And in many cases eradicate amoeba as well as some parasites. In other words fixing digestion can heal a leaky gut and the bugs that cause it. Can you see why Dr. Goodheart said to understand the process? You can see a link to the benefits of healthy HCl, further asthma considerations and SIBO to treat dysbiosis below.

Thanks for watching, I'll see you next Tuesday.