

Stress, Leaky Gut, Food Sensitivities / Allergies and Theragem

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Stress – today's lifestyle

As a main factor in many people's lives, stress is an obstacle when it comes to healing the body. Different kinds of stress affect us differently, but if it lasts for a long time, so called "good" and "bad" stress will do the same damage to our body.

Short time stress like running, fighting, escaping, avoiding accidents etc. will raise the level of adrenalin. Long time stress from mental or physical trauma, chronic pain, chronic disease, tight schedule at work or at home, people with big responsibility etc. will cause the body to raise the level of "long time stress hormone" cortisol.

Increased cortisol levels will cause different reactions in the body. It will lower the serotonin, human growth hormone and thyroxine. And it will increase insulin, and the body will stay in a constant state of sympathetic stimulation. High cortisol over a long period of time is also said to increase the permeability of the gut wall, as with the medicine cortisone.

The nervous system has two states, sympathetic and parasympathetic. Sympathetic state is stress. Parasympathetic state is calm. Short and long term stress affects the sympathetic nervous system. If the body is in this state, the digestive system is not able to function properly. In order to produce digestive enzymes the body needs to be in a parasympathetic state, and be calm.

Leaky Gut and Food Sensitivities/Allergies

When you work with leaky gut problems, you have probably noticed that a person with constant stress has a harder time healing the gut, than a calm person.

Stress affects different aspects of the problem Leaky Gut. Stress causes the gut wall to be more irritated and also thinner and more permeable. Stress turns the body towards a sympathetic state where it cannot produce the digestive enzymes efficiently.

These two aspects together are the main reasons for food sensitivities and food allergies from IgG (Immunoglobulin G): Increased gut permeability and poor breakdown of ingested foods.

Theragem

So apart from all the physical corrections you have to do with the diet and nutrition, you need to calm the patient down and reduce the stress. Some people don't have the choice to reduce stress in their life, so they will need some help to handle it. That's where the Theragem comes in. Theragem has the remarkable ability to rebalance and calm the patient within one treatment of Elation, and making them more able to handle their everyday stress.

As the immune system is overloaded when one has increased gut permeability, the patient will also benefit from treating the Spleen with Theragem. This will energize the immune system so that it will become stronger, and the healing will work faster.

It is important to carry out the treatment 2-3 times a week during the first month of diet changes to calm the body and balance the immune system effectively. After that, do treatment once a week to once every second week, depending on the level of stress in the patient.

Adding Theragem to your treatment protocols will reduce the total healing time for most of your patients.