

Skin & Intestinal Disorders: Different Symptoms Same Causes

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Did you know your skin is?

- A venue for excreting bodily toxins, impurities, and poisons, as are the kidneys and bowels
- The housing for 100 sweat glands, 12 ft. of nerves, hundreds of nerve endings, 10 hair follicles, 15 sebaceous glands, and 3 feet of blood vessels - *all within each one-eighth square inch of skin.*
- The largest organ of elimination
- Responsible for eliminating over one pound of water per day
- 18 sq. ft. of skin covering the adult body and contains two million sweat glands

Visible Evidence

Psoriasis

According to the *Merck Manual of Medical Information*, psoriasis is a serious, chronic, recurring skin disorder recognized by the silvery, scaly bumps and various-sized raised patches known as plaques. This condition is clinically explained as an abnormally high rate of growth and turnover of skin cells, leading to eventual scaling. Conventional medicine does not have an explanation for the rapid cell growth, however, it is implied that a compromised immune system is a major factor.

Psoriasis, for many, is accepted as a hereditary disease because it's been experienced generationally. It appears the tendency for it can be inherited, but not necessarily the disorder. The genetic makeup sets a perfect scenario for constipation and digestive disorders, leading to a build-up of toxic substances that erode the immune system.

Psoriatic victims may also develop symptoms very similar to rheumatoid arthritis, whereas victims of eczema do not.

Most victims of psoriasis confirm that the condition worsens in the winter and improves in warm climate. It has been my experience that sunrays are healing for this condition, and since we consume more water in warmer climates, the internal cleansing process is benefited - reducing the overall intestinal toxic load.

Additionally, according to Michel Gauguelin, a science writer and French researcher at the Sorbonne, seasonal changes affect the acid/alkaline balance in the gastrointestinal tract (G.I.) - *gastro-acidity increases in the winter and is low in the summer*. This confirms my clinical observation that skin disorders, specifically psoriasis, improves as the G.I. tract becomes alkalized.

Eczema

Another troublesome skin disorder is almost always accompanied by chronic, and sometimes acute, itching. The underlying causes of psoriasis and eczema have common denominators.

In working with hundreds of clients with skin disorders, I find these two skin disorders, and many others, are strictly a degree of toxicity; toxic colon, candida, leaky gut syndrome and parasites.

How Intestinal Invaders Affect our Skin

Experts agree that most chronic skin disorders, specifically psoriasis, is the external manifestation of the body's attempt to eliminate internal toxins that have accumulated within the lymphatics and blood stream by "seeping" through intestinal walls in a condition known as leaky gut syndrome.

In working with clients around the world, the protocols that have been most effective are those that include repairing the intestinal walls by first beginning a protocol to eliminate candida yeast and parasites.

The most effective cleansing protocol is obtained by clearing out these "uninvited" health-depleting microorganisms in order to release the accumulated pressure on the liver and the intestines - allowing free passage and thus reduction of overall toxic load.

Anyone embarking on an effective protocol for chronic skin conditions, as those mentioned herein, must understand that the body is purging itself by throwing off toxins that have been locked-in for many years - the disease is *not* going to give up without a fight, nor are you going to be victorious within a few days.

Invisible Causes:

Defining Candida (yeast over-growth): Candida lives naturally in our intestinal tract, at least until the intestinal environment becomes toxic and they multiply at an accelerated rate. Yeast is a fungus, a microscopic size parasitic-type organism - living and thriving in a warm, dark, moist

environment, specifically in the mouth, digestive tract and vagina. It is a single-cell microorganism that develops feeding tubes called *hyphae*, growing directly into the intestinal walls causing them to become porous and allowing toxins and undigested proteins and carbohydrates to flow through as in the condition known as leaky gut.

Defining Parasites: Opportunistic scavenger invaders – taking advantage of its host (you) when the intestinal environment is unhealthy or the immune system is compromised. They reside in the GI system and feed on toxins and waste material within the body (particularly candida). The danger of these scavengers is that they become extremely toxic, even deadly, as their waste matter is expelled within the body. Parasites and worms have three main goals within their human host:

1. Grow fat on your nutrition
2. Drink your blood
3. Overload the host with their waste which is reabsorbed into the human body, weakening the entire immune functions and causing a myriad of diseases and disorders, including skin disorders.

Chronic constipation, poor elimination, candida and parasites are major causes of intestinal toxicity, which in itself causes the breakdown of the intestinal walls and leaky gut. Therapy should begin with the same protocol for patients diagnosed with rheumatoid arthritis, fibromyalgia, eczema, scleroderma, lupus erythematosus, and other systemic diseases where internal cleansing provides the path that leads to the healing process.

If we attempt to perform a parasite cleanse before reducing the intestinal toxic load by consuming a colon fiber-cleanse to loosen and eliminate accumulated matter, then we add to the problem by now having dead microorganisms and their by-products.

The following protocol is what I have found most effective:

First: Make sure you eliminate daily and take a colon fiber cleanse prior to and during a candida or parasite cleanse.

Second: Perform a candida cleanse first to eliminate a major source of “food” for the parasites. Candida organisms release a great deal of by-products called aldehyde, similar to formaldehyde, and are highly toxic. Perform the candida cleanse for 90 days as directed.

Third: Perform the parasite cleanse as directed for 6 courses of two weeks each with one-week rest in-between. This intense parasite cleanse is for chronic skin conditions. For those seeking to perform a parasite cleanse without the skin conditions mentioned, a protocol of 2 courses of two weeks

each with one-week in-between is generally sufficient. For maintenance, I recommend one two-week course every six months, or after travel abroad.

It's important to keep in mind that skin disorders are the outward manifestation of an inward degree of toxicity. Protocols and medications meant to merely deal with symptoms, can actually add to the overall toxic load, making the microorganisms that caused the problem more abundant.

There are surely cases of skin disorders that are actual allergic responses to food and medications; however, for chronic cases your first attack should be evicting the uninvited organisms of candida and parasites, Naturally.

*Be sure to seek the guidance of a healthcare professional for the appropriate product and dosage for your particular situation and degree of sensitivity. Some patients tolerate homeopathics better than herbal blends but both are effective.

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