



From The Farm

To The Home...

February 2015

“Trust in the Lord with all your heart and lean not on your own understanding.”

Proverbs 3:5

“Gut, Toxins and Malabsorption”

Many of you know that I am in the process of doing my functional medicine certification with Dr. Daniel Kalish. Gut health is a topic covered thoroughly. The more I learn the importance of gut health the more I turn to the importance of good, home grown, pesticide and hormone free foods.

So does death begin in the colon? What types of Gut dysfunctions contribute to gut toxins? This includes: Maldigestion, loss of gut permeability control, food constituents such as food additives, bacterial problems such as wrong bacteria, or bacteria in the wrong place can all lead to numerous types of unhealthy metabolites or (toxins). These toxins are referred to as endotoxins. An endotoxin is a toxin that is released when a microorganism dies. These toxins disrupt normal human physiology and is a contributing factor to chronic conditions such as cardiovascular disease, chronic inflammation, diabetes, dyslipidemia (elevated cholesterol) nonalcoholic liver disease, obesity and stroke. What happens in most individuals is that there is wrong bacteria in their gut and/or gut permeability has been lost. When food constituents are improperly digested or not detoxified by the liver this eventually leads to diverse metabolic abnormalities. Other causes of Endotoxins include chronic use of antibiotics, Cesarean sections, lack of breast feeding and less obvious include the use of stomach acid suppression by medications such as H-2 blockers and proton-pump inhibitors. Our gut does need proper acid and digestive enzymes in order to break down food properly so we can benefit from the nutrients in the foods we eat.

The discovery a few years ago of Zonulin revolutionized our understanding of leaky gut. Zonulin opens up the junctions between the cells allowing larger particles to flow through. The two biggest causes of opening these junctions is gluten containing grains and gut bacteria. Other factors that lead to this include excessive alcohol consumption, the use of non-steroidal anti-inflammatory drugs. Certain genetic factors may also contribute to this although further research needs to be conducted. When one has increased gut permeability there is more absorption of endotoxins. The bottom line we need to emphasize the importance of optimal gut flora for health as well as optimizing digestion and healing the gut mucosa.

Testing for optimal gut function includes a comprehensive stool analysis. Adrenal function testing and lab testing are beneficial as well.

Homeopathic Tip of the Month:

Berberis Vulgaris

Berberis is also known as Barberry. It is a deciduous plant that grows between 3 and 8 feet tall. The leaves are oval with soft hairs on the end. The plant has small yellow hued flowers that grow in clusters. This plant has astringent and therapeutic qualities that target the liver, gut, skin and respiratory systems. It is especially good for liver detox, and has been used in drug and alcohol abuse as well as general liver support. It is one I recommend during a detox protocol I guide patients through.

Update from the Schleicher Farm

Both of our sons are back in school and the travel back to Minneapolis for Christopher was uneventful.

Plans are underway for new plants to our garden, ordering more bees and soon we will place our chicken and turkey order.

Special Note:

The beautiful picture at the top of my newsletter was painted by artist Joan Arlette.

I thank her for sharing her talent with all of us and for the gift of allowing me to use it in my office and in my newsletter.

Lentil and Sweet Potato Curry - 10 servings

1 large onion, chopped
1 clove garlic, minced
1 tsp olive oil
1 lb. dried lentils, about 2 cups, well rinsed
2 lbs. yams or sweet potatoes, peeled and cut into small pieces
1 ½ Tbsp. curry powder (add more if desired)
1 Tbsp. ground cumin
6 cups vegetarian broth (or chicken)
Salt and pepper to taste (depends on the amount of salt in the broth)

In a 4 or 6 qtr. heavy pot over medium heat, heat oil and stir-fry stir onion and garlic until softened, about 5 minutes. Add rinsed lentils, chopped yams, seasonings and broth. Bring to a boil over high heat, reduce heat, cover and simmer for about 30 minutes. Both lentils and yams should be softened but not mushy. Add salt and pepper if needed.



Know that perfection is not required of you only perfect effort

Not to even try because you don't think you can would be terribly sad. You'll be amazed at what you can do if you simply step into it.

Life awaits you on the other side of Risk.
What can you lose?
Face? Dignity?
Who cares about those when greatness is possible?
Who cares about those when fairy tales are at hand?

Neale Walsh