



Dr. K's Health Korner

Latest Happenings

Due to the interest in Detoxification and weight loss, I am putting together a presentation that is intended to educate people about how food affects the body. It will cover the function of the liver, blood sugar issues, cholesterol, and many other topics. It is designed to educate you so when you make choices about what you eat, you will know exactly what that food will do to your body. You will also learn how the liver manages toxins and what you can do to boost its ability to do so. At these lectures, you will have an opportunity to get a detox kit at the sale price (\$50 dollars off). I will you with dates.

I would also like to inform you that I am now doing saliva lab tests and hair analysis. These tests are very helpful in measuring adrenal exhaustion, hormone imbalances, nutrient deficiencies, and how well your body is managing heavy metals.

It's that time of year for seasonal allergies. If you are struggling with symptoms, there is something that can be done. We can reduce your sensitivity and reduce the symptoms.

Don't forget to schedule a tune-up visit if you are feeling stiff and it's been a while. Ideally it is recommended to get treated once a month to maintain the progress you have made and also to prevent future degeneration of joints and minimize the severity of injuries if one were to occur.



Dr. Jeffrey S. Kurtz
Chiropractic Physician

Nutrition Spotlight: Gastrex by Standard Process

This product is great for an irritated gut lining and helps in rebuilding. It contains bentonite clay which acts like a bunch of scrubbers and cleanses the thick mucus and fermentations stuck on the gut wall. It also contains chlorophyll, which helps reduce irritation and promotes healing. It can even be used on open wounds because of its healing properties. Gastrex also helps with IBS, Crohn's Disease, and Stomach Ulcers.

Top Story: Leaky Gut

What is a leaky gut? A leaky gut is when your intestinal lining has openings where food molecules pass into the body and cause an immune reaction. The lining of your intestine is 1 cell thick. When you eat foods you are sensitive to, are dehydrated, and don't get enough fiber, the lining gets tears and separations in the lining. But isn't food supposed to pass through anyway? Yes, but it has to be ABSORBED into the bloodstream. If the large molecules pass through openings, your body sees them as foreign invaders (like a bacteria) and creates an immune reaction (swelling) along with antibodies. Over the long term, this can contribute to conditions like Chronic Fatigue Syndrome, Fibromyalgia, and Rheumatoid arthritis.

With a leaky gut, you can have several chronic symptoms like fatigue, indigestion, skin problems, food allergies, asthma, and chronic colds/sinus infections from an overworked immune system. It can also create an environment for the overgrowth of Candida which leads to yeast infections.

Unfortunately, this condition is not recognized by the medical community. There is no drug that can repair the lining. Pharmaceuticals don't build the body, nutrition does. Drugs aid in reducing symptoms and are necessary in some cases. In order to repair the leaky gut, you have to rebuild the lining and improve digestion.

The immune system is programmed to attack large sugar molecules and proteins. If you are not digesting carbs adequately, they remain large sugar molecules. Put that in a leaky gut on a daily basis and you have a huge immune response just about 100% of the time.

A leaky gut is not difficult to fix. I can check for a leaky gut with a few muscle tests. I find the offending foods and make you aware of them so they can be avoided. There are also a few supplements that will rebuild the lining and improve digestion. It takes about 8 weeks on average and the benefits are HUGE. All those little symptoms attributed to getting old seem to go away. I will be discussing this in more detail at my in office seminar, but if you have questions or would like to be tested, please give me a call. Have a great day!!

To remove yourself from the mailing list or to ask questions, please email me at fixinbacks@yahoo.com or call 630-776-3061. Just type "remove me" in the subject line.