

Visual indications for Chronic Disease Patterns: Scar tissue, Gastritis and Autoimmune Issues

Yes, genetics.

UNDERSTANDING INTRINSIC FACTOR, DIGESTIVE ISSUES AND SCARRING

Intrinsic factor is a GIF, a glycoprotein, (glyco means sugar) produced by parietal cells of the stomach lining. It is needed so the intestines can absorb vitamin B-12 efficiently. (B12 is Cobalamin – Methylcobalamin; 5-deoxyadenosylcobalamin is the active form found in humans.) **Parietal cells secrete intrinsic factor and hydrochloric acid.**

From the stomach B-12 is then absorbed in the small intestine and becomes bound to haptocorrin, a cobalamin-binding protein. Haptocorrin then enters the duodenum where pancreatic enzymes digest it. In the less acidic small intestine B-12 can bind to Intrinsic Factor where it then travels to the ileum where epithelial cells endocytose it (a process of cellular ingestion by which the plasma membrane folds inward to bring substances into the cell.) Phew.

B-12 then binds to another protein, and ends up in the liver where the residue enters pathways of cellular respiration and becomes oxidized for energy. Oxygen is provided to all tissues. Oxygen, B-12 and assimilation, yes, ultimately Intrinsic Factor is necessary for nearly every function in the human body. PubMed.com has seven hundred seventy eight congenital metabolic disorders listed that pertain to Intrinsic Factor. Cause for concern. By understanding intrinsic factor and consuming herbs and foods to increase it in the gut many health issues may fall to the wayside. Wartime artillery refuse we now call pesticides and fertilizers have denatured our soil.

Look to Family history of thyroid problems cancer, diverticulitis, inflammatory digestive issues, spina bifida, scoliosis, cleft palette, clubfoot, dermoid cysts, autism and minor birth defects, and mental imbalances through the previous



generations.

Make sure they take a sub-lingual B-12 (cyanocobalamin methylcobalamin is better absorbed) or get shots of B-12 if they are low or missing intrinsic factor. Some react to methyl forms as well! "Hydroxocobalamin is the alternative for us mutants, usually injected but found as sublingual lozenges too, but I found Adenosylcobalamin a week or so ago and tried it. No adverse reaction. This one

converts to Methylcobalamin by adding a methyl group so according to me it should be great for us overmethylators that have too many methyl groups dancing around." Cynthia Castro Henriques

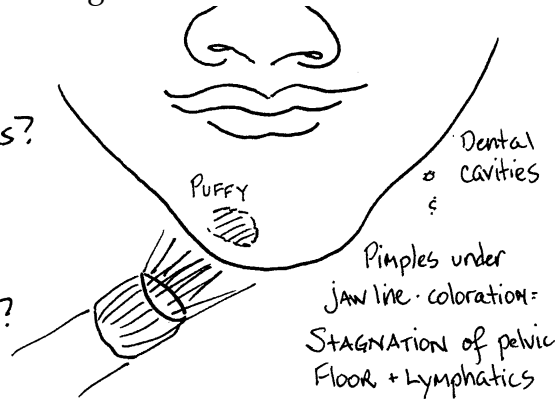
Intrinsic Factor Deficiency shows as

- Over-production of scar tissue, keloids, endometriosis, thickened scars that feel like a snake under your fingers.

IN A DARK CLOSET
SHINE LIGHT UNDER CHIN
LOOK INTO MIRROR - DARK areas?

Fibrous tissue

Move tissue of chin -
FLOATING? ATTACHED to bone?
ENDOMETRIOSIS
ADHESIONS



- Longer toe next to big toe (or Rosemary Gladstar's Mother said "A sign



you are a natural born leader.")

- Look down at your feet. If your second toe seems longer, (and I mean even just a hair longer) than your first toe, you may have a short first metatarsal bone. This isn't always accurate but holds true about eighty percent of the people I've seen.
- Morton's Toe, a separate but probably related defect is caused by a short first metatarsal bone.



- Webbing between second and third toes.
- Scoliosis
- Spina bifida
- Cleft palate
- Clubfoot
- Paleness of skin, gums, fingernail beds, sclera, tongue
- Retinal hemorrhages The upper lip, if it is pale, means there is not enough digestive fire going to the stomach and not enough blood circulating through the system.
- Leg swelling
- Jaundice
- Swollen tongue

- Stalactites (tights come down) under the tongue
- Mouth sores
- Mouth ulcers
- Gum pain and swelling
- Lack of collagen in the skin; looking old before their time.



- Skin allergies, hives, and rashes around nostrils



- Babies with rosy red apple cheeks, specific food allergy.

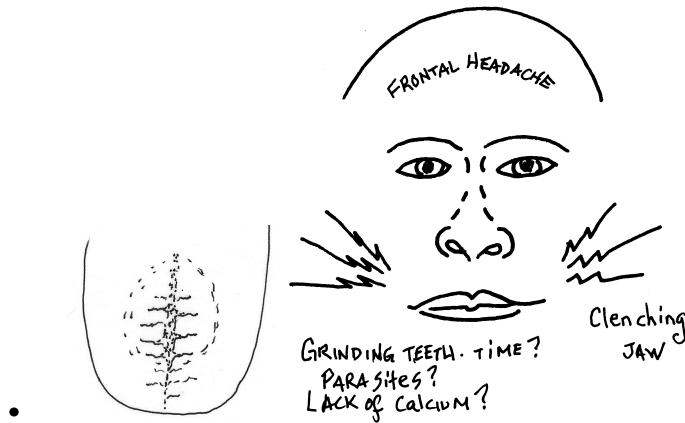


Other Indications will be:

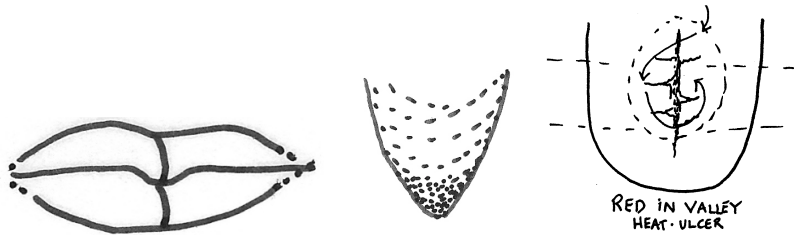
- Achlorhydria, Low stomach acid (hypochlorhydria), leads to deficiency. The late John Courtney from Standard Process states "A substance called intrinsic factor, essential for absorption of vitamin B-12 (cobalamin) in the Ilium the distal half of the large, moose antler-like bone of the pelvis (red blood cells are developed in these large bones), is secreted by the oxyntic cells (a hydrochloric-acid producing cell of the stomach) along with the secretion of HCL. Therefore, when the acid producing cells of the stomach are destroyed, which frequently occurs in chronic gastritis, the person not only develops achlorhydria but also develops pernicious anemia because of failure of maturation of the red blood cells in the absence of vitamin B-12 stimulation of the bone marrow. Biggest symptom is intestinal gas." The enzyme trypsin (an enzyme of pancreatic juice that hydrolyzes proteins into smaller polypeptide units.) ¹ is important for the pancreas to break down proteins.

Test with a shot of lemon juice prior to a meal. Feel burning drink milk or slippery elm tea and you have lots of HCL. Neutral, you are in balance. Better, you need more HCL.

¹ <http://medical-dictionary.thefreedictionary.com/trypsin>



- Gastritis and ulcers. *Helicobacter pylori*², Folate, B-12, and ferritin are depleted in *H. pylori* infection; these same deficiencies are related to Neural Tube Defects risk. Some say that *H. pylori* begins multiplying on vegetables and lettuces left too long in the refrigerator.



- Malabsorption of dietary B-12 causes anemia including pernicious anemia. (Use fresh Yarrow extract) Vitamin B-12 deficiency impairs the body's ability to make blood, accelerates blood cell destruction, and damages the nervous system leading to pernicious anemia (a deficit of healthy red blood cells. The immune system destroys cells in the stomach that secrete intrinsic factor.
 - Other causes can be gastrointestinal surgery, pancreatic disease, intestinal parasites, chemotherapy and some prescription drugs (Dilantin is one). Cancer, alcohol consumption, Celiac disease, and Crohn's disease may also lead to deficiency.
 - Causes may be intermittent constipation and diarrhea, weight loss, hyperthyroidism and pregnancy which require more B-12 leading to deficiency.
 - Indicators are a burning tongue, fatigue, weakness, loss of appetite, nervous system issues, numbness and tingling in hands and feet, menstrual symptoms, abdominal pain- like an animal is eating you.

² Felkner M, Suarez L, Liszka B, Brender JD, Canfield M., Neural tube defects, micronutrient deficiencies, and *Helicobacter pylori*: A new hypothesis. Birth Defects Res A Clin Mol Teratol, 2007; 79:617-621.

- Folate and B-6 deficiency. “Many foods are excellent sources of folate—fruits and vegetables, whole grains, beans. It’s best to avoid foods that are heavily fortified with folic acid like breakfast cereals, and fortified grains and grain products. Timing of folate intake is critical. For folate to be effective, it must be taken in the first few weeks after conception.
- Intestinal gas. Fermentation of foods is indicated by gas, in the upper or lower digestive tract. Bloating can occur from stagnation in the stomach caused by too little stomach fire or too many fluids while eating meals.



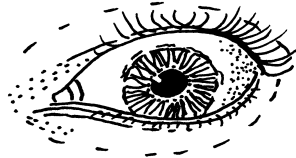
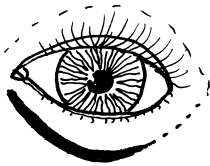
- Ah- ice water.
- Bad breathe. An issue of bacteria within.
- “Earth People” are people holding on to our stories, a sign of early trauma or neglect. Look to pelvic floor issues, sensitive thighs, provocative language, and boundary issues. After all - scarring is the way the body protects itself with a boundary.
- Megaloblastic Anemia is a blood disorder in which there is anemia with larger-than-normal red blood cells.
- Myelodysplastic syndrome (preleukemia) is a group of conditions that occur when the blood-forming cells in the bone marrow are damaged.
- Myelofibrosis is a disorder of the bone marrow
- Atherosclerosis
- Low blood pressure. Normal BP is 90/60 to 130/80
- Enlarged spleen. Look to swelling below ribs on the left
- Rapid breathing rate.



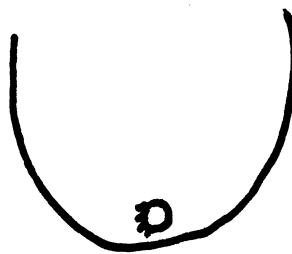
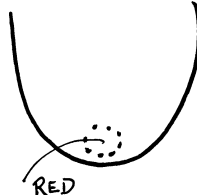
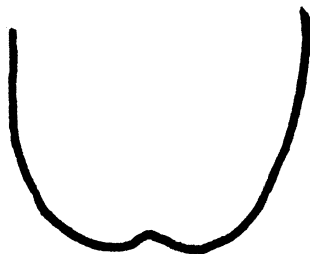
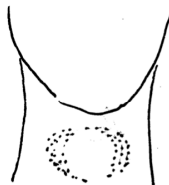
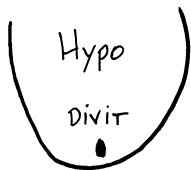
- Heart murmur.



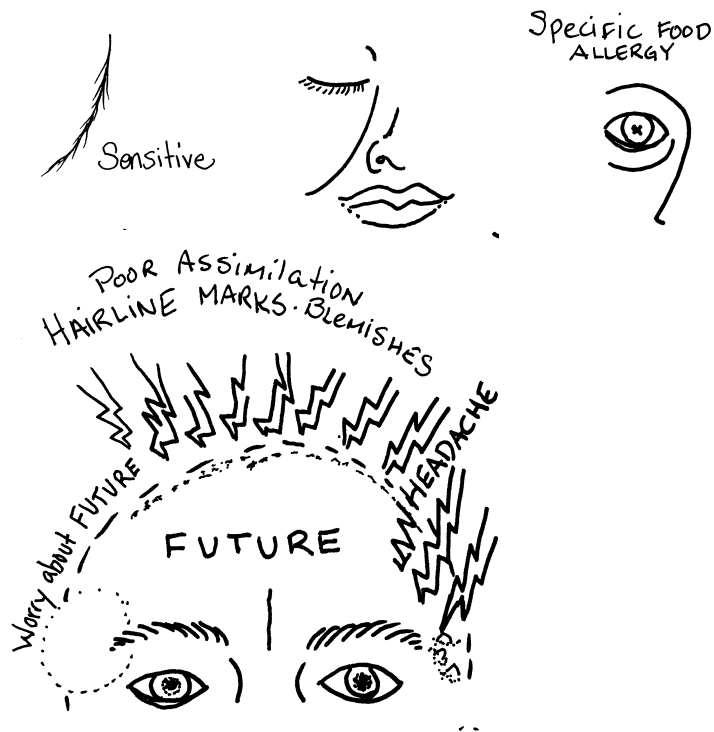
- Thyroid symptoms.



Hypothyroid



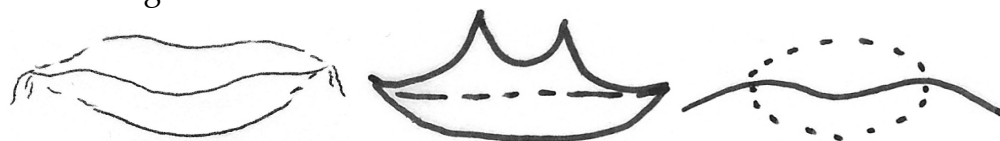
Food allergies.



- Insulin resistance (autoimmune) skin tags

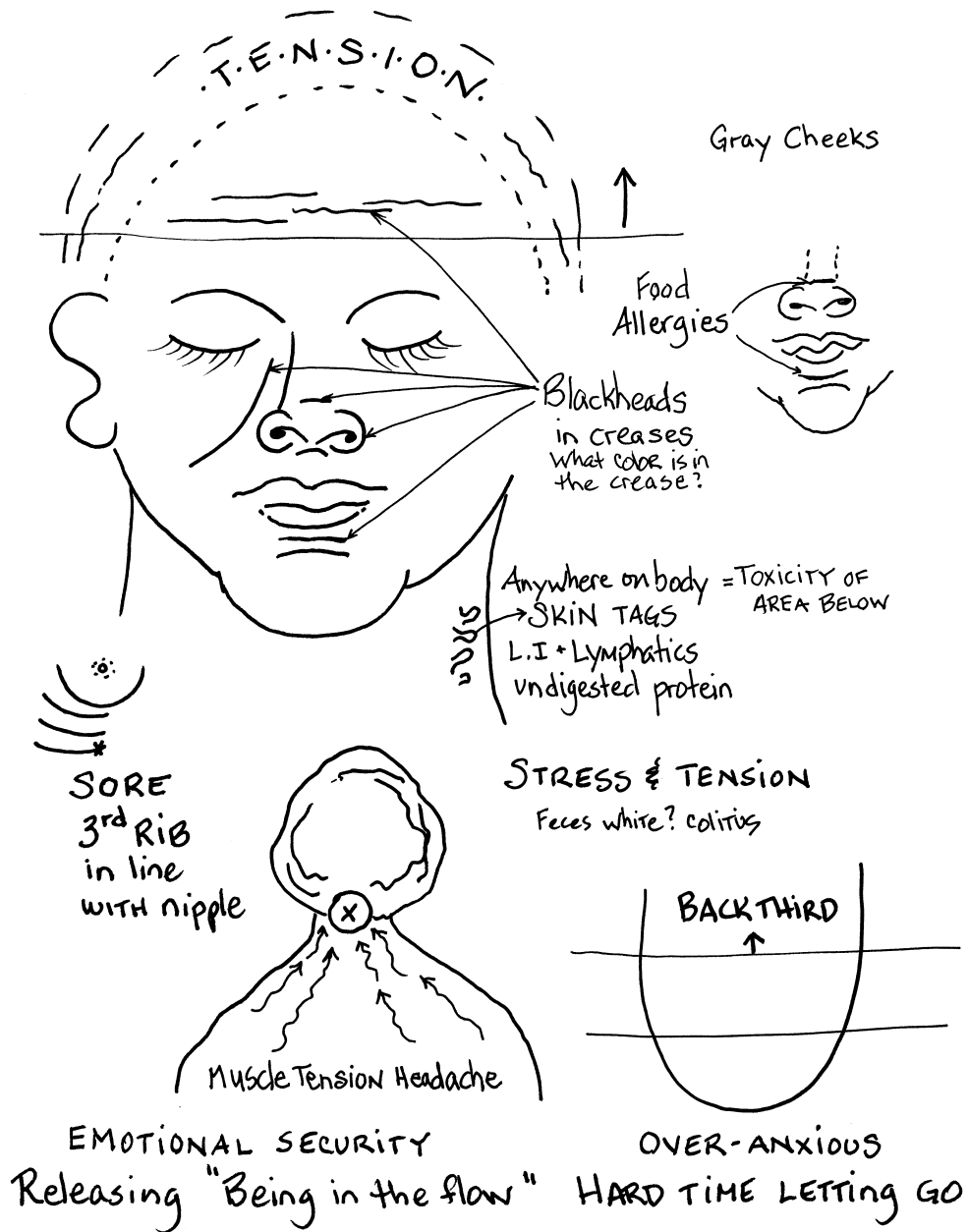


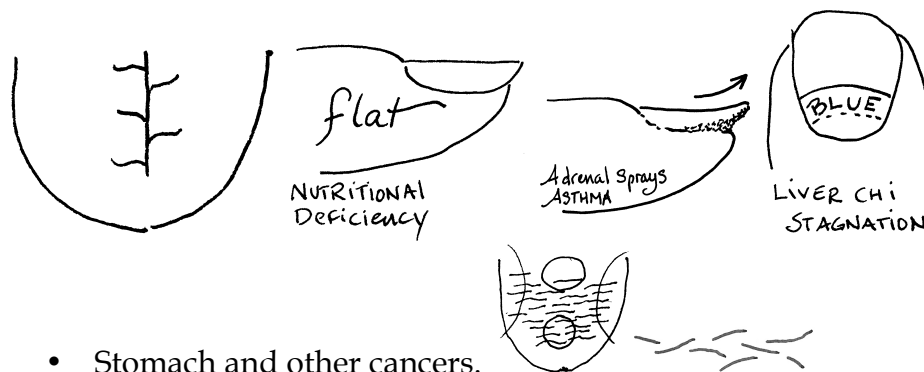
Dry skin, thirst, calcium miss-assimilation, spaciness, irritability when hungry
Food allergies continued



long-standing digestive issues

AWAKEN 5-7 A.M.





- Stomach and other cancers.

Herbs

- Sweetleaf aerial parts, *Monarda fistulosa*.
- Horsetail, *Equisetum hyemale*.
- Gotu Kola aerial parts, *Centellia asiatica*.
- Eleuthero root, *Eleutherococcus senticosus*.
- Baical Skullcap aerial parts, *Scutellaria baicalensis* or *Huang quin/qin*.
- Calendula flowers aerial parts, *Calendula officinalis*
- Yarrow, *achillia millefolium* fresh aerial parts extract.
- Castor Oil, *Ricinus communis*

Nutritional support

- Dark leafy greens- Spinach, Turnip Greens, Collard greens, Mustard greens, & Romaine lettuce
- Asparagus
- Broccoli
- Citrus fruits including Papaya, Grapefruits, Oranges, Berries and Strawberries
- Peas, Beans and Lentils- including Pinto, Black, Garbanzo, Navy, Lima Beans and Split and Green peas and Beans
- Avocado
- Okra
- Brussels Sprouts
- Seeds and Nuts including sunflower seeds (anti-depressant), flax seeds, almonds
- Cauliflower
- Beets
- Celery
- Carrots
- Squashes

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