## The Root of Many Evils

When the roots of a plant are sick or damaged, they can no longer absorb nutrients; as a result, they will neither produce beautiful leaves nor healthy, ripe fruits. Over time, the plant will lose its vitality and wither.
The gut is the root of our body and plays a crucial role in our immune system! Numerous environmental factors lead to inflammatory changes in the intestinal mucosa, which in turn prevents the absorption of vital micronutrients over time. This results in various diseases of different severity. Experience shows that around 80% of illnesses are caused by chronic exposure to pollutants, inadequate nutrition, and a lack of vital nutrients; possible examples include susceptibility to infections, chronic fatigue, mood swings, impure, dull skin (eczema, chronic dermatitis, itching, etc.), rheumatic complaints, aphthous ulcers, etc.
However, the direct connection between gut vitality and chronic complaints is often not made; therefore, only the symptoms are treated, but not the root cause, which is comparable to treating the leaves and fruits of a sick tree without considering the condition of the roots or the quality of the soil.

Some causes of inflammatory changes and damage to our intestinal mucosa include:

* Environmental pollutants (smoking, fine dust, toxic fumes, microplastics, etc.)
* Preservatives: E-Codes (gut disorders: E220, E221, E223, E224; digestive disorders: E338, E339, E340, E341, E450, E461, E463, E465, E466)
* Artificially modified foods (processed meats)
* Drinking water pollution (heavy metals like aluminum)
* Unbalanced diet (excess sugar and genetically modified carbohydrates)
* Antibiotic therapy (destruction of the natural gut flora)

Mental stress and acute stress can also lead to digestive disorders (e.g., irritable bowel syndrome).

The disruption of the microflora (microbiome) and chronic inflammation of the intestinal wall lead to impaired intestinal peristalsis, which is not yet perceived as a pathological symptom. Only when heartburn develops over time, mistakenly interpreted as excessive acidity, are acid blockers prescribed for relief; however, these impair digestion in the stomach, allowing undigested or partially digested food particles to enter the intestine, where they begin to ferment and alter the gut flora. The altered intestinal environment favors the colonization of harmful bacteria and parasites (worms). In addition, harmful ammonia is produced, which burdens the liver and impairs the detoxification process.
Symptoms of impaired gut function include bloating, slow and irregular bowel movements, and cramps.

## Bowel Cure

Therefore, a bowel cure to revitalize the microbiome is recommended once or twice a year. The following products are needed:

1. A unique blend of high-quality soluble and insoluble fibers and a synergistic mixture of beneficial microflora (probiotics). It revitalizes the gut flora, promotes intestinal cleansing, and facilitates the removal of toxins.
2. A combination of herbs, herbal extracts, sulfur-containing compounds, and enzymes that enable a careful internal cleansing of the body from waste products, chemicals, and environmental influences.
3. An organic sulfur compound that not only acts as a chelating agent but is also an excellent free radical scavenger; it contributes effectively to detoxification and positively impacts inflammatory changes.

#### Duration and Costs

The cleanse lasts **16 days** and is carried out according to the table below. It is important to drink enough water (3-4 liters per day); the many fibers swell, and insufficient water intake can lead to constipation.
The cost is around 150 CHF.

#### Possible Side Effects

Various side effects may occur during the cleanse; these reactions of the body are temporary and can be interpreted as natural detoxification reactions. They are no cause for concern.
Common, mostly mild symptoms may include headaches, migraines, malaise, flu-like symptoms, muscle aches, bloating, flatulence, dry mouth, bad breath, focal or diffuse skin changes, and mild skin rashes, etc.
If you have any questions or uncertainties, you should always contact the group leader of the gut cleanse directly.

#### Behavior After the Cleanse

It is advisable to continue protecting and nurturing the gut flora even after the cleanse. Over the past few decades, an optimal basic supply for your cells has emerged in the form of a high-quality combination of dietary supplements; for the exact composition and effects, please feel free to contact your sponsor or the person who handed you this leaflet.

#### Questions and Further Information

We are also happy to assist with specific questions about metabolism cures, gut cleanses, or general questions about nutrition.
Feel free to contact the office at any time or directly at vitalita@bluewin.ch.

December 28, 2022, KD Dr. med. Thomas Roth