

CYSTIC FIBROSIS

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What Is Cystic Fibrosis?

Cystic Fibrosis (SIS-tik fi-BRO-sis): This is a wasting, often heredity disorder, which affects the digestive organs. The pancreas and gall bladder often need to be reconditioned. Mucus is excessive in the body. Digestive juices are not being normally produced. CF mostly affects the lungs, pancreas, liver, intestines, sinuses, and sex organs.

Here is a case where Dr. Christopher's 'Incurables' program can be used to advantage. One doctor determined that nutriment, especially fat-soluble vitamins are not being absorbed. Dr. Christopher's motto was K.I.S.S. "Keep It Simple, Student". We cannot treat the organism known as the human being as parts of a whole; missing this isolated element and that. We must treat the entire person. This is why he provided the three day cleanse and mucusless diet.

Overview

Mucus is a substance made by the lining of some body tissues. Normally, mucus is a slippery, watery substance. It keeps the linings of certain organs moist and prevents them from drying out or getting infected. However, if you have CF, your mucus becomes thick and sticky.

The mucus builds up in your lungs and blocks your airways—the tubes that carry air in and out of your lungs. The buildup of mucus makes it easy for bacteria to grow. This leads to repeated, serious lung infections. Over time, these infections can severely damage your lungs.

Organs Affected by Cystic Fibrosis

The genetic defect underlying cystic fibrosis disrupts the functioning of several organs by causing ducts or other tubes to become clogged, usually by thick, sticky mucus or other secretions.

AIRWAYS

Clogging and infection of bronchial passages impede breathing. The infections progressively destroy the lungs. Lung disease accounts for most deaths from cystic fibrosis.

LIVER

Plugging of small bile ducts impedes digestion and disrupts liver function in perhaps 5% of patients.

PANCREAS

Occlusion of ducts prevents the pancreas from delivering critical digestive enzymes to the bowel in 65% of patients. Diabetes can result as well.

SMALL INTESTINE

Obstruction of the gut by thick stool necessitates surgery in about 10% of newborns.

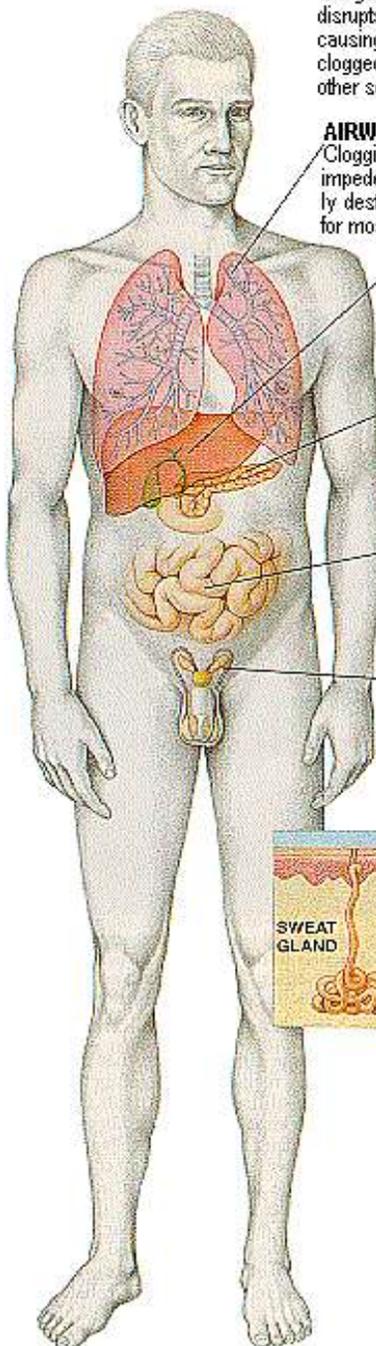
REPRODUCTIVE TRACT

Absence of fine ducts, such as the vas deferens, renders 95% of males infertile. Occasionally, women are made infertile by a dense plug of mucus that blocks sperm from entering the uterus.

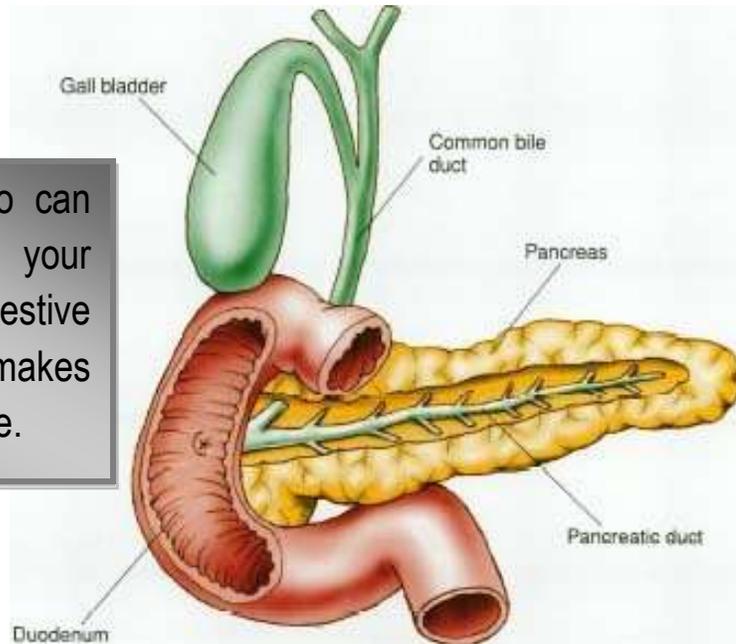


SKIN

Malfunctioning of sweat glands causes perspiration to contain excessive salt (NaCl). Measurement of chloride in sweat is a mainstay of diagnosis.



The thick, sticky mucus also can block tubes, or ducts, in your pancreas. As a result, the digestive enzymes that your pancreas makes can't reach your small intestine.



These enzymes help break down the food that you eat. Without them, your intestines can't fully absorb fats and proteins. This can cause vitamin deficiency and malnutrition because nutrients leave your body unused. It also can cause bulky stools, intestinal gas, a swollen belly from severe constipation, and pain or discomfort.

CF also causes your sweat to become very salty. As a result, your body loses large amounts of salt when you sweat. This can upset the balance of minerals in your blood.

If you or your child has CF, you're also at increased risk for diabetes or a bone-thinning condition called **OSTEOPOROSIS**. CF also causes infertility in men, and it can make it harder for women to get pregnant.

Bayberry for Excessive Mucus

Whenever the mucus flow is excessive, particularly with mucus in the digestive tract, Bayberry will clean it up; however, in large doses, it may act as an emetic, so unless vomiting is desired, one should use small doses.



CATARRH

Symptoms:

Chronic inflammation of the mucous membrane of the air passages of the nose and throat with an exudation containing mucin and epithelial cells. This is an excessive and often morbid mucus discharge from the nose, throat, larynx, bronchi, stomach, duodenum, etc. **Catarrh can go through the entire body from the head to the feet.** Catarrh in the lungs is similar to colds, flu and pneumonia. When it becomes chronic the person has tuberculosis or consumption.

Cause:

Catarrh is caused by eating devitalized or processed foods; by eating excess starches and glutinous foods; by poor circulation, lack of sunshine, fresh air, exercise; by eating wrong food combinations; by eating many soft and cooked foods; by drinking with meals; and by poor elimination. When foods are not digested fermentation takes place in the digestive tract, Alcohol and acetic acid are formed and various forms of catarrh clog the membranes. When this thickened mucoid matter is dispatched to the skin, the skin glands become obstructed, resulting in colds and fevers. The fibrinous and glutinous substances (excess starches and carbohydrates, especially those rendered inorganic in cooking) overload the blood and tissues and cannot be passed off fast enough through the intestinal tract. The eliminative system becomes clogged and the mucus is forced into the various mucus glands or membranes. Although there is only one basic cause, the manifest symptoms are varied according to the form and location.

Herbal aids:

One should keep away from the mucus forming foods and the diet should consist entirely of leafy and juicy vegetables and fresh fruits. As catarrh is a general mucoid complaint, one must thoroughly cleanse the stomach, liver and intestines. One must keep the mucous membrane in the nasal passage clean. The "musts" for catarrh are proper diet, outdoor exercise and good elimination. If one doesn't get enough fresh air and exercise, symptoms will escalate.

Take vinegar and honey copiously.



The apple cider vinegar and honey mixture--a tablespoon of vinegar and a teaspoon of honey mixed well into a cup of distilled water--taken three times a day, **can correct a hydrochloric acid deficiency.**

Rejuvelac : Your intestinal flora may need replacing, which can also cause imbalance in the system. An inexpensive way to replace the intestinal flora is by soaking one cup of, previously washed, wheat for forty-eight hours in three cups of water. Use the same seed to make a second and third batch, not rinsing the seed in between. These batches need soak only twenty-four hours. This Rejuvelac, as you can see, is really cheap, and yet provides the ferments which can help restore proper intestinal flora.

If your pancreas is inhibiting digestion, you can add the herbal pancreas formula to your healing routine.