

Stop Super-Germs in their Tracks With One Powerful Silver Bullet

By Dr. Jonathan Wright on 11/05/2008

MRSA. SARS. Avian flu. These and other big-time bugs called "super-germs" are making headlines almost on a daily basis. People are scared, and rightly so. Super-germs mutate so quickly that antibiotics are virtually useless against them: As soon as an effective one is created, the germ mutates, and the antibiotic becomes obsolete. The same is true of many vaccines. But there's no need to feel defenseless because these mutating germs have finally met their match. And it's been right under our noses all along. It's colloidal silver.

Colloidal silver just might be the next germ-fighting wonder drug. And not just for the serious threats making headlines: It's also effective against bacterial infections like strep throat, viruses like the flu, and fungal infections like Candida. No matter how much a germ mutates, it can't change enough to escape the damaging effects of colloidal silver. And in the process, the silver doesn't harm human tissue or kill off the good bacteria in the intestine the way antibiotics and other medications do.

Battling America's No. 1 health crisis

From 1900 to 1940, medical doctors in the U.S. used colloidal and other small-particle silver preparations intravenously to cure otherwise fatal infections. But then sulfa medications, penicillin, and other patented antibiotics were introduced and initially "worked like gangbusters." Since silver preparations were unpatentable, they predictably fell into disuse and were even criticized as "old-fashioned" and "ineffective" by proponents of the patented competitors. Some even claimed that even a little bit of silver is dangerous for your health. (I guess they didn't realize that silver is a normal part of our diets: Whole wheat and mushrooms are just two of the sources that contain relatively large amounts of silver.) But all living things, from microbes to men, resist being killed. So after the first two to three decades of being killed off easily, bacteria have developed enough resistance to patented antibiotics that doctors are beginning to get worried again. Patented antifungal medications aren't working as well as they did at first either, and the number of effective patented anti-viral medications has always been very small. Now the situation is spiraling out of control.

To get an idea of the magnitude of the super-germ problem, take a look at the progression over the years. According to Newsweek, during 1992 at least 13,000 hospital patients died from drug-resistant infections despite being treated with antibiotics. But just one year later, super-germs raised the death toll to 70,000 [1]. As a result, in 1994 the Centers for Disease Control declared super-germs to be America's No. 1 health crisis [2]. Since that time, the number has skyrocketed to 2 million Americans per year who suffer from hospital-based super-germ infections [3]. While patent medication companies pour billions of dollars into developing patentable "space alien" molecules costing hundreds of dollars per prescription, others are calling for a re-examination of silver's ability to treat infections of all kinds-bacterial, fungal, and viral-apparently without inducing resistance.

A family of germ-fighting metals

For several years, scientists have been looking closely at silver as the best candidate to thwart the looming epidemic of super-germs. Back in the 70s, a researcher reported on the germ-fighting power of silver. He said, "Thanks to eye-opening research, silver is emerging as a wonder of modern medicine. An antibiotic kills perhaps a half-dozen different disease organisms, but silver kills some 650. Resistant strains fail to develop. Moreover, silver is virtually non-toxic." [4]

Silver belongs to the family of metals that also includes copper and gold (both of which can also have numerous health benefits when they're used properly). One of the primary concerns people tend to have about using these metals is the risk that they'll accumulate in the body and lead to heavy metal toxicity. But if you have plenty of antioxidants in your diet, such as selenium, vitamin E, and amino acids like N-acetyl cysteine, you're safe from any harmful effects from this family of metals. Germs, however, are not. Once a germ has entered human cells, it becomes

more difficult for drugs to attack the infection without also becoming toxic to those cells. But according to a research study published in the *European Journal of Biochemistry*, silver (and the other metals in this family) bring about a key reaction within the body's defense system: the production of hydrogen peroxide. Hydrogen peroxide is lethal to germs, but it's not harmful to healthy human tissues when they're protected by plenty of antioxidants [5].

The secret to silver's success

Although researchers have known of silver's germ-fighting effects for decades, it wasn't until 2000 that scientists finally understood why it worked so well. But first, it's important to understand antibiotics' Achilles' heel. Although germs have three vulnerable targets, any single antibiotic can attack only one of them at a time: (1) the germ's outer membrane, (2) its internal components, or (3) its delicate gene pool. When a germ becomes resistant to an antibiotic, it has learned how to fortify the specific target that the antibiotic attacks. You'd have to take several antibiotics to attack all of the germ's targets simultaneously.

But that sets the stage for further problems. Taking multiple antibiotics just increases the odds of wiping out enough friendly bacteria to allow an infection by various fungi (including *Candida* and other yeast). And in place of the friendly bacteria, "resistant" bacteria set up camp, including the infamous, but all-too-common, hospital residents-staph aureus and clostridia.

Antibiotics obviously don't have what it takes to nip these super-bugs in the bud. But that's where colloidal silver comes in. Silver attacks all three of the germ's vulnerable targets at once. First, the silver ions easily rupture a germ's outer membrane when present in the right amounts, causing the germ's vital internal components to be exposed in the bloodstream to our white blood cells. While the white blood cells attack the internal components, the micro-particulate silver continues to destroy these vital internal components by cutting up vital enzymes.

The silver ions then easily attack the germ's third vulnerable target: its delicate gene pool. Silver ions have the ability to reach into the nucleus of the germ, where its gene pool is located. Once they combine with the genes, the genes become paralyzed, and the germ cannot replicate itself [6]

Gearing up for a war on viruses

But silver doesn't stop at fighting bacteria-it also targets fungal infections, such as athlete's foot and *Candida*, as well as viruses, such as the flu, upper respiratory infections, strep throat, and even HIV.

As I mentioned earlier, one of the biggest problems with fighting off germs-whether they be bacteria, viruses, or fungi-is keeping the body's cells safe and unharmed in the process. When a virus enters your body, it has to attach itself to your body's cells in order to live, and it actually uses those cells to help reproduce itself. They're so intertwined that it's impossible to kill off the virus without killing your body's cells in the process.

Because of that, your immune system is basically on its own when it comes to fighting a virus after it has entered your body. It does this by creating antibodies that will kill that specific virus and will keep it from coming back again. One mainstream medical solution is to get a vaccine of the specific virus (such as small pox or the measles) before you contract it. That will cause your body to build up antibodies to the virus and prevent you from contracting the real thing. But that's not the only medical solution. There are a few somewhat-effective patent medications, though they're laden with side effects. Look up "amantadine" and "acyclovir" for example, or some of the patent medications used against HIV.

Once again, the problem occurs when the virus itself changes. Take the flu, for example. The flu is one of the most common viruses that we face every year. But it's hard to stay ahead of it because new strains are always developing that are different from the ones that vaccines have been developed to treat. Many flu vaccines are a classic example of "fighting the last war" over

again, instead of the present one. Each year it becomes increasingly more clear that what we really need is a broad-spectrum antiviral agent [7]. Which brings us once again to colloidal silver.

A number of emerging medical studies confirm the antiviral properties of silver ions both in the laboratory and in real human studies against some of the most formidable viral organisms, including HIV and herpes [8-10]. A study in 1991 showed that both zinc and silver ions strongly inhibited HIV infection [11]. In 1993, the Washington Post cited laboratory tests showing that a new Japanese silver ion powder actually destroyed both HIV and herpes [12] And when silver is tied to oxygen, it can actually electrocute the germ--which has turned out to be a powerful new way to destroy viruses. [13]

Beginning in the 1970s, several independent researchers found that silver ions easily destroy Candida and other fungi. [14-16] But it wasn't until a pilot study during the mid- 1990s that included human patients suffering from terminal AIDS that medical researchers established solid evidence showing just how quick and effective silver ions can be in the treatment of Candida as well as HIV. In this study, nine individuals who were near death were divided into two subgroups. One group suffered from HIV and a terrible Candida infection. The other group suffered from both HIV and an extreme form of malnutrition (known as Wasting Syndrome). The researchers found that in both groups the colloidal silver was capable of killing pathogens and purging the bloodstream of germ defenses in order to restore the immune system [17].

One of the most exciting aspects of this study is the positive effect colloidal silver had on the severe blood disorders present in AIDS. For example, it is well known that certain populations of immune cells called CD4 cells (a type of white blood cell) are greatly altered and deficient in people who have AIDS. Although silver ions may initially cause a person's blood cell counts to drop, the deficiency in the CD4 cells is corrected within 24 to 72 hours. This is called the "rebound effect."

As far back as 1916, researchers found that silver-based drugs increased the numbers of immune cells called leucocytes, while at the same time checking Staphylococcus septicemia, a severe and often lethal blood infection [18]. After an initial decrease in red and white blood cells, silver ions caused a rapid increase in both types [19,20]. But it wasn't until 2001 that a single pilot study reported in the Clinical Practice of Alternative Medicine showed that high concentrations of a certain kind of colloidal silver had the same results: at first, a dramatic and sharp decrease of the good blood cells, but then a rebound effect rapidly kicked in and resulted in total blood cell recovery[21].

Another feature of certain immune cells that is vital to destroying germs is the ability of those cells to swallow and digest them. How fast or how slow these immune cells carry out this vital defensive action is called the phagocytic index. In 1909, the Journal of the American Medical Association was the first medical journal to point out that colloidal silver could actually increase our immune cells' phagocytic index [22,23]. In the past few years, more studies have shown that silver ions greatly enhance the essential second part of the phagocytic index--the part where the germ is digested by our immune cells. This is brought about because silver ions increase the "digesting juices" (what you know as hydrogen peroxide) of these immune cells.

Pint-sized particles duke it out with the Goliath of germs

The smaller the size of the silver particle, the more likely it is to kill germs. Previously, the smallest silver particle preparations were between 14 and 26 nanometers.

(A nanometer is one billionth of a meter.) But more recently, many natural medicine clinics and physicians have been working with a preparation of silver that has a confirmed uniform particle size of 0.8 nanometers. It's called Argentyn 23. When this 0.8-nanometer-sized silver is used intravenously by physicians, it's often called "UPOSH," which is short for "ultraparticulate uniform picoscalar silver hydrosol." (Another 0.8- nanometer form that's available over-the-counter is called Sovereign Silver. It's 10 parts per million, while Argentyn 23 and "UPOSH" are 23 parts per million.)

At 0.8 nanometers, the silver particles in Argentyn 23 and **Sovereign Silver** are tiny enough to be readily absorbed in your stomach, so they can easily penetrate into germs when properly delivered in the right amounts. Another benefit of quick absorption is that it protects the good bacteria in your digestive system. In contrast, as antibiotics travel deep into the intestinal tract, they destroy the protective bacteria that reside there, often causing diarrhea and yeast infections in the process.

If you feel an infection coming on, try taking 1 teaspoon (5 ccs) of Argentyn 23 every 15 to 60 minutes on an empty stomach seven or more times daily. Or, if you decide to take Sovereign Silver instead, take 2 teaspoons each time since it's a "weaker" solution. Of course, it's always a good idea to check with your doctor about what might be right for your particular circumstances. But the sooner you start taking it in the course of an infection, the better its chances of working quickly. You can use the silver treatment while taking other anti-infection and immune-boosting agents, such as vitamin C, vitamin A, Echinacea, and many others, but you shouldn't take them at the same time because the silver absorbs best on an empty stomach.

Although these tiny quantities of silver are very safe for humans, you should still stop the treatment once the infection is gone. Long-term use of very large doses of silver can cause a bluish discoloration of the skin called argyria.

Occasionally, colloidal silver can be so effective that the immune system can't handle the rapid dying off of microorganisms. This excess die-off could produce symptoms called Jarisch-Herxheimer effects (JHEs), more commonly called Herxheimer reactions. Symptoms can include mild to moderate headaches, joint pain, sweating, nausea, flulike symptoms without fever, malaise, a red rash, skeletal pain, and itching. Less common symptoms include chills, diarrhea (typically of short duration), vomiting of short duration, and fever. Keep in mind, though, that these symptoms are actually an indication that the treatment is working. If you experience Herxheimer reactions, stop taking the treatment for 24 to 48 hours and then resume at a lower dose. And as always, consult your doctor if any unexpected symptoms occur. Argentyn 23 and Sovereign Silver are available from health care practitioners, natural food stores, compounding pharmacies, and the Tahoma Clinic Dispensary. I am not connected with the manufacturers of Argentyn 23 or Sovereign Silver.



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As of today, Dr. Wright has received over 35,000 patient visits at his now-famous [Tahoma Clinic](#) in Washington State.

Citations available at <http://www.wrightnewsletter.com>.

Crohn's Disease

Crohn's disease causes inflammation in the small intestine. Crohn's disease usually occurs in the lower part of the small intestine, called the ileum, but it can affect any part of the digestive tract, from the mouth to the anus. The inflammation extends deep into the lining of the affected organ. The inflammation can cause pain and can make the intestines empty frequently, resulting in diarrhea.

Crohn's disease is an inflammatory bowel disease (IBD), the general name for diseases that cause inflammation in the intestines. Crohn's disease can be difficult to diagnose because its symptoms are similar to other intestinal disorders such as irritable bowel syndrome and to another type of IBD called ulcerative colitis. Ulcerative colitis causes inflammation and ulcers in the top layer of the lining of the large intestine.

Crohn's disease affects men and women equally and seems to run in some families. About 20 percent of people with Crohn's disease have a blood relative with some form of IBD, most often a brother or sister and sometimes a parent or child.

Crohn's disease may also be called ileitis or enteritis.

What causes Crohn's disease?

Theories about what causes Crohn's disease abound, but none has been proven. The most popular theory is that the body's immune system reacts to a virus or a bacterium by causing ongoing inflammation in the intestine.

People with Crohn's disease tend to have abnormalities of the immune system, but doctors do not know whether these abnormalities are a cause or result of the disease. Crohn's disease is not caused by emotional distress.

What are the symptoms?

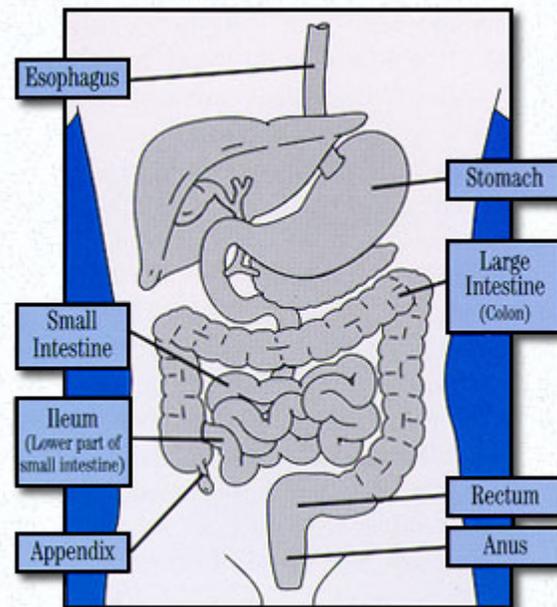
The most common symptoms of Crohn's disease are abdominal pain, often in the lower right area, and diarrhea. Rectal bleeding, weight loss, and fever may also occur. Bleeding may be serious and persistent, leading to anemia. Children with Crohn's disease may suffer delayed development and stunted growth. How is Crohn's disease diagnosed?

A thorough physical exam and a series of tests may be required to diagnose Crohn's disease.

Blood tests may be done to check for anemia, which could indicate bleeding in the intestines. Blood tests may also uncover a high white blood cell count, which is a sign of inflammation somewhere in the body. By testing a stool sample, the doctor can tell if there is bleeding or infection in the intestines.

The doctor may do an upper gastrointestinal (GI) series to look at the small intestine. For this test, the patient drinks barium, a chalky solution that coats the lining of the small intestine, before x rays are taken. The barium shows up white on x-ray film, revealing inflammation or other abnormalities in the intestine. The doctor may also do a colonoscopy. For this test, the doctor inserts an endoscope--a long, flexible, lighted tube linked to a computer and TV monitor--into the anus to see the inside of the large intestine. The doctor will be able to see any inflammation or bleeding. During the exam, the doctor may do a biopsy, which involves taking a sample of tissue from the lining of the intestine to view with a microscope.

If these tests show Crohn's disease, more x rays of both the upper and lower digestive tract may be necessary to see how much is affected by the disease.



What are the complications of Crohn's disease?

The most common complication is blockage of the intestine. Blockage occurs because the disease tends to thicken the intestinal wall with swelling and scar tissue, narrowing the passage. Crohn's disease may also cause sores, or ulcers, that tunnel through the affected area into surrounding tissues such as the bladder, vagina, or skin. The areas around the anus and rectum are often involved. The tunnels, called fistulas, are a common complication and often become infected. Sometimes fistulas can be treated with medicine, but in some cases they may require surgery.

Nutritional complications are common in Crohn's disease. Deficiencies of proteins, calories, and vitamins are well documented in Crohn's disease. These deficiencies may be caused by inadequate dietary intake, intestinal loss of protein, or poor absorption (malabsorption).

Other complications associated with Crohn's disease include arthritis, skin problems, inflammation in the eyes or mouth, kidney stones, gallstones, or other diseases of the liver and biliary system. Some of these problems resolve during treatment for disease in the digestive system, but some must be treated separately.

What is the treatment for Crohn's disease?

Treatment for Crohn's disease depends on the location and severity of disease, complications, and response to previous treatment. The goals of treatment are to control inflammation, correct nutritional deficiencies, and relieve symptoms like abdominal pain, diarrhea, and rectal bleeding. Treatment may include drugs, nutrition supplements, surgery, or a combination of these options. At this time, treatment can help control the disease, but there is no cure.

Some people have long periods of remission, sometimes years, when they are free of symptoms. However, the disease usually recurs at various times over a person's lifetime. This changing pattern of the disease means one cannot always tell when a treatment has helped. Predicting when a remission may occur or when symptoms will return is not possible.

Someone with Crohn's disease may need medical care for a long time, with regular doctor visits to monitor the condition.

Nutrition Supplementation

The doctor may recommend nutritional supplements, especially for children whose growth has been slowed. Special high-calorie liquid formulas are sometimes used for this purpose. A small number of patients may need periods of feeding by vein. This can help patients who need extra nutrition temporarily, those whose intestines need to rest, or those whose intestines cannot absorb enough nutrition from food.

Surgery to remove part of the intestine can help Crohn's disease but cannot cure it. The inflammation tends to return next to the area of intestine that has been removed. Many Crohn's disease patients require surgery, either to relieve symptoms that do not respond to medical therapy or to correct complications such as blockage, perforation, abscess, or bleeding in the intestine.

Some people who have Crohn's disease in the large intestine need to have their entire colon removed in an operation called colectomy. A small opening is made in the front of the abdominal wall, and the tip of the ileum is brought to the skin's surface. This opening, called a stoma, is where waste exits the body. The stoma is about the size of a quarter and is usually located in the right lower part of the abdomen near the beltline. A pouch is worn over the opening to collect waste, and the patient empties the pouch as needed. The majority of colectomy patients go on to live normal, active lives. Sometimes only the diseased section of intestine is removed and no stoma is needed. In this operation, the intestine is cut above and below the diseased area and reconnected.

Because Crohn's disease often recurs after surgery, people considering it should carefully weigh its benefits and risks compared with other treatments. Surgery may not be appropriate for everyone. People faced with this decision should get as much information as possible from doctors, nurses who work with colon surgery patients (enterostomal therapists), and other patients. Patient advocacy organizations can suggest support groups and other information resources.

People with Crohn's disease may feel well and be free of symptoms for substantial spans of time when their disease is not active. Despite the need to take medication for long periods of time and occasional hospitalizations, most people with Crohn's disease are able to hold jobs, raise families, and function successfully at home and in society.

Can diet control Crohn's disease?

No special diet has been proven effective for preventing or treating this disease. Some people find their symptoms are made worse by milk, alcohol, hot spices, or fiber. People are encouraged to follow a nutritious diet and avoid any foods that seem to worsen symptoms. But there are no consistent rules.

People should take vitamin supplements only on their doctor's advice.

Is pregnancy safe for women with Crohn's disease?

Research has shown that the course of pregnancy and delivery is usually not impaired in women with Crohn's disease. Even so, women with Crohn's disease should discuss the matter with their doctors before pregnancy. Most children born to women with Crohn's disease are unaffected. Children who do get the disease are sometimes more severely affected than adults, with slowed growth and delayed sexual development in some cases.

Opinion 1

I became aware of your site & product through a friend that is a toxicologist with a biotoxicity testing firm. He had had a severe bacterial infection of the sweat glands under his armpits. He had been to a number of doctors & nothing they did was working for him. He decided to go online & search for alternative treatment that would bring him some relief. He quit taking the other medicines the doctors had him on & started taking the advanced colloidal silver. His problem went away & he has not had any additional flare-ups for the past several months. He told me about the ACS & mentioned some of the other things that the testimonials had said it helped them with. One of the things he mentioned was Crohn's Disease & since a close friend of mine has that disease I went to your site to investigate. I have since referred them & number of others to the site & several have gone to the site & ordered the product. It has helped several of them with some of the things that they took it for as well as some things they didn't expect it to help. I saw in one of your letters that you recommended that if they decided to make their own with your equipment that they ought to have it tested by the batch to know what the silver concentration was.

Opinion 2

Dear people at colloidal-silver,

I find myself compelled to write to you to tell my story and to let other people know there is a cure. I would not usually bother to write to a web-site for any reason but something so important must be told. I am a 44yr old male, who has suffered terribly from colitis for over 3 years. I have been to many doctors, specialists etc., all to no avail. I have been subject to very painful "Barium-Enemas" and the Dreaded "Colonoscopy" twice. My Family has put up with my "Problem" as they are very loving people and they have watched and "Heard" me suffering many times. I could not work, or go anywhere without the fear of an accident. What has happened is nothing short of Amazing. I Live on Top of Blue Mountain, just outside of Toronto-Canada, by two hours. My son is a snowboarder, my wife and I enjoy nature and Hiking. I have been diagnosed with Severe Colitis, and have suffered awful pains and cramps for years. My entire life was affected by this disease that the doctors have told me there was no cure for and that I would be on Medication for life. I was so depressed all the time and I truly was trapped in my home. Only a person with Chrons or Colitis would know what I mean. We moved up here to Blue mountain when General Motors Closed their Scarborough Van Plant, and my wife Shelley, lost her job at Sanwa Bank at "The BCE Tower" Downtown Toronto, when it downsized. With both our jobs gone, we decided to spend our savings and buy on Blue mountain, where I could suffer in peace. One evening only a month ago, I received a call from my sister who is a nurse at The V.G. Hospital in Nova-Scotia and she told me about something she had heard

from a former patient who had suffered with Chrons/Colitis for a long time. She is not one to stray from work Ethics or conventional Medicine, and usually will argue on the drug Company's side. This time is different and she says as much. She tells me "Bill, I have something I want you to look into," and I believe there must be some merit to it, or I would not ask you to do this. You know I don't agree with home remedies but a patient I know very well "actually a friend" insists I tell you what has made her better. She went on, to cover her tracks in case it didn't work and said, "you know how I feel about this type of self medication but you are my Brother and I know the suffering you are going through. My Friend of 25 years has completely healed her self of this dreaded disease and insists I tell you about Colloidal-Silver. I read her info and researched on my own. I trust my sister and I Have nothing to lose, so I buy 1 bottle and start with 3 Tablespoons a day. The results were almost instant. The next day, I felt better with respect to trips to the can. The following day I began to experiment with different foods, without consequence. Each day I felt better and better, and began cutting back on my meds. Now I was taking only half of what i was told. When ten days passed, i quit my meds and I cannot believe the amazing change in my life. IT is a miracle, I think not! What it is, is learning new information that has been suppressed by the Drug companies. It is understanding that Silver is the most potent Antibiotic known to man, Naturally. The Kings in the old days, had caravans of Pure Silver Barrels full of water, hauled by Oxen, to treat many diseases. This Silver reaches places far inside our intestines, where conventional medication cannot. This is the type of Bacteria that causes our suffering. I can only say that if you are suffering from Chron's or Colitis, you owe it to your-self to try Colloidal-Silver And get your Life back. I can't believe it was so simple to cure myself, and I had suffered all those years. I will leave my email, so anyone may ask me questions on how long it took or any other questions you may have. May God Bless you All "Bill and Family"..... President and Owner of G.B.PROPERTIES.

Why is Sovereign Silver referred to as a Silver Hydrosol, and what differentiates it from Colloidal Silver, Ionic Silver and other silver supplements?

Over the past two decades, the term "colloidal silver" has been dramatically polluted by manufacturers that produce (knowingly or unknowingly) silver products contaminated by the presence of salts, proteins, compounds, stabilizers, and oxidation – all of which serve to degrade and diminish the bio-activity of the silver, and render it potentially toxic.

A Bio-Active Silver Hydrosol™, such as Sovereign Silver or Argentyn 23, represents the ultimate refinement and purity of the colloidal silver category. It is the suspension of a high content (96%) of ultra-fine, positively charged silver ions (Ag+) in only pharmaceutical-grade purified water. This is not to be confused with ionic silver, an inferior form of neutral silver/silver salt that is in solution (dissolved), rather than in colloidal suspension. The positively charged silver ions (cations) in a Bio-Active Silver Hydrosol™ remain in suspension, maintaining their fully active state for use within the body.

To maintain the high quality and purity of its silver hydrosols, NIC bottles its products in amber glass by opposition to some manufacturers still using plastic.

Coconut Oil for Digestive Disorders

Excerpts from: Shilhavy, Brian & Marianity Jader, "Crohn's Disease, Irritable Bowel Syndrome, Ulcerative Colitis, and Virgin Coconut Oil" in Virgin Coconut Oil, West Bend, Wisconsin USA, West Bend, Wisconsin, Tropical Traditions, Inc., 2005, p. 62.

If you saw a newspaper headline which stated "Crohn's Disease Patients Find Relief by Eating Cookies" you may think the editor was a little kooky. Dr. L.A. Cohen of the Naylor Dana Institute for Disease Prevention in Valhalla New York wouldn't think so, not if the cookies were made with coconut.

Dr. Cohen notes the ease with which medium chain fatty acids (MCFA) in coconut oil are digested and absorbed and says they "have found use in the clinic as a means to provide high energy lipid to patients with disorders of lipid digestion (pancreatitis) lipid absorption (Crohn's disease), and lipid transport (chylomicron deficiency)."

Eating coconut cookies has made an impact on Gerald Brinkley, a Crohn's disease sufferer for 30 years. "When I read that eating coconut macaroons could ease

symptoms," Brinkley says, "I decided to try them myself. Coincidence or not, my symptoms have improved since I began eating two cookies a day."

Crohn's disease is an inflammatory intestinal disease characterized by diarrhea, abdominal pain, bleeding ulcers, bloody stools, anemia, and weight loss. Ulcerations can occur anywhere along the digestive tract from the mouth to the rectum.

Ulcerative colitis is a similar disease that affects the colon—the lower part of the intestinal tract. At times these chronic conditions can become debilitating. The ability of the intestines to absorb food is hampered which may lead to nutritional deficiencies. Sufferers find that certain foods aggravate symptoms and are, therefore, constantly challenged to find foods that they can tolerate.

Reports suggest that coconut may offer relief from symptoms and prevent digestive distress. Teresa Graedon, Ph.D. co-author of *The People's Pharmacy Guide to Herbal and Home Remedies* says during the research for her book she heard enough testimonials about the benefit of using coconut for Crohn's disease that she was convinced that this is one home remedy that may have important medical significance and believes strongly that more research should be pursued in this area.

I have also heard similar stories. For example, one occurred in Hawaii and involved a small child that suffered from an intestinal problem so severe that most any food, including milk, aggravated symptoms. The child was wasting away because he couldn't tolerate most of the foods he was given. A native Hawaiian told the mother to feed the child the "jelly" inside an immature coconut.

She took the woman's advice and the child thrived eating a diet consisting primarily of coconut jelly. Knowing what we do scientifically about the digestibility of coconut oil, it makes sense that it would be of benefit to those with digestive problems.

Interestingly enough researchers have demonstrated the benefits of coconut oil on patients with digestive problems, including, Crohn's disease, at least since the 1980s. The anti-inflammatory and healing effects of coconut oil apparently play a role in soothing inflammation and healing injury in the digestive tract which are characteristic of Crohn's disease.

Its antimicrobial properties also affects intestinal health by killing troublesome microorganisms that may cause chronic inflammation.

While the cause of Crohn's disease is still unknown, many doctors feel it is the result of a bacterial or viral infection. Stomach ulcers, for example, are caused primarily by the bacterium *H. pylori*.

The bacteria bore into the stomach wall causing ulcerations and discomfort characteristic of the condition. It's possible that this bacterium or a similar one could also infect other areas of the digestive tract.

Several studies have shown that the measles and mumps viruses might be involved. A persistent low-grade measles infection in the intestine is common in many Crohn's and ulcerative colitis patients. The infection is localized in the digestive tract so it does not cause a full-scale case of the measles.

Those who have had measles or mumps in the past and now suffer from some type of inflammatory bowel disease (IBD) such as Crohn's disease or ulcerative colitis are likely to harbor a low-grade intestinal infection that the body has not been able to overcome.

The evidence for measles infection as a cause or at least a contributing factor in IBD is very convincing.

In one study, for example, 36 Crohn's disease patients, 22 ulcerative colitis patients, and 89 people free of IBD symptoms (controls) were tested. Twenty-eight of the 36 Crohn's disease patients (78%) and 13 of 22 ulcerative colitis patients (59%) tested positive to the measles virus as compared to only 3 of 89 (3.3%) controls.

H. pylori bacteria and the measles virus are both killed by the MCFA in coconut oil. If the symptoms characteristic in Crohn's disease and ulcerative colitis are also caused by these or some other microorganism then coconut oil may be beneficial in treating these conditions.

Eating macaroons to ease symptoms of Crohn's disease, as strange as it may sound, does have some scientific backing. For those who have Crohn's disease, ulcerative colitis, stomach ulcers, or other digestive problems you don't have to eat coconut cookies to get relief. Eating foods rich in Virgin Coconut Oil, which is high in MCFAs, would work just as well if not better.

Digestion and Nutrient Absorption of Coconut Oil

For at least five decades researchers have recognized that the medium chain fatty acids (MCFAs) in coconut oil were digested differently than other fats. This difference has had important applications in the treatment of many digestive and metabolic health conditions and since that time MCFA have been routinely used in hospital and baby formulas.

The digestive health advantages of medium-chain fatty acids (MCFA) over long-chain fatty acids (LCFA) are due to the differences in the way our bodies metabolize these fats. Because the MCFA molecules are smaller, they require less energy and fewer enzymes to break them down for digestion. They are digested and absorbed quickly and with minimal effort.

MCFA are broken down almost immediately by enzymes in the saliva and gastric juices so that pancreatic fat-digesting enzymes are not even essential. Therefore, there is less strain on the pancreas and digestive system. This has important implications for patients who suffer from digestive and metabolic problems.

Premature and ill infants especially whose digestive organs are underdeveloped, are able to absorb MCFA with relative ease, while other fats pass through their systems pretty much undigested. People who suffer from malabsorption problems such as cystic fibrosis, and have difficulty digesting or absorbing fats and fat soluble vitamins, benefit greatly from MCFA.

They can also be of importance for people suffering from diabetes, obesity, gallbladder disease, pancreatitis, Crohn's disease, pancreatic insufficiency, and some forms of cancer.

As we get older our bodies don't function as well as they did in earlier years. Our pancreas doesn't make as many digestive enzymes, our intestines don't absorb nutrients as well, the whole process of digestion and elimination moves at a lower rate of efficiency.

As a result, older people often suffer from vitamin and mineral deficiencies. Because MCFA are easy to digest and improve vitamin and mineral absorption they should be

included in the meals of older people. This is easy to do if the meals are prepared with coconut oil.

Unlike other fatty acids, MCFA are absorbed directly from the intestines into the portal vein and sent straight to the liver where they are, for the most part, burned as fuel.

Other fats require pancreatic enzymes to break them into smaller units. They are then absorbed into the intestinal wall and packaged into bundles of fat (lipid) and protein called *lipoproteins*. These lipoproteins are carried by the lymphatic system, bypassing the liver, and then dumped into the bloodstream, where they are circulated throughout the body.

As they circulate in the blood, their fatty components are distributed to all the tissues of the body. The lipoproteins get smaller and smaller, until there is little left of them. At this time they are picked up by the liver, broken apart, and used to produce energy or, if needed, repackaged into other lipoproteins and sent back into the bloodstream to be distributed throughout the body.

Cholesterol, saturated fat, monounsaturated fat, and polyunsaturated fat are all packaged together into lipoproteins and carried throughout the body in this way. In contrast, MCFA are not packaged into lipoproteins but go to the liver where they are converted into energy. Ordinarily they are not stored to any significant degree as body fat. MCFA produce energy. Other dietary fats produce body fat.

Inside each of our cells is an organ called the mitochondria. The energy needed by the cell to carry on its functions is generated by the mitochondria. Mitochondria are encased in two membranous sacs which normally require special enzymes to transport nutrients through them.

MCFA are unique in that they can easily permeate both membranes of the mitochondria without the need of enzymes and thus provide the cell with a quick and efficient source of energy. Longer chain fatty acids demand special enzymes to pull them through the double membrane, and the energy production process is much slower and taxing on enzyme reserves.

Because of the above advantages, coconut oil has been a lifesaver for many people, particularly the very young and the very old. It is used medicinally in special food preparations for those who suffer digestive disorders and have trouble digesting fats. For the same reason, it is also used in infant formula for the treatment of malnutrition.

Since it is rapidly absorbed, it can deliver quick nourishment without putting excessive strain on the digestive and enzyme systems and help conserve the body's energy that would normally be expended in digesting other fats. Medium-chain fatty acids comprise a major ingredient in most infant formulas commonly used today.