

# Support for Intestinal Cleansing IB

Developed and reviewed by the clinical, chiropractic, and naturopathic members of the Standard Process team

## Physiology of Intestinal Immunity and Cleansing Function

A healthy intestinal environment uses a multi-layered immune defense system to protect against infectious and parasitic organisms. This defense system includes physical, biochemical, immunological, and microbial mechanisms to prevent colonization and facilitate rapid clearance of invading organisms. When one or more components of intestinal immune defense become dysfunctional or overwhelmed, organisms can exploit those vulnerabilities.

The intestinal pathophysiology of helminthic parasites such as roundworms (e.g., *Ascaris lumbricoides*), hookworms (*Necator americanus*, *Ancylostoma duodenale*), and pinworms (*Enterobius vermicularis*) involves multifaceted host-parasite interactions, including epithelial barrier damage, motility changes, disruption of microbiota, and changes to immune function.

Subclinical parasitic infections are biologically active despite the absence of classic gastrointestinal symptoms and can exert chronic, low-grade effects on host physiology. For example, helminths can impair nutrient absorption and directly compete with the host for nutrients such as iron and protein. Helminths modulate immune function, predisposing the host to chronic low-grade inflammation and impaired resistance to other pathogens. Chronic infections often shift gut microbiota composition, increasing the risk of other GI disorders. Long-standing infection and inflammation can lead to fibrosis of intestinal tissues, causing structural changes, reduced absorption capacity, and persistent gastrointestinal symptoms.

Lifestyle and nutritional interventions can support a healthy intestinal environment by promoting gut barrier function, microbiome, and immune health, supporting nutrient repletion, and encouraging healthy GI motility and intestinal cleansing function.

## Supportive Lifestyle Practices

Recommend implementing techniques like exercise, sauna therapy, Epsom salt baths, skin brushing, and lymphatic massage to support clearance of bioactive compounds secreted by helminths in the GI tract that can profoundly impair host immune function and intestinal barrier function.<sup>1</sup>

Support nervous system regulation through breathwork, heart rate variability (HRV) training, and vagal nerve stimulation. Parasite infections initiate an inflammatory response that affects the brain and central nervous system via the blood-brain barrier, immune cells, and vagus nerve activation.<sup>2</sup>

## Whole Foods Nutritional Recommendations

Encourage patients to add garlic to their food. Garlic is rich in organosulfur compounds like allicin and diallyl sulfides, and other bioactive compounds that support a healthy host immune response and intestinal environment. It modulates gut flora, microbial enzymes, and immune cells and has antioxidant properties.<sup>3</sup>

Suggest the use of the spice clove in sweet and savory dishes. Bioactive components in clove can modulate biofilms and foreign cellular components, support antioxidant processes, and induce changes in immune cell activity.<sup>4</sup>

Patients should consume foods and beverages high in antioxidants like berries, green leafy vegetables, turmeric, and green tea to modulate oxidative stress and inflammatory mediators caused by foreign bioactive compounds.<sup>5</sup>

# Dietary Supplement Regimen



## GI Adsorb™

**Suggested Use: 4 capsules per day, prior to a meal with a full glass of water**

- Contains purified Clinoptilolite (G-PUR®) a zeolite mineral that has adsorbent properties towards naturally occurring toxins\*
- Contains Collinsonia Root, which has been historically used to support normal elimination and digestive health\*
- Helps support a healthy gut barrier\*
- Helps with the body's removal of naturally occurring toxins by supporting a healthy GI barrier and normal elimination\*



## MediHerb® Garlic Forte

**Suggested Use: 1 tablet 1 - 2 times daily**

Garlic is used traditionally in herbal preparations to:

- Support immune system health\*
- Support a healthy circulatory system\*

MediHerb® Garlic Forte has many of the active benefits of fresh garlic. The tablets are enterically coated to protect and utilize the active compounds to their full potential.



## MediHerb® Wormwood Complex

**Suggested Use: 2 tablets 2 - 3 times daily before meals for 10 days, repeated after a 10 day break**

Wormwood Complex contains Stemona, Wormwood, Black Walnut Hulls, and Clove. These herbs have been traditionally used in herbal preparations to:

- Encourage a healthy intestinal environment\*
- Promote healthy intestinal motility\*



## MediHerb® Myrrh Forte

**Suggested Use: 4 tablets 1 - 2 times daily in pulse dosing (3 days on, 4 days off)**

Myrrh is used traditionally to:

- Support healthy bowel function\*
- Support healthy digestion\*
- Support a healthy intestinal environment\*
- Support gastrointestinal health\*

An important component of Myrrh Forte is the alcohol-soluble resin of Myrrh, which contains many substances, including commiphoric acids.

## Assessment of The Intestinal Environment

## In Office/Physical Exam

- Vital Signs
- Signs and symptoms such as loose stools, abdominal pain, nausea, vomiting, fatigue, rashes, headaches, weight loss, brain fog, and nutrient malabsorption
- Lab Studies: Stool microscopy, blood smear, ELISA antigen testing, functional GI testing, consider imaging
- Medical Hx: potential exposures to infected water or food, travel, chronic illness, neurological complications

## REFERENCES

1. Yeshi K, et al (2022). Front Parasitol. Sep 9;1:984152.
2. Lampard-Scotford, A. R., et al (2022). Parasitology, 149(8), 1003–1018.
3. Tudu, C. K., et al. (2022). Frontiers in nutrition, 9, 949554.
4. Bathia, G. E., et al. (2020). Biomolecules, 10(2), 202.
5. Kalogerakou, T., & Antoniadou, M. (2024). Antioxidants (Basel, Switzerland), 13(12), 1508.