

ENTERO-HEPATIC RESUSCITATION^{TCM} (scientific detoxification without metabolic distress)

This program was developed through scientific research into bowel and liver toxicity. Entero-Hepatic Resuscitation (EHR) is based on evidence that fatigue and numerous other symptoms of chronic degenerative disease are associated with chronic toxicity.

An increasing number of research findings corroborate that chronic exposure to exotoxins (environmental toxins), endotoxins (microbial and intestinal toxins) and autotoxins (metabolic byproducts) can result in "metabolic poisoning" and subsequent impairment of mitochondrial (cellular power plant) energy production pathways. This exposure can produce the fatigue, muscle weakness, cognitive dysfunction, fibromyalgia, immune system disruption, neurological impairment and endocrine symptoms observed in individuals who suffer from Chronic Fatigue Syndrome (CFS).

There is a growing body of medical evidence showing that many degenerative diseases (including auto-immune diseases and CFS) can be caused or complicated by suboptimal functioning detoxification mechanisms, leading to damaging accumulation of toxic material in the body. Traditional naturopathic therapists and doctors recognised this fact and would facilitate detoxification through herbal prescriptions, fasting and hydrotherapy. In the process many patients would experience what is termed an "elimination or healing crisis". That is, a patient might become very sick during detoxification.

Research at The Institute of Functional Medicine confirmed the historical belief that the liver is the primary organ responsible for detoxification. A healthy bowel significantly lessens liver burden and facilitates a more effective elimination process. Medically managed "detoxification" is now available without the "elimination crisis". Through the sciences of toxicology and biochemistry together with modern nutritional technology, the Entero-Hepatic Resuscitation program can restore the foundation upon which a therapist may rebuild health and restore vitality.

The Entero-Hepatic Resuscitation program utilises a nutrition-based supplement, called *UltraClear MAINTAIN PLUS*. The EHR program is often used in conjunction with the "4R" Gastrointestinal Support Plan: *Remove* offending (allergenic, sensitive or intolerant) substances and organisms; *Replace* essential digestive factors and/or enzymes; *Reinoculate* with friendly bacteria; and *Repair* mucosal integrity. *UltraClear MAINTAIN PLUS* is part of an oligoantigenic (low allergenic) calorie controlled diet, containing enhanced levels of specific nutrients that have been scientifically identified to repair gastrointestinal mucosal integrity and support hepatic detoxification.

The "leaky gut syndrome" is the term developed to describe the loss of mucosal integrity. The "leaky gut syndrome" results from a number of insults including certain medications, alcohol, food antigens, dietary and substance abuse, microbes, yeasts and parasites. A breakdown in immune defences can also trigger the "leaky gut syndrome".

Patients are required to complete a questionnaire called the Metabolic Screening Questionnaire (MSQ). This measures symptom intensity, duration and frequency on an organ/system basis for patient's with multiple chronic symptoms. It is recommended patients complete this questionnaire every week for the duration of the EHR program. On average a 50% improvement in symptoms, as measured by the MSQ, is experienced by patients who follow their individualised EHR program. Symptoms that improved most rapidly were those related to energy/activity, digestive function, mood/mind/emotions, sleep and muscle pain. Additional symptoms that improved included, those related to eye pain when reading, headaches and skin problems.

Please Note:

1. You may use the booklet titled "A Patient Guide to the UltraClear MAINTAIN ~~PLUS~~, Gastrointestinal Support Program" which gives guidelines on the EHR program. However information contained should not replace information in these pages. The booklet provides useful recipes and meals plans but wherever the food list differs from the LOW REACTIVE, LOW ALLERGY FOODS LIST on page 4 of this handout, please substitute. You are encouraged to only eat foods from this list.

2. This program usually goes for 6-12 weeks with weekly or fortnightly reviews. Depending on progress the program might need modification. This usually means replacing UltraClear MAINTAIN ~~PLUS~~ powder (specific for GIT repair) with UltraClear or Ultra Clear PLUS powder (specific for liver detoxification and metabolic clearing).

3. For the first week on this program you are required to maintain a vegetarian diet eating only foods in *italics* from the LOW REACTIVE, LOW ALLERGY FOODS LIST provided on page 4 of these sheets and completely avoid meat, fish and chicken. Try to rest and relax during this program. Massage is useful supportive therapy.

4. Known food allergies, sensitivities and intolerances must be avoided in spite of their inclusion in allowed food lists. Current exclusions or dietary recommendations should be continued unless otherwise advised.

5. All prescribed medication must be continued throughout this program, however, non-essential medication and supplementation should be stopped (with the approval of the prescriber) to reduce "metabolic stress" and maximise EHR's benefits.

6. Patients must complete a MSQ prior to each review.

7. A successful EHR program should be associated with decreasing signs and symptoms each week, however, a rare patient might experience an exacerbation of their condition. In spite of the well-established protocol this might be a mild "elimination crisis" or an adverse reaction, so *please notify me of such developments without delay.*

8. Two scoops (60 gm) of *UltraClear MAINTAIN PLS* powder into 240mL of cold, natural, unsweetened juice (not citrus) or purified water twice daily. This is the nutrition-based repair supplementation for this EHR program.

9. Be sure to eat regular meals and to eat enough! This is not a starvation fast but a scientifically designed GI repair and metabolic detoxification program, designed for someone who wants to detox without distress. If you lose weight on this program it should not fall below optimum levels. You should not feel hungry!

10. Try to drink 8 x 250mL of purified water throughout the day and avoid drinking with meals. As part of, or additional to this fluid volume, drink 400-600mL of mixed vegetable juice (refer page 4, for allowed vegetables).

11. Avoid peanuts; substitute recipes with cashews or macadamia nuts and pastes.

12. Do not eat foods containing any of the following:

Wheat	Dairy products	Alcohol
Rye	Processed foods	Caffeine (in coffee, tea, cola, chocolate, etc.)
Oats	High fat foods	Artificial food additives
Barley (except barley bran)	Deep frying	Yeast (brewers & bakers)
	Refined sugars & carbohydrates	

13. Good snacks include, plain Smith's crisps, cashews, corn chips, fresh fruit from the Exchange Food List (**NO DRIED FRUIT**), rice crackers, veggie chips, unsweetened carob, maple syrup (if you desperately need sweetening).

14. A good alternative baking flour combines equal weight of arrowroot, soy, and rice flour or use Pure Harvest's "Brown Rice Baking Mix" or other **gluten-free flour** from your health food store.

15. Light to moderate exercise is encouraged, especially brisk walking for 3/4 to 1 hour per day.

16. Eating avocado while on this program is not advised but if desired use sparingly.

17. The LOW REACTIVE, LOW ALLERGY FOODS LIST is the preferred source of allowable foods. Recipes in the *UltraClear MAINTAIN PLS* Patient Guide may contradict this list but patients are advised to choose only from this list and make substitutions to recipes where appropriate.

18. The cost of *UltraClear MAINTAIN PLS* powder and *UltraClear* capsules is \$65 for 14 servings. This usually lasts 7 days at 2 servings per day. Progressive reviews (weekly or fortnightly) will cost \$15 per visit.

19. When the GIT score in the MSQ is reduced below 8 and/or the MSQ total falls below 80 points, patients will be changed to *UltraClear* liver detoxification program to finalise the detox treatment. Eventually the MSQ scores should fall below 30 before successfully completing the EHR program.

LOW REACTION, LOW ALLERGENIC FOODS

(FOODS IN *ITALIC* PRODUCE THE LEAST METABOLIC STRESS)

VEGETABLES	FRESH FRUIT	PROTEIN	OTHERS
Asparagus	<i>Apples,</i>	<i>Chicken, (free-range;</i>	<i>Celtic & Sol Breads</i>
Bamboo shoots	<i>(Golden & Delicious)</i>	<i>no skin)</i>	<i>(Yeast-free, wheat-free &</i>
Beetroot	<i>Apples,</i>	<i>Chickpeas</i>	<i>gluten-free)</i>
Brussels sprouts	<i>(Jonathon & Granny)</i>	<i>Eggs, (if not allergic;</i>	<i>Alternative flours:-</i>
Cabbage	<i>Banana (ripe)</i>	<i>only 2-4 /wk)</i>	<i>(Equal parts of arrowroot</i>
Carrots	<i>Custard apple</i>	<i>Fish (fresh & white)</i>	<i>rice & soy flours;</i>
Celery	<i>Loquat</i>	<i>Lean lamb</i>	<i>Brown Rice Baking Mix)</i>
Chinese vegetables	<i>Mango (if not allergic)</i>	<i>Lean veal</i>	<i>Carob</i>
Choko	<i>Pawpaw</i>	<i>Legumes</i>	<i>Cashew paste</i>
Cos lettuce	<i>Pear</i>	<i>Lentils</i>	<i>Curry (fresh;</i>
Dried beans & peas	<i>Persimmon</i>	<i>Rabbit</i>	<i>moderate use only)</i>
Green beans & peas	<i>Tamarillo</i>	<i>Tofu</i>	<i>Garlic</i>
Iceberg lettuce			<i>Ginger (fresh)</i>
Leek			<i>Fresh herbs</i>
Lentils	NUTS & SEEDS		<i>Herbal teas (non citrus)</i>
Lettuce	<i>Buckwheat</i>		<i>Malt vinegar</i>
Marrow	<i>Cashews</i>		<i>Mixed vege juices*</i>
Mungbean sprouts	<i>Linseed meal</i>		<i>Nut & Rice milks</i>
Parsley	<i>Poppyseeds</i>		<i>Pasta & Noodles</i>
Parsnip	<i>Sprouted seeds,</i>		<i>(only from allowed grains)</i>
Potato, white peeled	<i>(not Alfalfa or Cress)</i>	FATS & OILS	<i>Plain potato chips</i>
Potato, new red		<i>(Cold-pressed with no</i>	<i>Rice crackers</i>
Pumpkin		<i>Antioxidants)</i>	<i>Soy (milk & cheese)</i>
Red cabbage	CEREALS	<i>Almond</i>	<i>Tofu (yoghurt & desert)</i>
Rhubarb	and GRAINS	<i>Canola</i>	<i>Yeast-free Damper</i>
Shallot	<i>(GLUTEN-FREE ONLY)</i>	<i>Corn</i>	<i>(made from allowed grains)</i>
Snow pea & sprouts	<i>(YEAST-FREE ONLY)</i>	<i>Linseed</i>	
Swedes	<i>Alternative flour,</i>	<i>Peanut</i>	
Sweet potato	<i>(refer 'Others')</i>	<i>Safflower</i>	
Turnip	<i>Corn (if not allergic)</i>	<i>Sunflower</i>	
	<i>Millet (hulled)</i>		
	<i>Rice</i>		

* Drink approx. 2-3 litres fluid per day comprising pure water and fresh, mixed, vegetable juices (400-600mls) chosen from the above list.