

Digestion and The Immune System and Aloe Vera MPS

By John C. Pittman, M.D.

Poor digestion results in two primary problems:

1. Food is not broken down into the elemental building blocks necessary for the body to rebuild itself and generate energy for metabolism. At a cellular level, toxins are not removed from the cells, sufficient nutrients are not moved in to the cell, and not enough energy is produced for cell functioning. **This affects all cells including the immune system cells such as white blood cells, which then lack the fuel and the oxygen to carry out their normal function.**
2. Even more significant is that maldigestion results in food remnants in the gut causing several pathological reactions. First, there is irritation of the intestines, causing increased permeability of the cells in the intestinal wall. Undigested protein can then leak across into the lymph system and then into the general circulation, with the immune system reacting to contain the foreign invaders. The immune system becomes overtaxed and runs down. Oxygen and fuel gets used up; **the immune cells wear out faster and do not reproduce in sufficient numbers.**

Undigested food remnants can also become a breeding ground for candida and several types of parasites. Candidiasis produces toxins that cause increased digestion dysfunction, food allergies, fatigue and a host of other problems. **Ultimately, this causes the immune system to become even further depressed.** The inflammation in the intestines causes further damage by causing reactions that produce oxidative free radicals as waste by-products. Then negatively charged oxygen molecules begin to chop holes in cell membranes in an attempt to grab a positive charge. This results in further damage to the intestinal walls and ever increasing permeability. The leaky gut syndrome increases with more food particles going into the blood.

Research has shown that Aloe mucopolysaccharides have a remarkable ability to normalize all of these damaging processes, which has the effect of enhancing the immune system function through improved digestion. Aloe mucopolysaccharides act as a potent anti-inflammatory agent, stopping the damage and leakage of the intestinal wall, thereby taking the stress off the immune system.

Aloe mucopolysaccharides have direct anti-bacterial, anti-viral, anti-fungal/yeast and anti-parasite effects. Chronic yeast growth can be controlled so the normal, healthy flora can then thrive more easily. Furthermore, the macrophages, monocytes, antibodies and T-cells are stimulated. Phagocytosis (when large white blood cells engulf particles) is dramatically increased to ingest foreign proteins, such as the HIV virus. **Aloe mucopolysaccharides increases the number and intensity of all immune cells in the body.**

The key to integrating healthy digestion with a healthy immune system is the oral ingestion of Aloe mucopolysaccharides.