Clearing the Path: Toxins, Toxemia and Natural Remedies for Gut Restoration Transcript

(Transcripts are generated by AI and may contain errors)

Hi, everybody. Great to be with you. I'm really excited to have Doctor Jared Zeff with me. He's actually one of my mentors. Many years ago when I was back in school, I think we're hitting like 30 years ago.

Jared. But, time flies. But anyways, I wouldn't have doctors F-bomb because he's really one of the people we look up to in integrating philosophy with action and medicine.

A lot of people don't realize in life you have to have a sound philosophy because it directs how you act in life, in medicine, how you treat people, how you look for root causes, how you can better help people with medicine.

And so it's very, very important. So today we're going to talk about the relationship between gut health and the importance or the hierarchy and whole body healing.

And so I think when you listen to this, you'll find it very interesting in innately, it's going to make a lot of sense to you. But before we get into that, I want to introduce you to Doctor Jared Zeff.

He's a doctor. He's also an educator for medical students, for doctors. He's got a private practice here in Washington, in the Washington area. Washington state, you're just on the border, right, of Portland and Washington.

Yeah. Vancouver. Washington. Vancouver. Exactly. So he's still available to see as a doctor. And he's wants more words I won't tell you about. But in 1989, you were nature path position of the year, the United States.

So that's that's pretty impressive. 2002 you got a lifetime achievement award from the Northwest Nature Path Physicians Association. Follow your contribution.

So basically anyone in holistic Nature path knows who doctors F is. And we greatly appreciate him. So Doctor Zeff, very interested to kind of get this importance of got health and the hierarchy in terms of medicine, preventing disease, healing disease.

I wrote that book, The Holistic Guide to Gut Health, where I got into the science validating nature theory in terms of how the gut affects whole body health.

It's indisputable now, but many decades ago, most doctors thought we were kind of off our rocker. But this is the truth prevailed. So please go ahead and talk to us about this.

Okay. Let me let me start this way. In our culture, we generally understand the role of doctors is to diagnose and treat disease. That is to say, to figure out what's wrong and to fix it.

And the is one of the assumptions of that way of thinking is that there are diseases. There are about 14,000 diseases listed in the CD ten. And so the job of the doctor is when the sick person comes in to figure out which one of those diseases they have or how many, and treat them as entities, so to speak, almost as if they're separate from the patient.

That's intuitive. Everybody understands that. We learned that in our culture as children, just from how people talk. Looking at the television, everything else, the job of the doctor is to diagnose and fix your problem.

There's another way of thinking about it. And in fact, there are a number of different ways of thinking about it. And we would call these ways of thinking an underlying philosophy of medicine.

So the philosophy of conventional medicine is based upon a simple and elegant paradigm, the diagnosis and

treatment of disease. That's not what I do. That's not how I think.

Certainly as a physician, I'm trained in that. I'm aware of that. You're aware of that. We understand all of these 14, 000 diseases, more or less. We've studied pathology, etc.

but as a nature physician, I operate in a different paradigm. The paradigm I operate in could better be characterized as the restoration of health. Now this.

This is the goal of any. But instead of focusing on disease, I'm focusing on health. And my my underlying assumption begins with A person should be healthy.

And if they're sitting in my office, they're not healthy. Why aren't they healthy? You should be healthy. What's happening to disturb your health? So I see my role not fundamentally as determining what's the nature of your disease.

But why aren't you healthy? And that means I have to understand what health is, what are the determinants of health, and examine my patient looking for what's disturbing the health.

And primary among the disturbances of health is diet and digestion. They're foundational. In order to be healthy, you need to be able to sleep, rest, eat, exercise, digest, make sure all your nutrients are there, and have have good relationships in your life.

And when you do these things, you feel good. You feel healthy most of the time. Once in a while, maybe you get a cold or flu, which is really a cleansing process to kind of re to tune up the system.

So when when the sick person is sitting in front of me, I'll spend I spend typically two hours with a new patient. A medical doctor spends maybe 10 or 15 minutes with a patient because we're doing different things.

They're identifying the disease, maybe with lab tests and symptom picture and then prescribing, usually medication to counter the disease. I'm trying to figure out why aren't you healthy?

And that means I have to go through a lot of aspects of your life. How do you eat? How do you digest? How do you sleep? How do you exercise? What are your relationships likes?

What is your health been like your whole life? What kinds of things may have happened that may have been suppressed or maybe impacting your health today?

That happened maybe 20 years ago, and then I'm going to do a physical exam. I'm going to look at how all the different systems of the body are functioning.

I'm not looking primarily for disease, but I may find it. What I'm looking for is what is functioning the way it's supposed to and what isn't. One of the most common things I see, for example, is low adrenal function.

A lot of people are stressed in our culture, especially now when you're stressed over a period of time, your adrenals become lower and lower than people get tired.

Then they don't sleep as well. They're tired during the day. They tend to maybe even want to take a nap around two in the afternoon. They don't think as well.

This is easy to correct, but it's not a disease is it's an under of a tired system. So I'm looking for all these kinds of things and principal among them.

I'm looking at diet and digestion. So I go through what my patients eat for each meal, what their diet patterns are like. Are there any foods that are a problem for them, any food cravings, anything they don't like?

And then I do some testing to find out. Are there foods they literally don't digest? Well, probably for enzymatic reasons. And if you don't digest something well, what doesn't digest well ferments or putrefying in the intestine.

These processes generate toxins. The toxins enter the bloodstream. This is measurable. And those toxins tend to foster inflammation. Inflammation is a common denominator of almost all disease, especially chronic disease.

And many times people are told, well, you have a problem like arthritis. We don't know why your joints are inflamed. We're going to give you some medicine to stop the inflammation.

Well, what I'm what I would say is you have this arthritis, your joints are inflamed. And at least part of the reason is because you're not digesting well and you're generating toxins in your intestine that are inflaming your joints.

Because your joints get a lot of stress. They need a lot of blood flow. If there's this toxicity, this pro-inflammatory stuff in the blood, it's going to stimulate inflammation in the joints.

So to reverse the arthritis, I'm going to tell you first eat differently and let's improve your digestive function. So this is how I would characterize the role of diet and digestion in gut health.

And then in the generation of inflammation in the system which underlies most chronic disease problems, is that now it seems like today most doctors that aren't into nature path functional holistic medicine.

They'll agree. Yes, we now know diet definitely plays a role in preventing and treating disease, but they definitely aren't knowledgeable on that second factor you just talked about and digestion.

In other words, you and I, we may have patients where, yeah, they're eating pretty well. They're not necessarily eating offending foods or eating pretty healthy the way God's made food, but because maybe chronic stress, maybe imbalances and or microbiome, various reasons, they're not breaking the food down.

So maybe talk to us a bit more about how you identify that. And then ways you can work with the healing systems of the body to get the digestion back on track.

Okay. One of the things you will commonly see, no matter what chronic disease problem your patient has, they also have a digestive problem. Now, sometimes that may be the reason they come in because they have a digestive problem.

But currently about one third of American adults take proton pump inhibitors. They have a digestive problem. They either take over the counter or they're prescribed something like Brazil or some other drug that suppresses stomach acid production.

This is considered a great boon in conventional medicine. It eases a lot of gut pain or stomach pain. On the other hand, it's a stomach poison. It prevents the stomach from generating acids so that it can't digest as well.

And from that point on down the whole digestive system, the digestive process doesn't work right if there isn't enough stomach acid to start the system.

And so we see that this is extremely common. Like I said, about a third of American adults take these essentially stomach poisons, poison digestion. And the result of that is they don't digest as well.

But they didn't. They had a digestive problem in the first place. That's where this started. So in order to understand why that's happening and to correct it, the first thing I'm going to look at is tell me what you eat, see what the pattern of my patients digest or diet is.

Do they have in their diet all the nutrients they need, the right amino acids, the right fatty acids, enough vitamins, minerals, etc.? I don't really care so much whether they're vegan or vegetarian or omnivorous or whatever.

That's everybody's digestion is a little different, and different people need different things. I don't think there's an ideal diet for everybody. So I'm going to first look at their dietary patterns.

Then I'm going to do some testing to find out. Are there foods you don't digest? Well now let me explain this. Like this. Everybody has the same face.

We have two eyes and nose or mouth? Ears. Most people have hair on the top. I don't have as much as a lot of people, but we have the same face basically.

But our faces are individualized. I can pick my wife's face out of a million other faces. Same face, but a different face. And that's similar to what underlies the difference in my face is my enzyme.

My enzymes are determined by my genetics, how my body puts itself together from the time I'm a tiny little one cell thing until I grow into in, in through this amazing process, I my arms and eyes and ears and knows everything develops.

And I come out of my mom and I'm a whole being. And that all started from one tiny little cell about the size of a pencil dot, that process that directs, that continues throughout the rest of your life, that that intelligence, that organizing process.

We call this at a nature. I'm going to come back to that a little later. But that process is worked through a system of genetics and the genetics code for enzymes.

Primarily they code for proteins. Your digestion is enzymatically driven, your stomach makes acid, and from the rest of that process, there are digestive enzymes produced by the pancreas produce to some extent by the gut lining.

And those enzymes are all the same, just like our faces are all the same, but they're different in the same way that our faces are different. Some people don't digest milk as well as other people.

Everybody knows about lactose intolerance. Lactose intolerance means that person doesn't make lactase or doesn't make a high quality lactase. They can't digest lactose, so they shouldn't eat it.

They body doesn't process it right. And it becomes essentially becomes a toxin in the gut. If people who can't digest it, eat it. And that's not the only kind of problem like that.

There are many potential problems like that. They're not generally seen or recognized in conventional medicine, because conventional medicine doesn't concern itself with the physiology of digestion as much as it does with the specific diseases that can be identified in the digestive system.

But as a nature physician, I want to know how come you're not healthy? And one of the primary reasons is because you're eating something your body doesn't know how to digest.

So there's an old naturopathic method that we can test for that. I use that method. I teach that method. In fact, I taught you that. So we we look for specifically what are you eating?

I do you have adequate nutrients in your diet and does your are you capable of digesting the things you eat if you're not, eliminate that thing. The most common one I see in my patient base is milk products. But.

But some people do fine with milk products. So my wife has a fruit intolerance of all things. So if she eats fruit, it messes her up. So we learned this 40 years ago.

She doesn't eat fruit. When I met her, she had a chronic kidney problem. Her father died of chronic kidney disease. As soon as she quit eating the fruit, her kidney cleared up and she's fine as long as she stays away from fruit.

If she eats it, it messes her up so she doesn't eat it. So then I look at how to put together a diet for my patients.

Everybody's a little different. In fact, I have a dietary counselor.

One of my daughters works in the office. She's got advanced degrees in in food and food preparation and all that. And she'll even take people to the store and show them what foods to buy for them, and even teach them how to cook them.

And in fact, for several patients, she does the cooking. So we put together a diet for the patient that's individually individualized for them. And the purpose of it is to enhance digestion, to clear up underlying digestive problems.

To go further than that, I will give almost every patient at the beginning a simple digestive tonic, a bitter tonic to improve stomach function. If there are no members, all or one of the proton pump inhibitors, we work to get them off of that.

That's almost always possible. It's usually fairly easy. It may take a month or two to to get them off of that and to restore stomach function, but we want to restore it in such a way that their digestion improves.

So we use simple herbs, sometimes digestive enzymes, in some patients. We can also use acupuncture to improve digestive function. We use hydrotherapy to improve digestive function.

Hydrotherapy works. We'll use a simple system which will all Doctor Carroll developed called constitutional hydrotherapy, where you put alternating hot and cold packs on the chest and abdomen and on the back to improve blood flow into the digestive system.

And as the blood flow improves, it helps speed the healing of that system. As long as we've removed the toxicities and now the blood is healthier and contains better nutrition and less potential toxicities.

So we use hydrotherapy to improve the blood. We acupuncture to improve motility in the digestive system and improve the energetics of the digestive system.

If we need to do that there are some exercise ISOs actually you can do. Fasting is an important addition to that system. I fast myself every year at least once a year.

Literally. God tells me go on a fast and if he tells me to do it, I can do it. And if I try and do it on my own, it's a lot harder. But last year he told me to do a 30 day fast, which is the longest I ever did.

I went for 30 days. I didn't have anything to eat, just water. And at the end of 30 days I got really hungry and the fast was over. And so I ate. But during the fast I felt great.

And I don't know why. 30 days, but usually it's a week or two. Usually in the summer I fast, sometimes I'll fast, sometimes when I'm ill, when I help Covid.

I didn't need anything for two weeks, but that was because I didn't have any energy. That was different situation. I didn't have enough energy, but I came through it just fine.

I took some homeopathic medicine and some hydrotherapy and got through that problem just fine. And I'm 76, so yeah, that's great. What's interesting when I'm talking to patients, they come in.

Well, some come in chronic diseases and I start going through all their health history, always part prioritize the digestion. And I start just asking a general question.

I digress problems, but people say, oh no, not really. And then you start asking very specific, do you have some bloating? Well yeah I do just occasional. Well, yeah.

Most days quite a bit. You talked about their bones problems there. They got belching. They got asked reflux. So it's almost inevitable if someone has a chronic disease, if you probe them enough you're going to find just through

their symptoms they got digestive issues.

Obviously you can run labs and stuff and see it too, but it's if you got a chronic disease to some degree, some people it's more problematic and others, but there's always a digestive component.

Yes. So if you're going to heal the disease, you have to heal the digestion. And usually that's where you have to start. How would you maybe in just ending this segment and we're going to do another interview with Doctor Zeff on a skin health relate to gut health.

But maybe just give us a minute or two of your thoughts on, you know, when you started in nature path mass and, you know, several decades ago, of course, and you're treating the digestion getting good results, obviously this is something that was, if you will, in allopathic medicine.

And now the courses reversed again, where the science that they like to follow has demonstrated this naturopathic theory, European Chinese medicine. I mean the history goes back and back, the connection between the gut and whole body health.

Just tell us your thoughts on how now it's come around where it's it's, you know, being accepted because this is what the evidence shows. Well, I think you summarized it really well.

If we look back in medical history in the West, if we look back even to Hippocrates, there are about there are a number of writings. Hippocrates didn't write, but he had students who wrote his lectures, so to speak.

And we have these writings attributed to called the Hippocratic Corpus, or the body of the Writings of Hippocrates. And the first one is called On Ancient Medicine.

Now, when I was a student at Nature Ethics School in Kansas, I used to study at the medical school basement where there was this little section on history of medicine.

No one ever went there, so it was really quiet and study carols. I'd go down there. I'd do my study, and I noticed up on the top shelf there was a set of books called the Hippocratic Corpus.

And I thought, wow, this is really cool. I'm going to read about Hippocrates medical secrets. I'm going to start with that. So I picked the first volume, which was called On Ancient Medicine.

I began to read it, and I kept looking for the secrets of healing. And all he was writing about was diet and digestion. And I thought, this, this isn't this isn't the real stuff I went through.

What what herbs did he use? Or what matters is the well, the reason that's what he wrote about that first was because that was the basis. And later on I came to understand that.

I went back to that. I read it again, and I began to incorporate that into my teaching when I was teaching students at the Nature College, at History of Medicine.

So we can trace this back way back not only to Hippocrates, but the ancient Greeks 2500 years ago referred to Egyptian medicine as ancient medicine. And they talked about how the Egyptians began with the gut.

They thought disease started in the gut. Now the Egyptians are writing 3000, maybe even for zero years ago in hieroglyphics. And they're writing about and they're treating people with purgation and herbs to improve gut health and fasting because they say disease begins in the gut.

And it's the same thing we're talking about today. If you don't digest well, the toxicity starts in the intestine and it creates inflammation in the body.

Okay. What we're seeing today is increasingly, as you pointed out, as a medicine, is looking deeper into health.

What they're seeing, okay. What's causing the inflammation that disturbs the arteries, that creates plaque.

It isn't cholesterol. Cholesterol is a repair substance. The body's making. So for 40 years they've been trying to get the cholesterol down, thinking that it would help art, disease and strokes.

Well, what we see is with the introduction of statin drugs that literally cut production of all in half, so that cholesterol is literally too low in the body for a lot of people.

We haven't seen a reduction in heart attacks and strokes. The number is the same. That's the that's the main reason people die, even though again, roughly a third of adults are taking statin drugs to lower cholesterol, that's not the problem.

What's causing the inflammation? I have reversed, lacking in the arteries of patients simply with dietary change hydrotherapy, herbal medicine and homeopathy.

Focusing on digestion. I'm not treating the arteries. I'm not specifically treating inflammation. I'm reducing this inflammatory production of substances in the gut, which then the body, as the inflammation goes down, the body will reverse the plaque in the arteries.

And we've proven that through angiogram we've seen the planking reverse. And I've had several three different cardiologists who said this is a miracle.

I've never seen this. This is impossible. How do you do that? Well, you fix the digestion and the planning reverses because the inflammation goes away.

And the same is true with most chronic diseases. Chronic arthritis. What are we looking at? Why are the joints inflamed? Why are the tissues inflamed?

What's the root of this. And you can trace it to substances such as if you don't digest well what normally would be absorbed, like amino acids like tryptophan or tyrosine, as they get into the large intestine in the bacterial field, the bacteria and the large intestine will further metabolize them into toxic substances.

This is in the medical literature. You can test for it in your office, even. And those substances that are brought about by poor digestion and bacterial degradation of poorly digested foods, you can track them as they enter the bloodstream as inflammatory substances.

This is measurable. This is in the medical literature. There's even books about it. In fact, you wrote a book about it. Yeah, very, very good. Well, that's a good way to end this interview here.

The the philosophy and the reality between gut health and whole body health inflammation. So for the viewers out there, it's just critical diet and digestion have to be fundamental for your health.

And so these are great tips doctors that that's given us on insight into this problem. And look for interview on gut health and skin health. A lot of you have skin problems out there.

And so we're going to get into how that relates to gut health. Doctor Zeff, your clinic there in Vancouver, Washington, the Salmon Creek Clinic, right. Yes.

And so you and your daughter both practice there, and so people can definitely look them up and get some expertise, help your digestion and any other kind of typical body problem.

So, doctor Zeff, thank you so much for your time. My pleasure.