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## **DIE-OFF REACTION WHAT IT IS AND HOW TO PREVENT IT**

When for one reason or another, unfriendly bacterial and/or fungus overgrow in the intestines, the body has to spend more of its energy dealing with the toxins produced. This condition is called **intestinal dysbiosis**. The toxins which are produced can confuse the hormonal system, nervous system, cloud mental processes, interfere with immunity, irritate the lining of the intestines causing “leaky gut”, diarrhea, constipation and create food allergies which can lead to over-all poor health.

Overgrowth can happen in response to **improper diet, poor immunity, difficulties in digestion and antibiotic use**. Poorly digested food can lead to putrefaction (rotting) and encourages the growth of putrefactive organisms. Antibiotic use destroys the normal balance of gut flora and leaves an open field for bad bacteria and fungi to move in. Over-consumption of simple sugars and refined carbohydrates can feed yeasts.

To treat dysbiosis, holistic practitioners recommend several strategies to restore the normal balance of flora to the gut. Therapies can include

- 1) **probiotics** which compete with the undesirable organisms; some strains of probiotics even eat the bad organisms. It is best to switch to different combinations of probiotics about once every month during treatment for dysbiosis.
- 2) **mild silver protein**—a natural antibiotic which kills the bad organisms. This treatment is followed by an intense repopulation with probiotics.
- 3) various combinations of **botanicals and nutrients** which interfere with reproduction of the undesirable bacteria and fungi and increase the body’s immunity against the organisms. This is combined with probiotic therapy.
- 4) **Dietary changes** which “starve” the undesirable organisms.
- 5) Actual **prescription antibiotics** directed at specific organisms which may be difficult to eradicate.

When the undesirable organisms begin to die off and break apart, the toxins in their breaking up cells are released into the gut where they can be absorbed into the blood stream. This can cause a **die-off reaction** with any of the following symptoms: lethargy, fever, craving sweets, diarrhea, rash, irritability, gas, bloating, headache, nausea, vomiting, stuffiness. In susceptible individuals with pre-existing

neurological symptoms, their problems can get be aggravated, such as stimming, hyperactivity, irritability, tantrums, and difficulty concentrating.

The strategy for preventing die-off symptoms is to **limit the amount of toxins absorbed at one time** into the blood stream. To do this

- 1) Start the probiotics slowly and ramp up the dosage.
- 2) Start the antibiotics slowly and ramp up dosage
- 3) Avoid providing the favorite food to the offending organisms while you're trying to kill them off
- 4) Improve digestion with digestive enzymes so that putrefaction will be limited
- 5) Buffer the toxins by taking alkalizing agents immediately upon experiencing die-off symptoms. Such products as **AlkaSeltzer Gold (without aspirin)**, **AlkaLime**, or **AlkaAid** can help symptoms almost immediately. One of these products should be kept on hand before beginning the probiotics or antibiotics.
- 6) Absorb released toxins with oral doses of **Activated Charcoal** mixed in with the food or in capsules. [Note: autistic children are often intolerant of the gelatin in capsules, so if you want to use capsules, make them yourself using out of vegetable seaweed gelatin capsules. Charcoal should be kept on hand in case the alkalizing agents don't control the symptoms well enough. Activated charcoal is a standard way of absorbing poisons from the gut.
- 7) Absorb released toxins with oral doses of **Bentonite clay**.
- 8) Provide extra **antioxidants** to quench the oxidative reactions created by the toxins: **lipoic acid, Vit A, Vit C**.

Treating intestinal dybiosis is well worth the inconvenience of the initial release of toxins from the dying bad organisms. With the aid of the above precautions, the process can be made more tolerable and shorter in duration.