Case History – *H Pylori*, Fungal Overgrowth & Bacterial Imbalance Causing Phlegm & Lung Irritation

Christian Wake (aged 30 and from Kent, UK) decided to work with me because he was suffering with symptoms of phlegm and a feeling of irritation in his lungs, especially after eating. Doctors had run several tests, including an endoscopy/biopsy and stool test, all of which had failed to uncover the cause of the problem. But Christian sensed that something was not quite right and he decided to run a Comprehensive Gi Effects 2100 stool test and 90-day program with me. The results were spectacular...

**Phlegm**

Our bodies tend to overproduce body secretions when they are trying to fight or get rid of something. Think of a common cold, for example: we tend to overproduce phlegm and mucus, which causes us to cough and have a blocked nose. But this is simply an intelligent, innate and natural response against invading microorganisms.

On a chronic basis, it is common to see patients who complain of phlegm, post-nasal drip, excess ear wax, eye watering and “sleep” in the corners of their eyes. These can all be signs that the body is fighting a parasite, bacterial, viral or fungal problem.

I told Christian that I believed his symptoms were being caused by an immune response to some kind of pathogenic or opportunistic organism and that the Gi Effects Test would be a great place to start looking.

At the same time, I recommended that Christian should follow my routine foundational diet and lifestyle programme, eliminating key foods that I know contribute to the formation of phlegm in many people (i.e. gluten, cow’s milk and sugar). The foundational programme is described in detail in the *H pylori Diet* e-book.

**Initial Test Results – Samples Collected 17th May, 2010**

Christian’s test results revealed several key findings:

1. A very scattered pattern of “good” or “predominant” bacteria. These bacteria are the ones that are typically given to patients in supplement form to restore optimal bacterial balance. Although Christian was taking a probiotic supplement, you can see below how scattered his balance is.

2. Christian also had some overgrowth of an opportunistic bacterium called *Achromobacter*, a member of the *Alcaligenes* family. This bacterium should not appear in stool samples and indicates significant bacterial imbalance.
3. In addition, Christian’s stool test revealed two other unwanted invaders: *Helicobacter pylori* and a strong overgrowth of yeast/fungal organisms, seen on the next page.

As you may already know by reading the information on this website, *H pylori* can cause or contribute to, a huge array of symptoms. These symptoms range from digestive discomfort such as heartburn, acid reflux and bloating, to mood and energy complaints and even skin disorders such as rosacea and urticaria/hives.

Yeast and fungal overgrowth can cause the very same symptoms as *H pylori*, particularly when the numbers of yeast and fungal organisms are higher (the GI Effects Test reports +1, +2, +3 and +4 and you can see that Christian’s result indicated a +3, which is the equivalent of 10,000pg DNA/g stool, which is generally considered to be a highly significant finding).

**The Next Steps**

In these situations I generally recommend that patients and clients contact their doctor to discuss the relative benefits of using triple therapy antibiotics to eradicate the *H pylori*. However when yeast and fungal overgrowth is present, using the antibiotics can often make the problem worse because research has clearly demonstrated that the meds actually encourage yeast and fungal overgrowth.

Christian said that he would prefer to use a natural programme to address the problem, so we agreed to run a 30-day protocol using natural products that have been scientifically and clinically shown to inhibit *H pylori*. I recommended three highly effective products:
Matula Herbal Formula
Gastromend-HP
Allicillin

(Details of exactly how to use these products can be found in *The H Pylori Diet*).

After the 30-day stomach cleanse, Christian reported some improvement in his symptoms. I then recommended that he should focus on reducing numbers of the yeast and fungal organisms, as well as using herbs that could work against the *Achromobacter* bacteria.

**How Did We Know What Would Work?**

Many clients explain to me that they are confused as to exactly which products to take because there are so many on the market, or that they have a cupboard full of herbs, vitamins and minerals that they’ve used without success.

I sympathise deeply with this situation. One of the superb features of the Gi Effects test is that it provides a report that details exactly which antibiotics, antifungal medications and antimicrobial herbs will actually be effective against the “bugs” that are present.

Christian’s sensitivity profiles are provided below. The Fungal Sensitivities are on the left and the bacterial sensitivities are on the right. The letter “S” in the green column indicates a herb that was effective in killing the fungal or bacterial organisms *in vitro* (i.e. when they were grown in the laboratory).

Based on these sensitivity profiles I was able to design another 30-day protocol, ensuring that we only used herbs that would actively work against the specific bacterial and fungal strains in Christian’s digestive system. The advantages of this process are twofold:

1. By knowing exactly which herbs to use we save time
2. By knowing exactly which herbs to use we do not waste money. Many programs I see on the Internet and in books use standard herbs and supplements to eradicate yeast and fungal overgrowth. However in many cases, the organisms are resistant to the herbs and as a result the programs simply do not work, leading to frustration and wasted money (sometimes hundreds or even thousands of pounds, euros or dollars!).
The Third Phase

Once Christian had run his second thirty-day protocol (with further improvements to his symptoms), we scheduled a short consultation to discuss the next step. Because the balance of good bacteria in Christian’s initial test was not correct, I recommended a 30-day programme to restore optimal levels of these “probiotics”.

This protocol included doubling the dose of the probiotic supplement Christian was taking as well as adding in a product called Floramyces, which contains a very competitive species of “good” yeast, called *Saccharomyces boulardii*. Unlike other species of yeast, *S. boulardii* does not take up permanent residence in the gut but is does oust the problem yeasts, support the improvement of probiotic levels and improve immune function.

I also recommended two products to help heal Christian’s digestive lining, or “mucosal barrier”. Simply eliminating “bad bugs” is often not enough to complete the job. A gut-healing and repair phase is often required to ensure that we not only clear unwanted invaders, but that we heal the client’s immune system and prevent reinfection or future fungal overgrowth.

Retest Results – September 23, 2010

If you take a look at the relevant test markers, below, you can see the following improvements:

1. A much improved distribution of good bacteria (the black dots are all near the far right of the graph and not as scattered as before) and no evidence of *Achromobater* species.

2. No *H pylori* or yeast/fungal organisms
These results correlated with a 90% improvement in Christian’s symptoms during the three months we worked together. I still believe Christian has a little healing time left before his symptoms dissipate completely and we are currently running some blood tests to double-check that his remaining symptoms are not being caused by food allergies.

**Summary & Learning Points**

Christian’s symptoms were being caused by stress overload in his digestive system (caused by inflammation and immune response to digestive pathogens). The GI Effects test found *Achromobacter, H pylori* and a high level of yeast and fungal presence. Any one of these organisms alone has the potential to cause significant symptoms. With all three present, it was hard to know exactly which bug was causing the most problems, so they all had to be dealt with.

Importantly, previous testing (stool, endoscopy/biopsy) had failed to detect *H pylori*. Had we not run the Metametrix GI Effects Testing we would not have discovered the primary causes of his symptoms and it would have been very difficult to create a healing situation.

Using a systematic and scientifically-planned programme, we were able to eliminate all the unwanted organisms, improve good bacteria levels and accelerate Christian’s healing process within 90-days and with zero wasted money.

A 90% improvement in 90 days is an excellent outcome and I am thrilled that all Christian’s hard work paid off! It will be interesting to see if his food allergy assessments reveal any other elements that may be contributing to his remaining 10% of symptoms.

Digestive infections have a habit of causing a condition called “leaky gut”, where the gut lining is inflamed and damaged. The structural damage allows food particles to escape into the bloodstream before they have been digested properly. Our immune systems don’t recognise these particles and so they attack them. This reaction can lead to many symptoms, including the formation of phlegm, as in Christian’s case.

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**Optimise Your Health Too!**

If you would like to work with me or one of my practitioners to overcome your health challenges, please do not hesitate to contact us, or check out any of the resources below:

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