

# Elimination System

In order to understand resistance and susceptibility, we need to be familiar with the system designed to protect us and prevent disease. This system is composed of three sequential parts:

1. Identification: The [Immune System](#) carries out this process.
2. Neutralization: The [Detoxification System](#) performs this task
3. Elimination: The [Elimination System](#) colon and kidneys work to remove toxins.

Since the health of the individual is crucial to his or her survival, the body uses these three systems. It also provides a back-up or “fail safe” plan in the event one part fails. The back-up not only assists the individual parts, but allows these parts to assist other systems. We refer to this as “compensation.”

The final phase, the **Elimination System**, involves the coordination of various processes and systems. Everything entering the body, whether nutritive or toxic, is processed first in the liver. Nutrients enter the blood stream and lymph (fat-soluble molecules), allowing cells to absorb nutrients and release wastes. The blood and lymphatic systems route these wastes to the liver where they are absorbed and processed for elimination. The kidneys eliminate simple toxins by way of urine; the bile processes complicated and dangerous toxins, excreting them through the colon.

When patients suffer from intestinal dysbiosis disease, however, the process may be interrupted by gram-negative anaerobic bacteria. As a result, after the processed toxins enter the intestine, specific enzymes of these bacteria reverse the detoxification process. These toxins are then

reabsorbed and again detoxified, only to be broken down and reabsorbed. This recycling of toxins is called *enterohepatic circulation* and may present an insurmountable obstacle for the body to rid itself of dangerous toxins.

The various types of toxins determine how smoothly the process of elimination occurs. The body's own metabolic toxins include not only cellular wastes, but also old or excess molecules, such as vitamins and hormones. With some exceptions (hormones), these toxins are fairly efficient, particularly when nutrition is good. Microbial wastes, such as bacterial endotoxins and fungal mycotoxins, also must be processed. Since the system is designed to process them, elimination can proceed efficiently, again with good nutrition. Exceptions would include acute (painful and localized) and chronic (silent and hidden foci) infections which can overwhelm the system.

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