

Summary for Underlying Causes of LS - Healing and Beyond

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LS has its root causes from three equally important areas:

1. A virus in the liver.
2. Heavy Metals in the liver
3. Other toxins, primarily DDT

The virus in the liver is usually Epstein Barr Virus of which there are 60 varieties according to MM. It consumes (feeds on), heavy metals and traces of inherited DDT. As a result it secretes dermatoxins.

LS falls in the category of eczema, of which there are over 100 varieties, according to AW. Different combinations of HMs & Virus create different symptoms. *In our case we also have inherited DDT that comes into play

Heavy Metals- primarily copper & mercury are the major concern for people with a LS Diagnosis.

Other Toxins- pesticides, herbicides, solvents, petroleum products, antibiotics, and other pharmaceuticals.

When the virus feeds on the HMs and DDT it secretes dermatoxins. Your body, in an attempt to eliminate the toxic material, pushes them through the skin to protect your organs, but the skin takes a hit. It is NOT your body attacking you...it is actually working to protect you!

DDT- is high in toxic copper. Used for decades in the past, sprayed on farms, parks, gardens, even sold as a nutritional supplement. It still lingers in our environment due to heavy usage. The DDT pulls things downward when it is in the bloodstream and settles in the lymph system, which is why we have LS primarily in our vaginal area. We can still be exposed to copper through modern pesticides and pipes, for example.

To heal the goal is to eliminate the virus, HMs, and the DDT, thus eliminating the dermatoxins.

How to Heal

1) Clean up the diet to relieve pressure on the liver. This will help the liver let go of accumulated crap, free up energy to move the toxic things out and increase

energy to support the liver's immune system. The bonus is this process will also heal other issues you have been struggling with (or accommodated) along the way.

- a) Eliminate eggs, dairy (including milk), cheese, butter, yogurt + keifer
- b) Lower your fat intake. This eases pressure on your liver offering a boost to your immune system. To do this- reduce to eliminate animal proteins, all animal protein is high in fats. Pork is the worst offender. Also for plant based people, lower fats as well... (oils, nuts, seeds, soy, and avocado).
- c) Significantly increase your fruits and veggie intake - significantly!!
- d) Start juicing and drinking celery juice daily on an empty stomach. The goal is to reach 16 oz per day. It's okay to work up to that amount, but make it a priority goal.
- e) Consider supplements while the liver is healing to help support it. (B12, Zinc, Ester C or Liposomal C, Spirulina, Nettle Leaf, and Lemon Balm in particular) Vimergy Brand is excellent and so are the Alcohol Free Nature's Answer tinctures. B12 is also sold by Global Healing. It is important to get the B12 with adenosylcobalamin and methylcobalamin. So, tablets won't do the job. Get the highest quality supps you can, it matters. You don't want to add more crap (fillers) for your liver to clean up!

2) Heavy Metal Detox Smoothie:

- 2 Bananas
- 2 cups Wild Blueberries (Wyman's frozen are great if you are in the US)
- 1 cup organic cilantro
- 1 cup of orange juice (or 1 orange, peeled)
- 1 tsp. Barley Grass Juice Powder (Vimergy)
- 1 tsp Spirulina (Vimergy)
- 1 small handful Atlantic Sea Dulse (Maine Coast Sea Vegetables)
- Water to blend. You can use coconut water if you prefer.
- Blend and enjoy! *You can add other fruits as well if you'd like.

The five key ingredients to remove heavy metals are: Wild Blueberries, Cilantro, Barley Grass Juice Powder, Spirulina, and Atlantic Sea Dulse

Anti-Pesticide Tea:

Equal parts Burdock Root, Red Clover, Lemon Verbena, & Ginger. 1 tsp for 1 cup water, steep and enjoy! Drink 3x per week for a month and ease up to 1 cup per week for two months. As time goes on, let your intuition be your guide.

Consider the 28 day cleanse as outlined in Anthony William's book: Medical Medium or the 3:6:9 Cleanse in his Liver Rescue Book. And/or any of the cleanses from his book: Cleanse to Heal. Just getting off the "no" foods is cleansing.

Fusing & Scar Tissue:

Lubrication is key. Coconut Oil, O2-Zap (Global Healing), Aloe Gel, Living Libations petal primer and/or the Petal Soother formula
Dilators for expansion - go slow and compassionately with yourself.

PT Pelvic Floor Lift - Myofascial Release:

Discovering this healing therapy has been a huge help to my healing. Myofascial release is a hands on technique that involves gentle, sustained pressure into myofascial connective tissue to eliminate pain, decrease tightness, decrease thickness of scar tissue and restore natural sensation.

The contraction of our myofascia can be due trauma (physical and/or emotional)... including an LS diagnosis! Releasing this not only benefits us physically, but emotionally as well.

*It is extremely important to find a person, a woman, qualified to do the internal release AND for you to feel comfortable with this person.

Emotional Trauma:

Trapped energy. It can stem back to a very young age or not. Emotions such as shame, guilt, betrayal, anger, rage, depression, loss of trust, etc.

Angel of Restitution - "She understands how the spirit and soul can be beaten down, and she can help you recover from emotional trauma. This angel will help you to resolve deep-seated issues" Medical Medium, book 1 pg. 332.

Other things to consider that get in our way of healing:

Alcohol, OTC Meds/Scripts, Environment (scented candles, fumes, etc.)

*Remember - this is not a "quick fix", BUT things can settle down quickly! Your healing will be deep and you will be going to the root causes, healing from the inside out. It takes patience, persistence, and perseverance.

If you are looking for something more personal, reach out! I would love to support you on your healing journey. I know it can get lonely and confusing as you move forward to change your lifestyle/eating habits. For more details go to my website:

www.KathyCatlin.com

Website resources for you:

<https://www.medicalmedium.com/blog/healing-eczema-psoriasis-acne>

<https://www.medicalmedium.com/liver-rescue-medical-medium/lichen-sclerosus>

<https://soundcloud.com/medicalmedium/lichen-sclerosus>

<https://www.medicalmedium.com/mm101/medical-medium-heavy-metal-detox.htm>

<https://www.reclaimersofhealth.com/reclaim-teas/>

<https://www.spirithealingtea.com/>

<https://www.vimergy.com/>

<https://www.myofascialrelease.com/about/>

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