

## The role of the gastrointestinal lining in overall health and wellness and how to support and maintain just that.

If you learn about how your gastrointestinal tract function and understand how to repair and keep it clean, you will achieve and maintain vibrant, long-lasting health.

The quality and variety of food, clean water, microbiota, exercise, sleep pattern, stress and psychosocial support has a profound influence on the intestinal health and function.

The intestinal lining supports the important functions of the intestinal tract, namely;

- The digestion of food, absorption of nutrients, detoxification and excretion of waste
- The digestive system is the centre of and contains 80% of the immune system.
- The digestive system, nervous system, immune system, and hormone-producing endocrine system all function together in an interconnected way.
- The intestinal tract is inhabited by several hundred of different species of bacteria, the microbiota, that influences health and disease patterns.

Stress on the intestinal lining results in inflammation of the mucosal lining, increase lining permeability and a cascade of possible health challenges.

The aim should therefore be the support of this complex functional system, the interconnection thereof with the other functional systems mentioned and the intercommunication with the rest of the body that flows from there.

Prevention Is the Best Cure.

### Speakers:



Dr Bredell is a general practitioner with 30 years of experience in private practice. He has expanded his practice to be integrative and uses functional medicine as its operating basis. He will explain these terms and how it enhances health and wellbeing. He will discuss some of the most important things he has learned in his quest for optimal health. He will touch on recent research in the medical field, especially the interaction between the gut, the flora in the gut, the brain and the effect of stress on these



Frieda Badenhorst  
MBChB Stellenbosch 1980  
I started practising in 1981. In 1987 I joined a private practice with my husband Carel Bredell in Hermanus. I also worked in the Provincial Medical Clinics in Stanford, Hawston and Gansbaai. During this time the emphasis of my approach to medicine changed and I started to incorporate preventative medicine and attended to the patients' needs to cope with life's demands on a psychosocial level. Challenged by the desire to meet the ever expanding needs of my patients I started studying again in 1999 and did various courses in complementary and alternative therapies. My expanded knowledge today rest on study modules from Functional Medicine, Functional nutrition, Bio regulatory medicine previously known as Homotoxicology, Bio puncture and Biofeedback Energy Medicine. I've been practicing with an awareness of the gastrointestinal input into health and disease and a need to hunt down the root cause of the disease process since 1998. I learned about Functional Medicine in the early 2000's and since 2008 it became my passion.