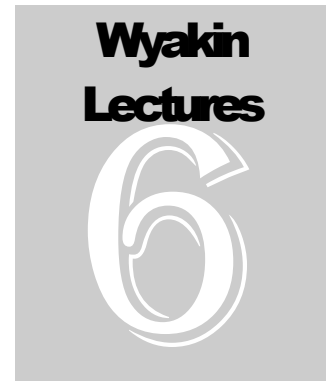


# LIFE WAY PUBLICATIONS

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Wyakin Lectures



Gastro/Intestinal System

LIFE WAY

# Medicine Wheel Education Series

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Fairview, UT

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# Introduction

Recently, I was meditating and praying about the nature and substance of the way we Natural Healers teach. I had gone through two sweat lodges in as many days, so my body was weak but my mind was awake and ready for guidance from my Wyakin.

It occurred to me that we natural Healers concentrate too much of our energy and our discourse on what is wrong about what is done in the name of modern medicine, so much so, that the most important aspects of our own message are often lost, buried by the forceful, negative energy of our own invective.

Then the Spirit came on me and I realized that this was what had happened to me and that my whole discourse had been only to expose the medical profession in its fraud and its moral bankruptcy. I was told that my own anger prevents me from sharing the true message of healing and that, if I changed my outlook, true healing could take place in my heart. When that happens, I will be a Healer indeed.

This is true Wyakin (guidance from the Spirit) to me, and in that spirit I offer the following discussions as teaching tools for all Shahaptian Guides, Shahaptian Healers, and Shahaptian Shirts.

Phillip Cloudpiler Landis, N.D.

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# The Wyakin Lectures



**Center/Self – Circulatory System**  
**Terrain Management**



**Center/Sky Father**  
**Immune Modulation**



**Center/Earth Mother**  
**Endocrine System**  
**Stress and the Adaptogens**



**West - Seeks Council**  
**Liver / Kidneys / Gallbladder**



**North - Seeks the Spirit**  
**Respiratory System**



**East - Sees Far**  
**Gastro-Intestinal System**



**South - Looks Within**  
**Skin / Muscles / Joints**

We will explore each of these points on the Medicine Wheel in the Seven Seminars. By the time we complete the Seven Seminars, you will have a point of departure upon which you may expand as you pursue a life and career in Natural Healing.



## **East – Sees Far Gastro/Intestinal System**

**References – Healthy Discussions / Real Answers to Real Questions**

**Resources – Handout/Medicine Wheel Myth**

**Review the Myth.**

Our focus in this seminar is the East Point, the Sees Far Point of the Medicine Wheel. Recall the many times the Brave is asked this question:

“What is it that you seek?”

What is it that we seek? We must also continually ask ourselves this question. It identifies our core motivation. It puts us in time and place. This is the question that defines us.

The Brave answered this question by insisting that he sought the Lodge of his Mother, a place of comfort, a place of safety, a place of healing. In the context of these lectures, let this also be our core motivation – to find a place of healing within our selves.

In the Medicine Wheel Myth, the little boy’s first experience was with the Eagle. The Eagle is symbolic of what may be revealed to the hearer from the Grandfathers. It is in the East because this revealed knowledge is like the dawning of a new day to the mind of the receiver.

Physically, our bowel performs most of its normal function in the daylight hours of the day. When we arise in the morning, peristalsis, the unrelenting movement of the bowel muscle, begins and it carries on until we go to sleep again. For this reason, the East Point is associated with the digestive system.

The digestive system is designed both to take in and to send out. It

takes in nutrient material in the form of food. It removes toxins in the form of the bowel movement.

## **Parts and Functions**

**Mouth** – The mouth is one of the most important parts of the digestive system. The structure of the food we eat is broken down in the mouth and digestive enzymes are added. The food is thoroughly mixed. This is an important point that is often overlooked in our understanding of what makes wellness and what makes illness.

Proper chewing of food can alleviate many stomach and digestion problems. Chew a lot. Also, too much fluid with the solid food you eat can dilute the concentration of digestive enzymes in the food as it passes to the stomach. This can decrease the effectiveness of the digestive function of the stomach.

**Stomach** – In the stomach, the food is further mixed and broken down. Hydrochloric acid is added to further break the structure of the food and to cause it to separate into its chemical constituents more easily. This is the only place in the body (beside the bladder) where an acidic environment is desired. Too much fluid and not enough chewing will decrease the effectiveness of this acid.

**Duodenum** – This is the first section of the small intestine that your food sees as it passes from the stomach. Now, it is important to understand that this is the place where the acid is removed from the chime (the partially digested food). If the hydrochloric acid were left in the chime, the lining of the small intestine and large intestine would quickly be eaten up. This acid is taken neutralized by the bile that is secreted into this section of the bowel by the liver and the gallbladder. Additional enzymes are also added at this point to aid in digestion.

**Small Intestine** – Here is where most of digestion takes place. The food has now been subjected to mastication and enzymes in the mouth, hydrochloric acid and vigorous mixing in the stomach, and acid neutralization and the addition of alkaloid salts and enzymes in the duodenum. Now fluids are added and the chime is broken down

about as far as is possible and the nutrient elements can be carried through the membrane into the bloodstream. This assimilation takes place in the small intestine.

**Large Intestine** – As the chime passes through the small intestine it is in a liquid, or semi-liquid form. When it passes into the large intestine, the fluid is removed and the chime becomes more solid. This is greater purpose of the large intestine. By the time the chime reaches the large intestine, most if not all of the usable nutrients in it have been removed. That is not to say that the surface membrane of the large intestine is not capable of absorbing nutrients, it is simply that the chime is now largely devoid of usable nutrients.

**Bowel Hydration** – There is quite a lot of fluids used in the digestive process. These fluids come primarily from body stores. Even if fluid is taken with the meal, it is not used directly in the digestive process, but is taken up quickly into the body stores as it passes through the duodenum. The real bulk of the fluid used in digestion is added to the chime later in its journey through the small intestine. If body fluid stores are low (dehydration), more of this digestive fluid will be taken up by the large intestine, leaving a chime that is very dry and difficult to pass. This also allows much of the chime residue to coat the lining of the large intestine. Bowel dehydration is a significant cause of bowel dysfunction and disease. Therefore, the first consideration in treating the bowel is always the amount of pure water that the person takes in.

### **The Bowel and the Lungs**

Very often, when there is a general dehydration of the bowel, toxins build up that must be removed. Constipation and other forms of bowel dysfunction cause systemic endotoxicity that must be addressed by the body. If the usual course of toxin removal becomes unserviceable, the body finds secondary means for its removal. In many cases, the body chooses the lungs as part of its secondary toxin removal system. Recall the example given in the Fourth Lecture and always keep in mind the Asthma/Constipation Connection.

## **Sedentary Bowel**

Modern culture has created a state of bowel laziness. Chronic constipation and bowel dehydration is epidemic and is the cause of most of the intestinal ills people experience. No matter what you have been told over the years, there are a few vital pieces of information you must remember about the bowel that will help to alleviate most of these problems.

- 1) The bowel of the average person can be from twenty-four to twenty-eight feet in length. The food you eat can't traverse this passage in from four to nine hours.
- 2) The food you eat has exited the stomach within ten minutes after ingestion.
- 3) The small intestine is by far the longest stretch of highway your food will see, accounting for approximately seventy per cent of the distance it will travel. It makes this journey in about thirty to forty minutes.
- 4) The large intestine is only six to eight feet in length and the chime spends most of its life here. Within no less more than nine hours after ingestion, the food you ate should be making its departure from the body in the form of the bowel movement.
- 5) Bowel movements should not be loose, nor should they be huge and solid. They should be soft and cause no discomfort in evacuating.

If you eat three times a day, you should have three bowel movements a day. The timing of bowel function dictates nothing less. If you are having but one a day or less, you are in need of bowel retraining.

## **Bowel Retraining**

This is a program that has been used by Native American for time immemorial to relieve chronic constipation and to balance and regulate bowel function.

Take a “therapeutic” dose of laxative food, such as senna or cascara sagrada, for two days. What is meant by therapeutic is that the dose is high enough that a bowel movement is assured. This dose is reduced by half in the following two days. Then it is reduced again by half in the following two days. By the last day of the week none is taken. Then the whole sequence is begun again for another week, reducing the dose in the same way. This course is continued for three to six weeks and then a rest is taken. Usually, unless the bowel dysfunction is quite severe, the problem of constipation and sedentary bowel is alleviated by the end of three weeks.

It is very important to follow this course exactly, beginning each time with the therapeutic or cathartic dose and then reducing it every two days as outlined. When you take laxatives your bowel can become trained to their use. In other words, you may get to where you cannot have a bowel movement without them. Bowel retraining accomplishes the opposite. By reducing the dosage your bowel is given more and more of the responsibility to function properly.

One note that is also important is that foods are used in this program that induce the peristalsis. Stool softening laxatives are not used. This causes the bowel muscle to strengthen.

## **Ulcers, Leaky Gut, and other forms of Colitis**

These forms of gastrointestinal dysfunction have many causes. In these lectures we like to emphasize and focus on those health concerns that we can gain immediate control over at home. Some serious ailments require special, individual mentoring. Make an appointment with your nearest Shahaptian Healer or Shahaptian Shirt to discuss more complex problems.

With many ulcers, whether they be in the stomach, duodenum, or in the intestines, relief can be obtained through the use of Slippery Elm. This bark is demulcent and mucilaginous. It conditions the bowel and helps lesions and ulcers to “pucker” and close. It is tremendously helpful and easy to use at home.

Take a tablespoon of powdered slippery elm bark and mix it with twice as much water. This forms a paste that is not unpleasant to the taste. Eat this paste. You may also use more water and make a sort of porridge. Interestingly, this was used for a long time in hospital settings where the patient could not take any food. It is said that just one tablespoon of slippery elm has the same nutrient value as a whole bowl of oatmeal.

## **The Hoop**

Again, when the bowel does not function well, what do we do? We run down to Walmart and buy a laxative. We throw chemicals at our bowel to force it to function. We don't look at what might be causing the problem in the first place. Why not? Because the ministers of our tradition do not teach us causes, they just give us duties to perform. It's part of our repentance program. Forget that all the meat and processed carbs, phony fats and food additives, disrupt normal organ system function. We don't have enough time in our sound bite to go into all that. Just perform the ritual and you will be fine. Before long you are bowing down to the laxative altar several times a week and wondering why you feel like crap.

Instead, consider the cause of the complaint. If the bowel is not functioning properly, do what is necessary to cleanse it and retrain it. Then take some thought as to what chain of events led up to the problem in the first place. Always think of the body as a hoop that must remain balanced. Without balance the wheel cannot roll along. It is without usefulness.

**We Walk in a Sacred Manner!**

**We Talk in a Sacred Manner!**

## Wyakin Lectures Exam Questions

Wyakin Lecture Six:

- 1) What are the organs that make up the gastro-intestinal system?
- 2) Why is bowel hydration so essential?
- 3) How are the bowel and the lungs interrelated?
- 4) What is sedentary bowel?
- 5) Explain bowel retraining? How is it different from bowel cleansing?
- 6) What can be done for ulcers? Colitis?
- 7) What problems might arise from the overuse of laxatives?