A 10 year research project at Turner Clinic of Alternative Medicine, in Dublin, Ireland, involving 48,000 case histories, has identified a combination of seven nosodes (homeopathic vaccines) which have substantially relieved the symptoms of irritable bowel syndrome in their patients over many years. These nosodes, usually mixed in with a newly developed stable liquid probiotic, derived from *Lactobacillus acidophilus*, caesii strain, has produced a satisfactory result in 90 percent of these cases.

While IBS was the main focus of this particular study, many other conditions, mainly chronic fatigue, skin conditions, arthritis etc, tended to resolve as the bowel problems, which were really the underlying causative factor, resolved.

What Is Irritable Bowel Syndrome (IBS)?

Irritable bowel syndrome (IBS) is a 'syndrome', meaning a group of symptoms. The most common symptoms of IBS are abdominal pain or discomfort often reported as cramping, bloating, gas, diarrhea, and/or constipation. IBS affects the colon, or large bowel, which is the part of the digestive tract that stores stool.

IBS is not a disease; it's a functional disorder, meaning that the bowel doesn't work, or function, correctly.

What Causes IBS?

Doctors are not sure what causes IBS. The nerves and muscles in the bowel appear to be extra sensitive in people with IBS. Muscles may contract too much when you eat. These contractions can cause cramping and diarrhea during or shortly after a meal. Or the nerves may react when the bowel stretches, causing cramping or pain.

The conventional approach, which must be resorted to partially in severe acute cases, includes antispasmodics to control spasms in the colon and help ease abdominal pain, antidepressants and a variety of other drugs, some of which have documented serious side effects. Laxatives are prescribed when constipation is a feature.

A Natural Approach

Based on their experience in treating this condition naturally, the Clinic has now developed a new treatment for IBS patients of the Clinic, called IBSOLAK, incorporating the remedies prescribed in the case of 18 thousand successfully treated patients over the past 10 years.

This combination of the nosodes and *Lactobacillus acidophilus* probiotic speedily eases the pains and discomfort and improves the diarrhea, or conversely, constipation.

If constipation has been a feature over a number of years, a mild version of the *Mayr Cure* is used.

A short version of that is to take *Psyllium* at night, and a large mug of hot water first thing in the morning, with a teaspoon or two of Epsom salts in it. Discontinue when the bowel is regular.

In conjunction with this, the sufferer has an allergy test, using the Swiss medical system, Intex, and is instructed to avoid the indicated foods for at least six weeks, before re-introducing them one by one to check for reaction.

What Are Nosodes?

The use of nosodes, or homeopathic vaccines, is an established part of recognized medical use of homeopathy in Germany, where the nosodes are made.

Clinic founder, Ronnie Turner who has been in practice since 1977, has been using German made pleomorphic nosodes, a number of other bowel specific nosodes, and some ordinary homeopathic remedies, to treat the patients, for nearly thirty years. It has taken many years of experimentation to work out the best
combination of nosodes, but computerised examination of the successful cases shows clearly which are the front runners. And there are no side effects.

"It's obvious that chronic food poisoning organisms, which get into the villi in the small intestine, and overgrowth of fungal parasitic organisms, are the two main factors that underly this very common problem. We favourably influence 90 percent of such cases."

The nosodes named by Turner are:

- Penicillin roquefortii
- Bacillus cereus
- Candida parapsilosis
- Bacillus firmus
- Salmonella
- Penicillin chrysogenum
- Candida albicans

The Blue Cheese Mould That Cures...

The leading remedy emerging from a computerized analysis of all bowel cases seen at the Clinic is a nosode obtained from the mould fungus Penicillium roquefortii.

Penicillium roquefortii is used in the manufacture of blue cheeses e.g. Roquefort, Gorgonzola, Stilton, Danish Blue etc. During the fermentation process the fungus spores are injected into the curd. Growth of the fungus imparts a pleasant tang to the final product. Actually, the blue in the blue-cheese is caused by the pigment in the spores of the fungus. So, when you eat blue cheese you are consuming these spores by the million.

But their real curative power is only released, Turner says, when the mould is potentized by traditional homeopathic methods. Despite its derivation, the nosode of course is not an antibiotic and does not produce antibiotic substances. Therefore, there is no occurrence of side effects that may occur during an antibiotic treatment, such as allergies, liver damage, destruction of the intestinal flora, and the formation of penicillin-resistant strains. Because it's homeopathic, and has no material dose of the original substance, there is no danger of an allergic reaction.

Food Poisoning 'Hair of the Dog'...

The second most potent immune stimulant in this research is a nosode made from non-pathogenic Bacillus cereus, a common food poisoning organism. According to the manufacturer's notes on this remedy, its protein substances, polysaccharides, and ferments, activate the endogenic defence and healing functions in chronic inflammatory diseases. In immunological testing models, a high rise of granulocytic phagocytosis-activity has been recorded. Also there is a strong increase in the T-lymphocyte proliferation.

And then the Fungal 'Hospital Bug'...

Coming up a close third in the big hitters against IBS is the nosode of Candida parapsilosis, which is described by microbiologists as an important non-albicans species which infects hospitalized patients.

Research reports have associated Candida parapsilosis with endocarditis in intravenous narcotic addicts. More recently, this species has emerged as an important nosocomial pathogen, with clinical manifestations including fungemia, endocarditis, endophthalmitis, septic arthritis, and peritonitis, all of which usually occur in association with invasive procedures or prosthetic devices.

Outbreaks of C. parapsilosis infections have been caused by contamination of hyperalimentation solutions, intravascular pressure monitoring devices, and ophthalmic irrigating solution.

Experimental studies have generally shown that C. parapsilosis is less virulent than Candida albicans or Candida tropicalis.

However, characteristics of C. parapsilosis that may relate to its increasing occurrence in nosocomial settings include frequent colonization of the skin, particularly under the nails, and an ability to proliferate in glucose-containing solutions, with a resultant increase in adherence to synthetic materials.

The IBS connection here is not clear, but in practice the remedy is often called for. The manufacturer's notes say its main effect is to restore a balance in the environment of the bowel and to counteract fungal organisms.

The Answer Lies in the Soil...

Bacillus firmus is described by the manufacturer's notes as "a gram positive, aerobic, and motile bacteria, isolated mainly from soil. Bacillus firmus is a phyto-hormone producing and phosphate solubilizing bacteria.

"B. firmus is a particular strain from the group of non-pathogenic bacilli which raise the defensive capacity of the bacterial flora. Its content of polysaccharides, ferments, and specific protein combinations creates a special immune and irritative therapy. Thereby, the progressing disease process is blocked and the specific defence capacity is activated. In immunological test models, a significant rise in phagocytic activity has been established. A strong rise in the T-lymphocyte proliferation also Bacillus firmus as a potent immune modulator."

The other leading remedies appearing in the computer analysis of the successfully treated cases were:

- The nosodes of the food poisoning organism Salmonella
- Chronic Appendicitis
- Candida Albicans
In the experience of the Turner Clinic, another factor in IBS is long-term unresolved emotional traumas. In more recent years, the Clinic has introduced Emotional Freedom Technique, a psychological acupuncture technique, without needles, which they say has proven very successful. They have also extensively used the Luscher Colour Test in conjunction with a system of treatment based on the Bach Flower remedies.

The Allergy Factor

Another side of treating IBS at the Turner Clinic is the role played by allergies in this complaint. Experience at the Clinic shows that some 70 percent of cases have an allergic element. A Swiss medical system for allergy testing has been in use by the practitioners at Turner Clinic for many years.

Allergies as a factor overall in these cases range from a low 25% to 80 or 90%. Where the allergy factor is low, the problem can clear quite successfully with the German nosode therapy, even without dealing with the food problem. If the allergy factor is high, only partial or temporary relief can be gained from the homeopathic treatment without avoidance of the foods.

The Emotional Factor

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A free program based on this work is at www.coloursforhealth.com A test set, for practitioners of the Turner IBS formula, is available on request.

Some random entries from the Turner Clinic data base re IBS:

**Marie**, a housewife, aged 50, appeared on 10/04/2003 with IBS. Pains in stomach. Stress.

*2nd Visit* 13/05/2003: Improved. A lot better. Still pain in stomach. Twice diarrhoea in past six weeks, used to be continual. Vitality 18/25. Continued to improve to no symptoms.


**Fergus** first visit 07/06/2000. IBS. Not sleeping. Soreness of joints, worse in the mornings. Was on high protein diet but was eating bread. Advised to go on modified high protein diet for arthritis.

*Second visit* 11/07/2000. Vitality 19/25. Irritable bowel well cleared up. Used to be going to toilet three or four times a day. Normally once now. Perfect. Still some itch. Sleeping far better now. Used to be getting four hours a night sleep, because of restlessness. Used to wake at 2am. Now can sleep through until seven. After three days on the last prescription the arthritic pains lifted. Used to be worst in the ankles and in lower back.


*2nd visit* 08/06/2007 had vitality 17/25. Some improvement.

*30/08/2007*. Vitality 18/25. Improved. IBS no longer there. Bowel was very loose mornings, couldn’t go out during the day because of reactions to foods. Diarrhoea constant before.

**Sheila**. First visit 20/03/2001: uterus, ovaries. 12 lungs/liver. Irritable bowel syndrome, diverticulitis. Diarrhoea. Headaches. Depression, taking listerol. To Sept. last, four or five glasses of wine each night. Gave that up. Dreams a lot, nightmares, panics. Better as the day goes on. Very low energy, stressed.


*13/25 Vitality.*

**Second visit**: 14/02/2006 much better. Improved. Once diarrhoea, mild. 18/25.

**Jimmie**. First Visit 12/01/2001: 13/25. liver/liver. Pains in abdomen left. 22/2/2001 “Definitely an improvement. I was feeling better last week. At first I felt a bit rough and had to cut down on the dosage. The type of pain has changed. It has gone from a dull pain to more a pinching pain, but not as constant. Bowels are looser and more normal. I certainly have more energy than I had.”

*17/25.*

29/03/2001 reasonably good, I have good energy levels. Fitness training and cycling. Everything is okay. Mostly symptoms gone. Pain left side and lower back is strong last week. 19/25.


*Second Visit* 16/07/2002. Main complaint was chronic dyspepsia and abdominal pain for 40 years. Appeared today with a level of 18/25 and pain practically gone.

“Extraordinary improvement. My bowels for a starter are normal which they haven’t been for years. Pain I had in my side has eased a lot and is easing more as time goes by. Though I still have an awful lot of acid.”

*Third visit*: 13/08/2002. fairly stable. Pain not anywhere near as bad. Very little there. Bowel is perfect. Completely different to what it has been for so many years. Better. Vitality 19/25. "Tortured for years. If I got an urge to go, I had to go. This last while perfect. I can eat anything."

**Fourth Visit**: 02/10/2003. "Very good. Lately a bout of diarrhoea. It went on and on and had to get tablets from chemist. Cleared up again now. But a bit acidic." Vitality 20/25. Had an operation.
at 23 for the removal of a duodenal ulcer. Couldn't eat properly afterwards, used to swell up and get cramps, then diarrhoea. Could only eat a little at a time.

About the Author
Ronnie Turner is an alternative medicine practitioner since 1975. He studied Homeopathy with some of the leading teachers in Germany, including Dr Voll in the 1970s and Dr Helmut Schimmel. He founded the Irish Institute of Complex Homeopathy, which has 110 members in 1996. He has developed his own method of electronic diagnosis, using the Bio-Resonance machine. This machine was used to determine which combination of nosodes to give to the patients mentioned in the above report. Details of this approach are on www.999alternatives.com and www.ronniesremedies.com. Information on the remedies used in this report is available from Ronnie personally. His email is info@999alternatives.com

Proven Homoeopathic Approaches to Many Ailments
a free downloadable ebook, by Ronnie Turner, Homoeopath, gives details of the treatment of IBS and many other ailments.

See www.999Alternatives.com and for treatments see www.ronniesremedies.com Ronnie may be contacted at info@999alternatives.com
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