

## The latest findings on possibly the most significant organ in the body



Klaus-Dietrich Runow  
**Thoughtful Intestines**  
[Der Darm denkt mit]  
How bacteria, fungi, and  
allergies influence the nervous  
system

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**Klaus-Dietrich Runow**, born in 1955, is an environmental medical practitioner who has been treating patients with allergies and chemical sensitivities for over twenty years. With his Institute for Environmental Illnesses in Bad Emstal, which he founded in 1989, he became one of the pioneers of environmental medicine. In 2006, he received the renowned B.A.U.M. Environment award for his work.

It is incredible what happens in our gastro-intestinal tract over a lifetime. Some 30 tons of food, 50,000 liters of liquid, many kilograms of toxins and environmental poisons, pathogens, and bacteria have journeyed through the intestines of a 75-year-old.

Yet this organ is still not given enough attention, even though it is of central significance for our health and well-being. Our immune system and metabolic processes are very strongly connected with the condition of our bowels! Who would think that, for example, chronic infections, allergies, sleep disturbances, depression, and joint conditions could have their causes in the intestines? And a lingering toxicity originating in the intestines can create problems for the entire metabolic system.

**Also available:**  
Wenn Gifte auf die Nerven gehen [Poisons on the Nerves], 2008