

"Poor microcirculation, poor intestinal health"

The gastrointestinal tract is among the many systems that depend on functional microcirculation. Dr. Monika Pirlet-Gottwald, Vice President of the Central Association of Physicians for Naturopathy (Zentralverbandes der Ärzte für Naturheilverfahren, ZÄN e.V.), explains what this means in concrete terms and what to do in the event of a "disorder".

Why is microcirculation so important?

A quarter of our blood flows through the digestive system, into a network of small arterioles and capillaries. Blood flow supplies the intestinal cells, the automatic nervous and immune system; it absorbs food and then flows back out. Hormones, prostaglandins and the automatic nervous system control blood distribution of the organ systems via the large vessels. In the organ itself, blood circulation is adjusted by autonomous regulation. Triggered by metabolic endproducts such as carbon dioxide, lactate and nitric oxide, microcirculation distributes the blood through rhythmic vascular wall movements. This regulatory process, called vasomotion, is the decisive factor for intestinal health. It is essential for the absorption of food and the proper functioning of the immune system.

How does limited microcirculation become noticeable?

Enzymatic digestion, food intake in the intestinal mucosa, neural supply – all of these processes are dependent on the provision of energy to the cells. This is only possible with an adequate oxygen supply, i.e. adequate microcirculation. Microcirculation disorders usually manifest in non-specific complaints such as a feeling of over-fullness, irritable bowel syndrome, intestinal sluggishness or restrictions in digestive performance, such as lactose intolerance or fructose malabsorption. Such disorders are also associated with chronic inflammatory intestinal diseases.

What are some therapies that help with impaired microcirculation?

A non-specific improvement can be achieved with heat or movement. It's not possible to achieve targeted improvement of vasomotion with medication, because the smooth muscle cells of the vascular walls have no receptors. However, physical rhythmic signal impulses, as used in BEMER therapy devices, can demonstrably and significantly improve restricted vascular wall movement.

To what extent can patients benefit from physical vascular therapy?

Regular application increases the oxygen supply to the cells by around 30 percent. In particular, patients report a clear and rapid improvement in non-specific digestive complaints such as flatulence and constipation. Irritable bowel syndrome is alleviated. In my practice, I was also able to demonstrate that superficial inflammations of the mucous membrane subside at a faster rate. However, it is important to note that patients with serious illnesses should be examined by a doctor.