

Christoph Wilhelm Hufeland

Makrobiotik
oder
die Kunst das menschliche Leben
zu verlängern

1797

~~7 II 190~~
Arbeiten

aus der

ersten medicinischen Klinik

zu Berlin,

Herausgegeben

Von

Dr. E. Leyden,

o. ö. Professor, Geh. Med.-Rath, Director der I. medicinischen Klinik zu Berlin.

Zweiter Band.

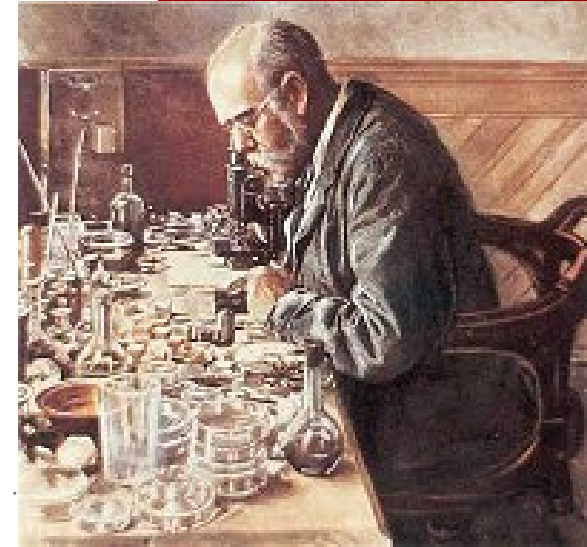
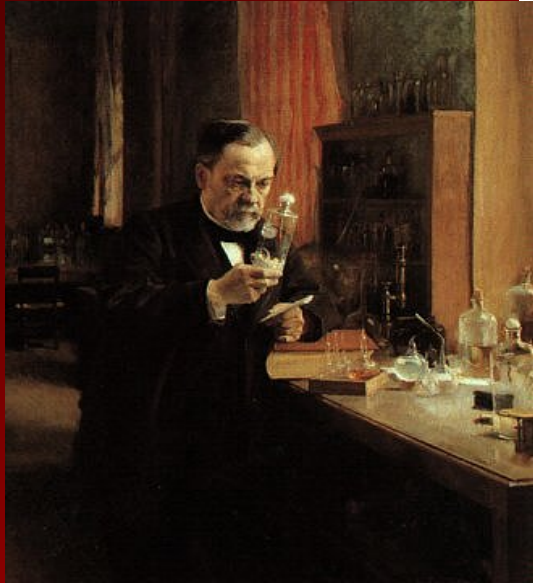


Berlin 1801.

Verlag von August Hirschwald.

NW. Unter den Linden 68.

Charité

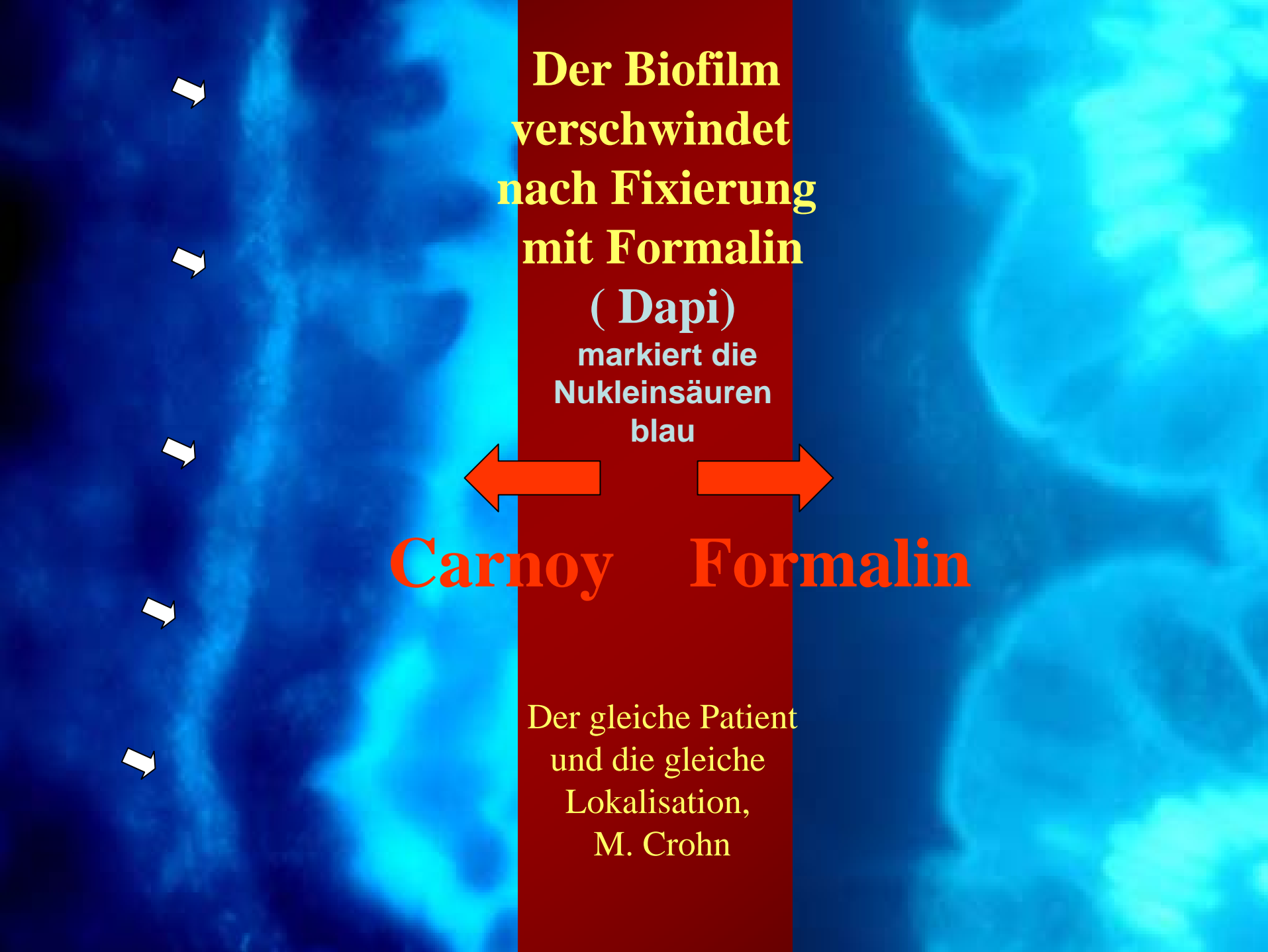


FISH Analyse des mukosalen Biofilm



Eub338
Alf1b
Beta42a
Gam42a
Ebac
Ec1531
Y16s-69
Srb385
Sgd
Hpy-1
Arc1430
HGC
LGC
Sfb
Erec
Lach
Ehal
Chis150
Clit135
Lab158
Stre493
Enc131
Efaec
Ato291
Cor653
Ecy1
Phasco
Veil
Rbro, Rfla
UroA, UroB
Ser1410
Bif164
CF319a
Bac303
Bfra602
Bdis656
Fprau
Dss658
Arch915

mit r-RNA komplementären Sonden



The image shows a side-by-side comparison of a biofilm in Crohn's disease tissue. The left side, labeled 'Carnoy', shows a well-defined, multi-layered biofilm structure. The right side, labeled 'Formalin', shows the same area after formalin fixation, where the biofilm structure is significantly disrupted and less distinct. A vertical red bar is placed between the two images, containing text that explains the fixation process and the use of Dapi stain. Two orange arrows point from the text in the red bar towards the respective images. On the left side, five white arrows point to the biofilm structure.

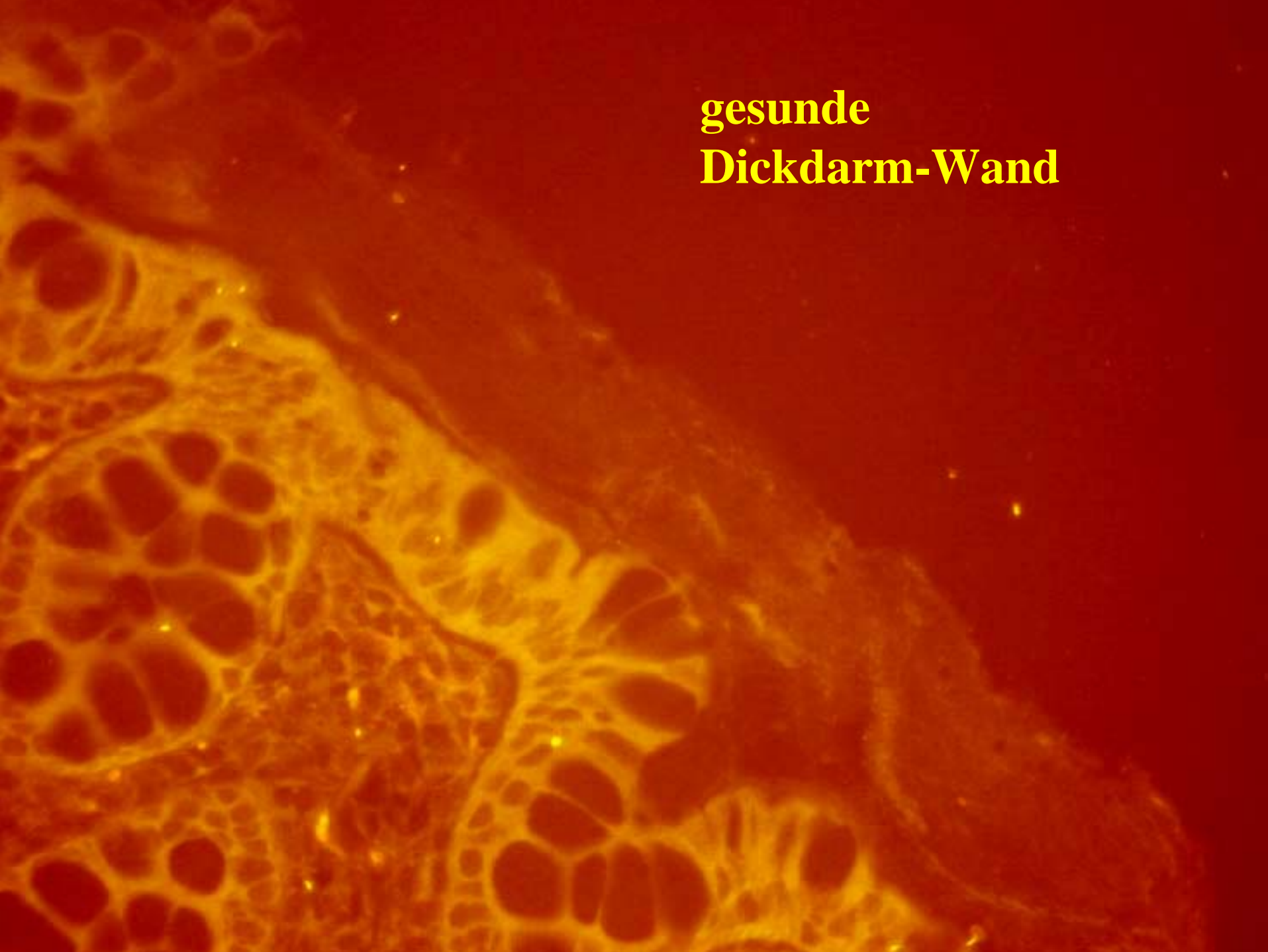
**Der Biofilm
verschwindet
nach Fixierung
mit Formalin**

(Dapi)
markiert die
Nukleinsäuren
blau

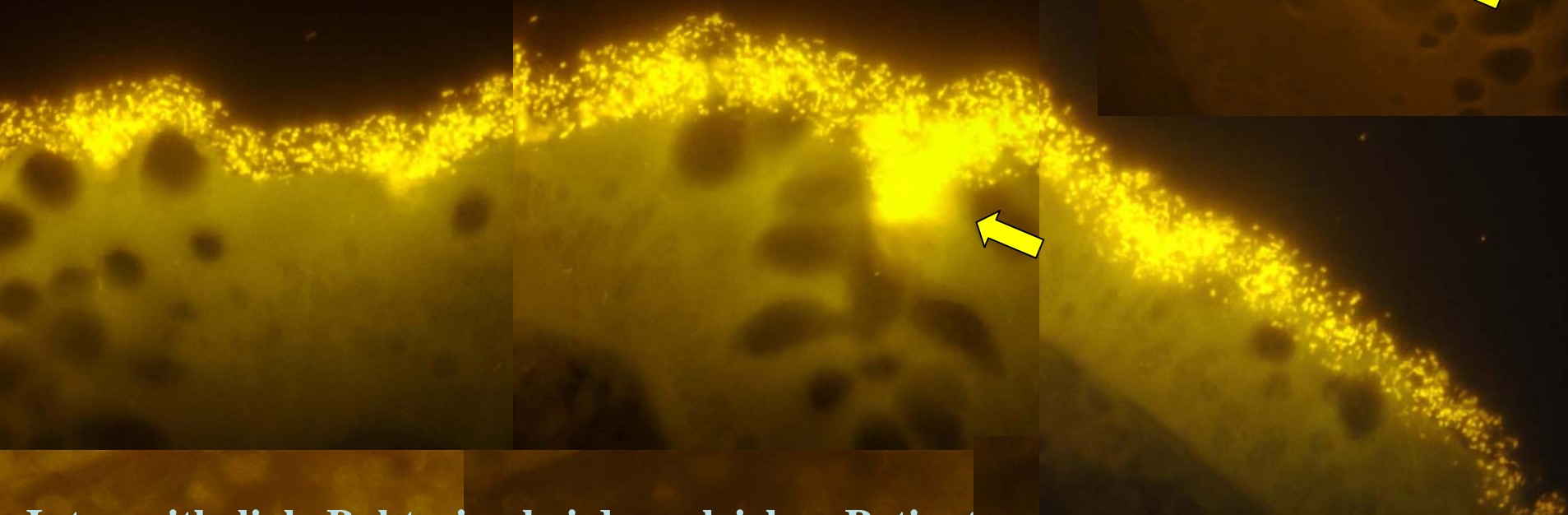
Carnoy Formalin

Der gleiche Patient
und die gleiche
Lokalisation,
M. Crohn

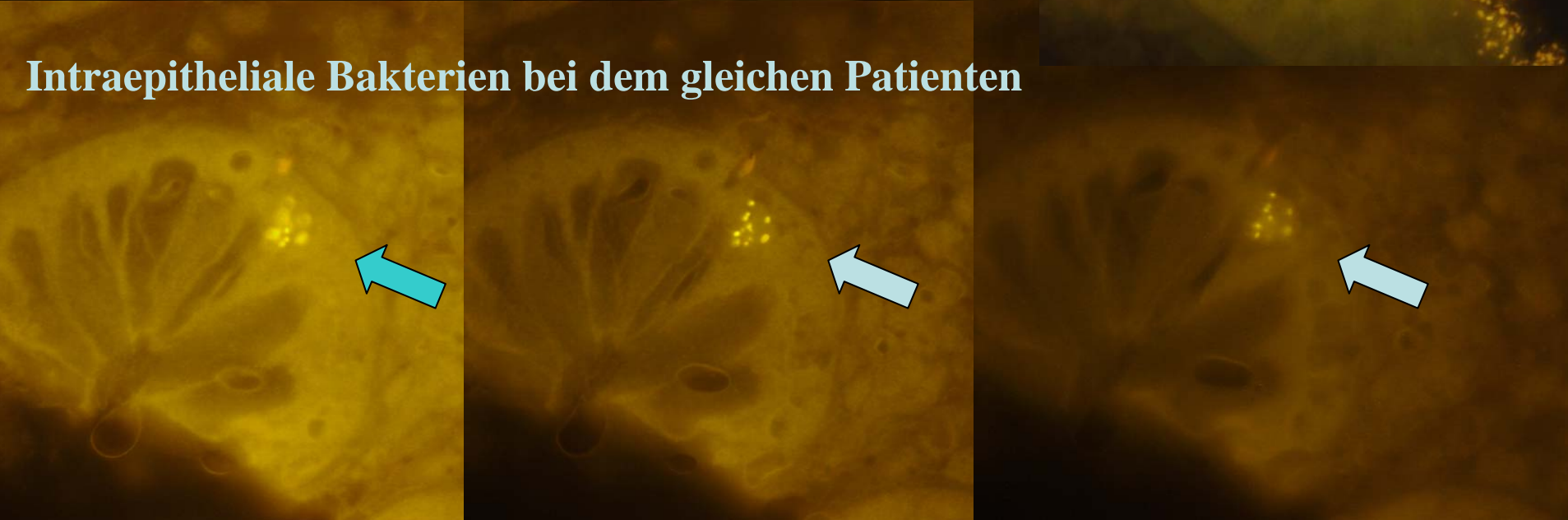
**gesunde
Dickdarm-Wand**

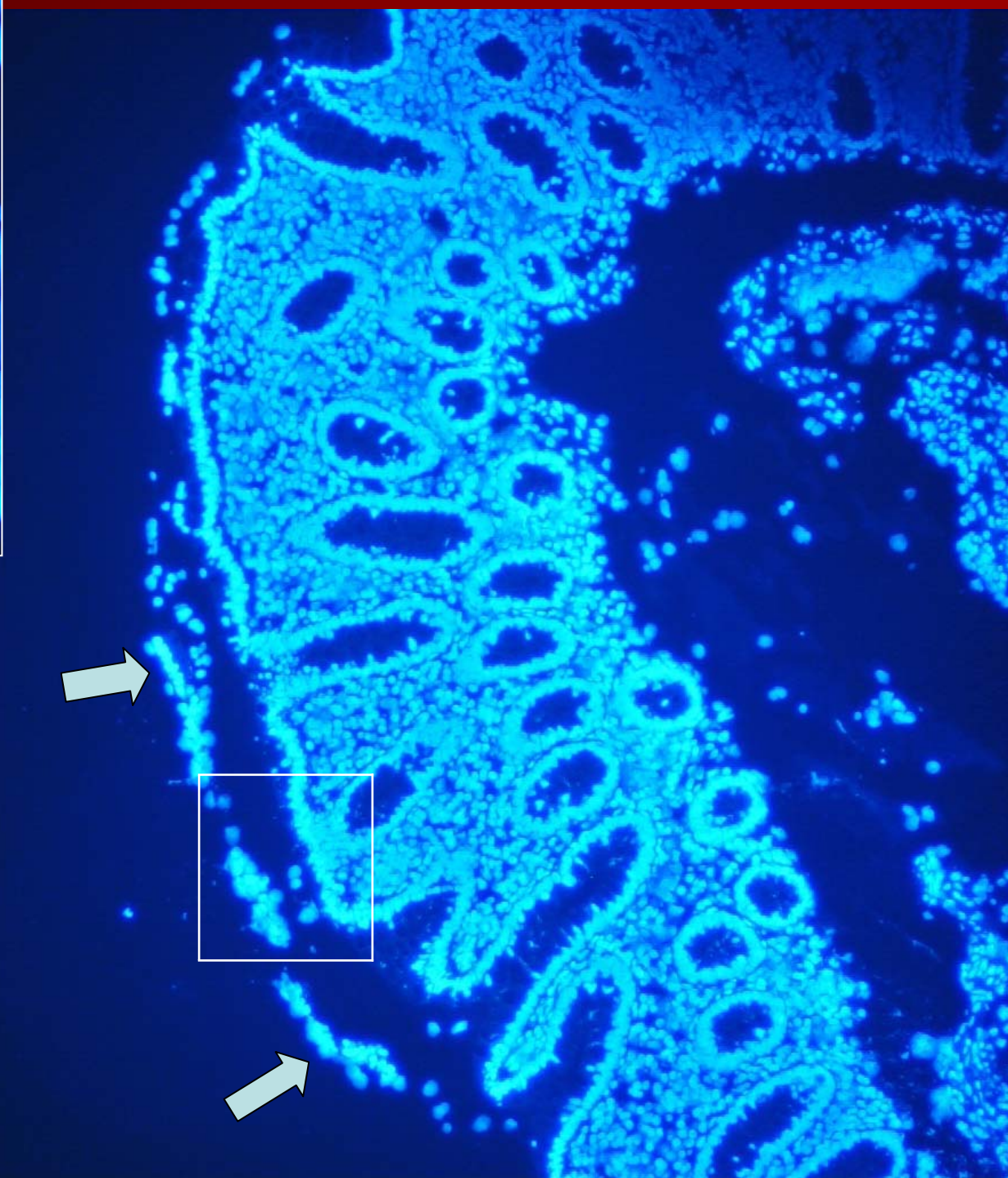
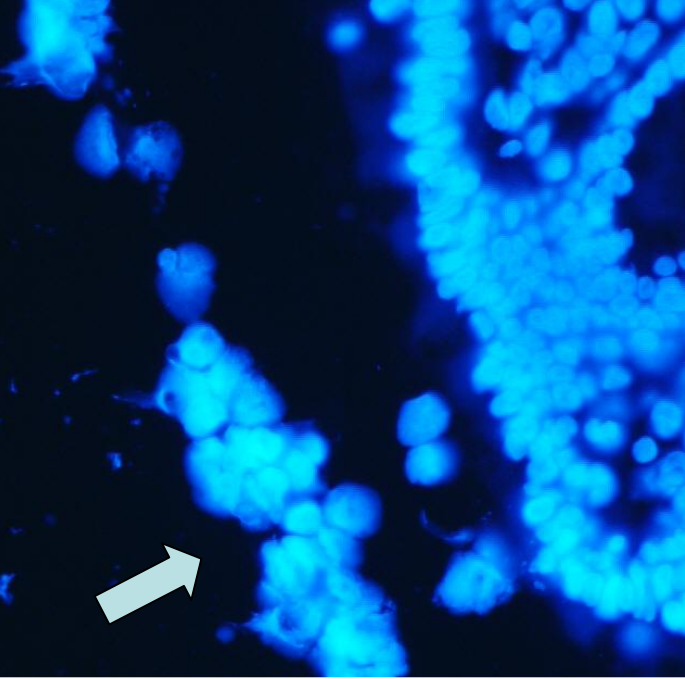


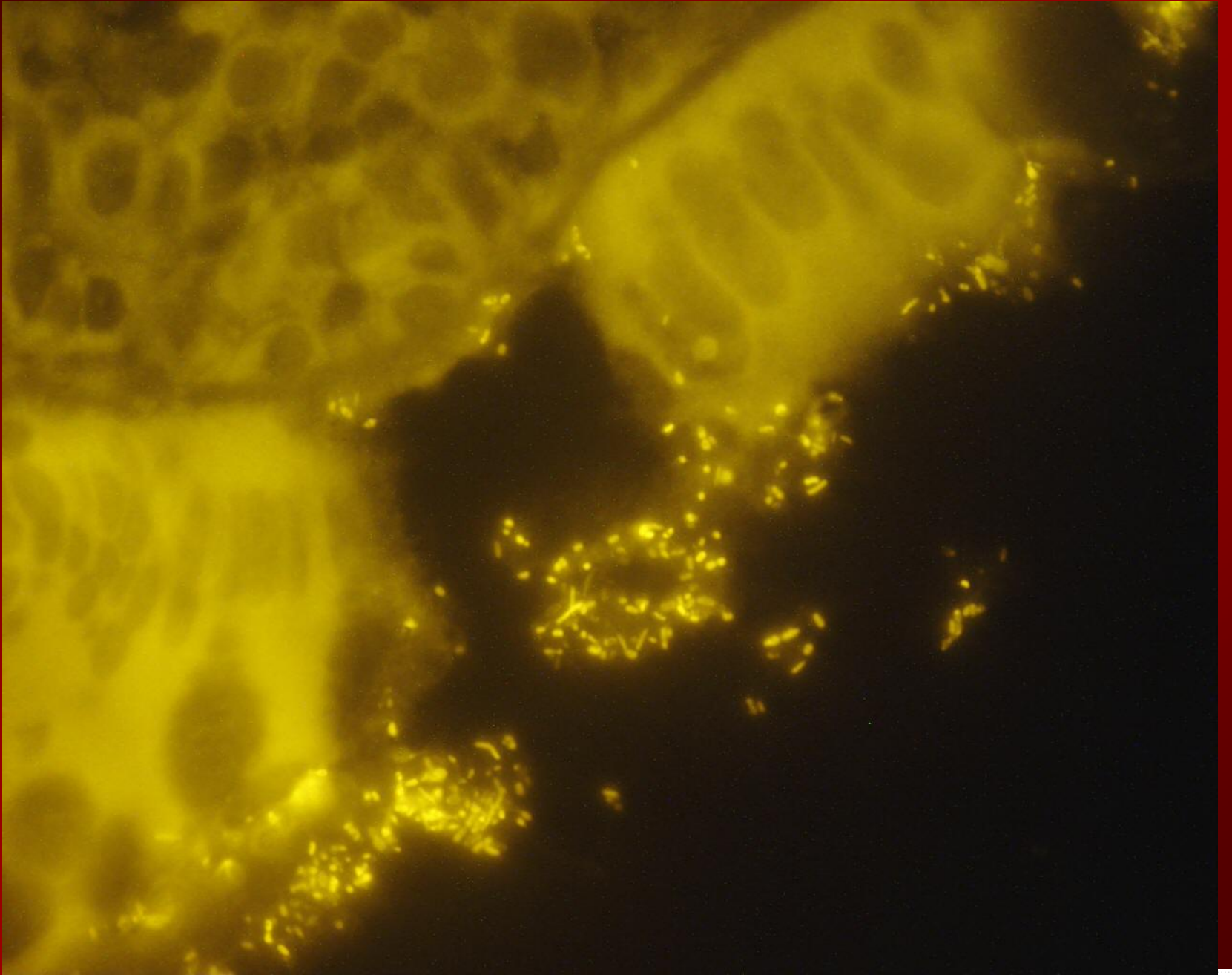
Dichter *Bacteroides fragilis* Biofilm bedeckt die Mukosaoberfläche, Patient mit M. Crohn

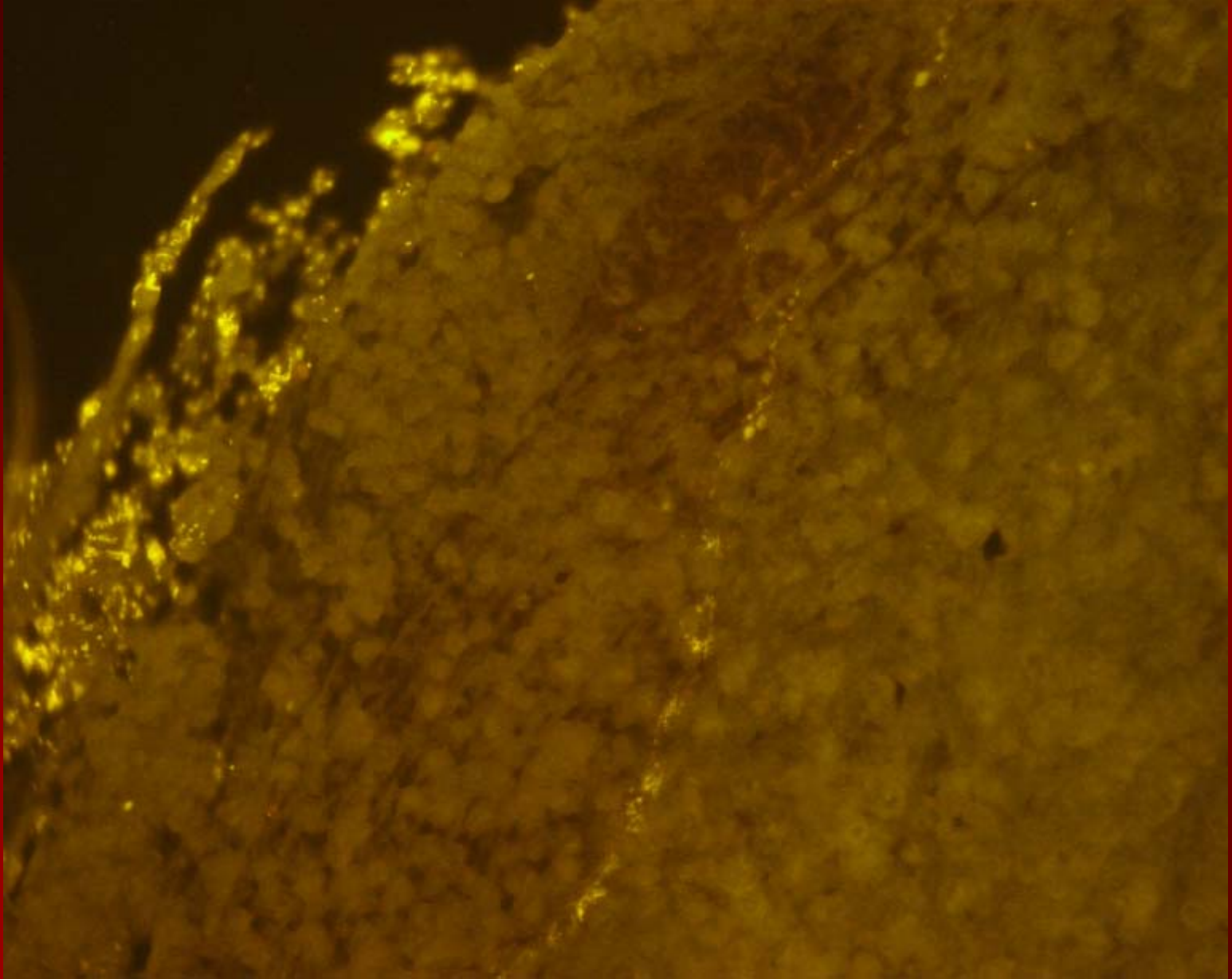


Intraepitheliale Bakterien bei dem gleichen Patienten









MC Eine Straße von Bacteroides-Infiltration

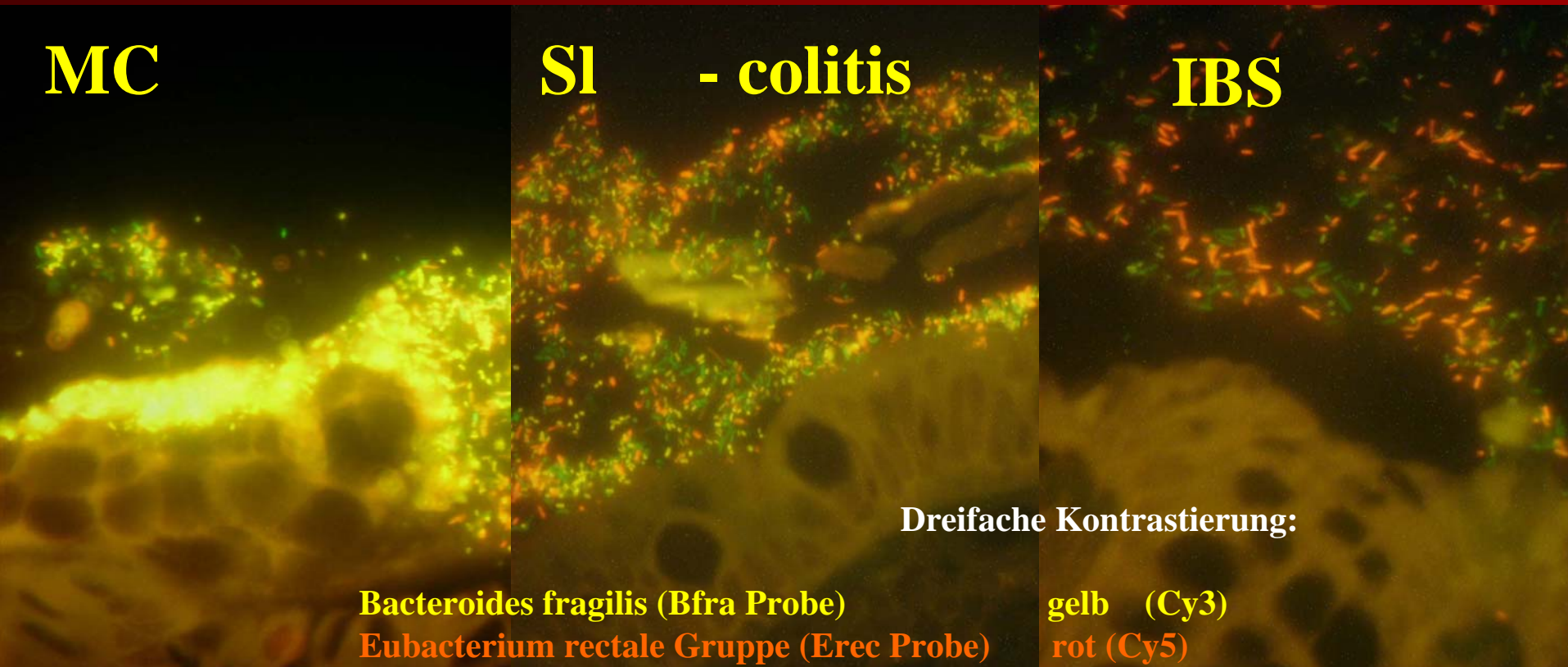
**10 Bakterien in einem Quadrat-Zentimeter
entsprechen Konzentrationen von 10^9 /ml**



MC

Sl - colitis

IBS



Dreifache Kontrastierung:

Bacteroides fragilis (Bfra Probe)

Eubacterium rectale Gruppe (Erec Probe)

Alle anderen Bakterien (Eub338)

gelb (Cy3)

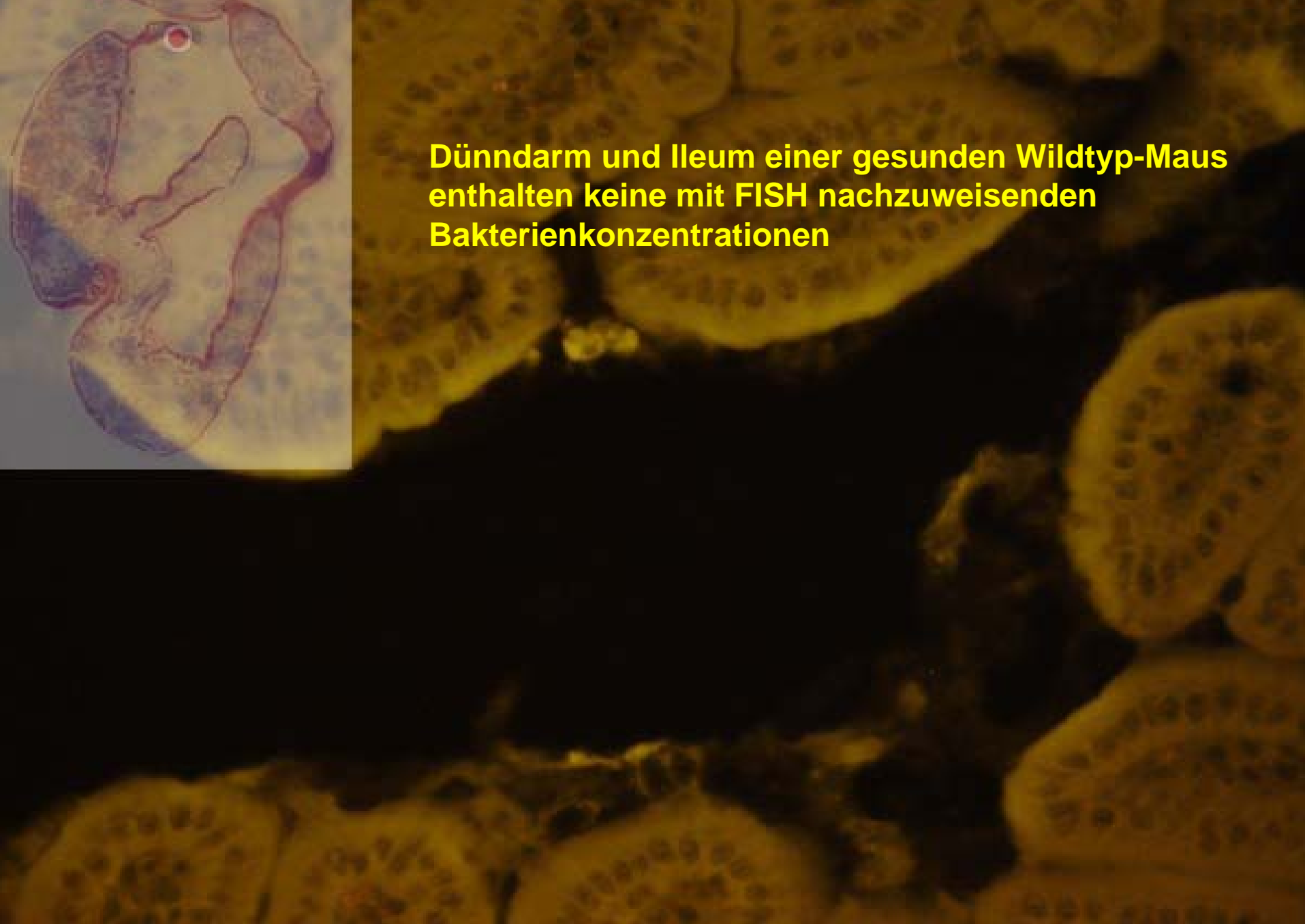
rot (Cy5)

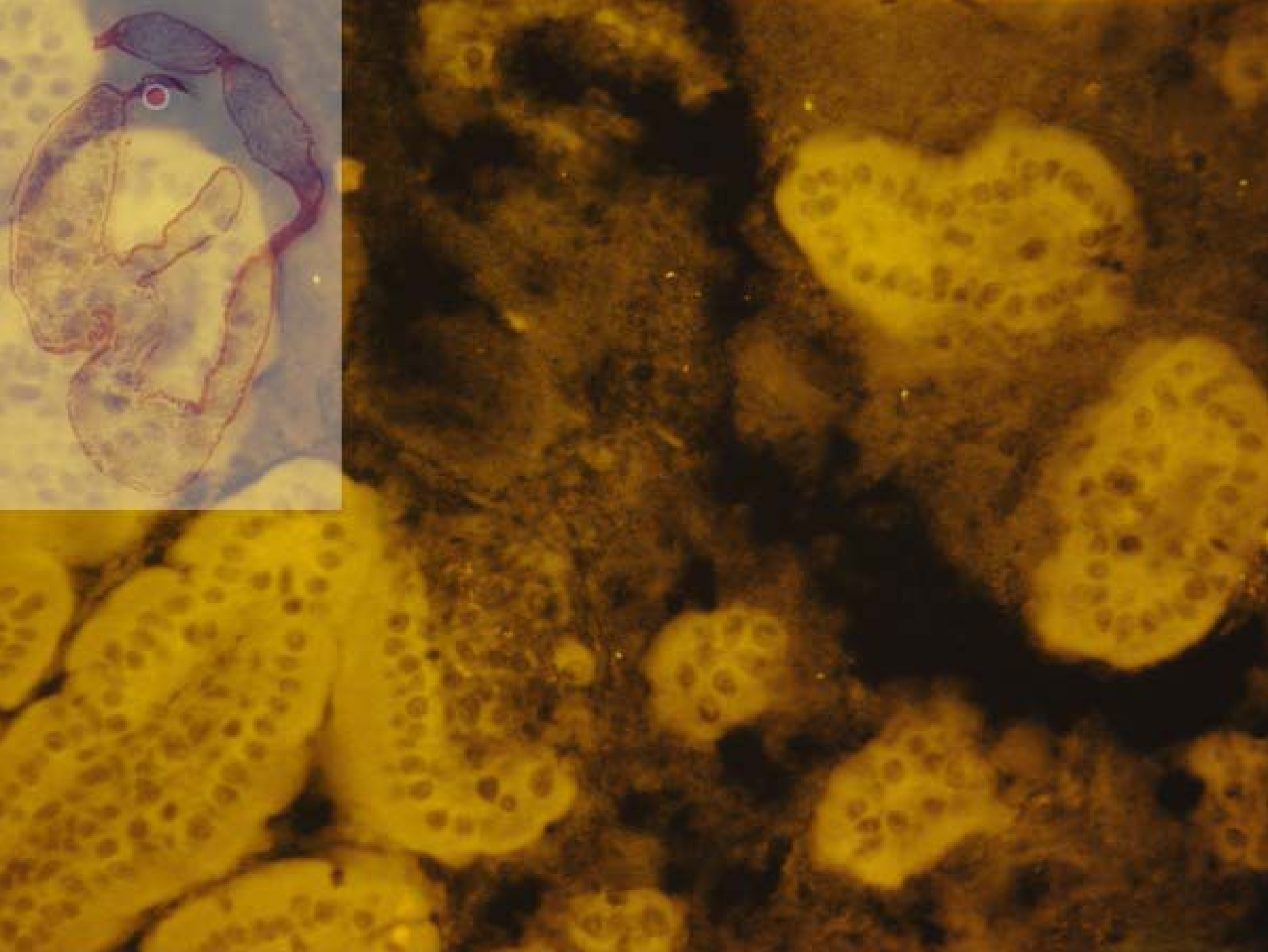
grün (FITC)

Prozent von Patienten mit 10 ⁹ B/ml		MC	UC	Slc	IBS	Kontr.
		98%	94%	78%	62%	16%
Anteil am Biofilm	Bfra	60%	30%	31%	14%	16%
	Erec	10%	5%	18%	48%	32%



**Dünndarm und Ileum einer gesunden Wildtyp-Maus
enthalten keine mit FISH nachzuweisenden
Bakterienkonzentrationen**





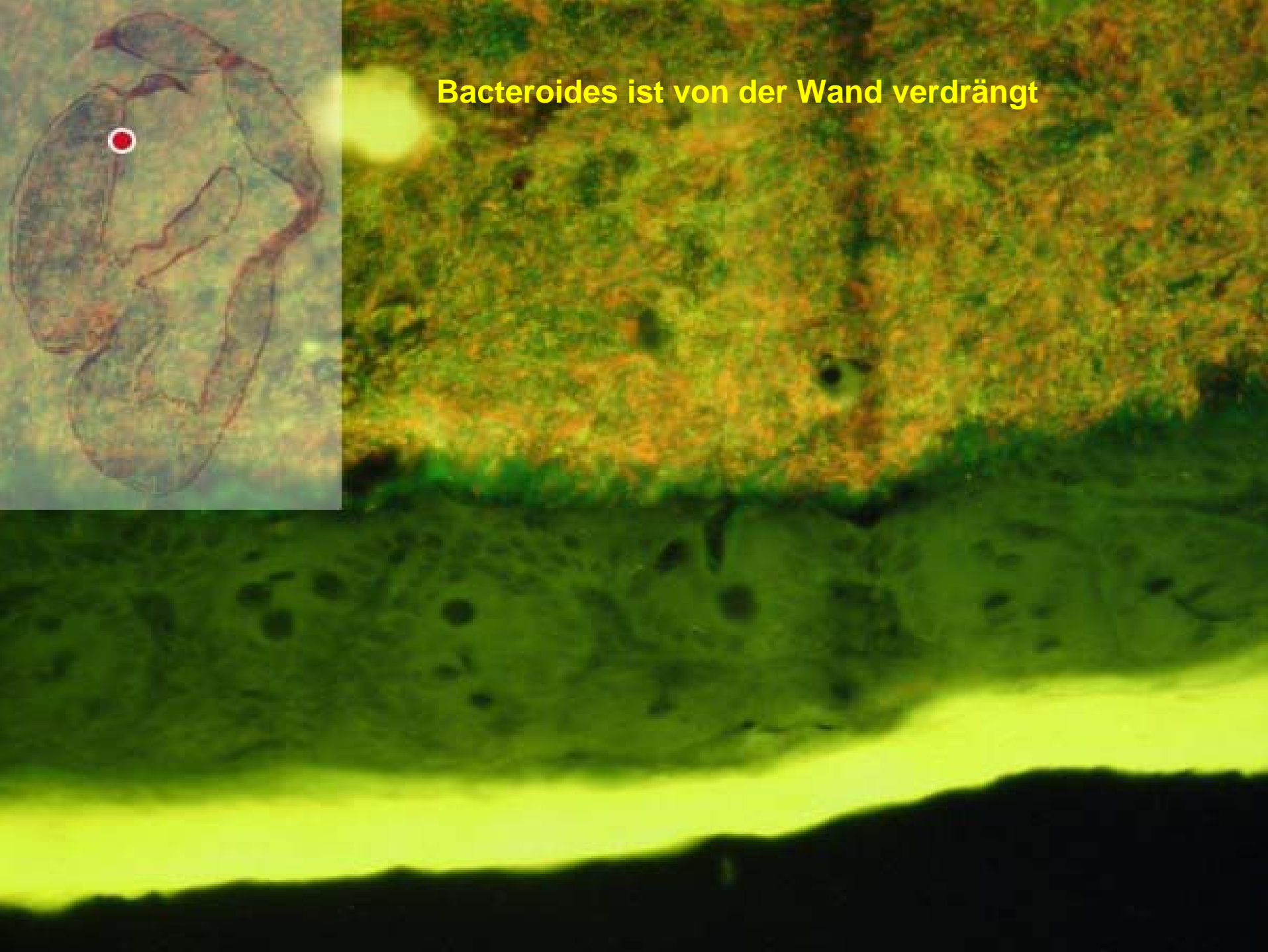
Im Coecum explodiert die Keimzahl

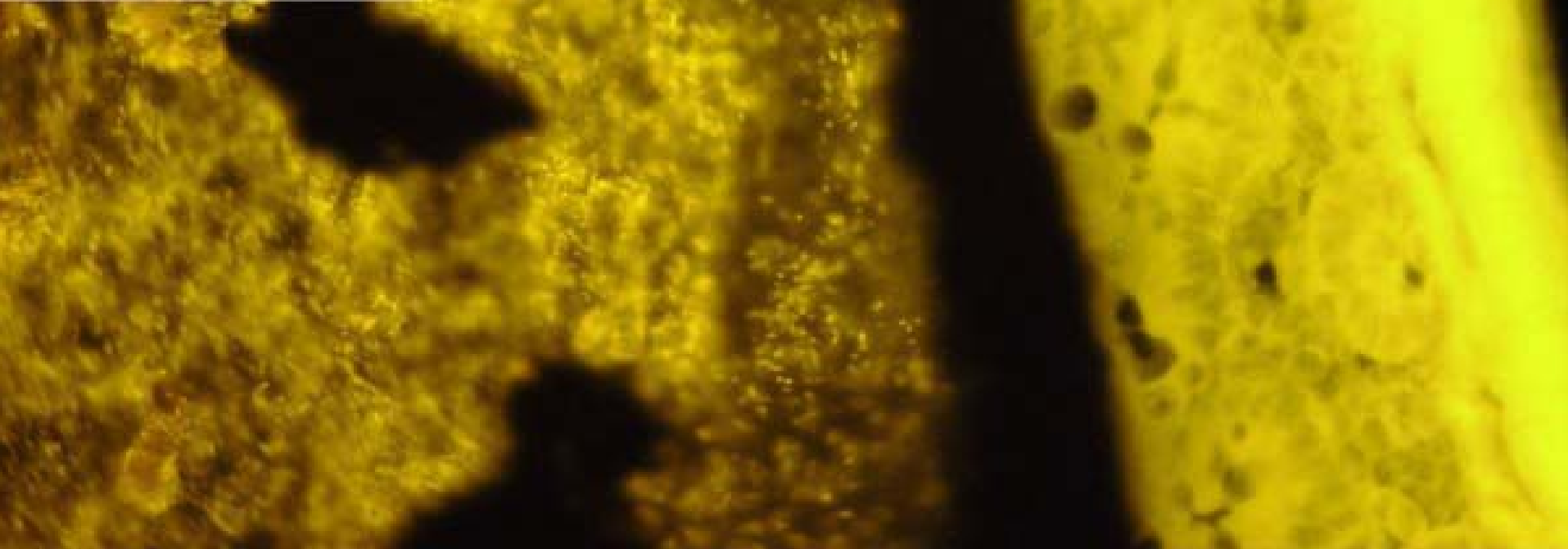


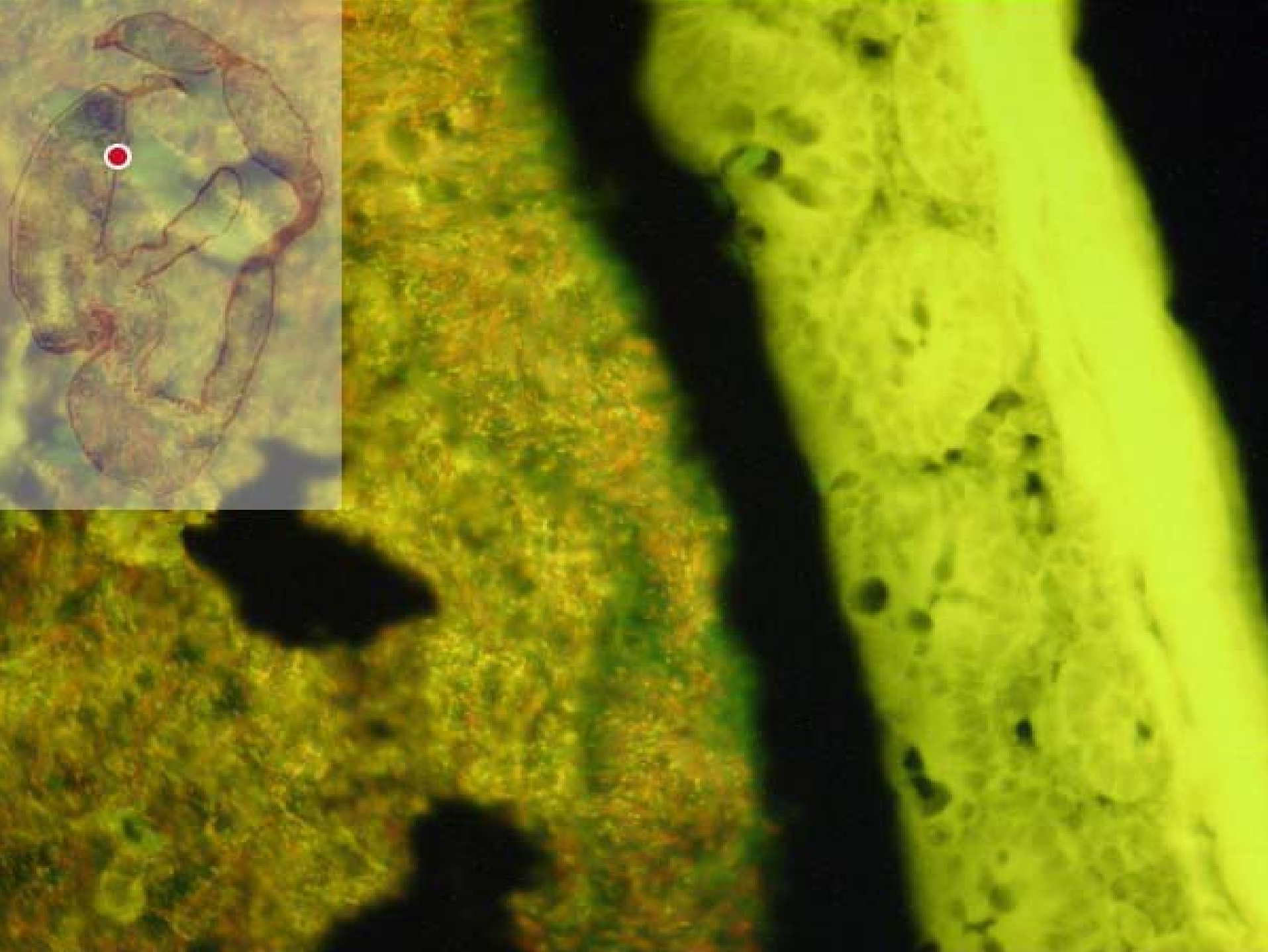
**Bakterien (mit Ausnahme von Bacteroides)
sind in den Krypten**

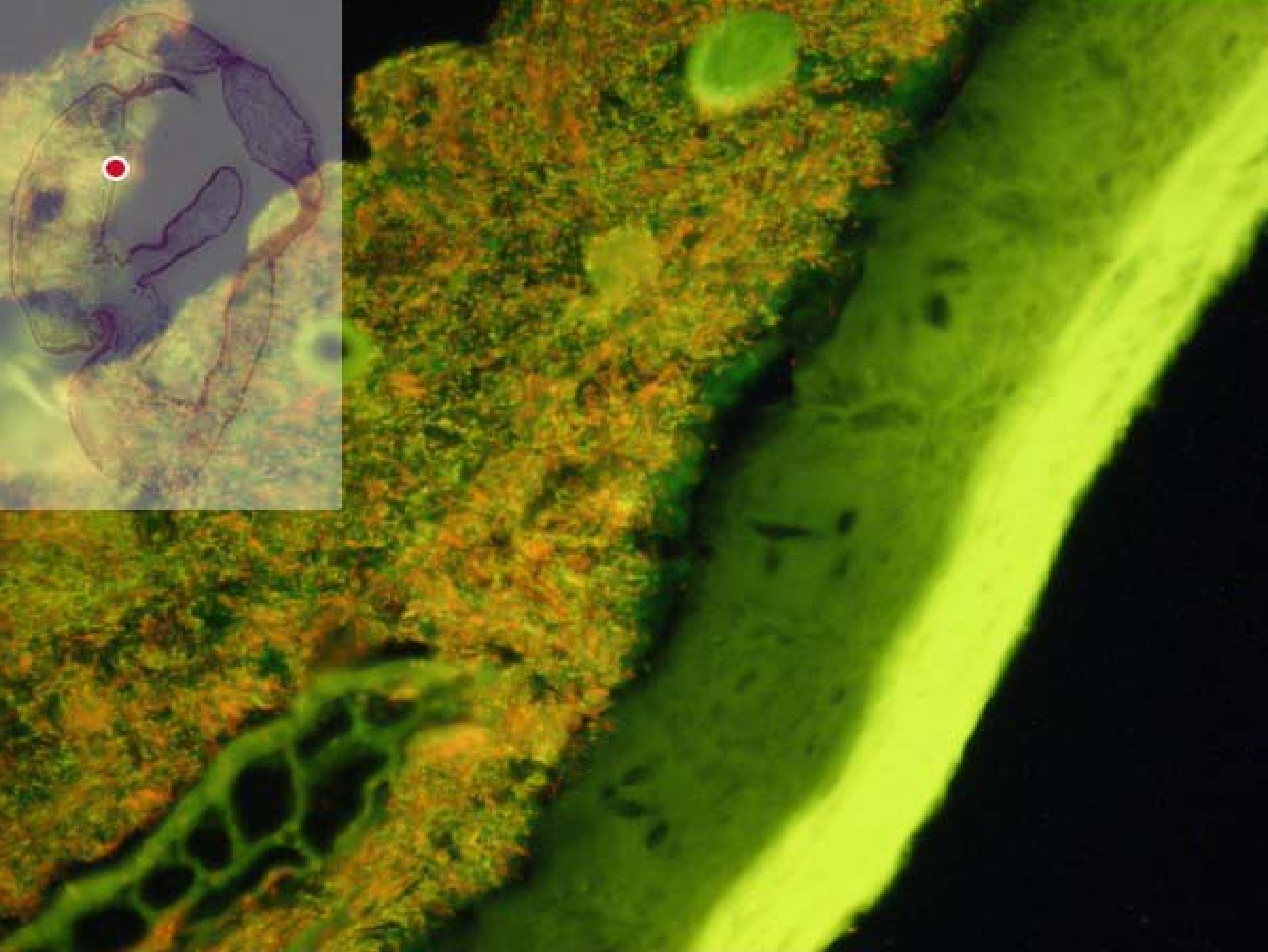


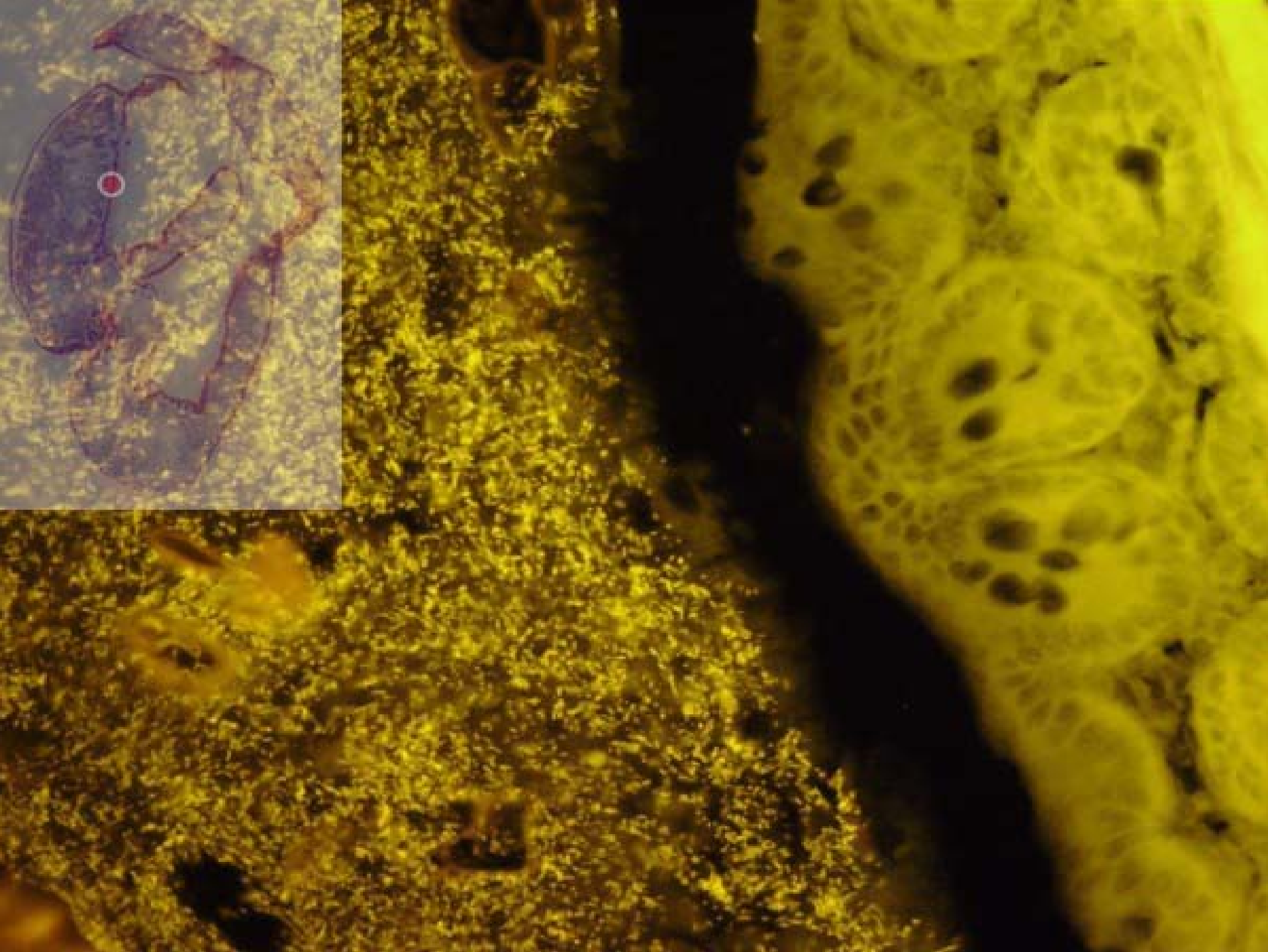
Bacteroides ist von der Wand verdrängt

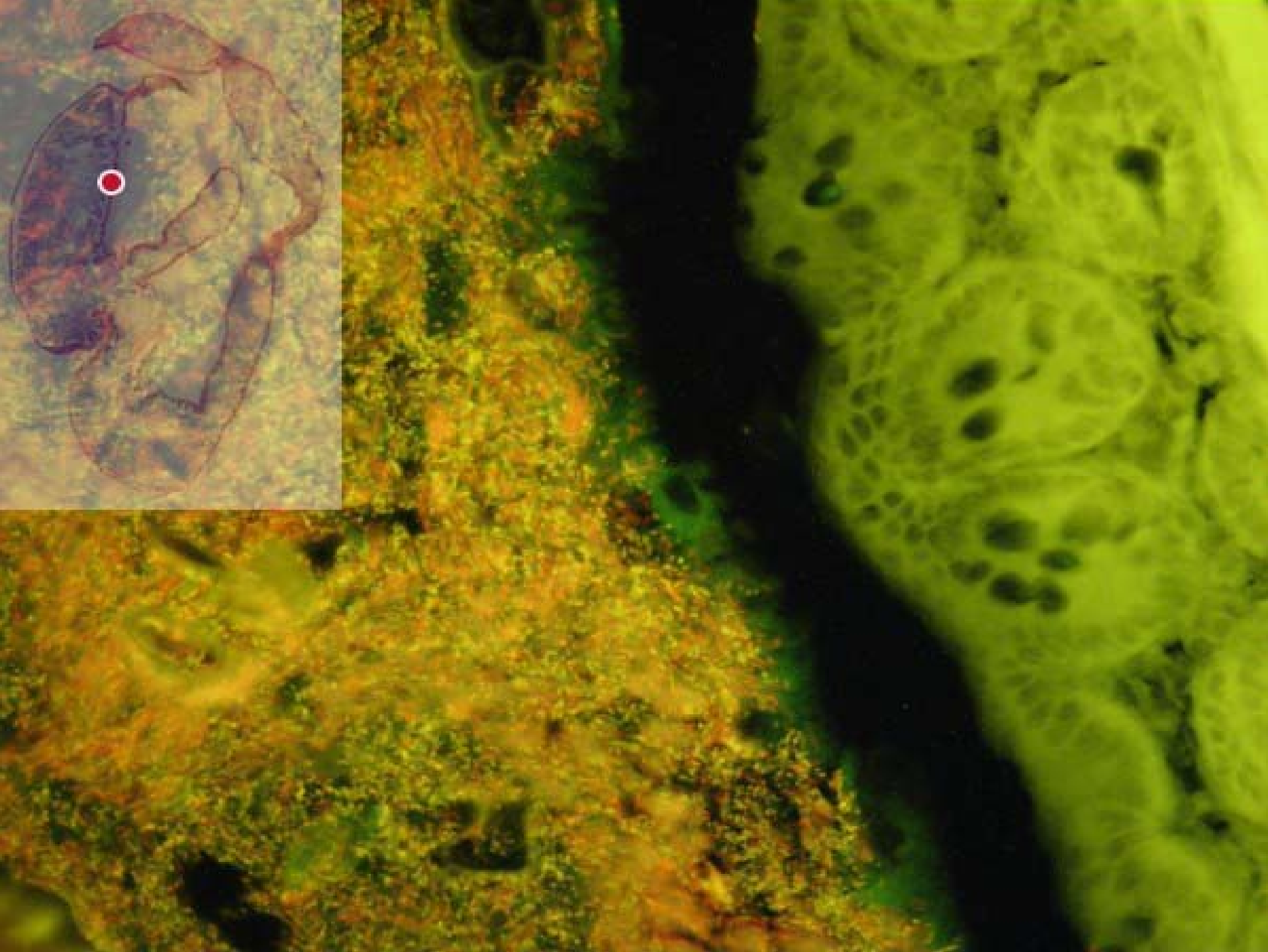


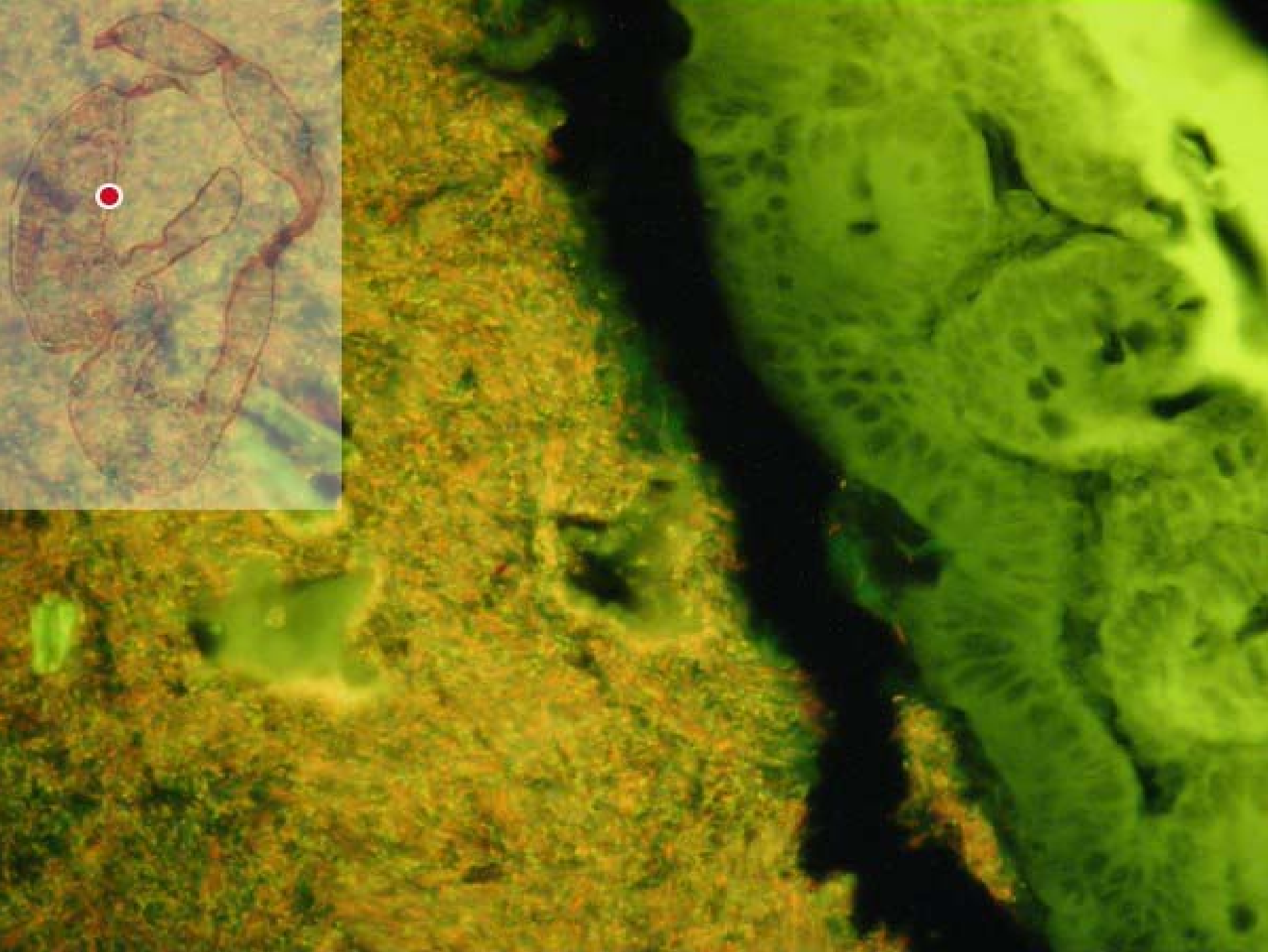


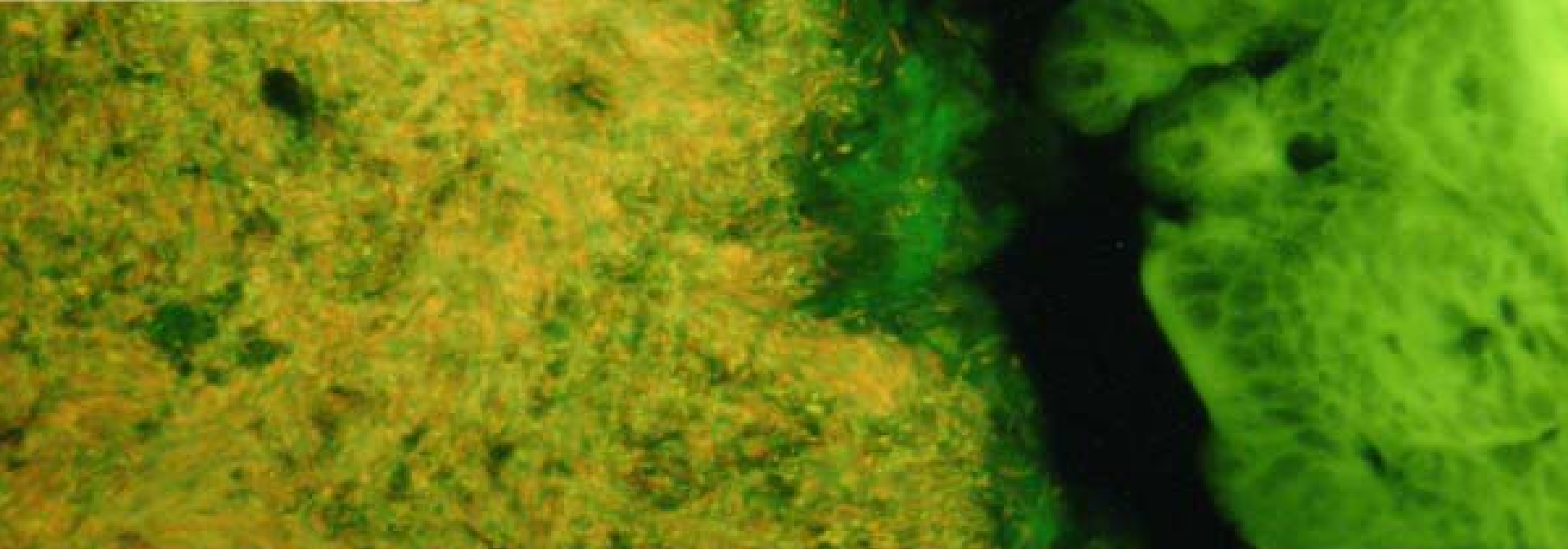


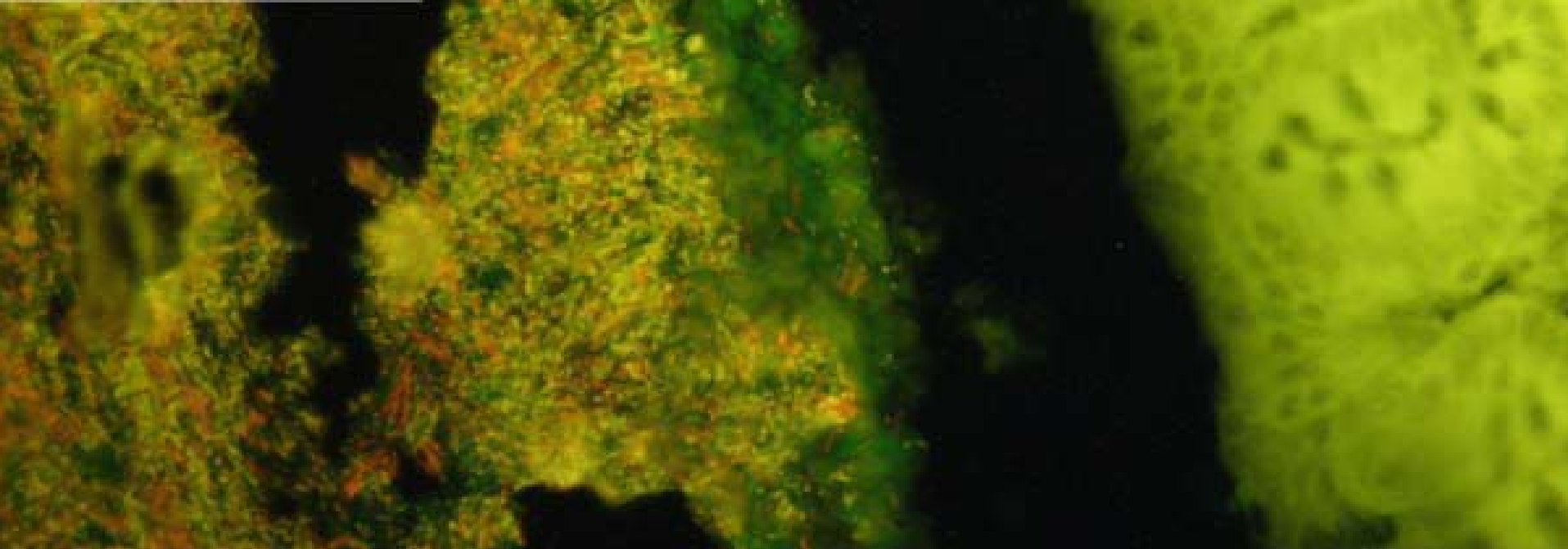


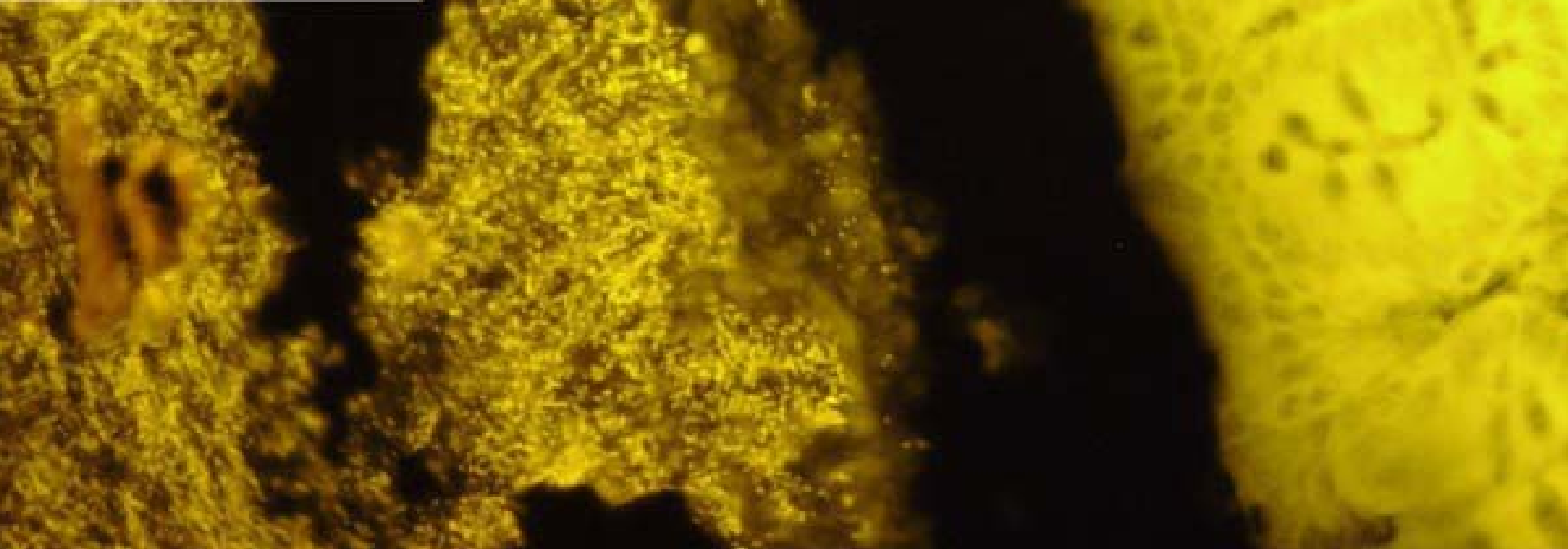


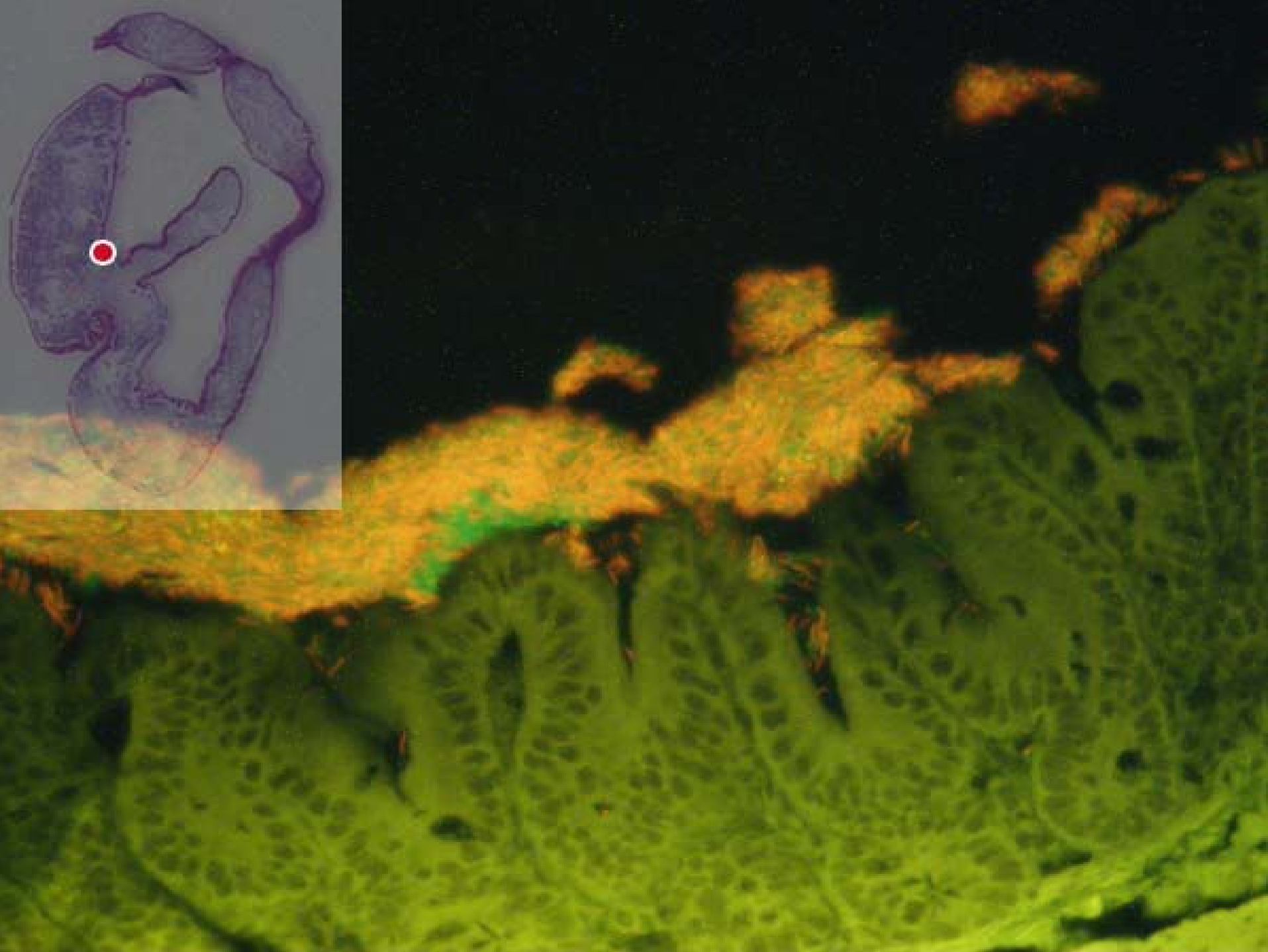


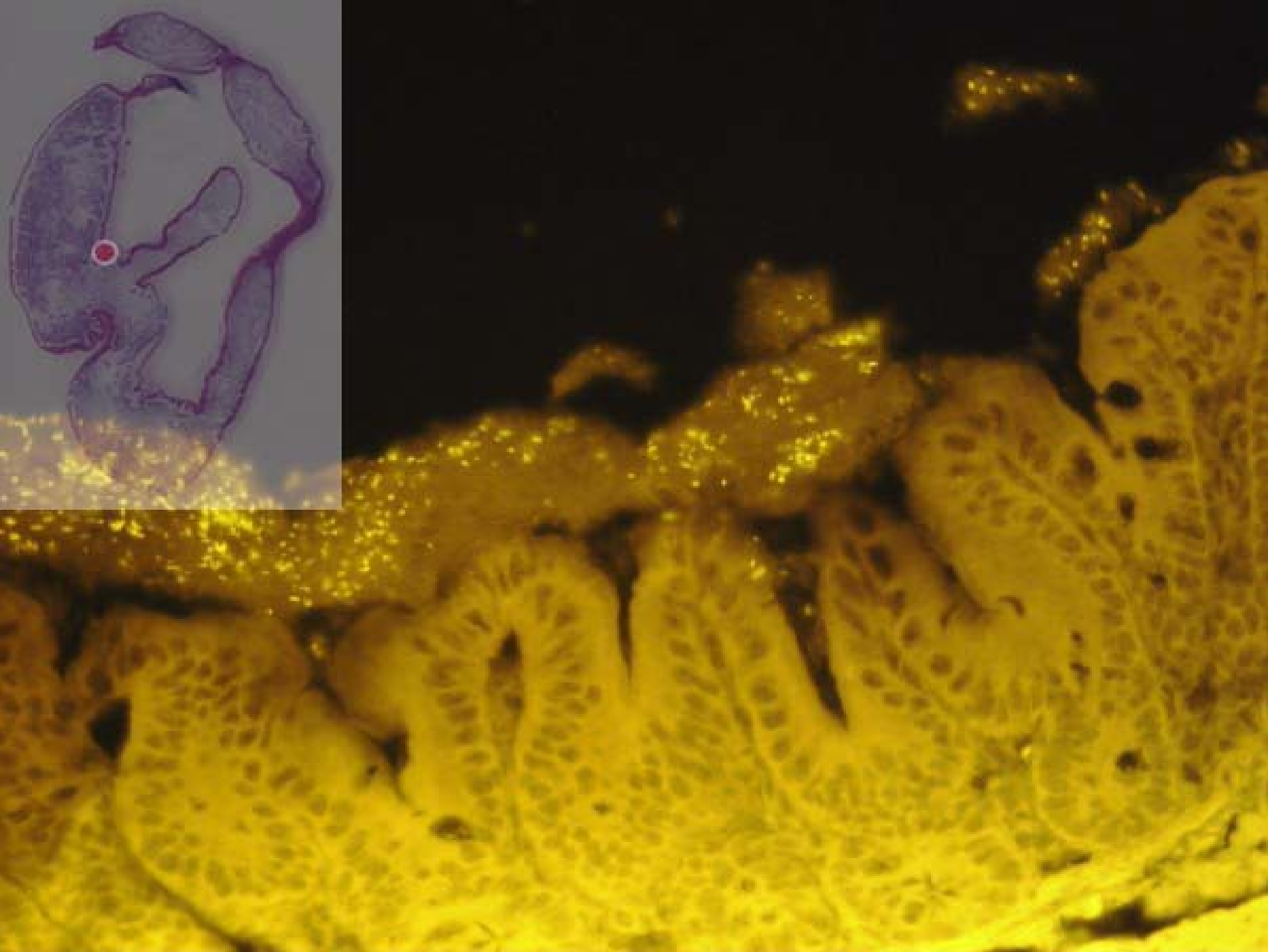


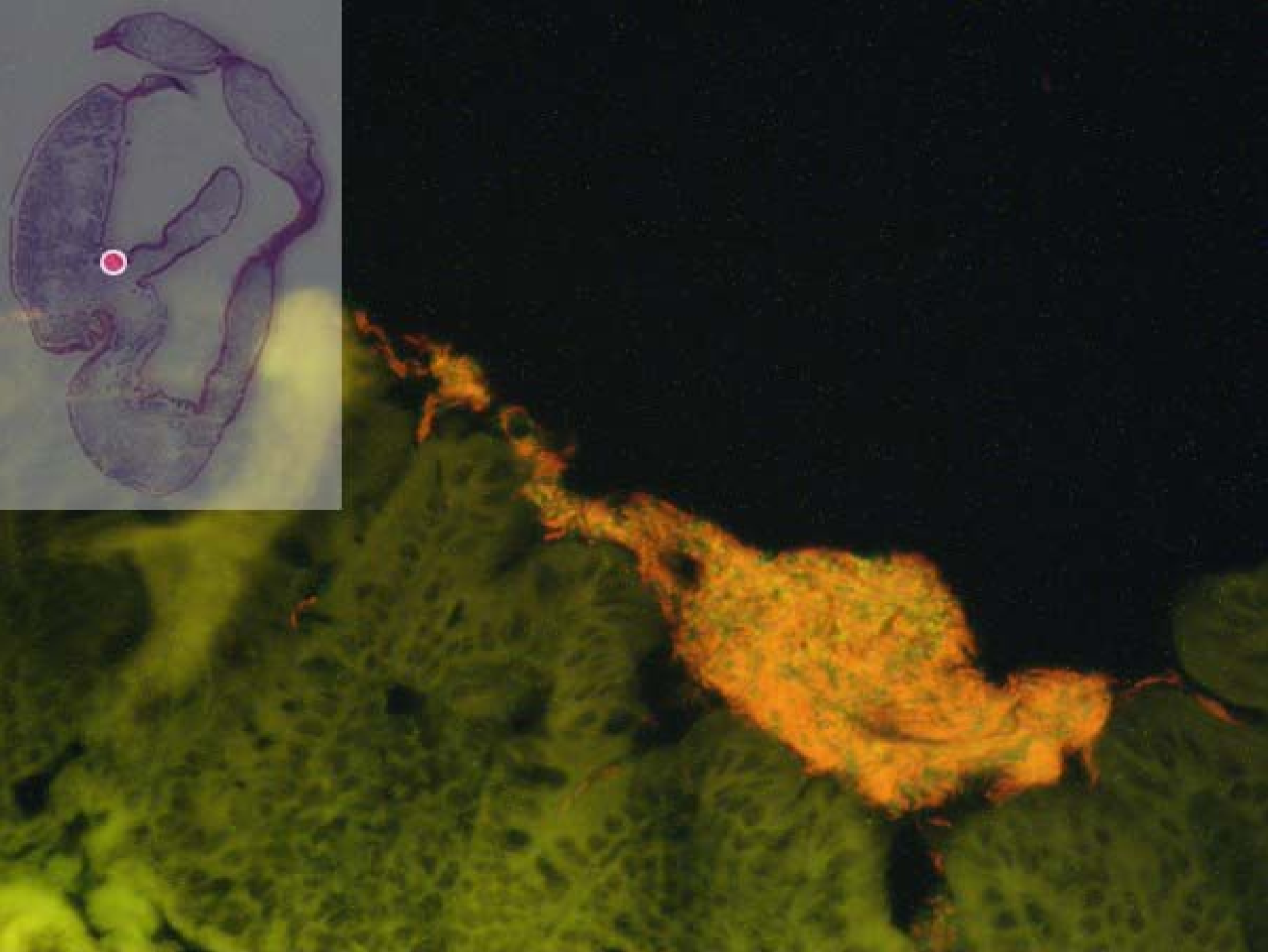


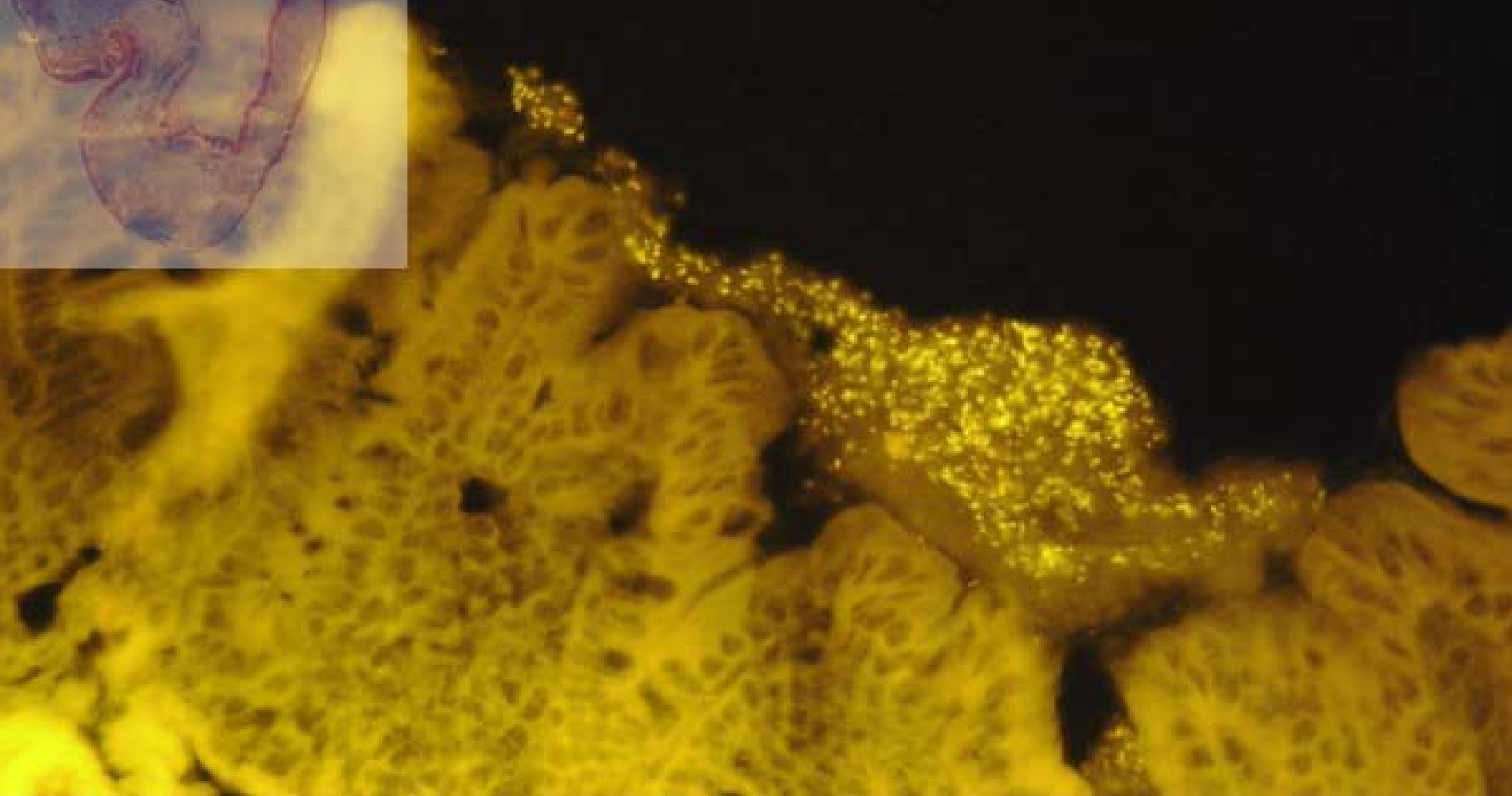






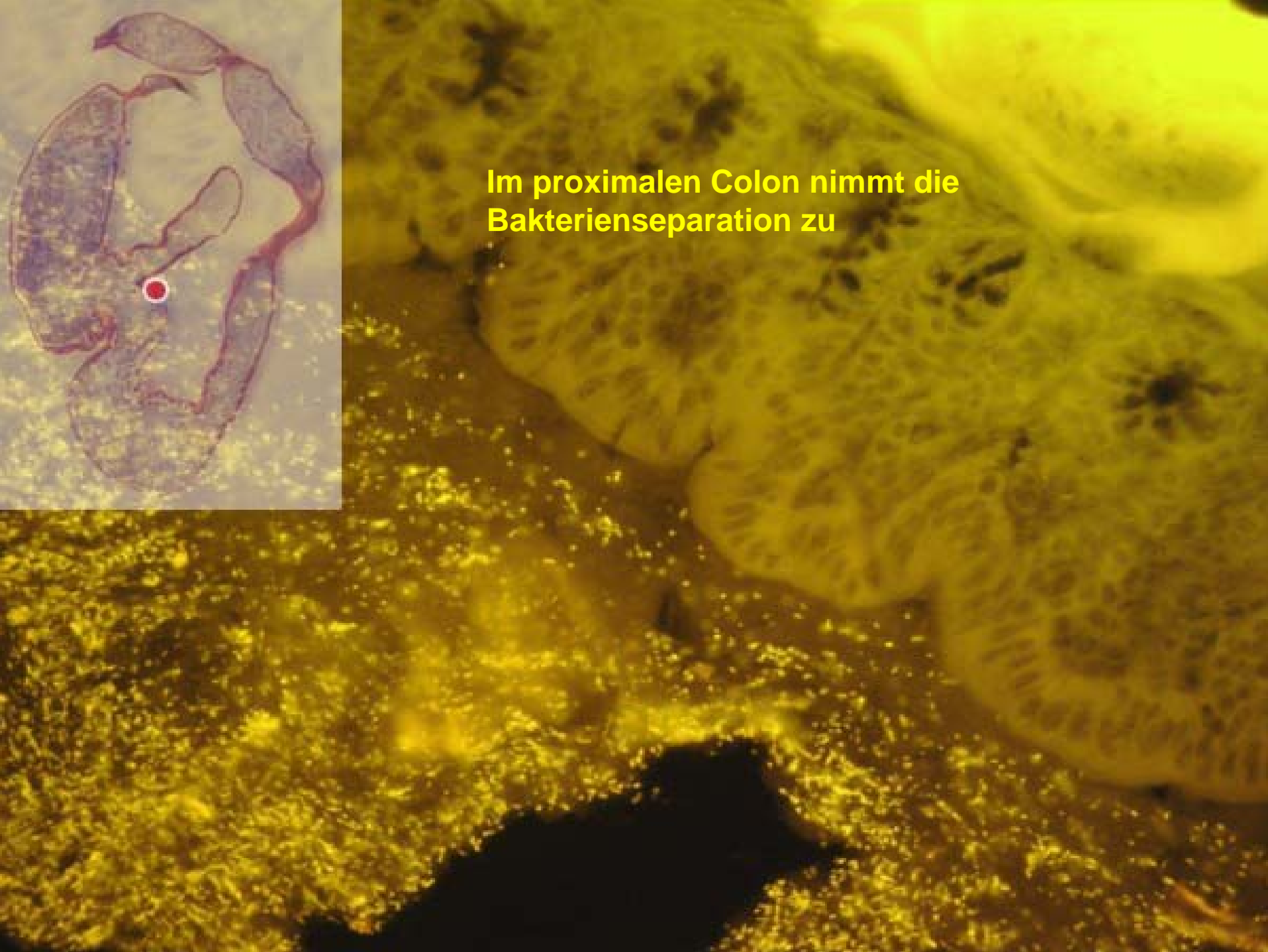


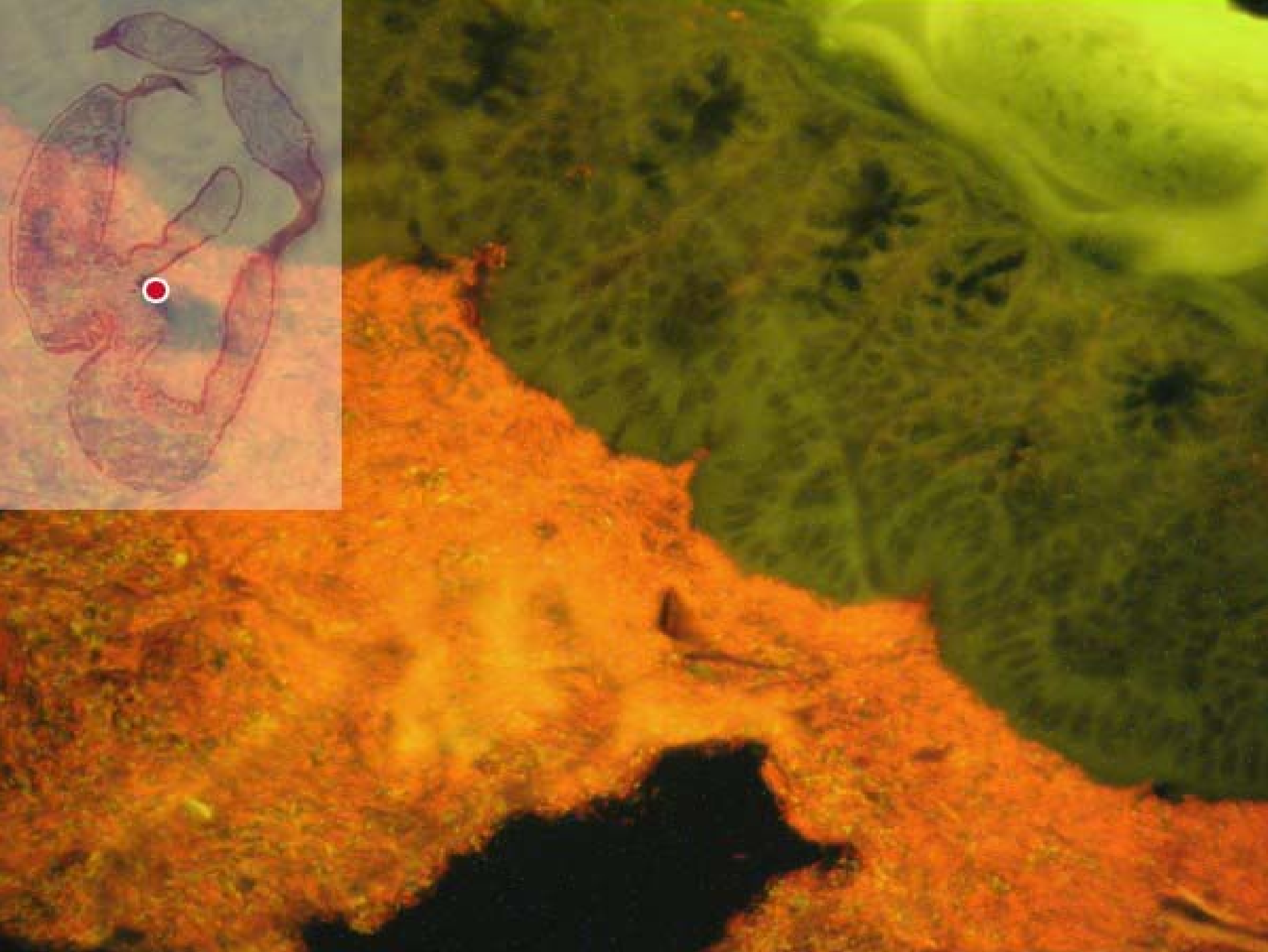


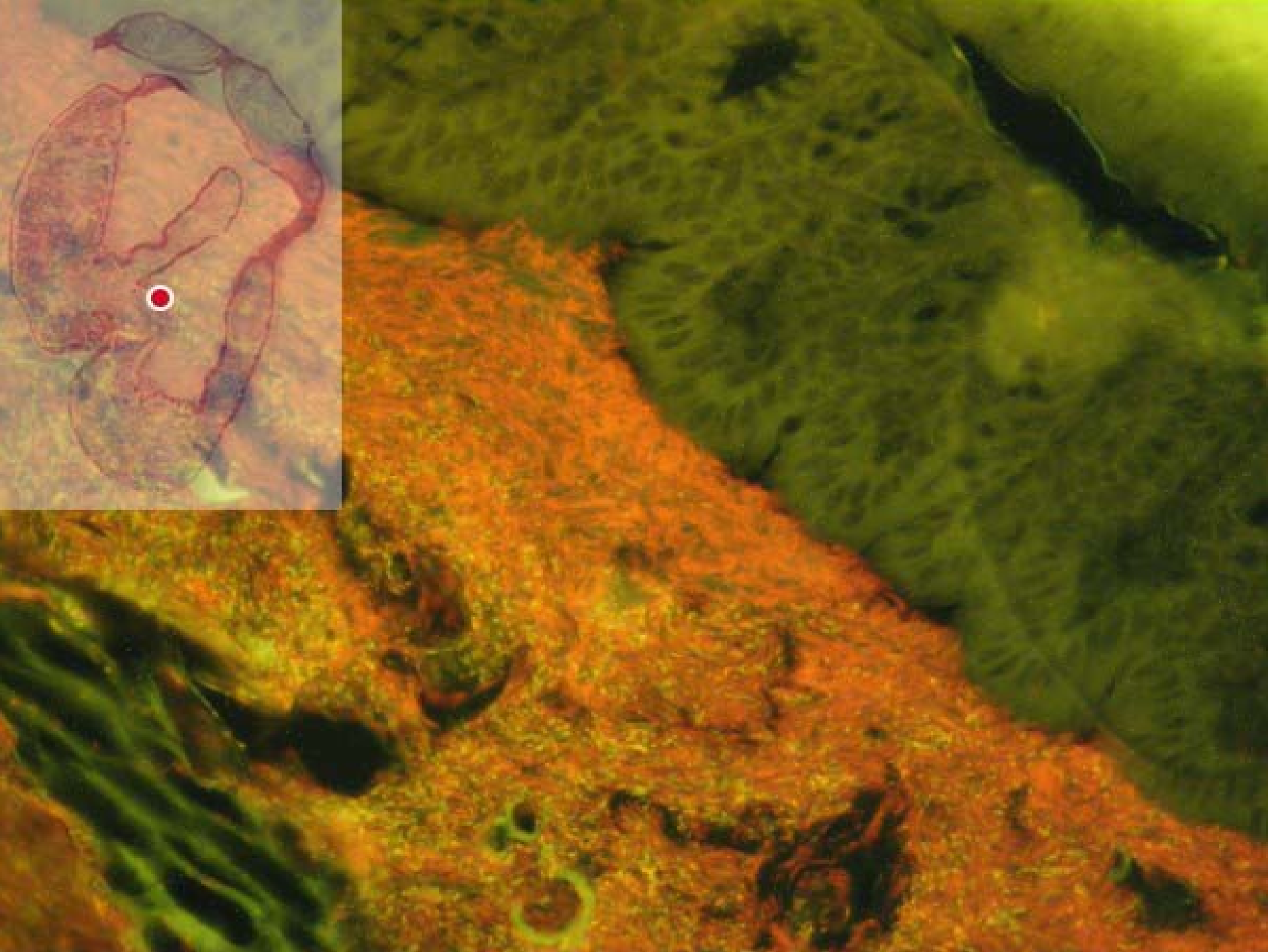


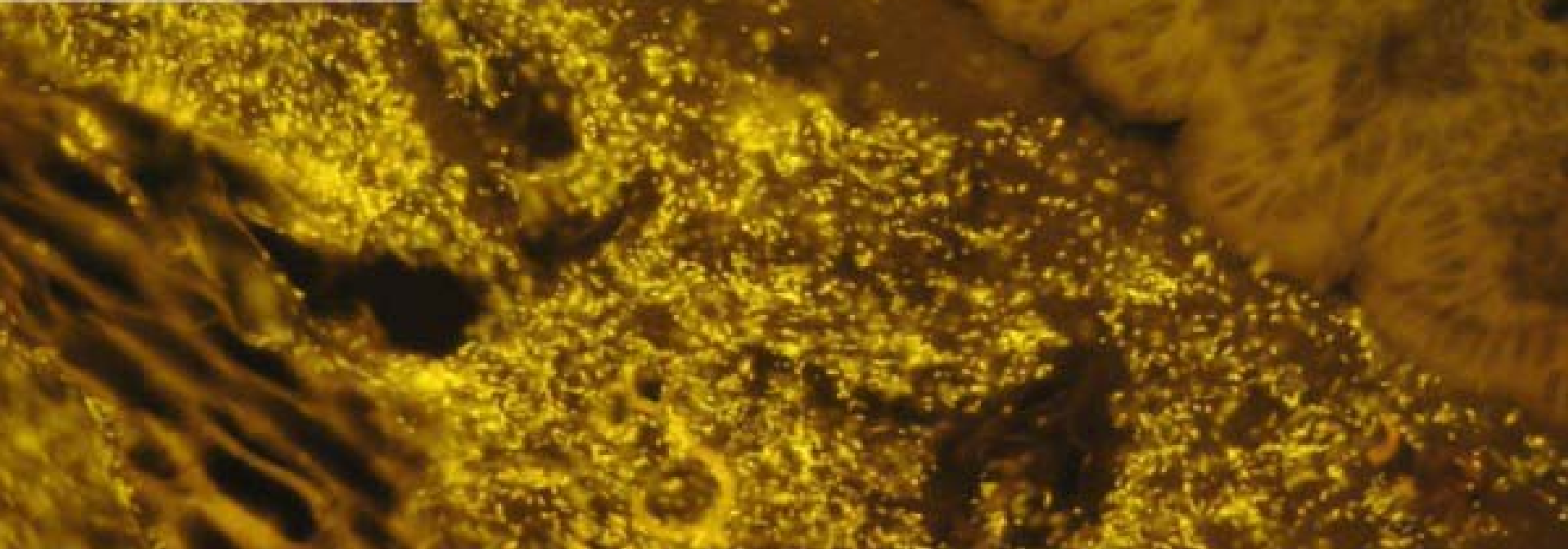


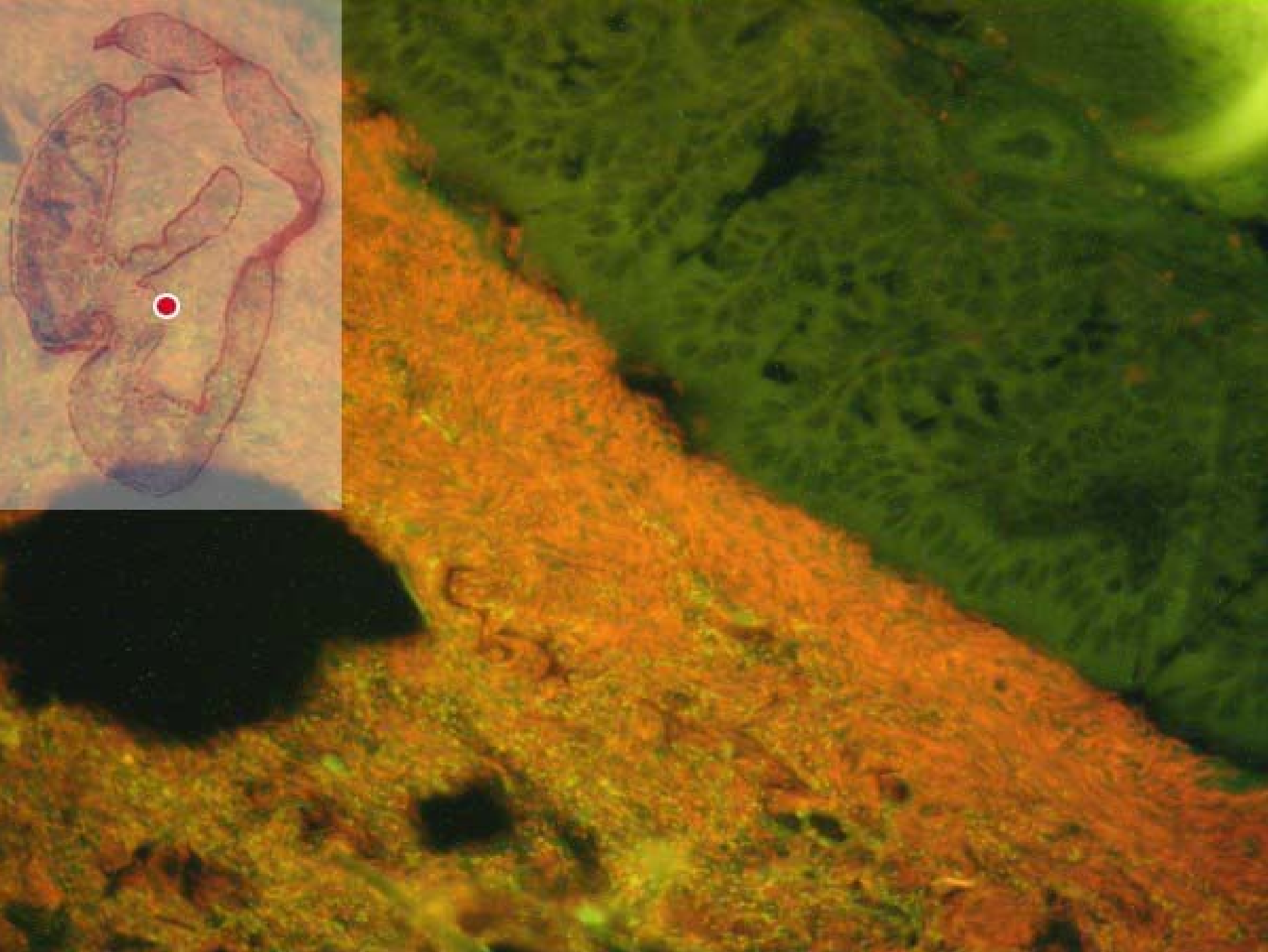
Im proximalen Colon nimmt die Bakterienseparation zu

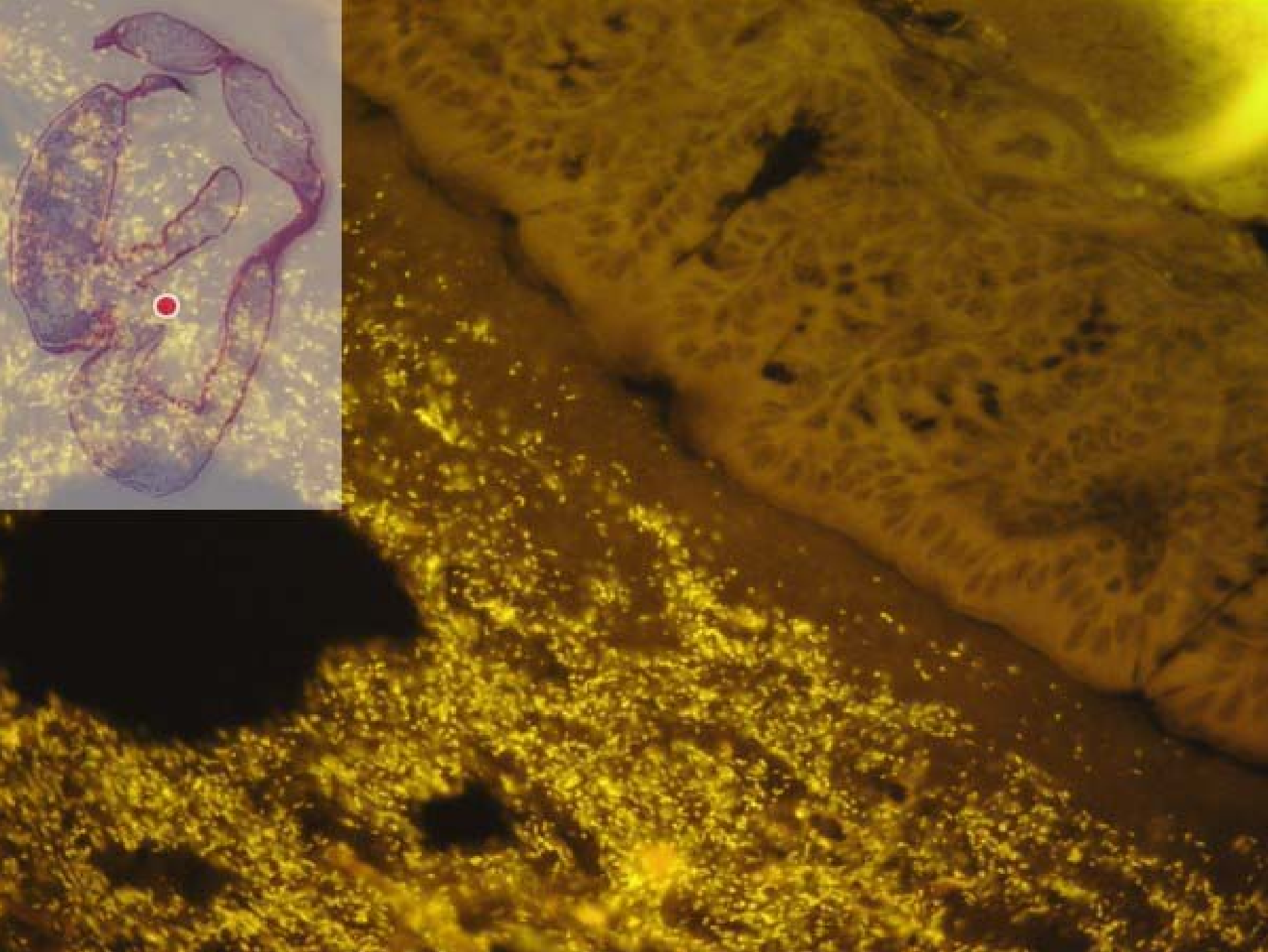


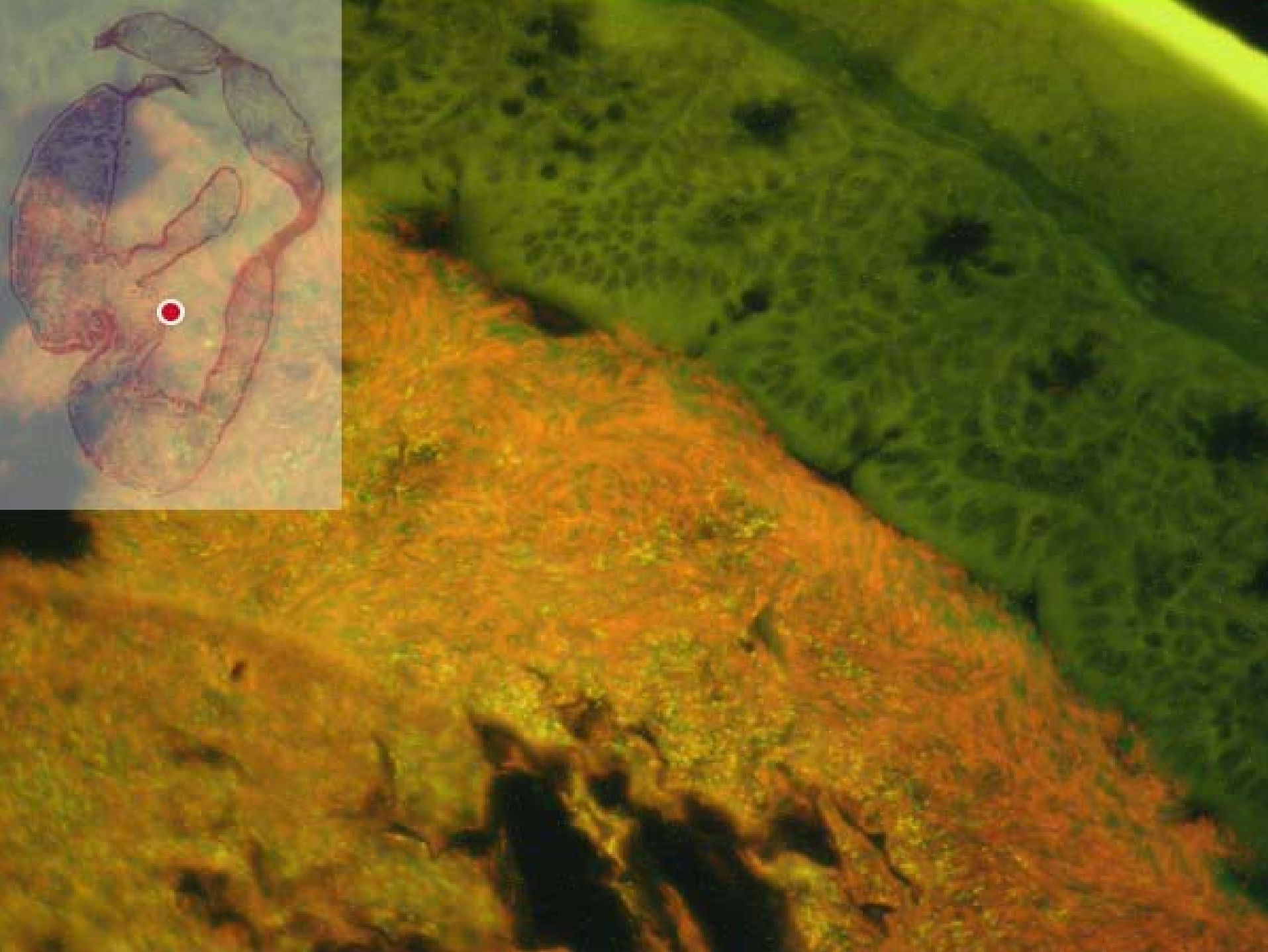


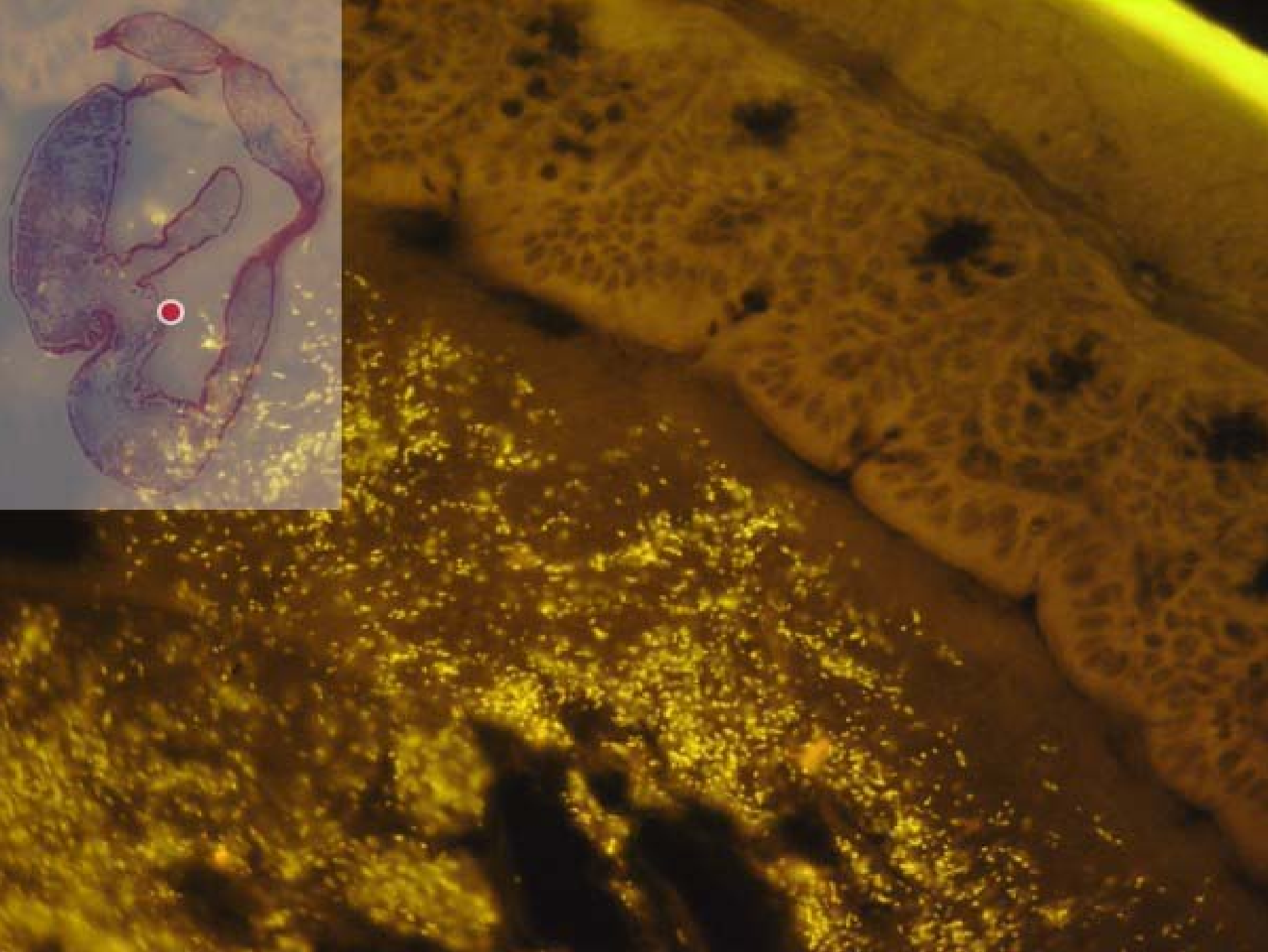


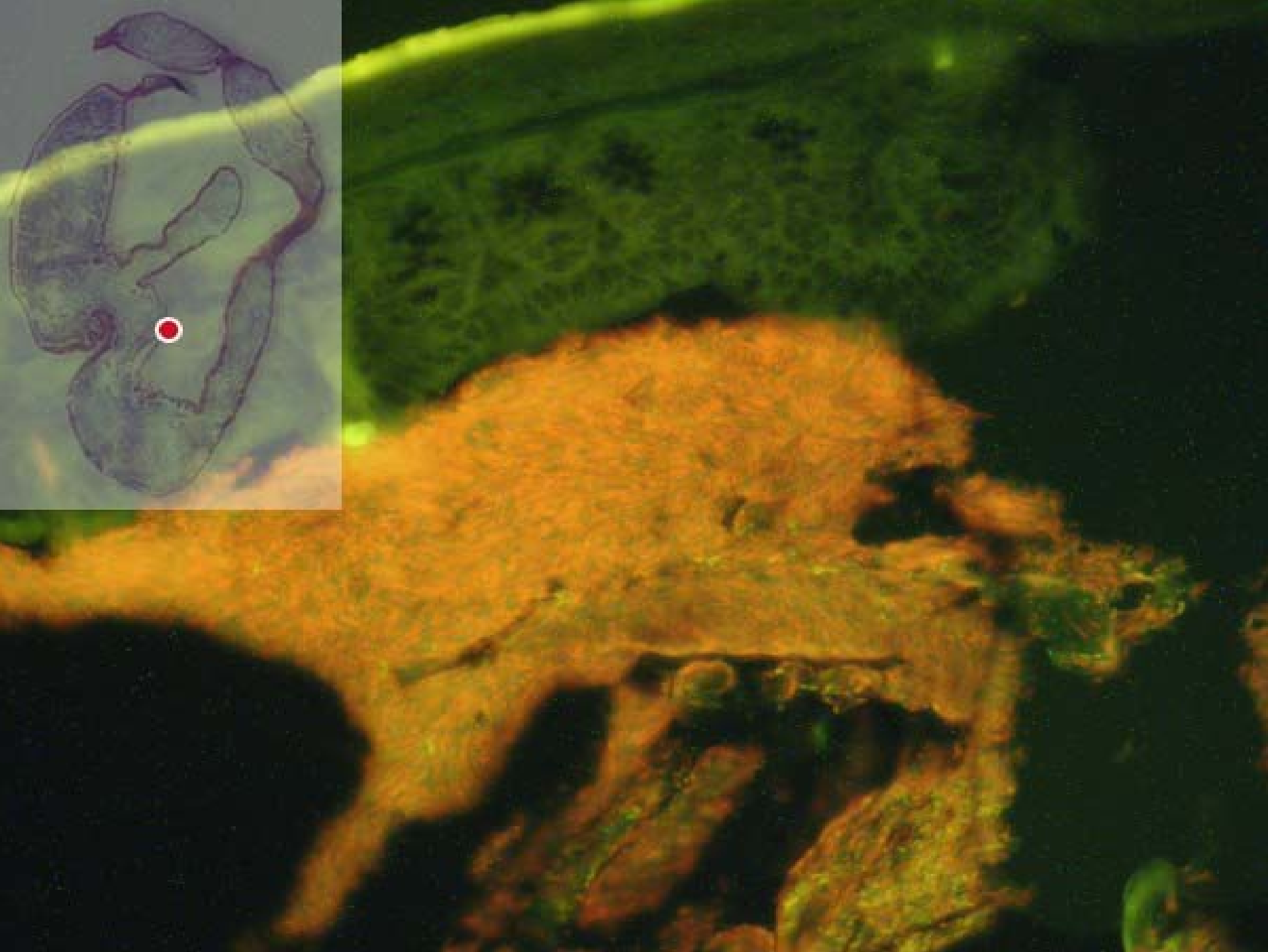


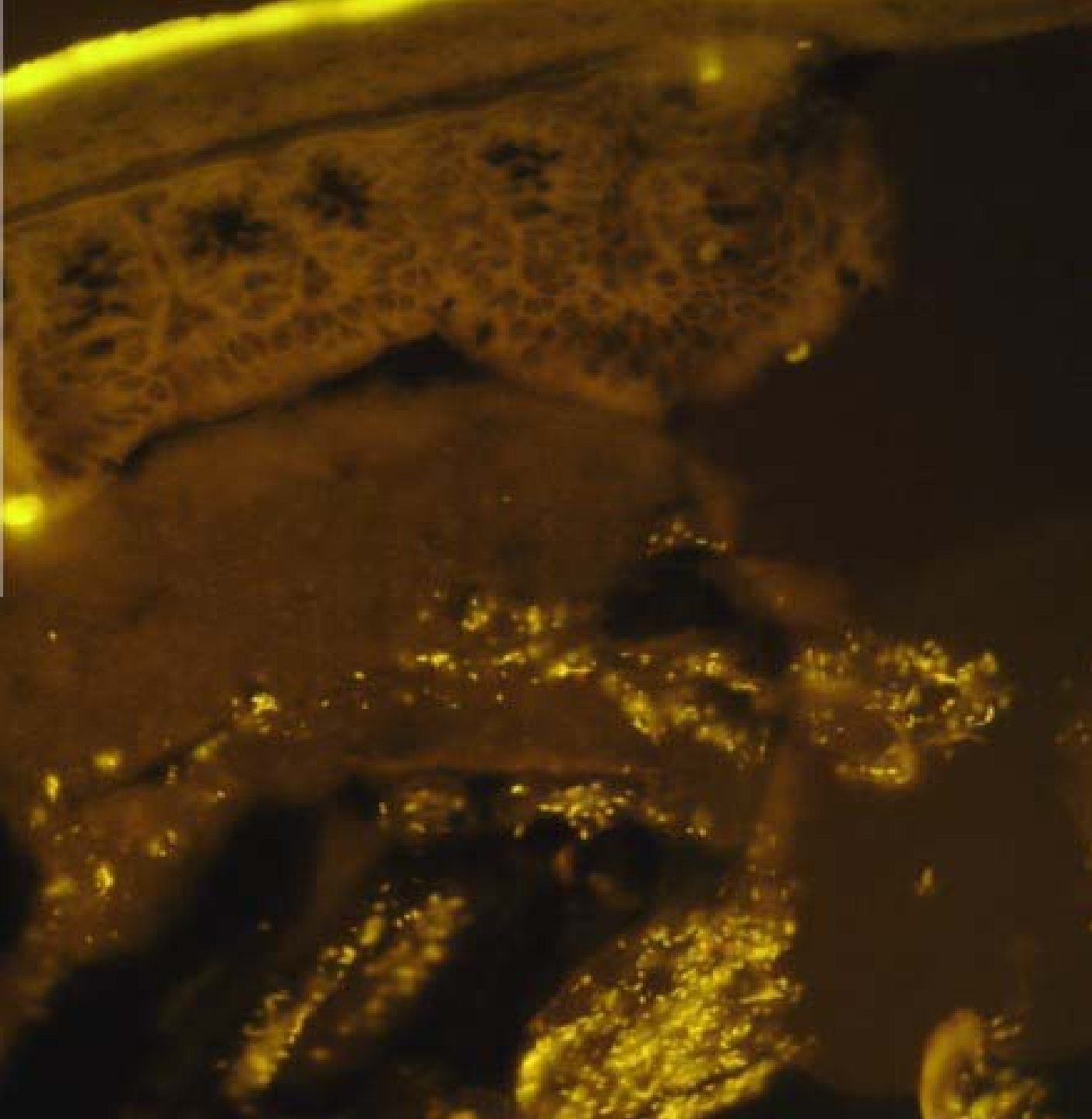


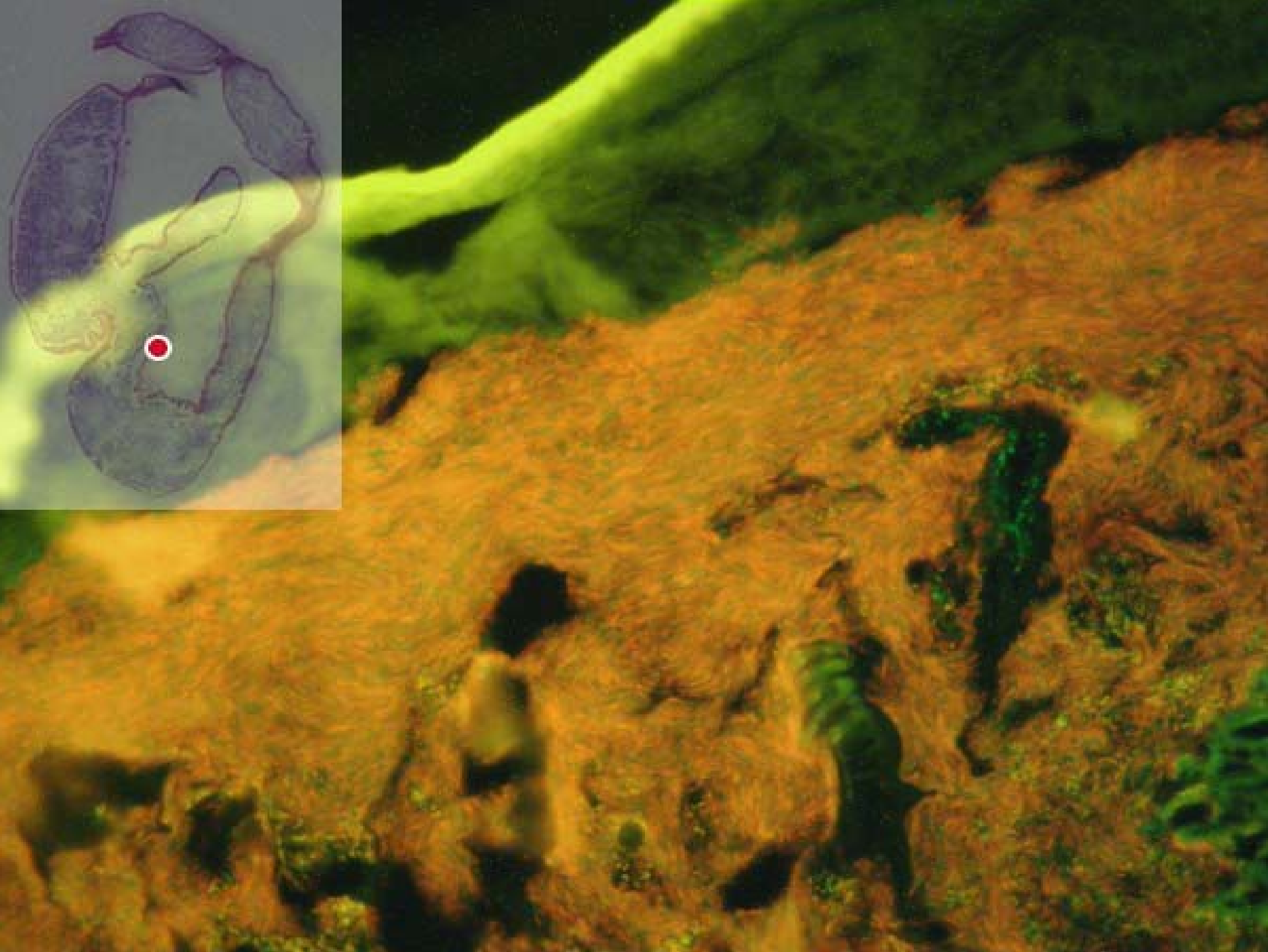


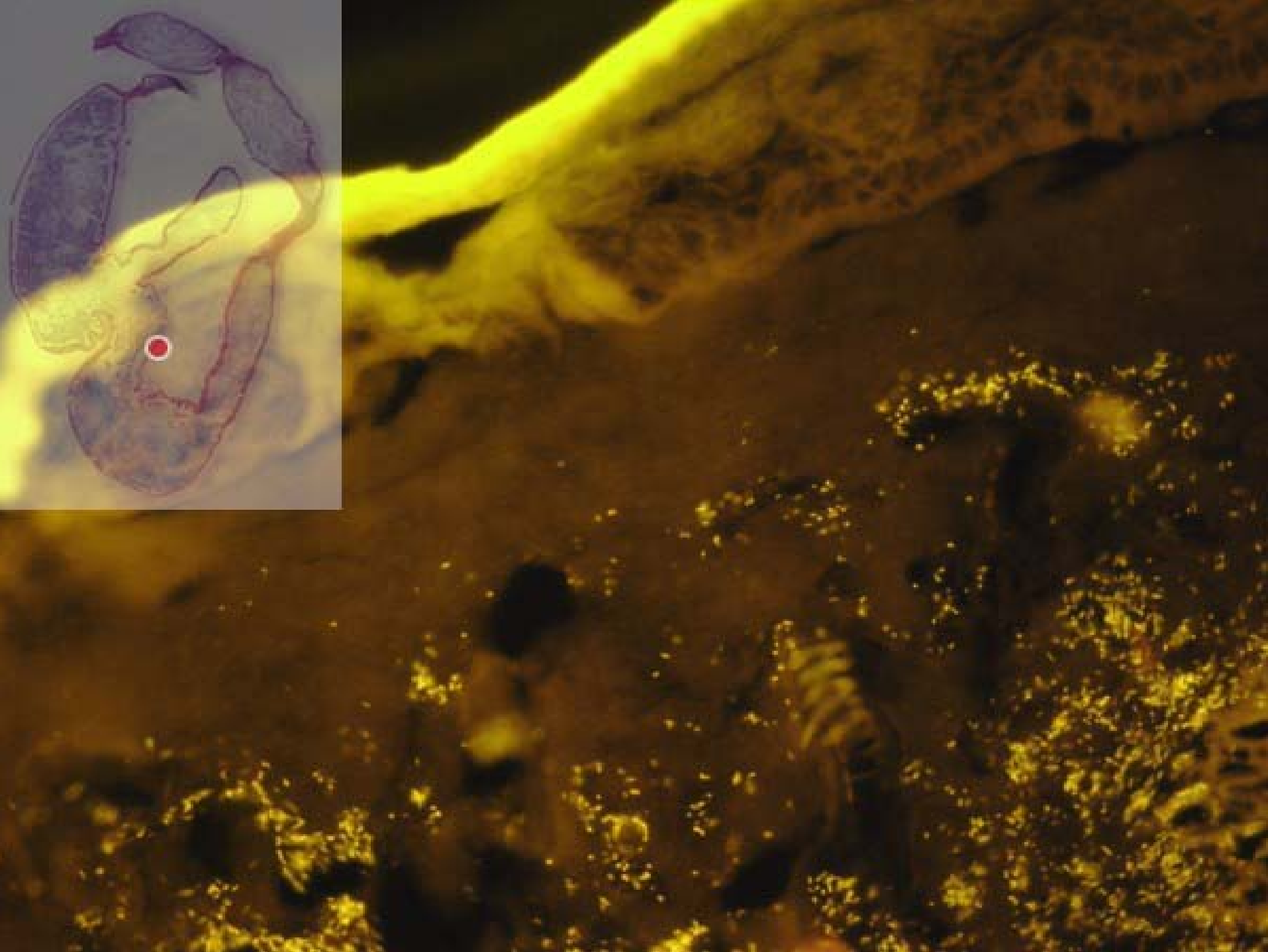


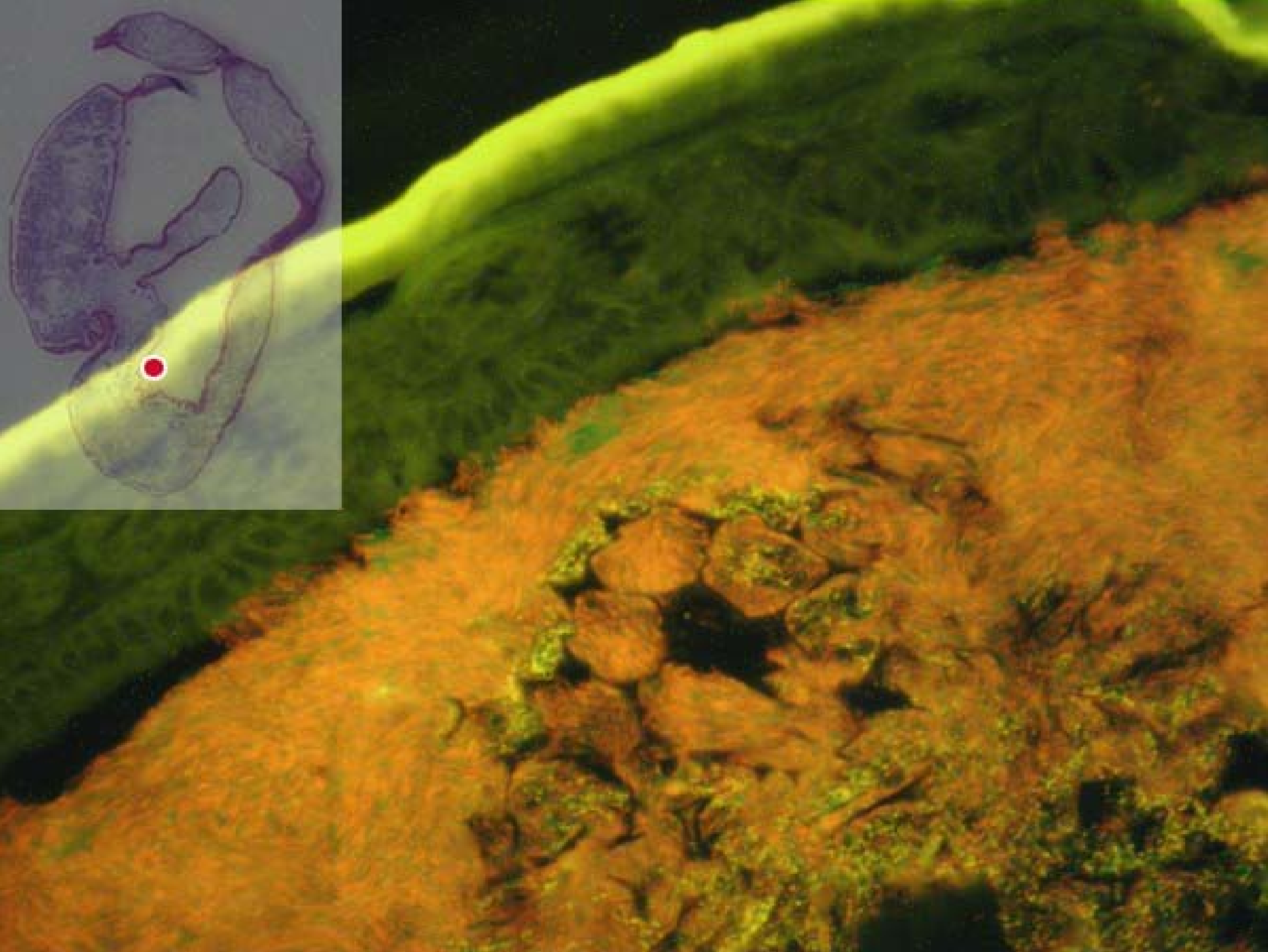


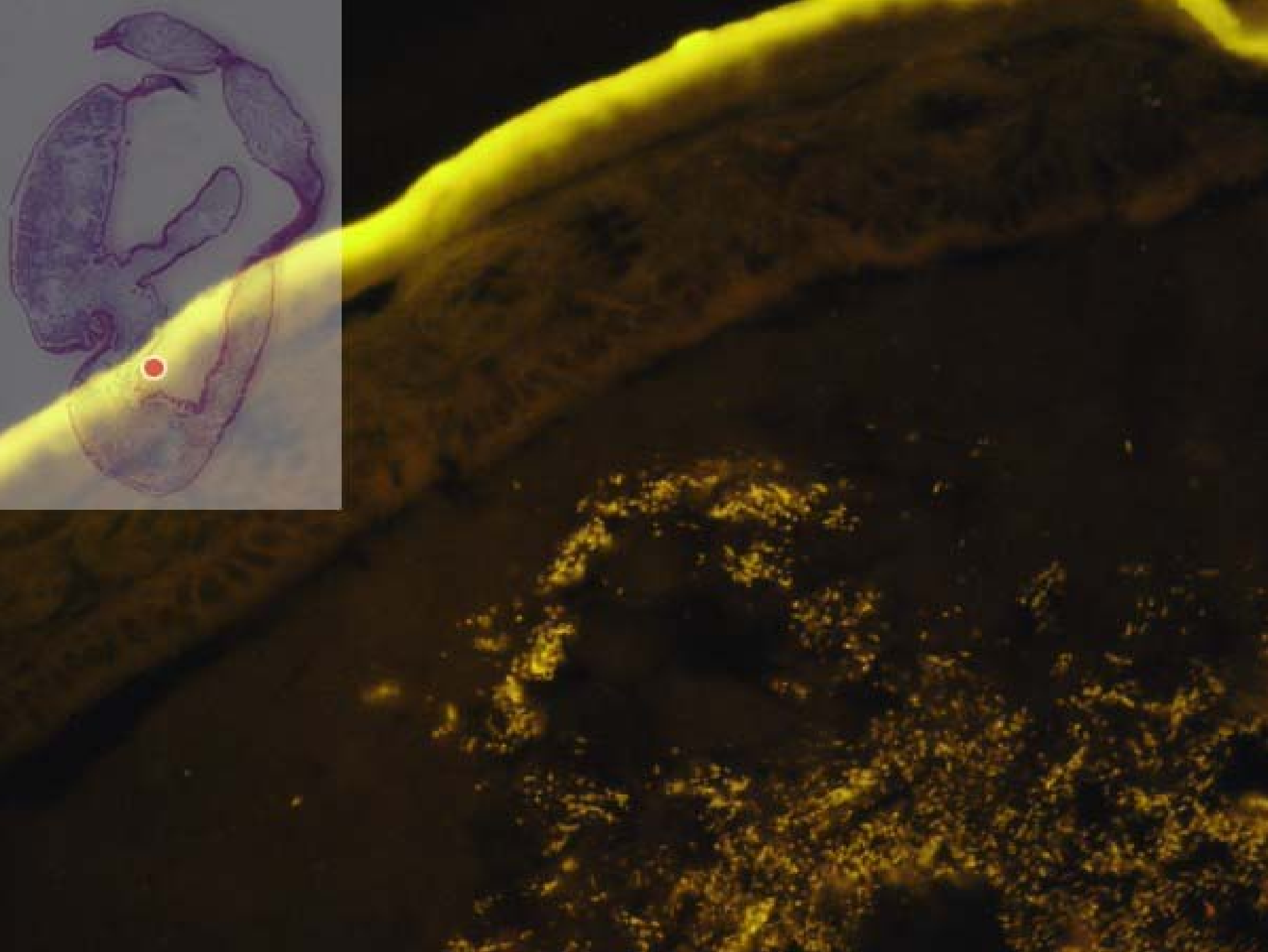


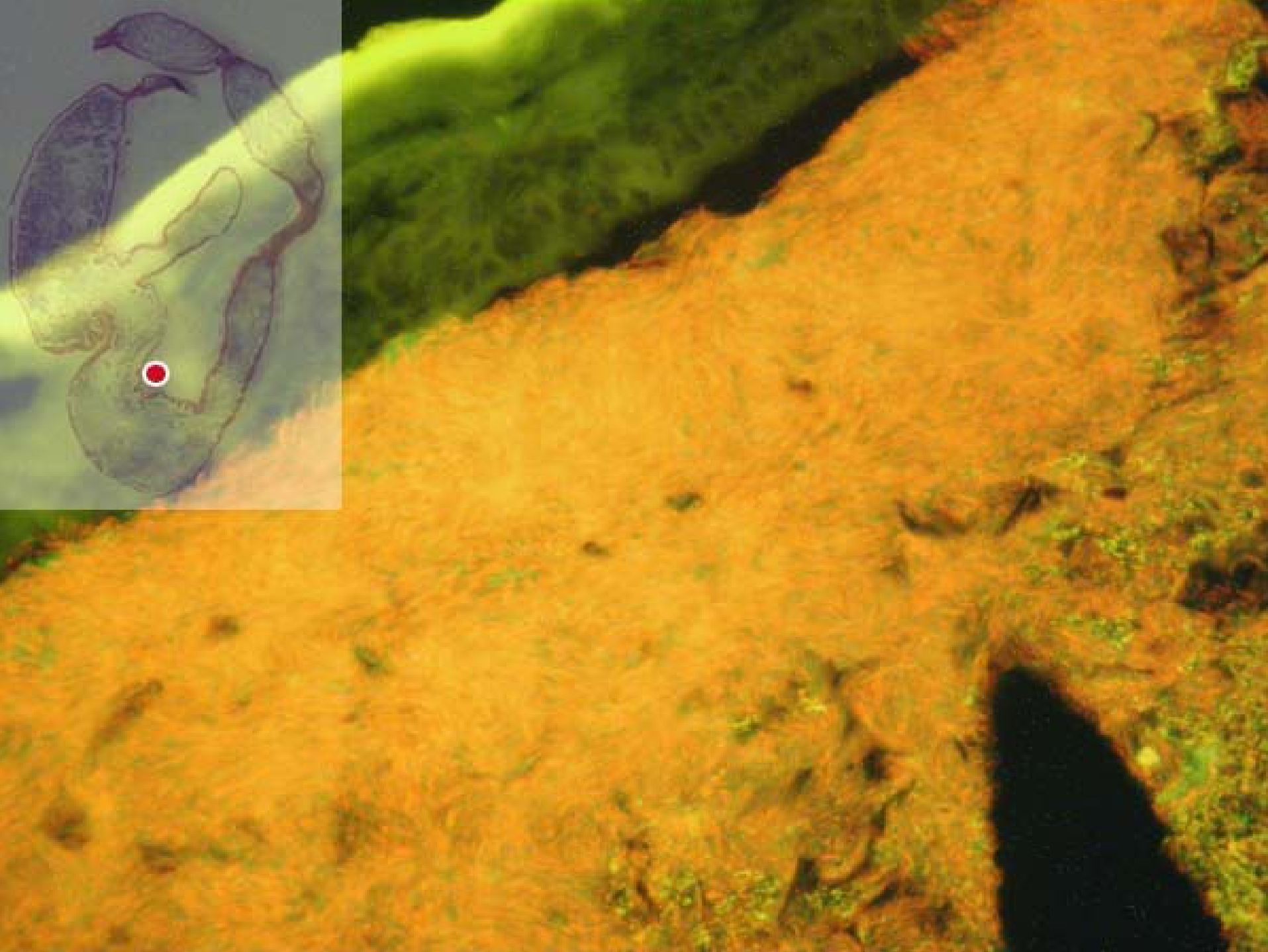


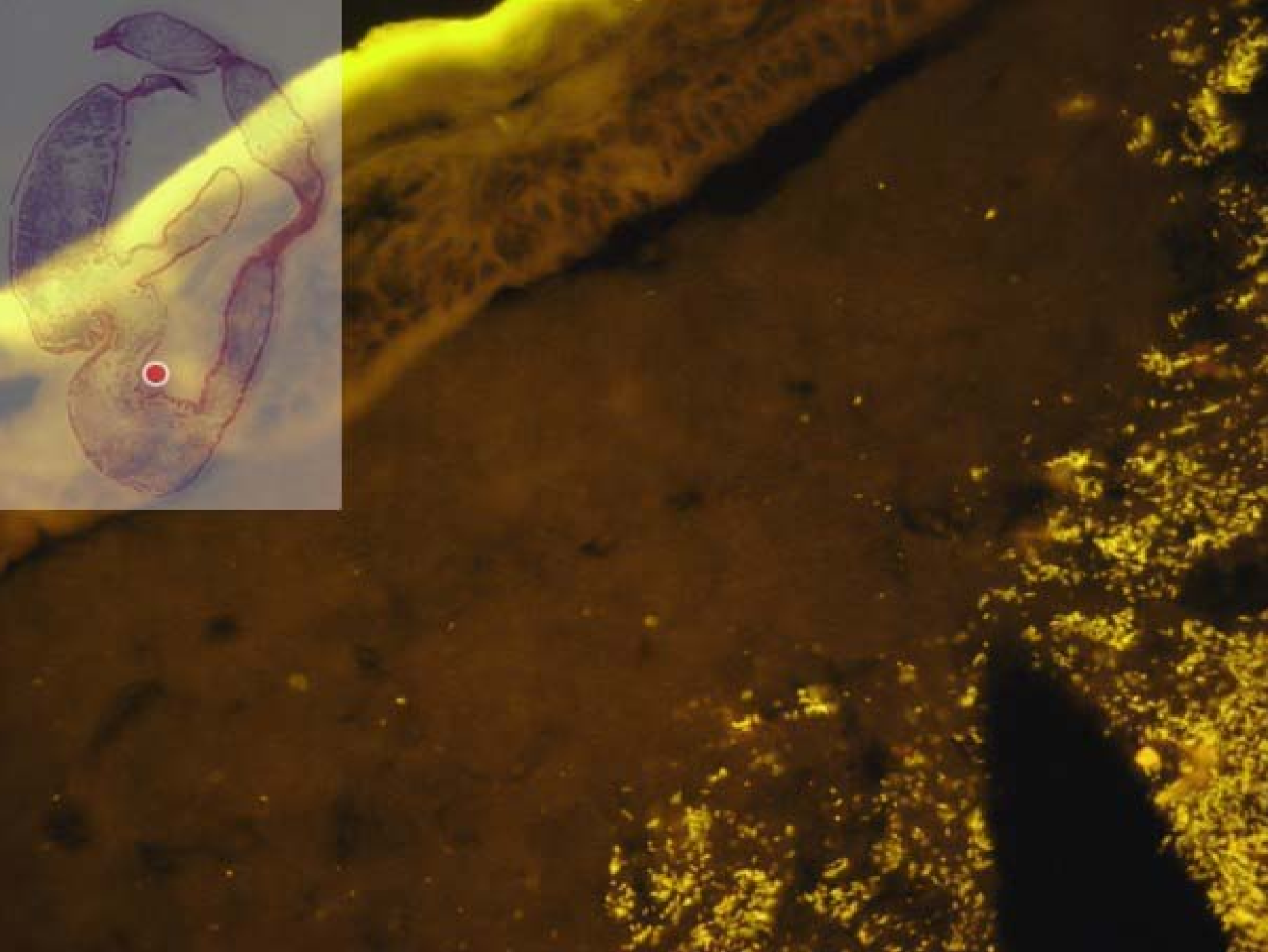


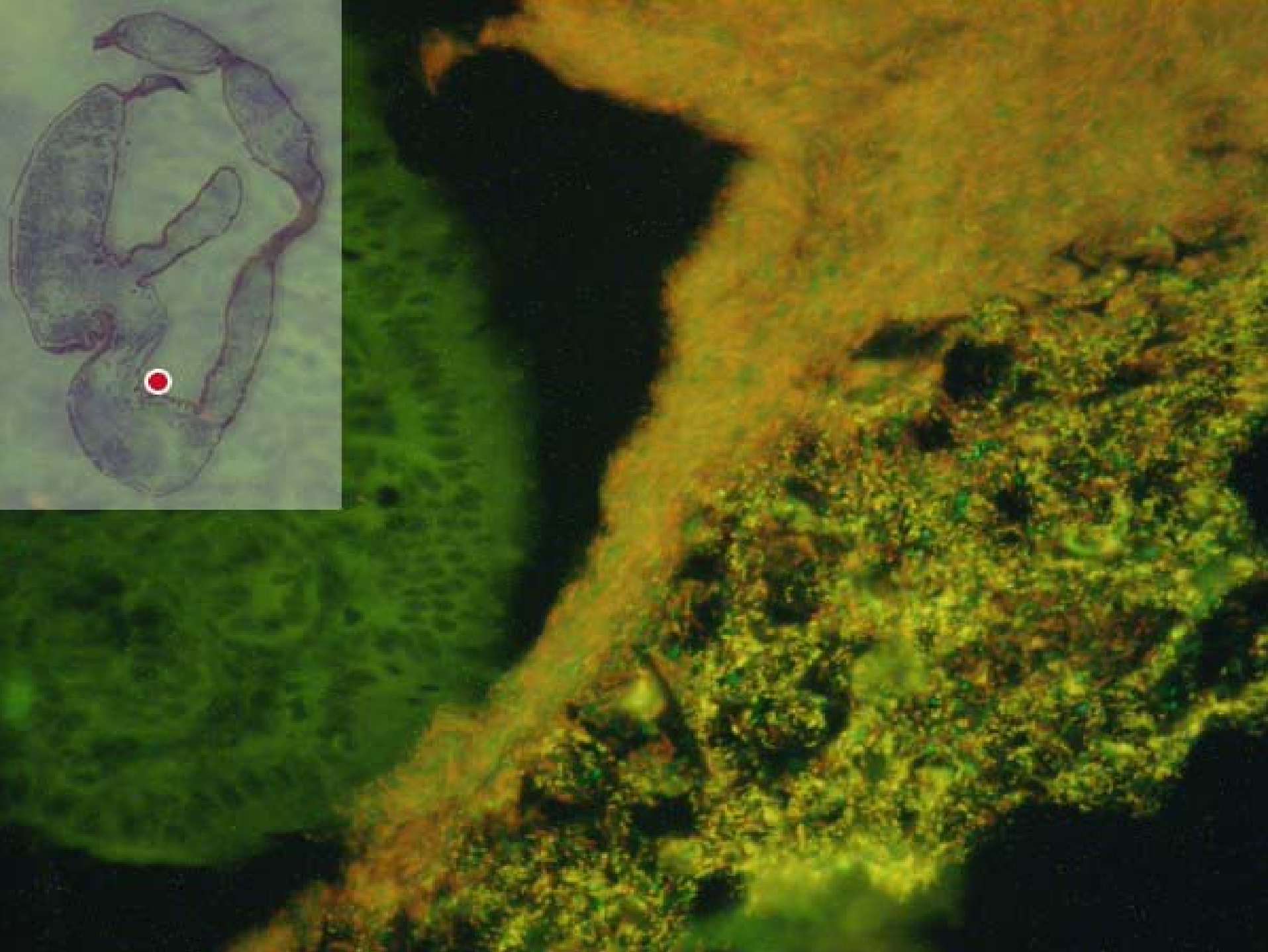


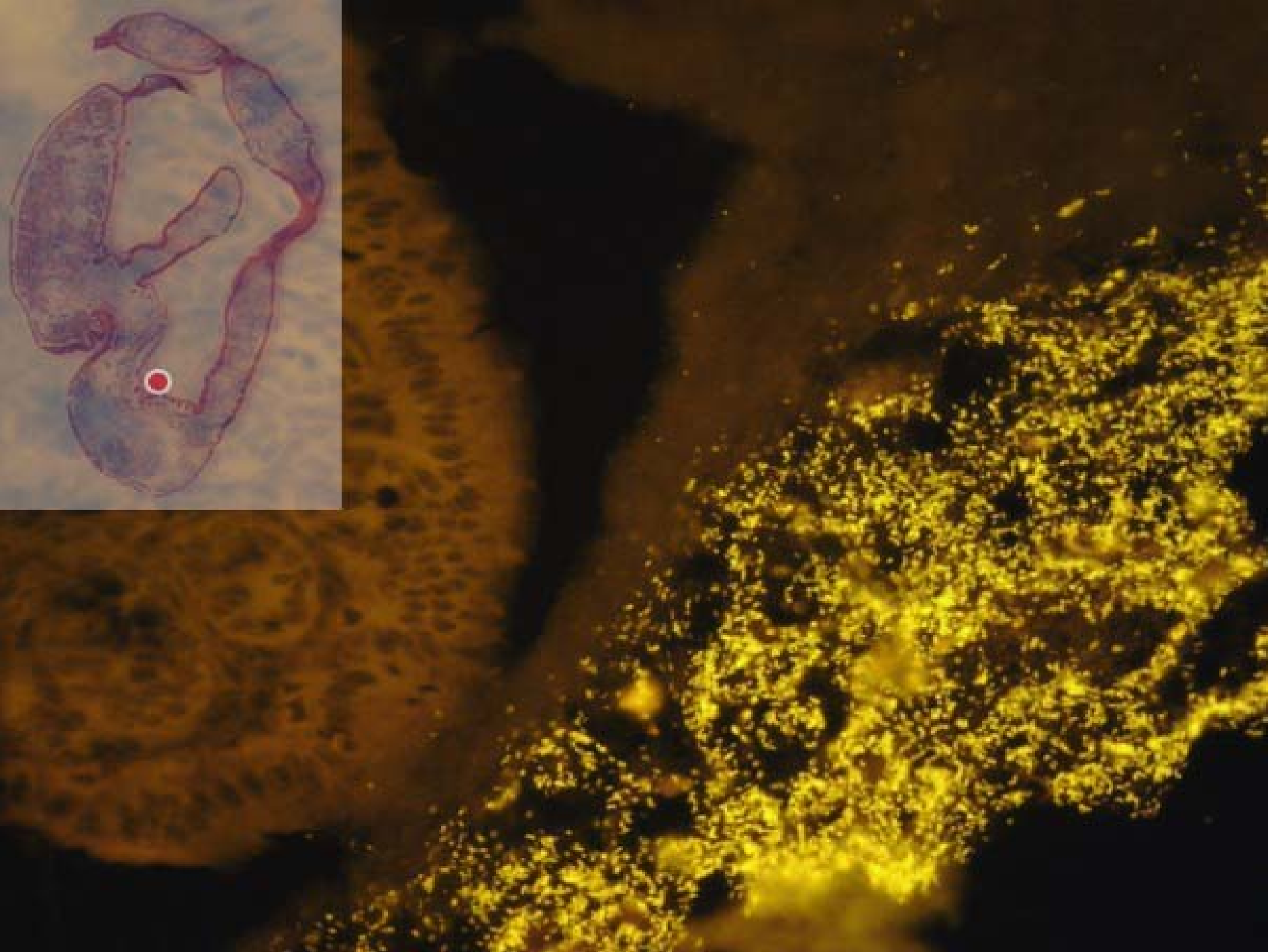


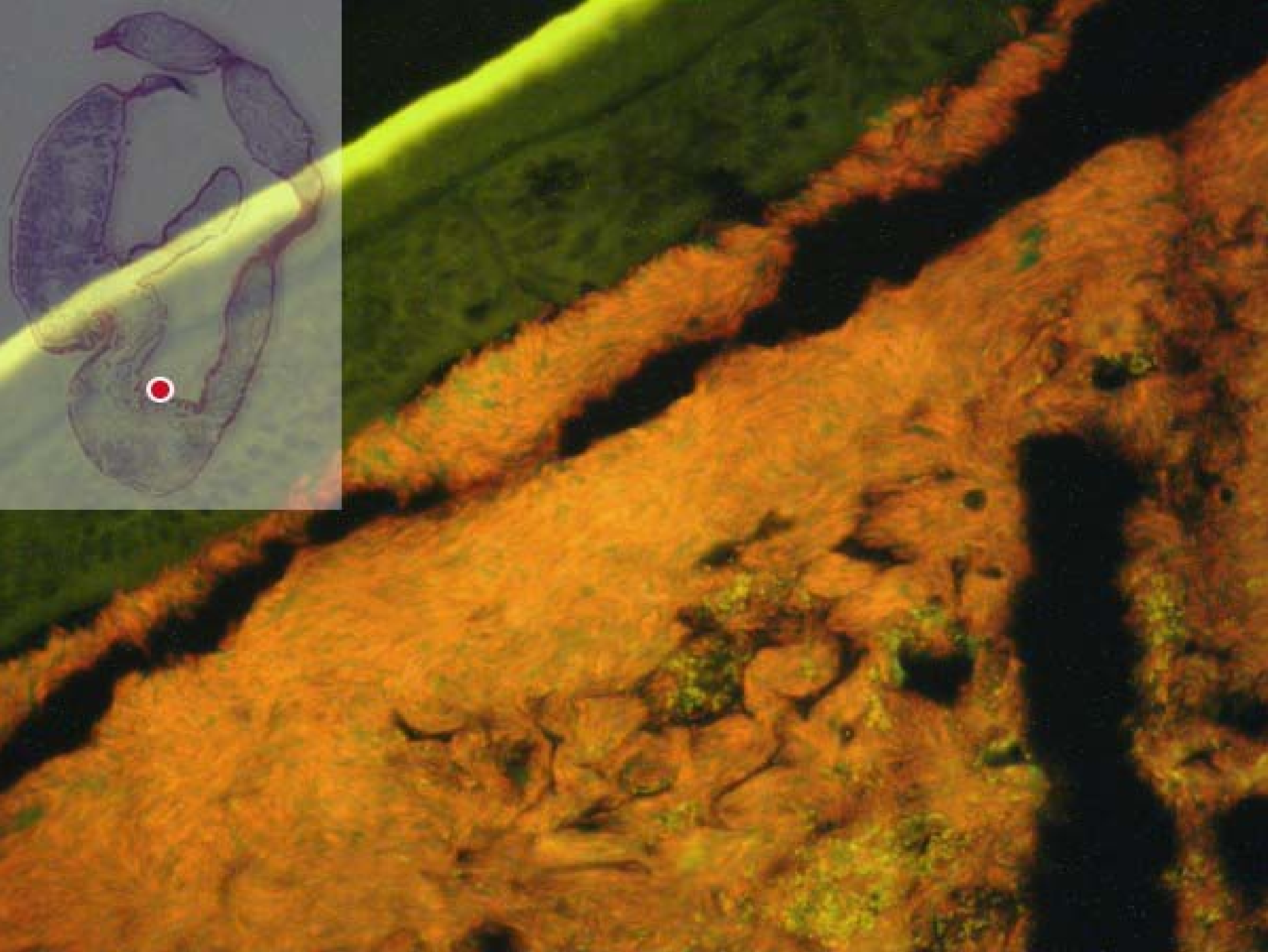


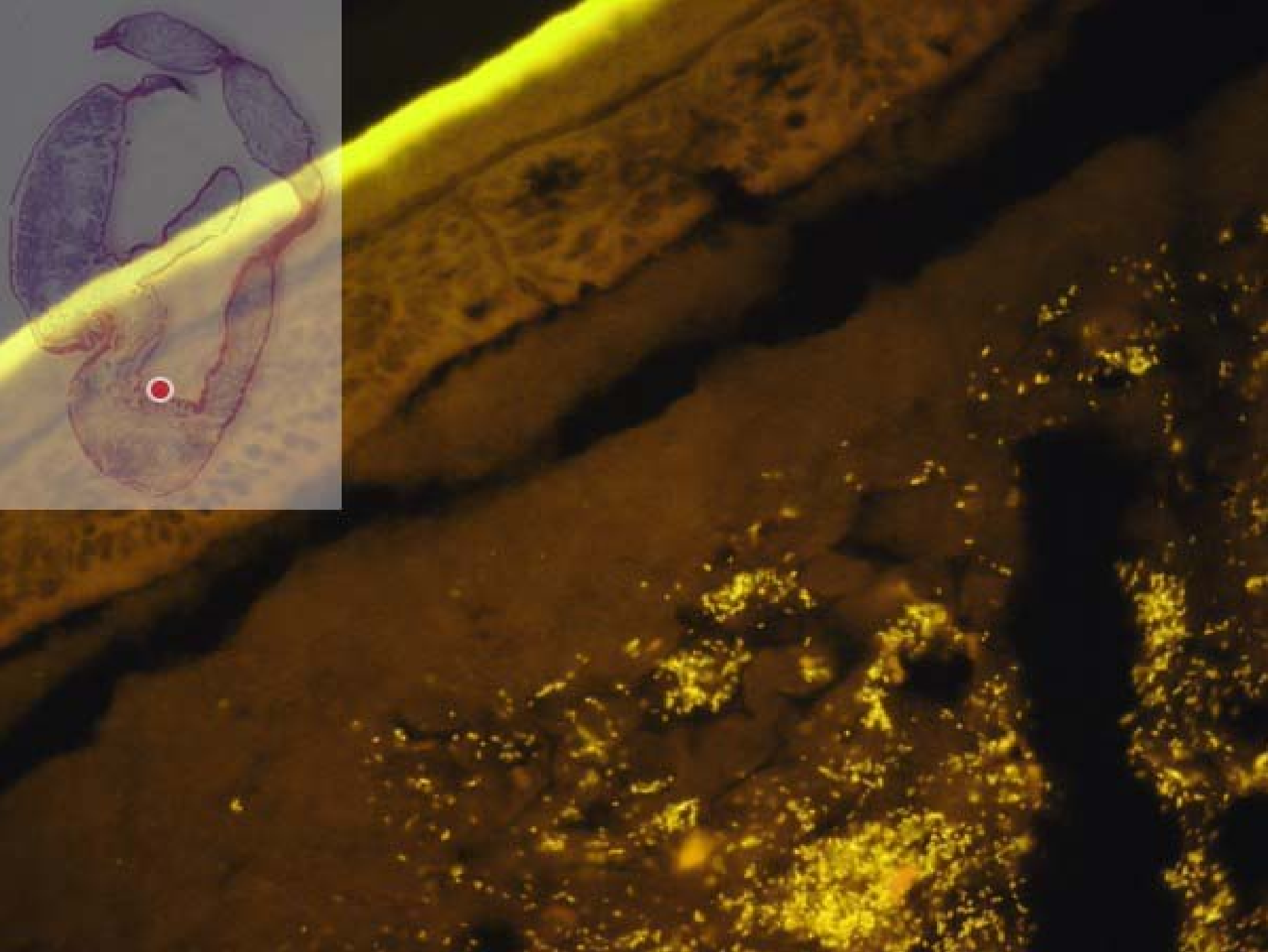


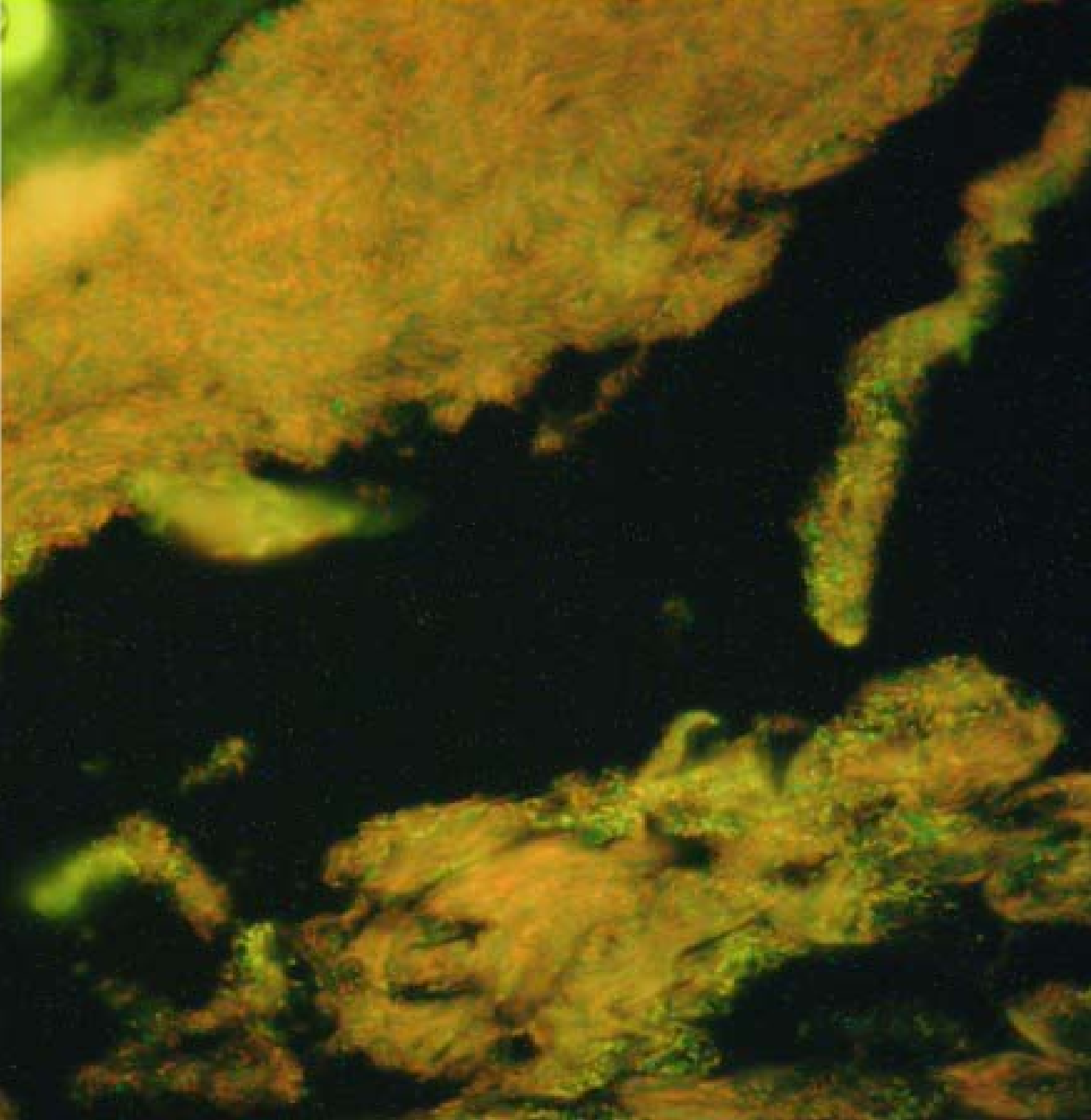
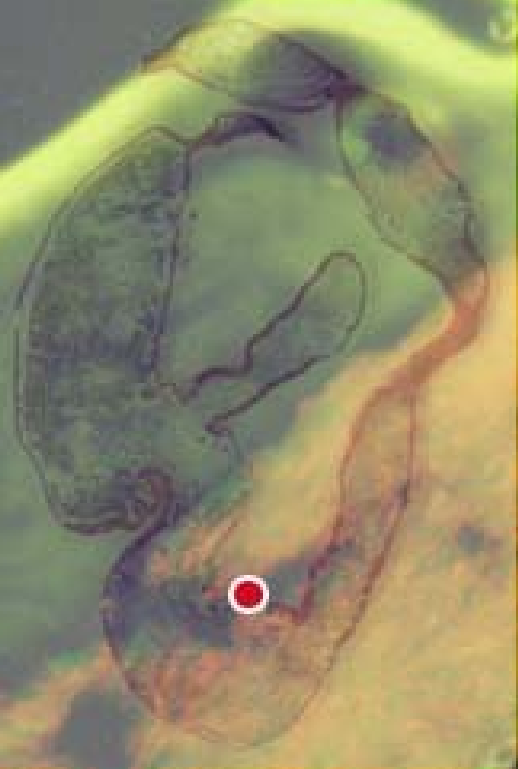


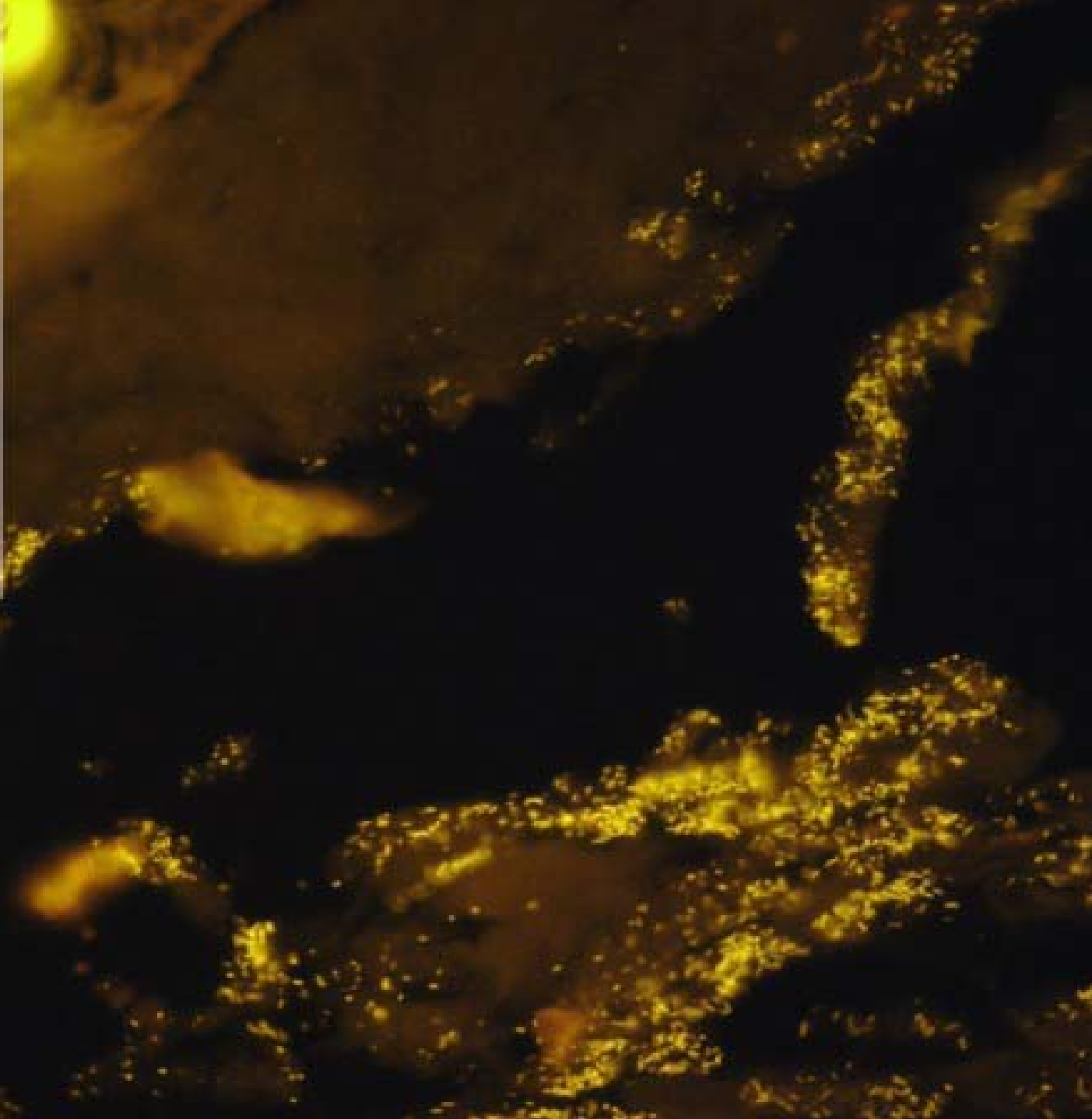


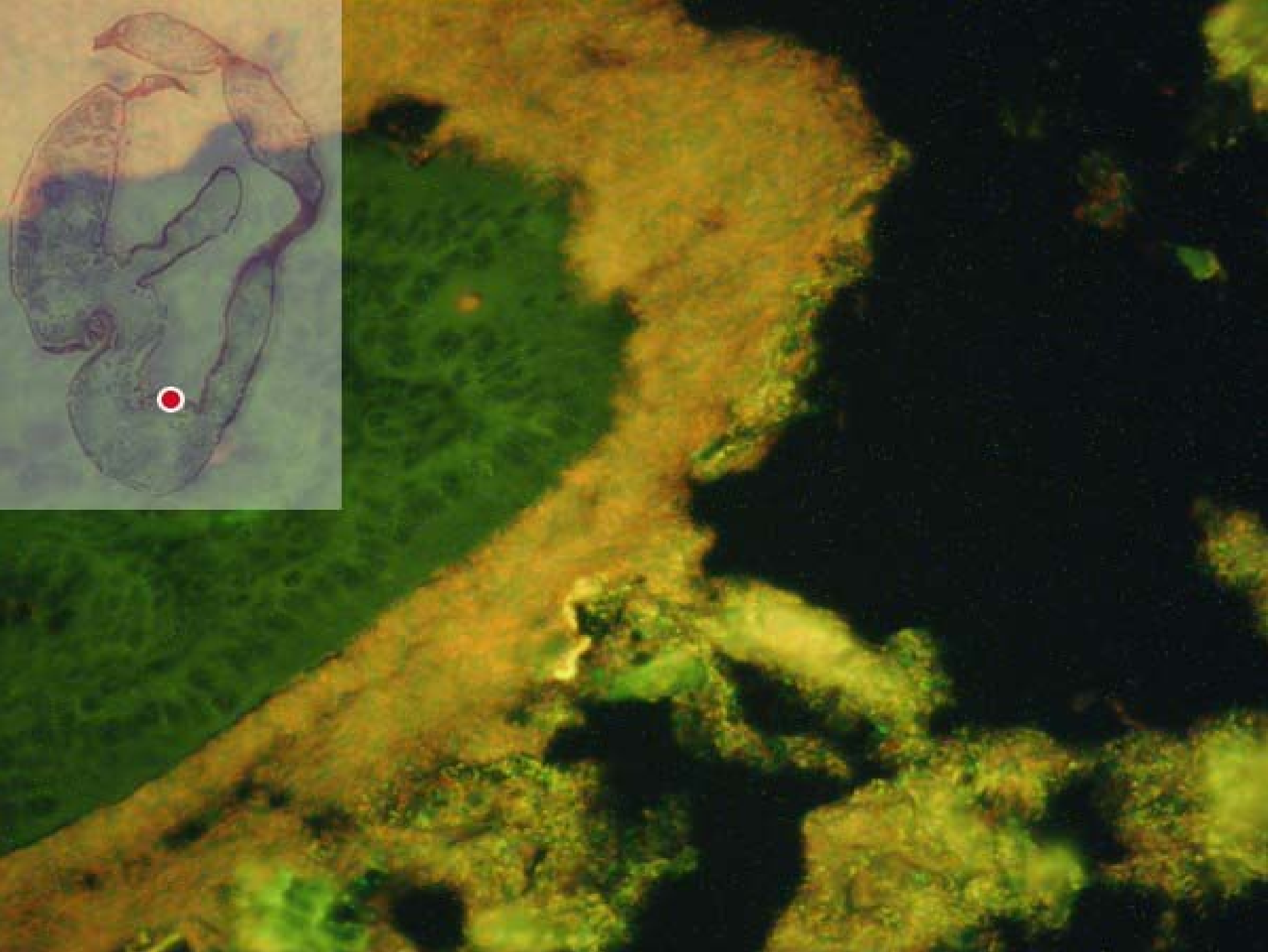


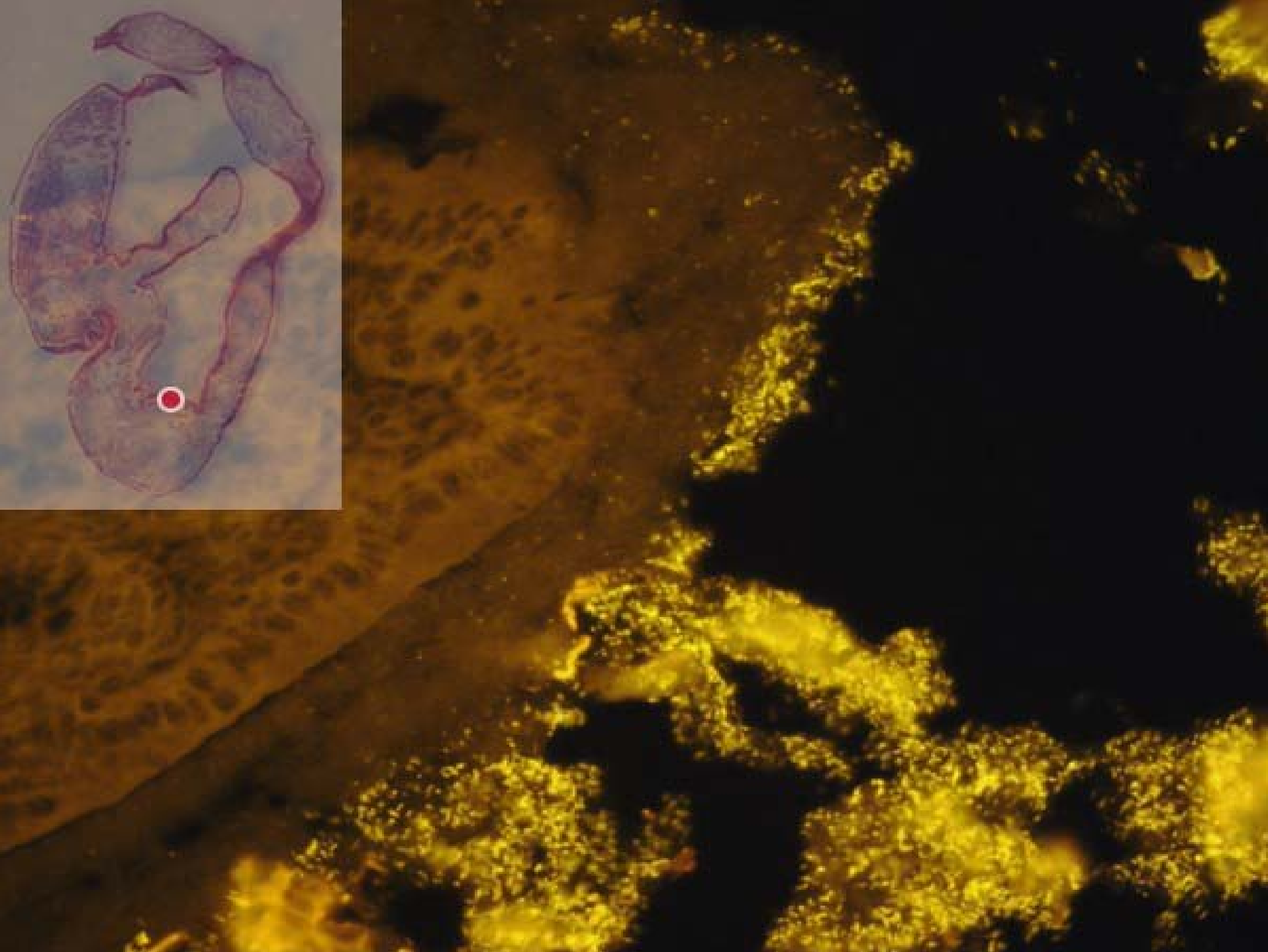


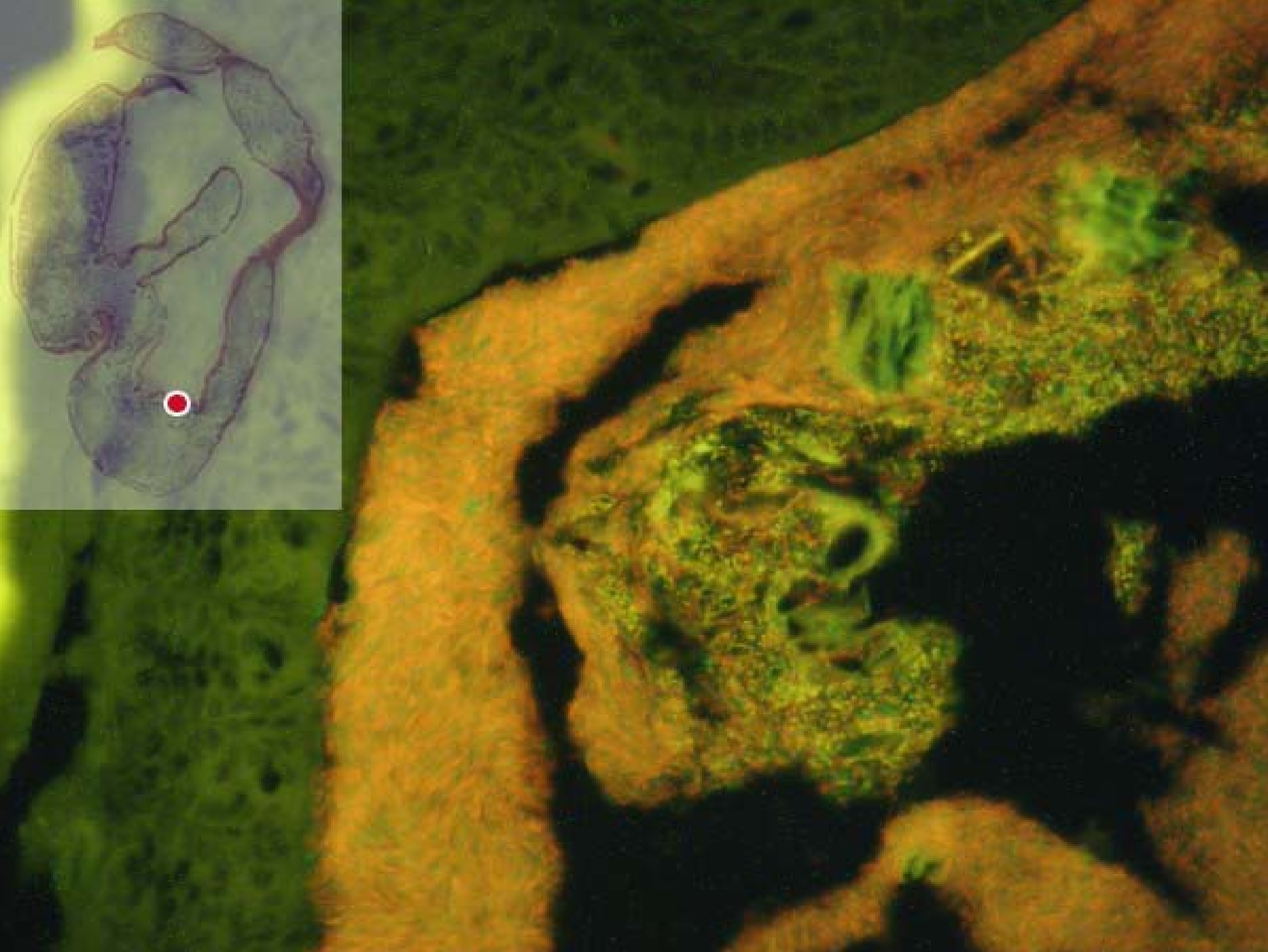


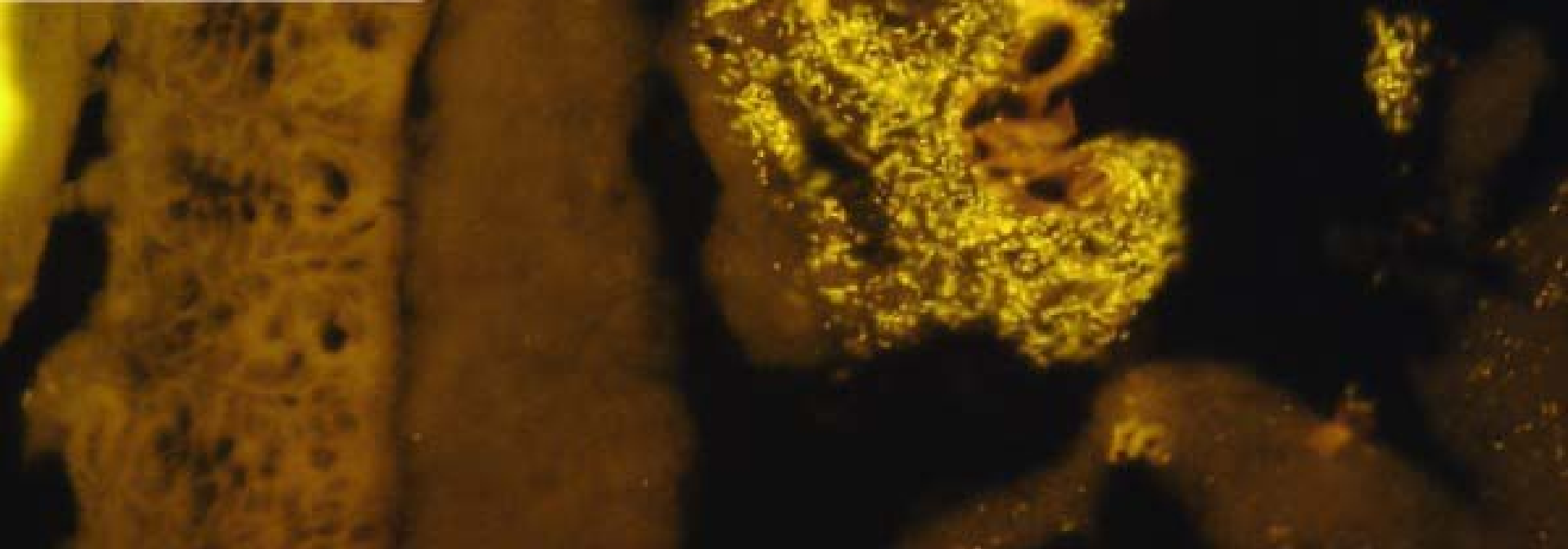


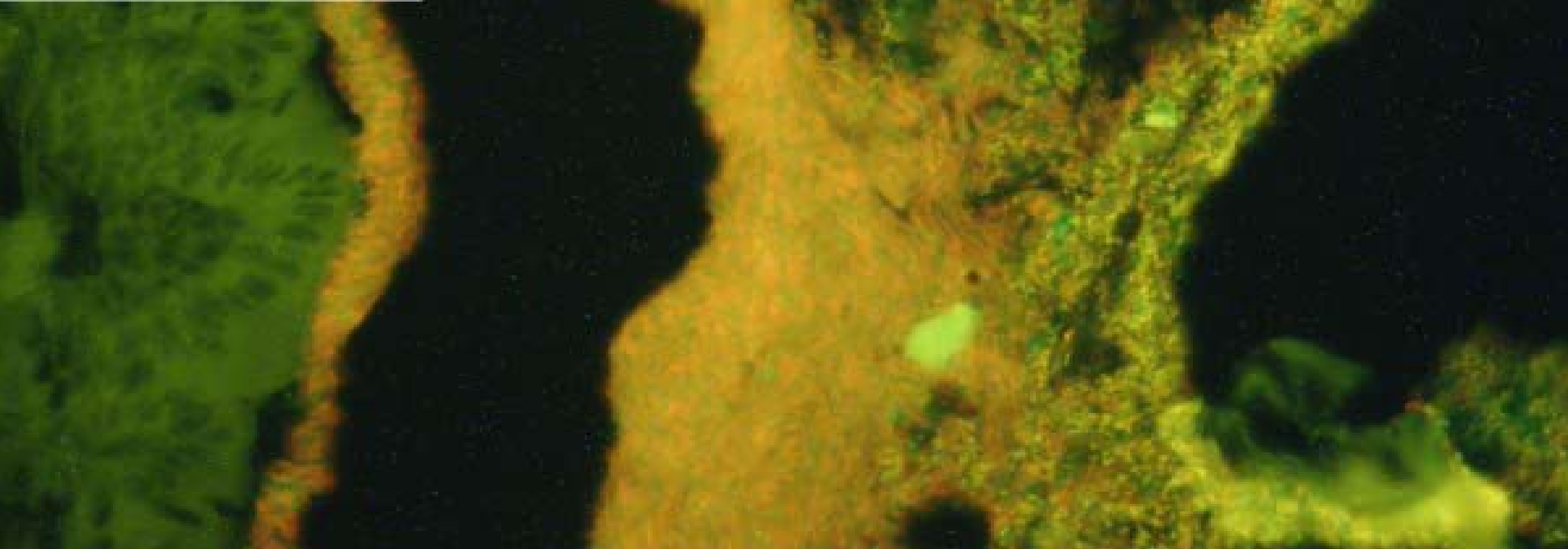


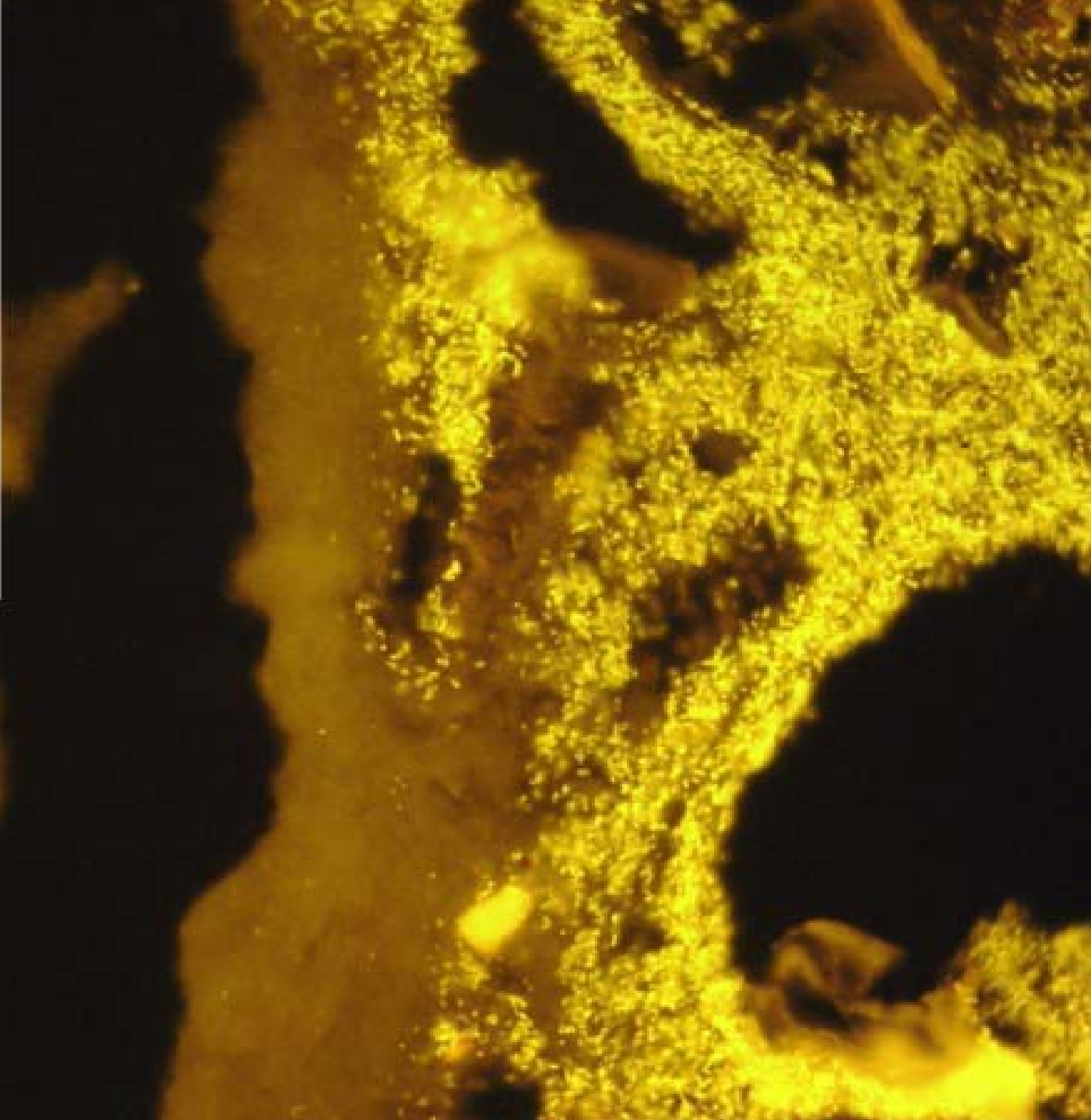


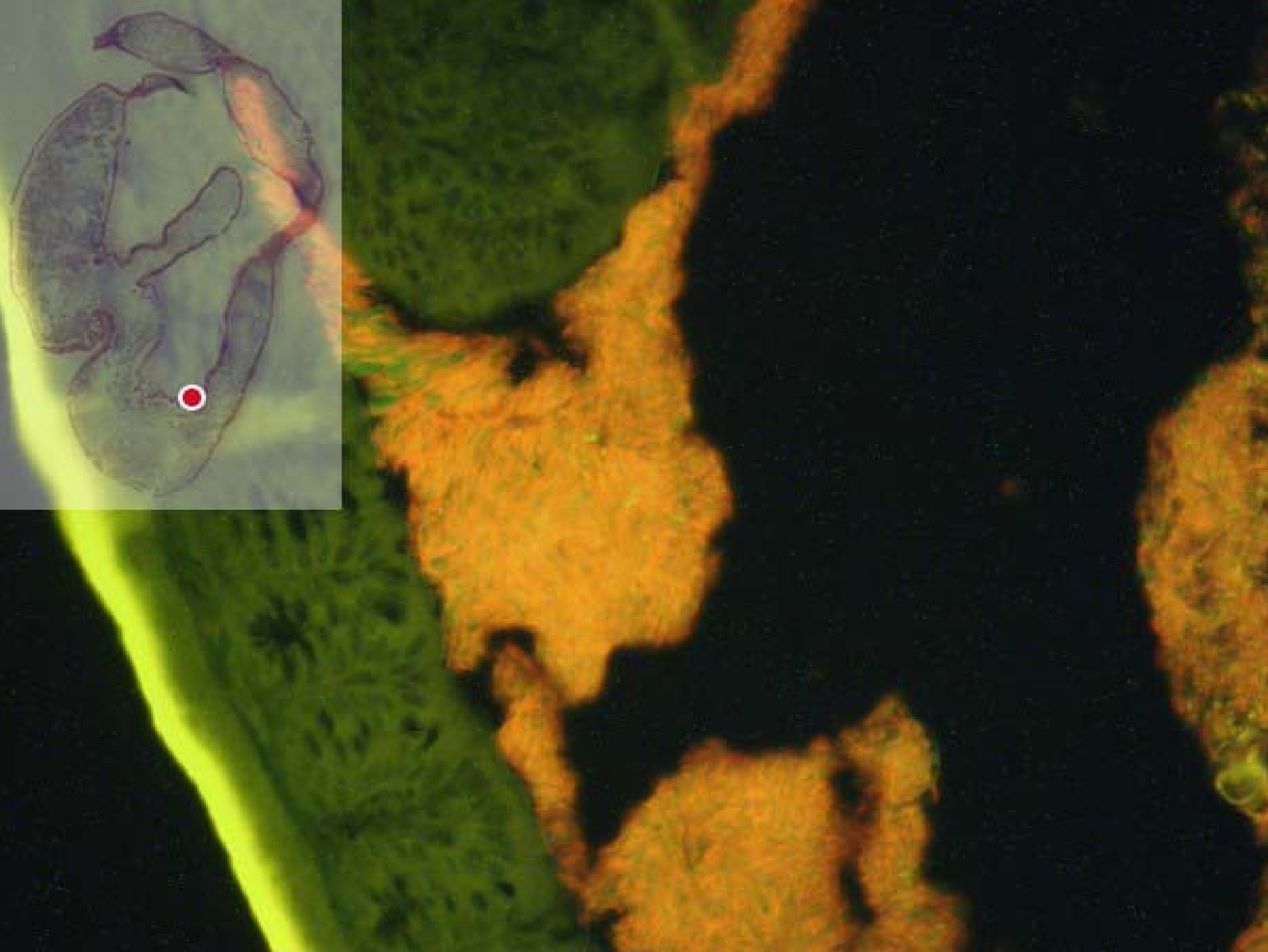
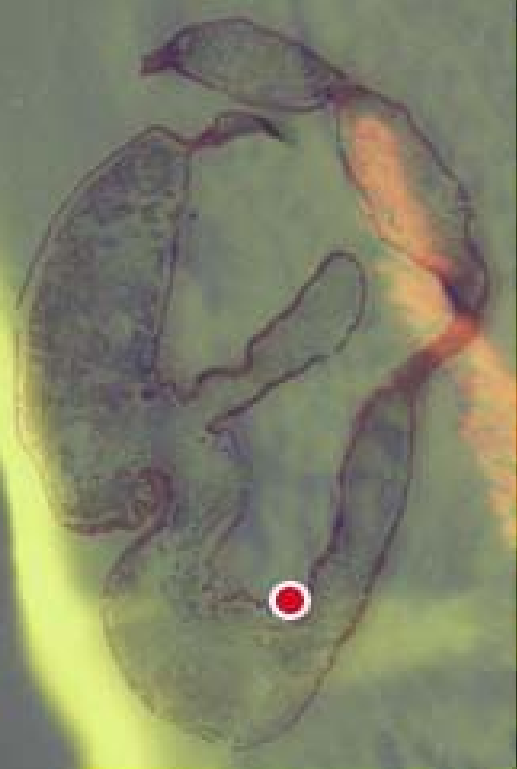


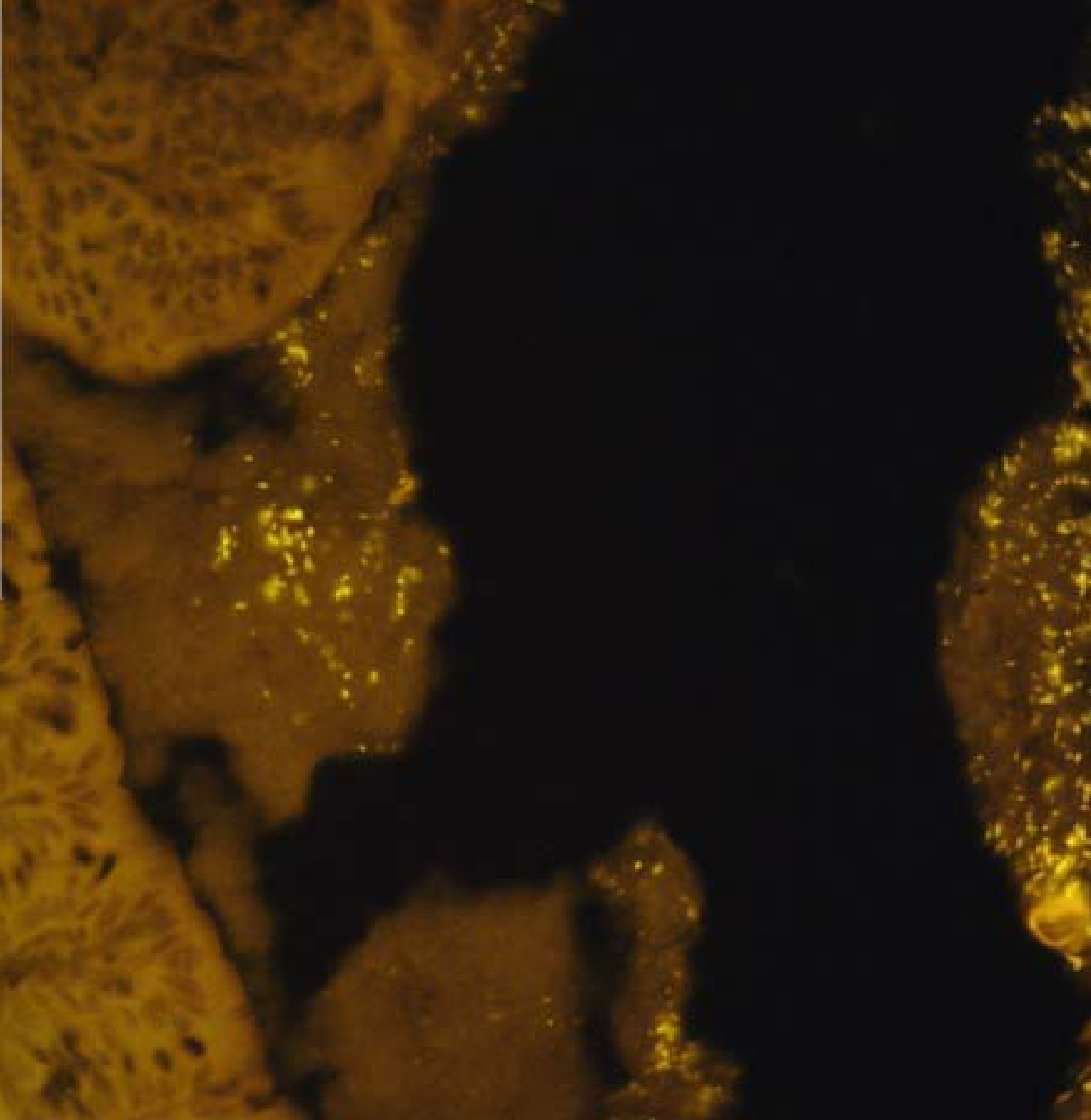


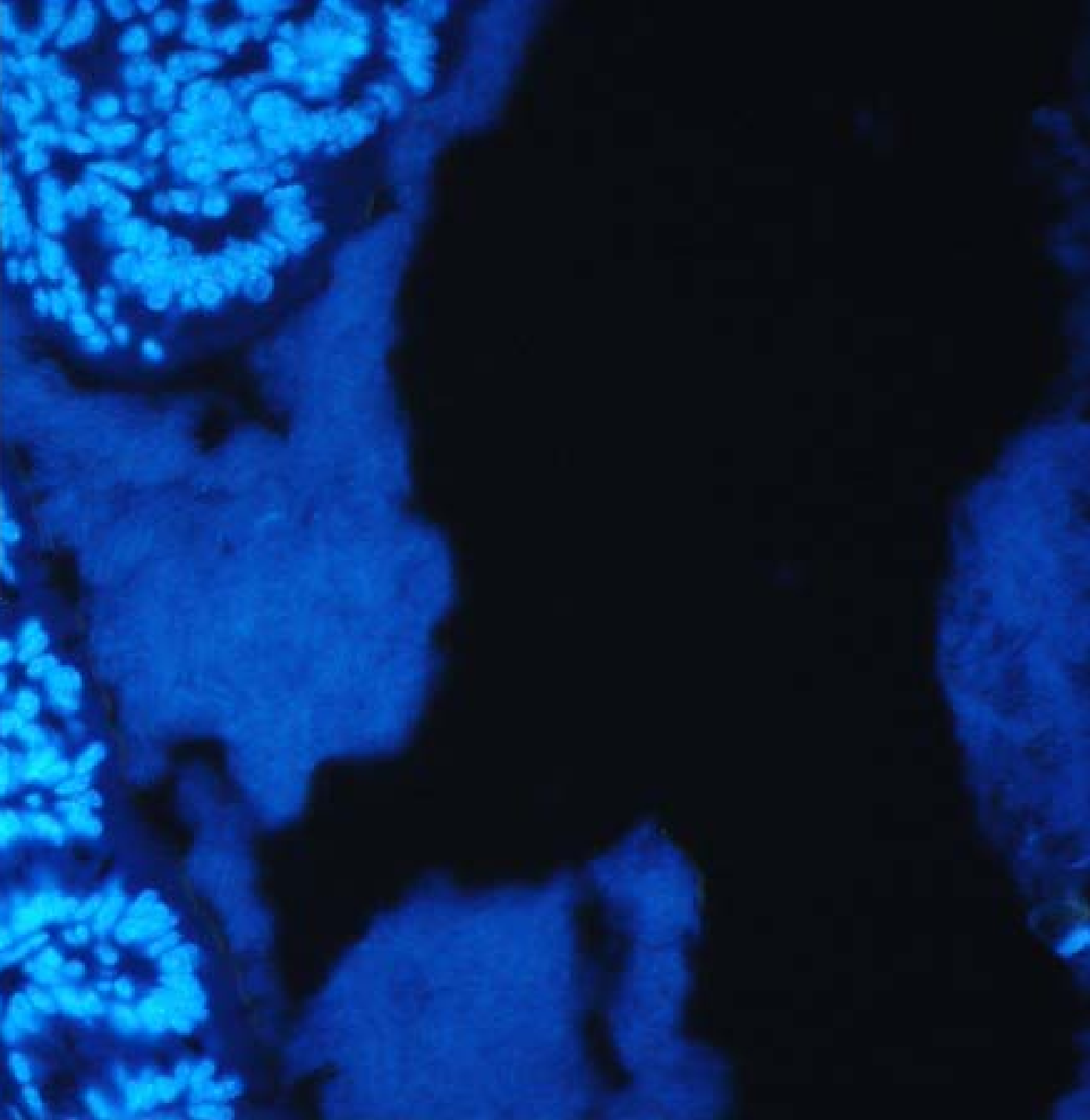
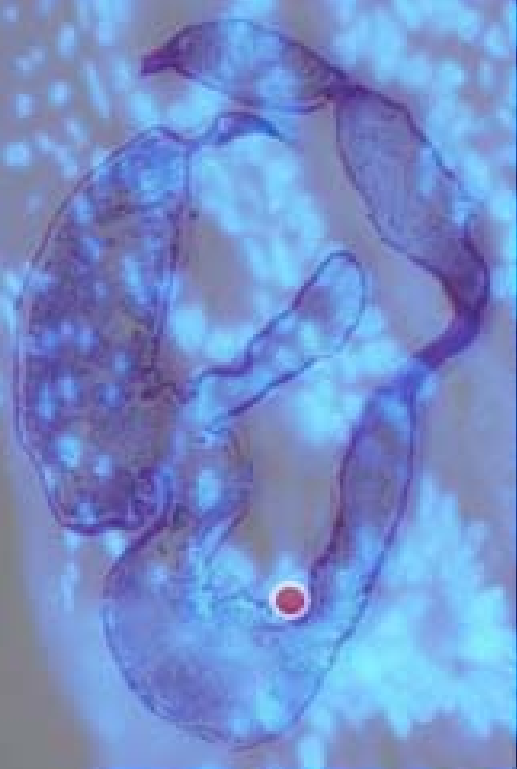


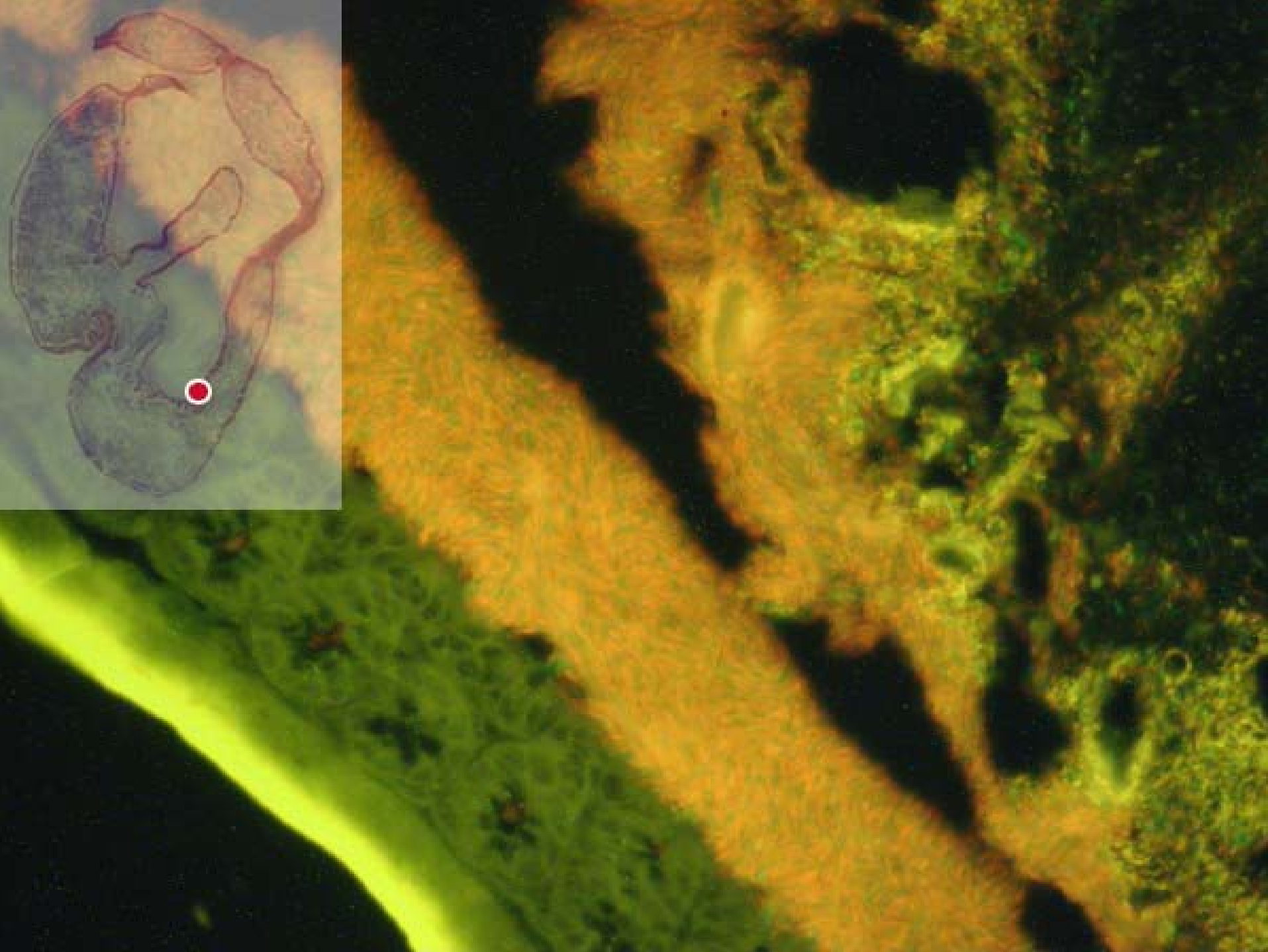


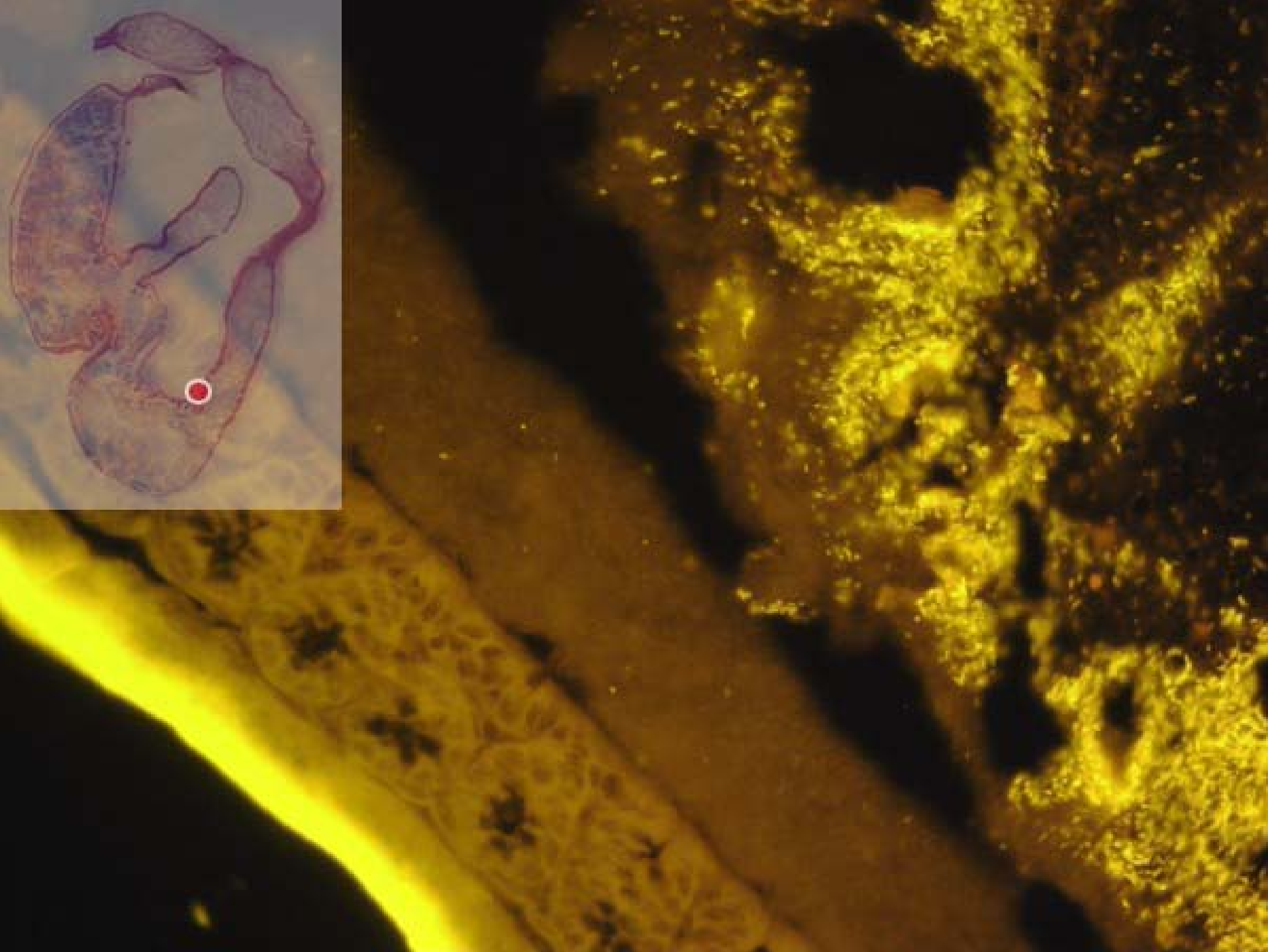


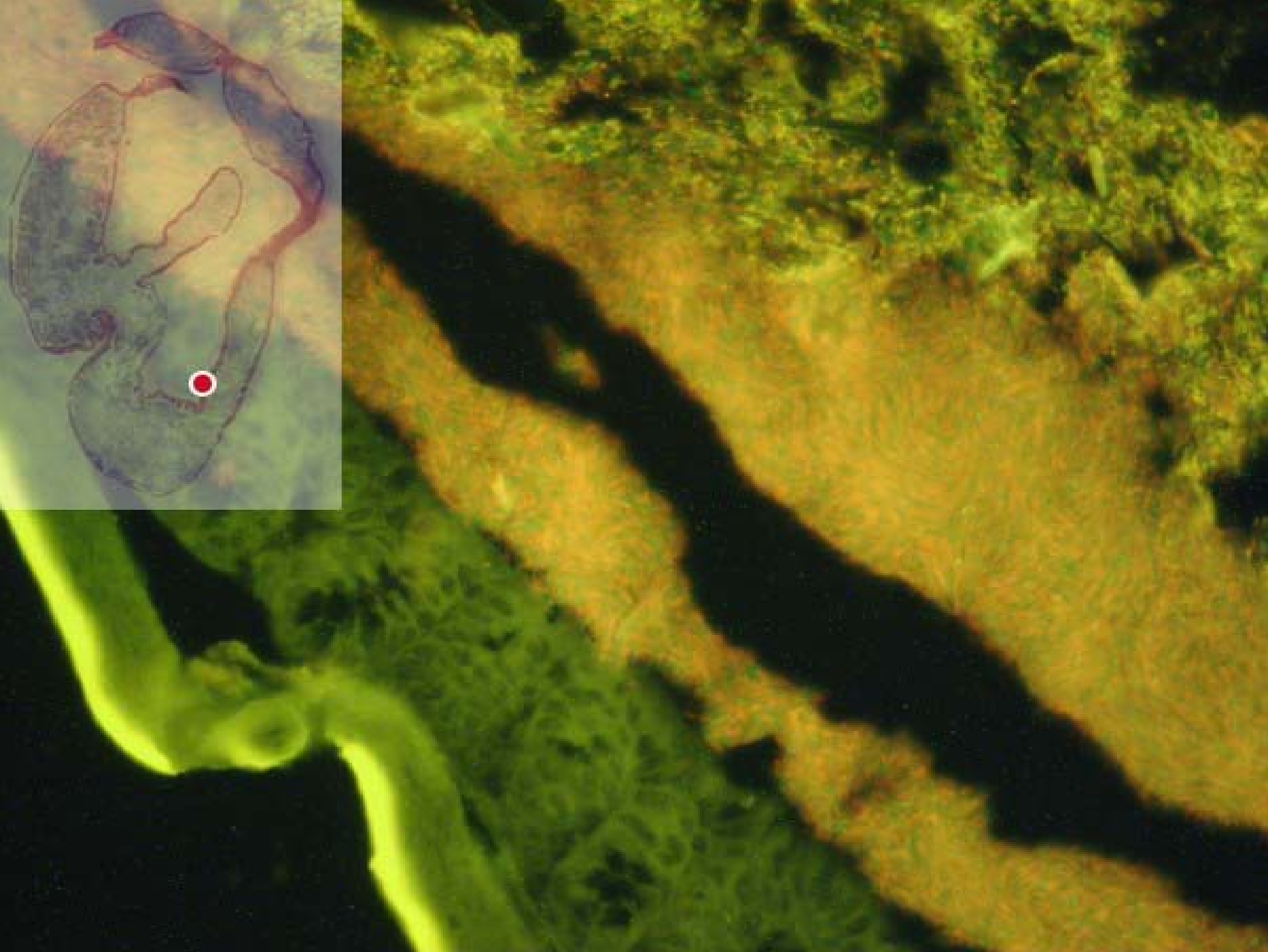




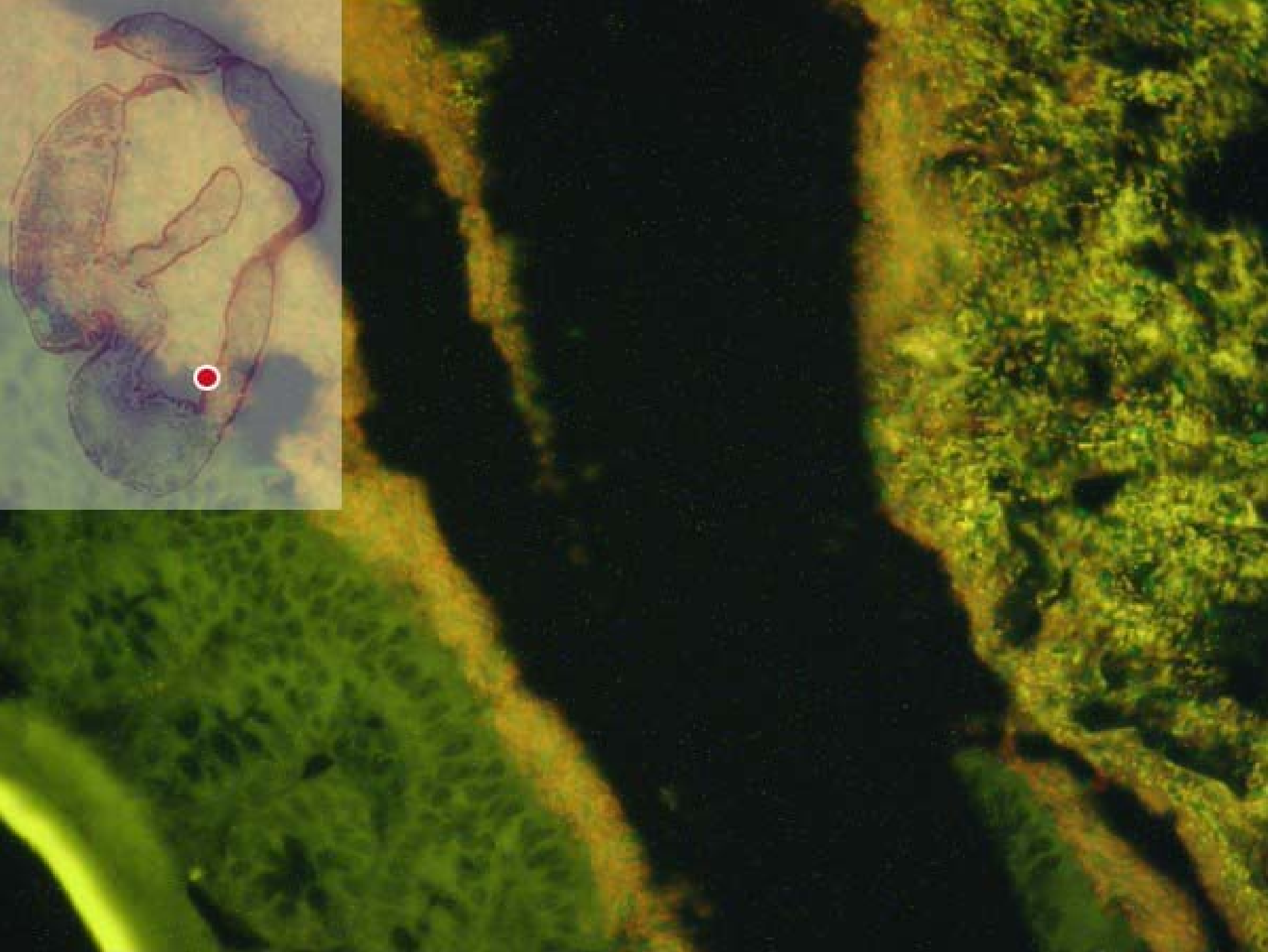


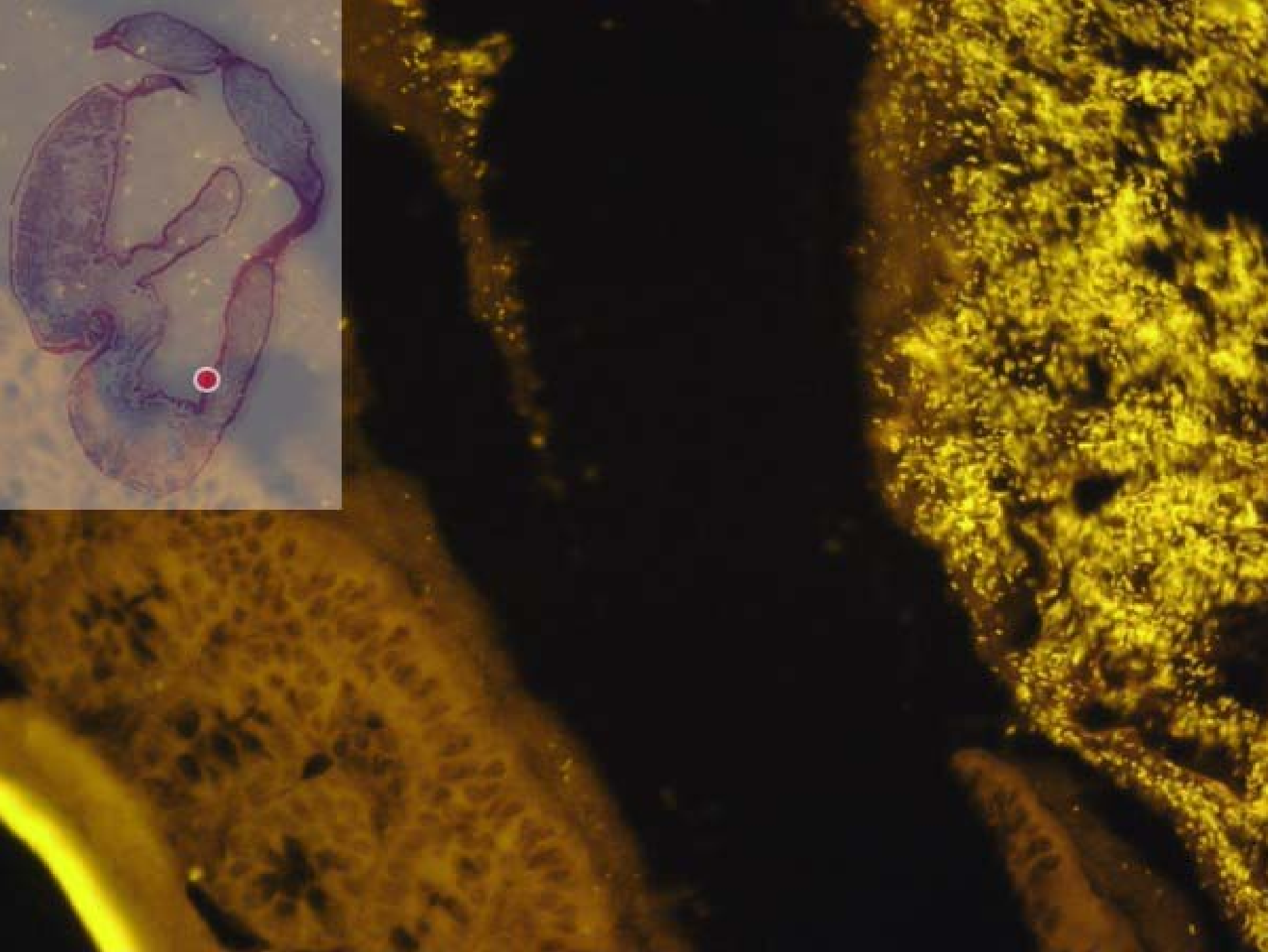


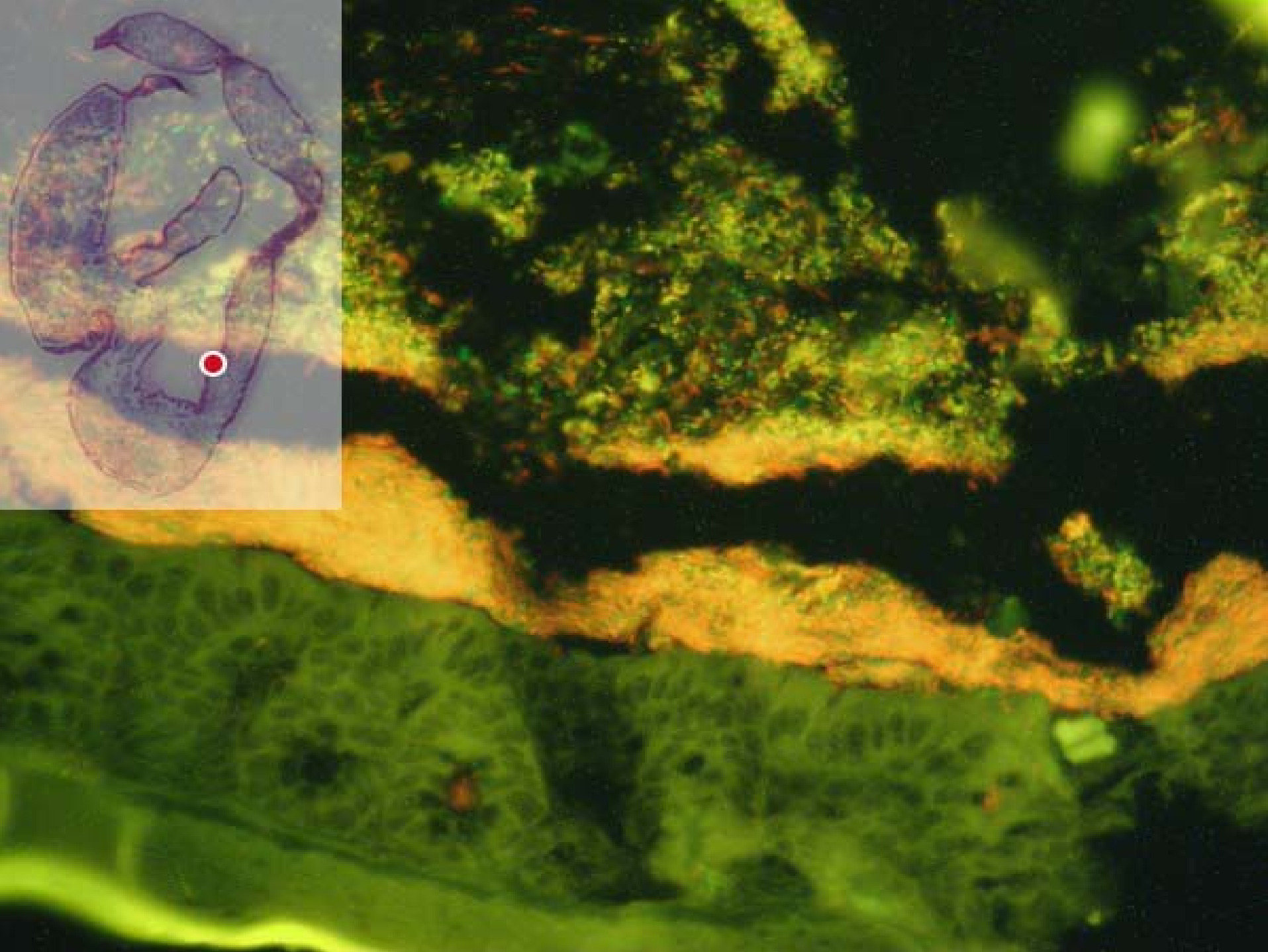


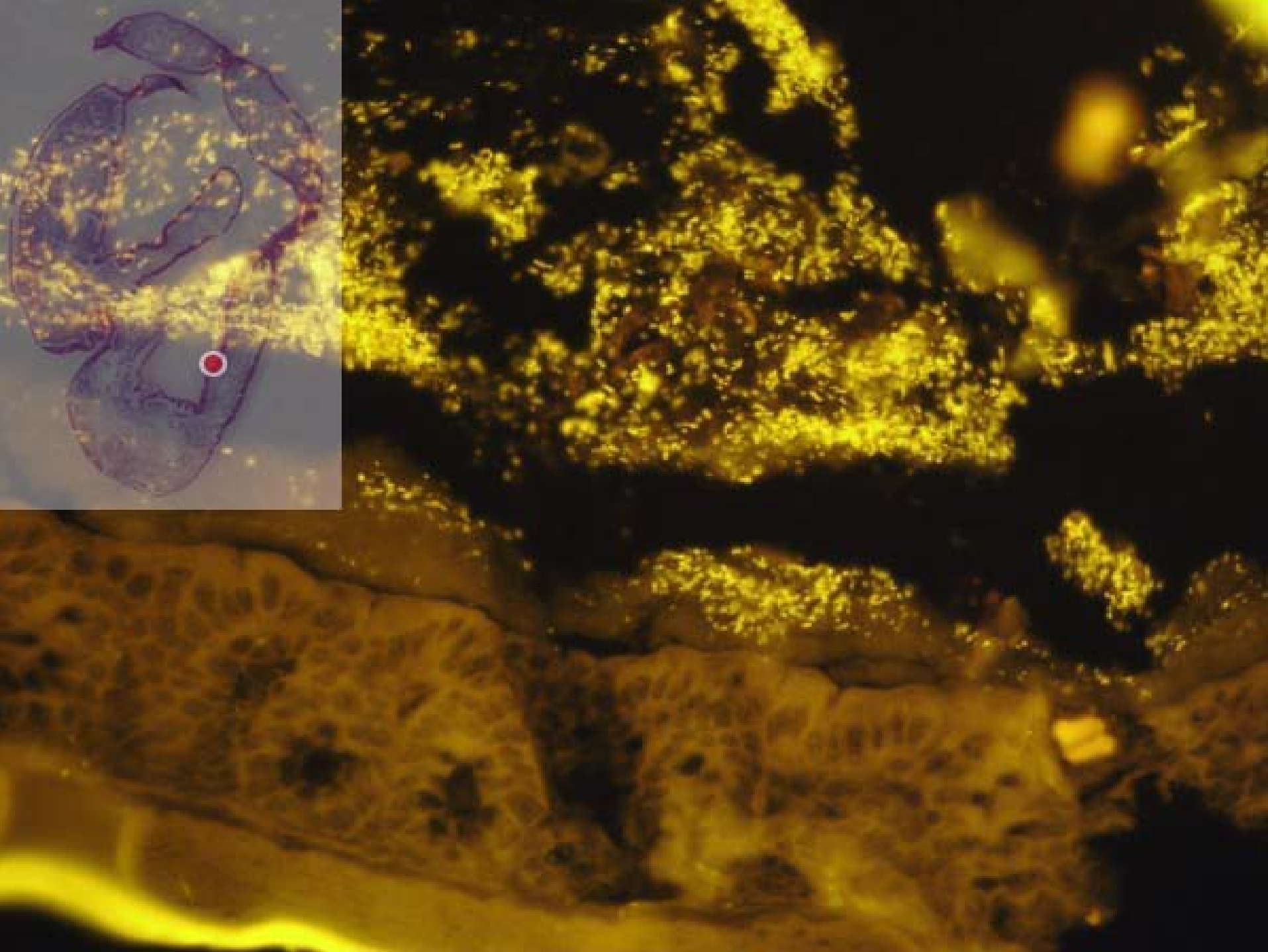


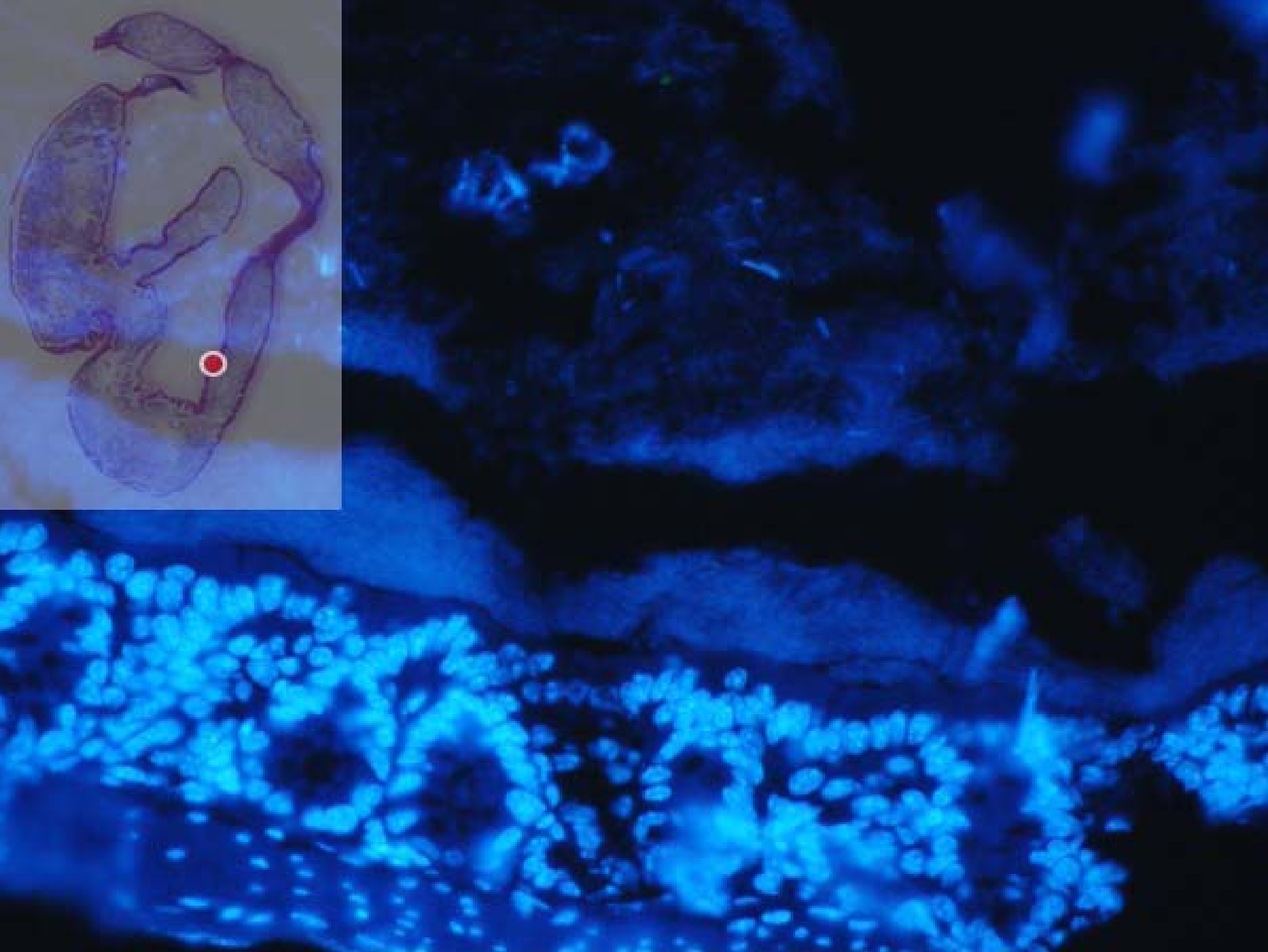














Phasco und EREC

EREC
Lab,
Bif,
Phasco
Lach



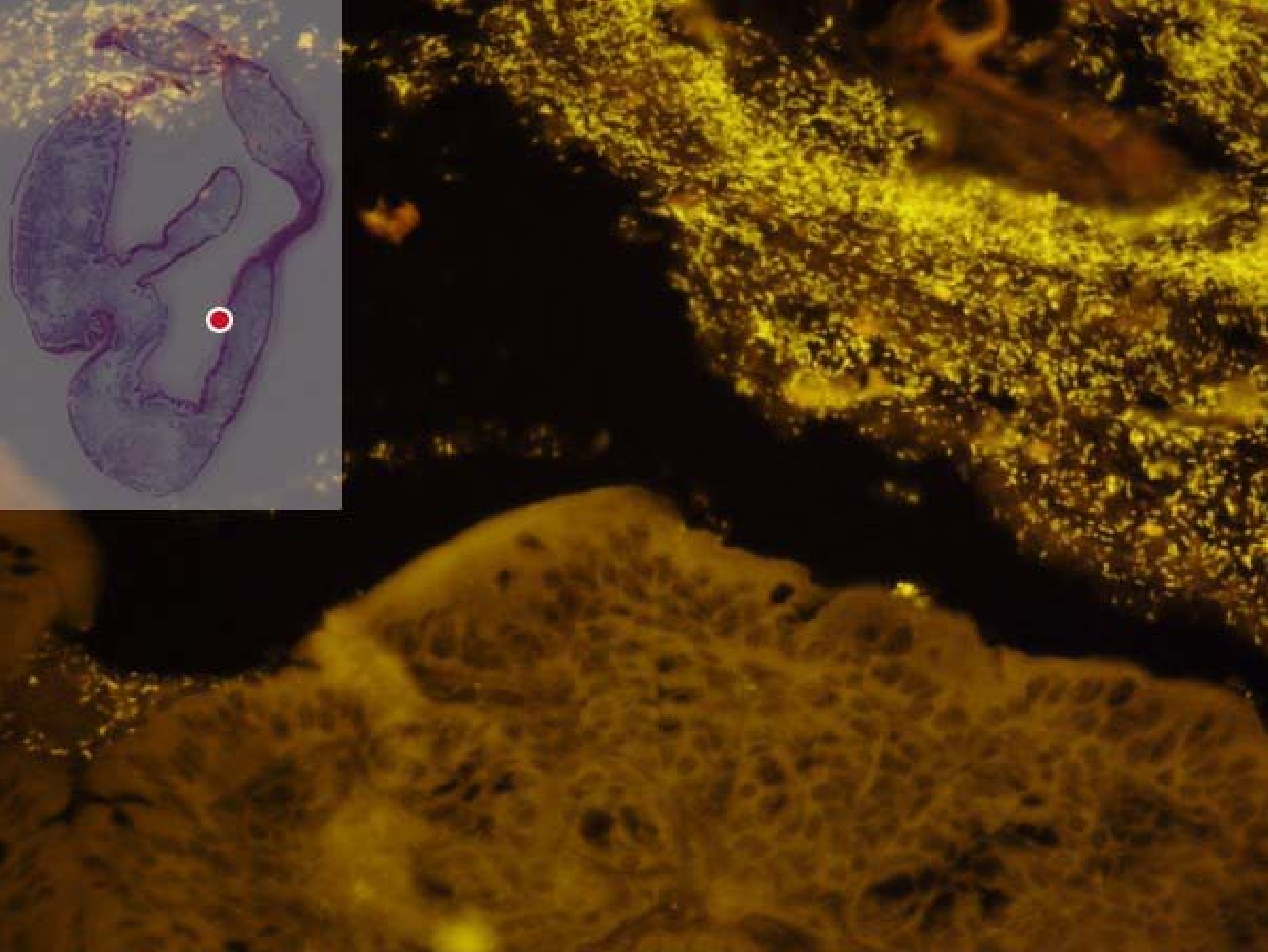
Lach

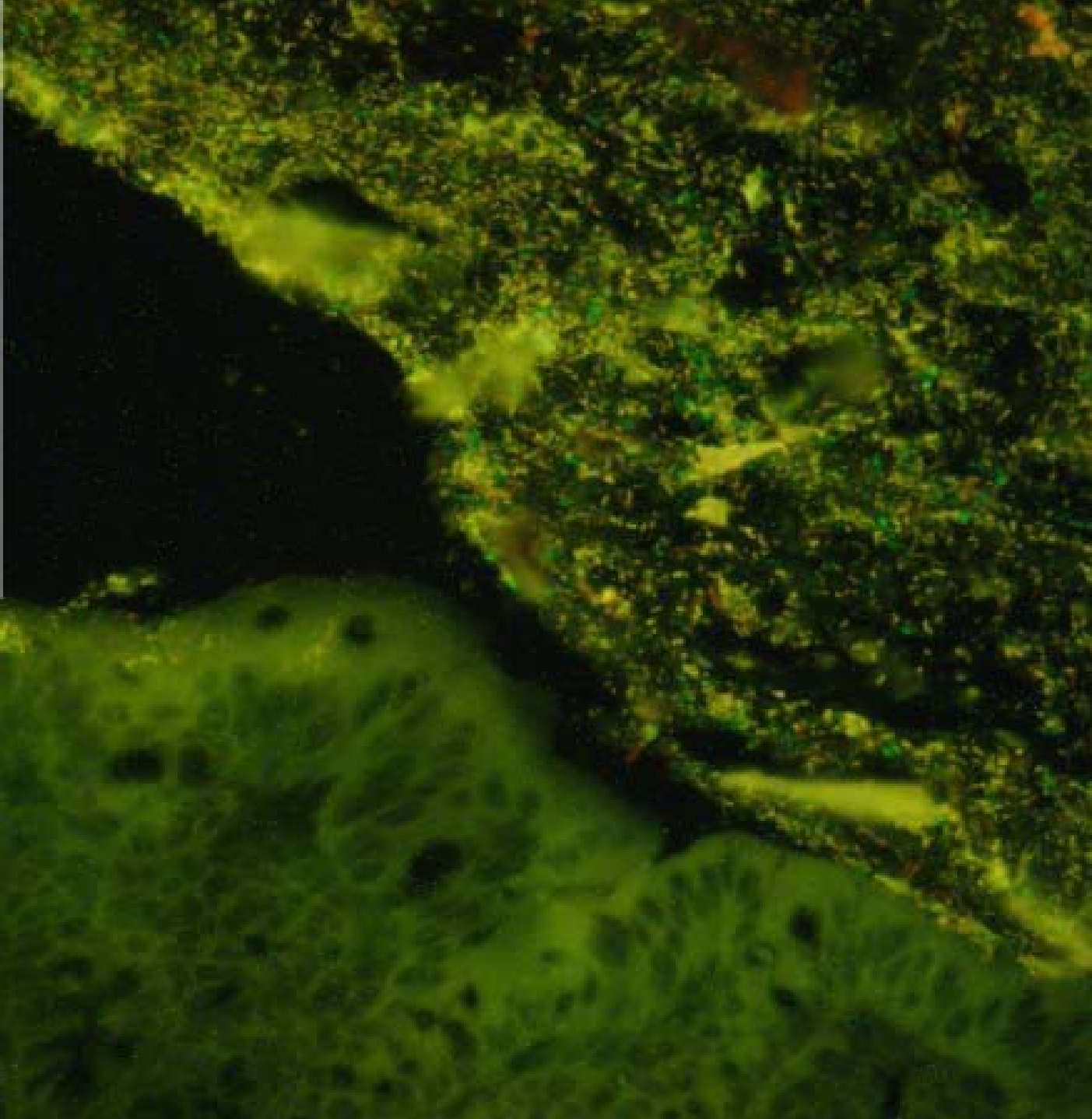
Zusammensetzung der Sperrschicht

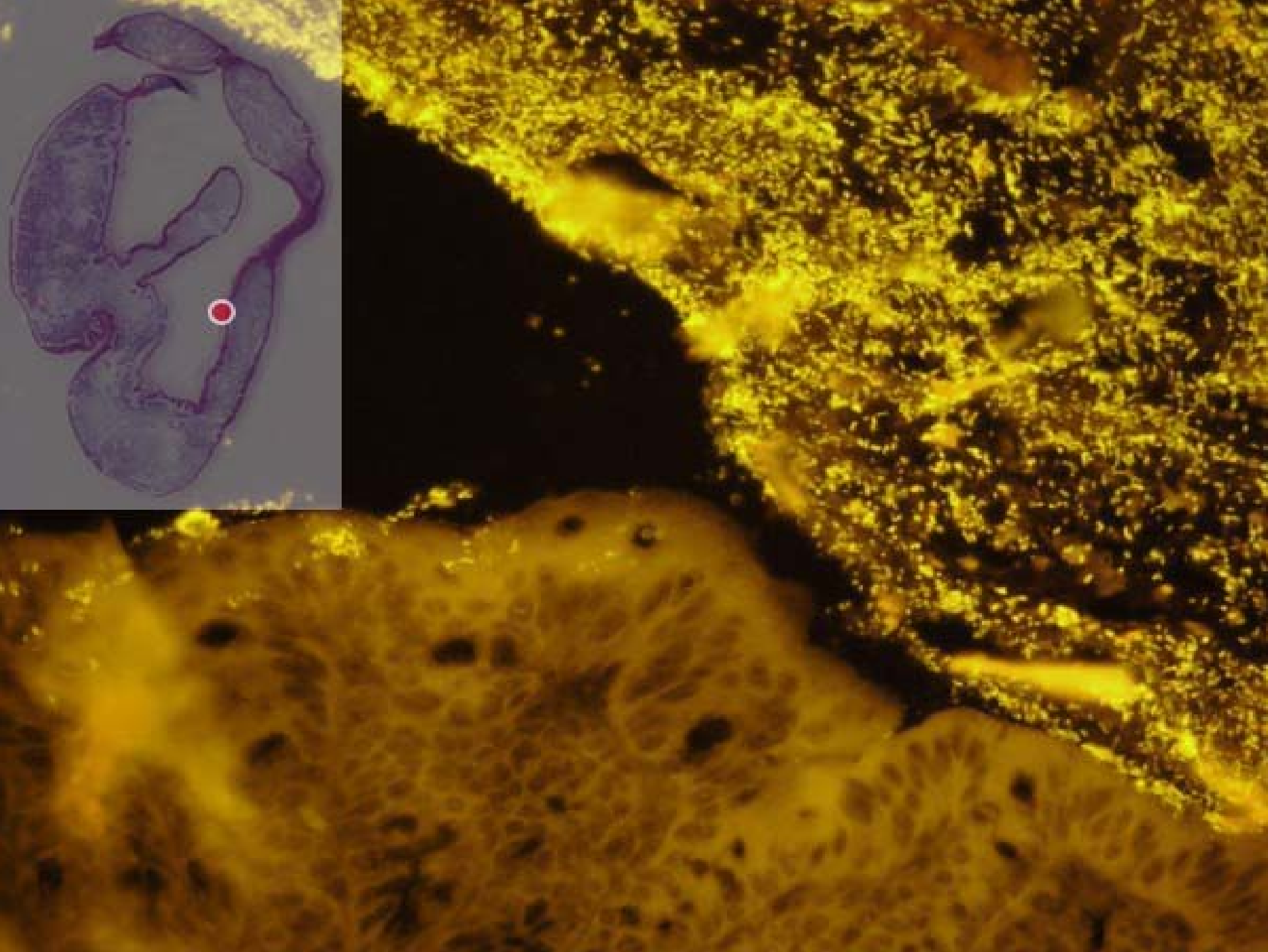


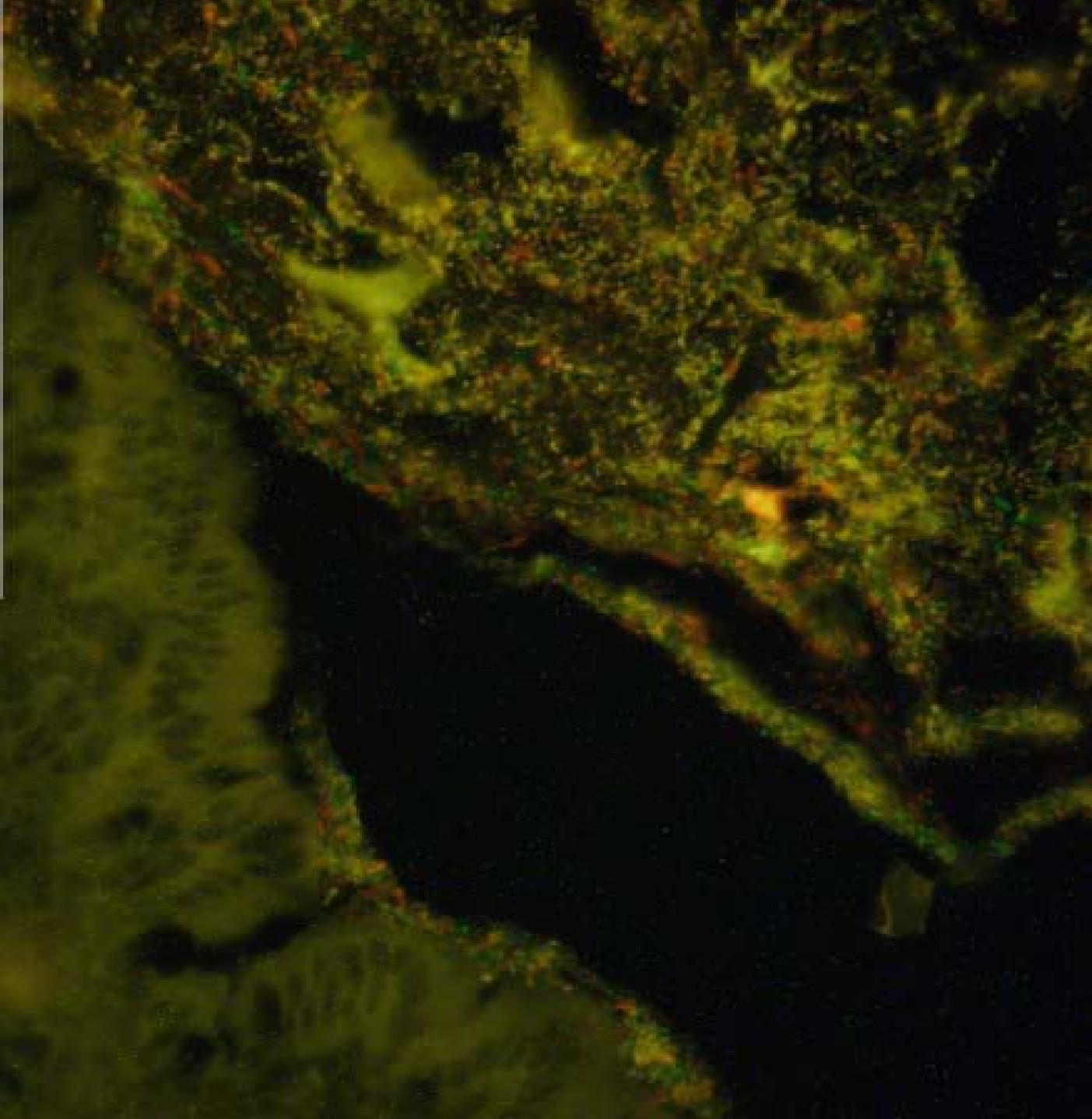
**Bacteroides,
Enterobacteriaceae,
Clostridium difficile,
Veillonella
haben keinen Kontakt mit der
Darmwand**

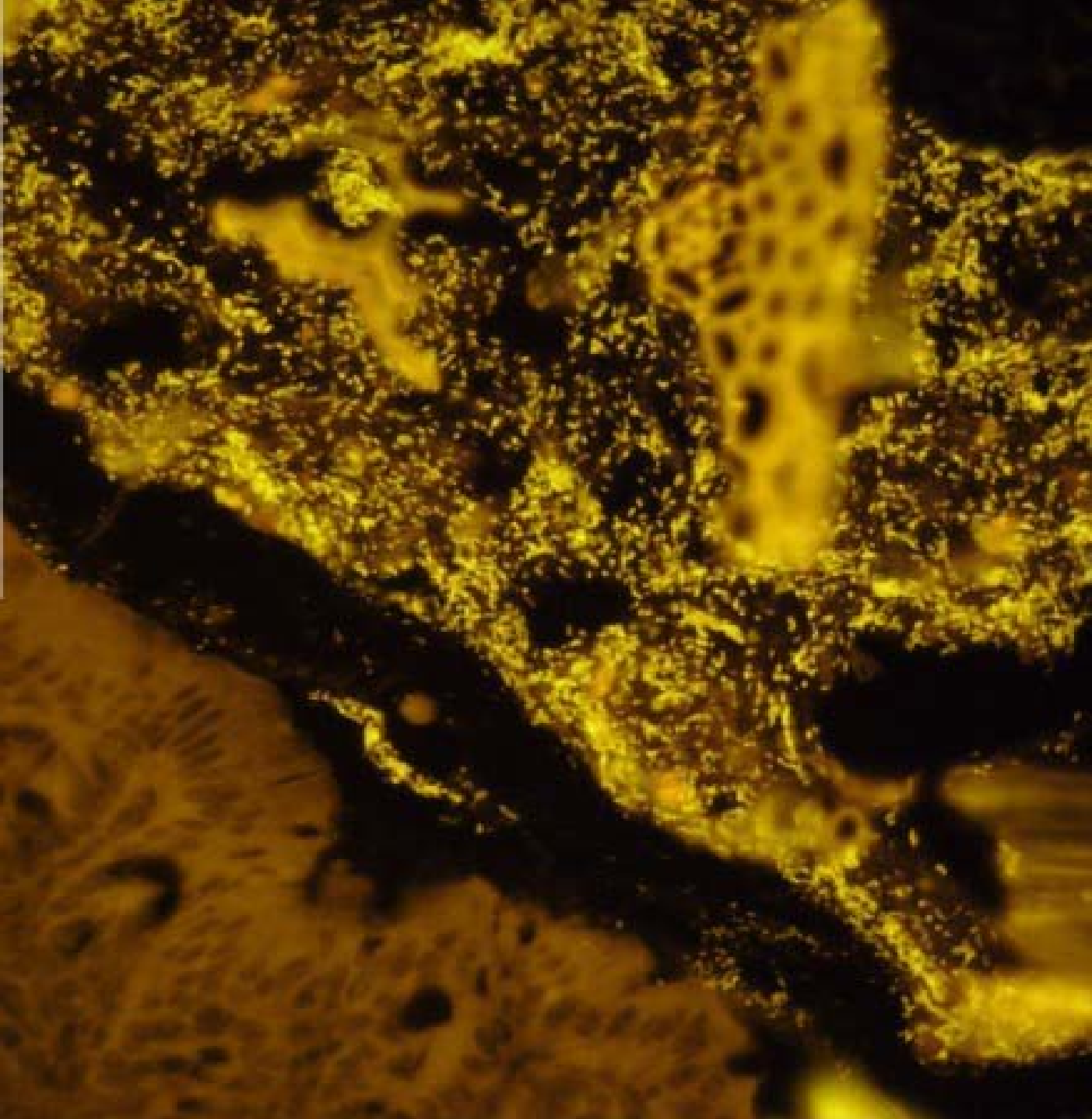


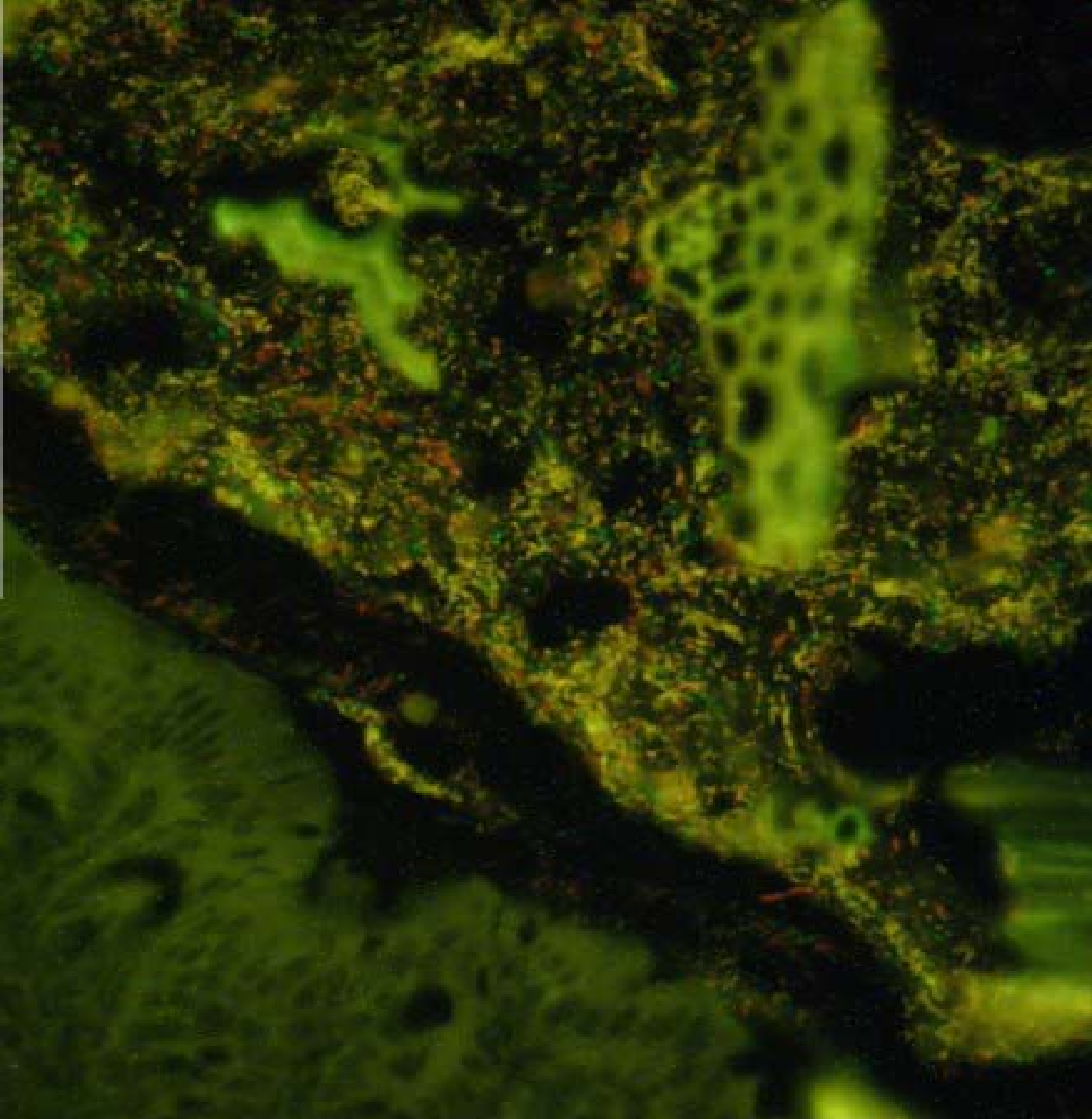


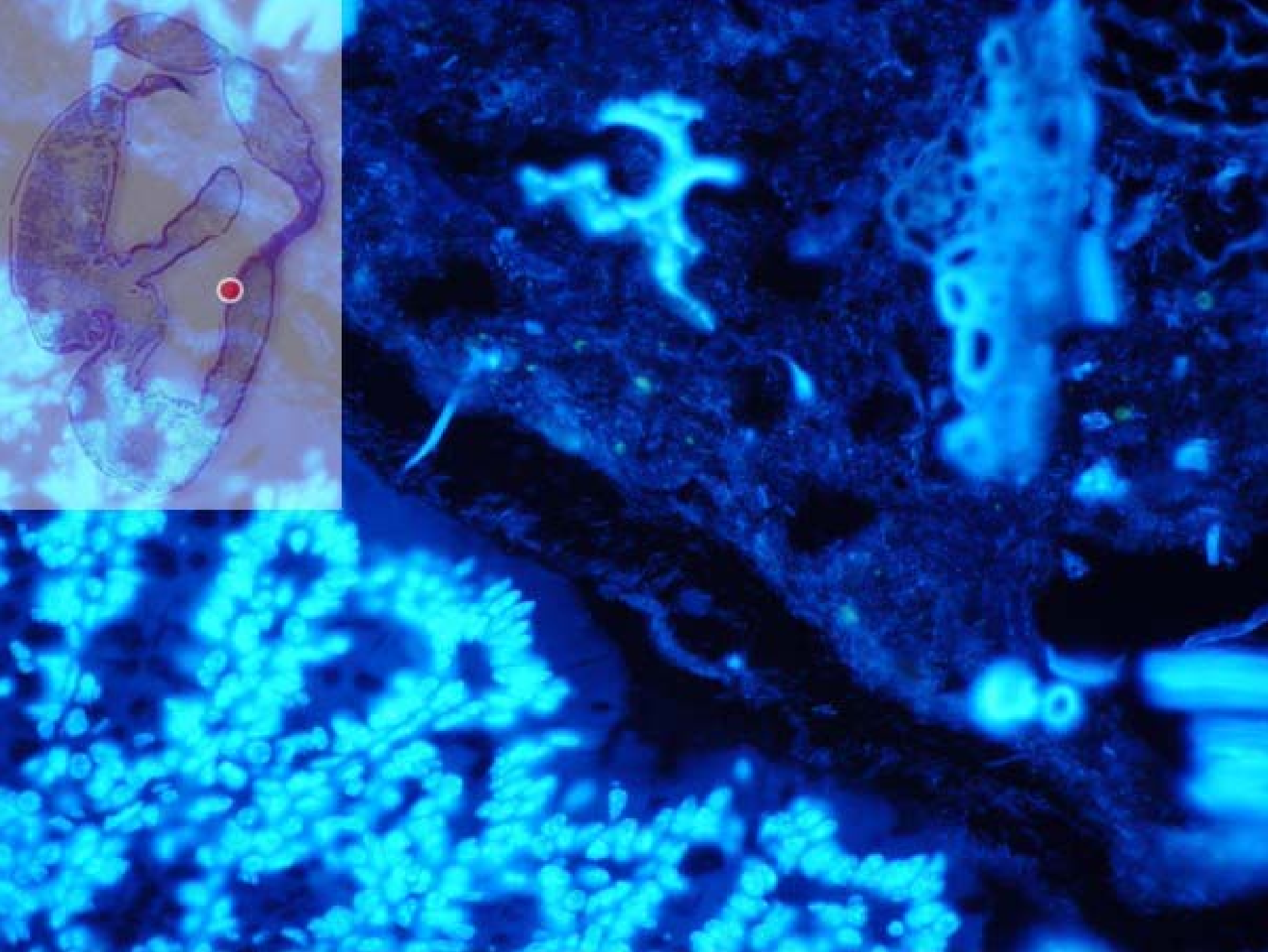
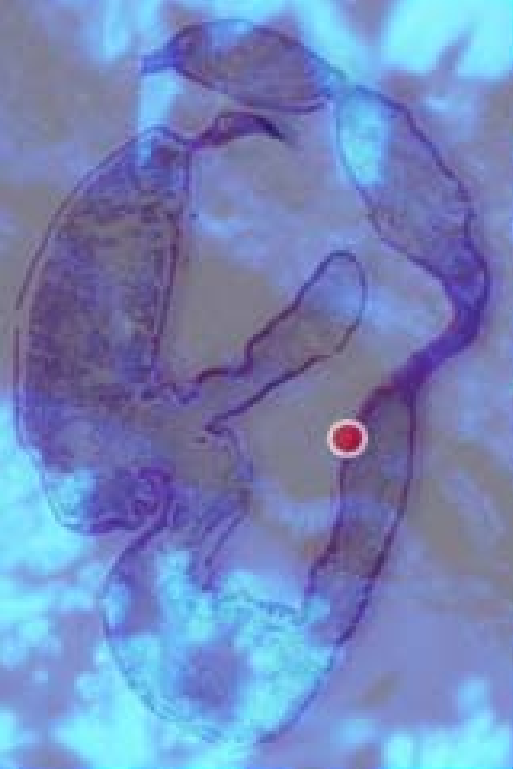


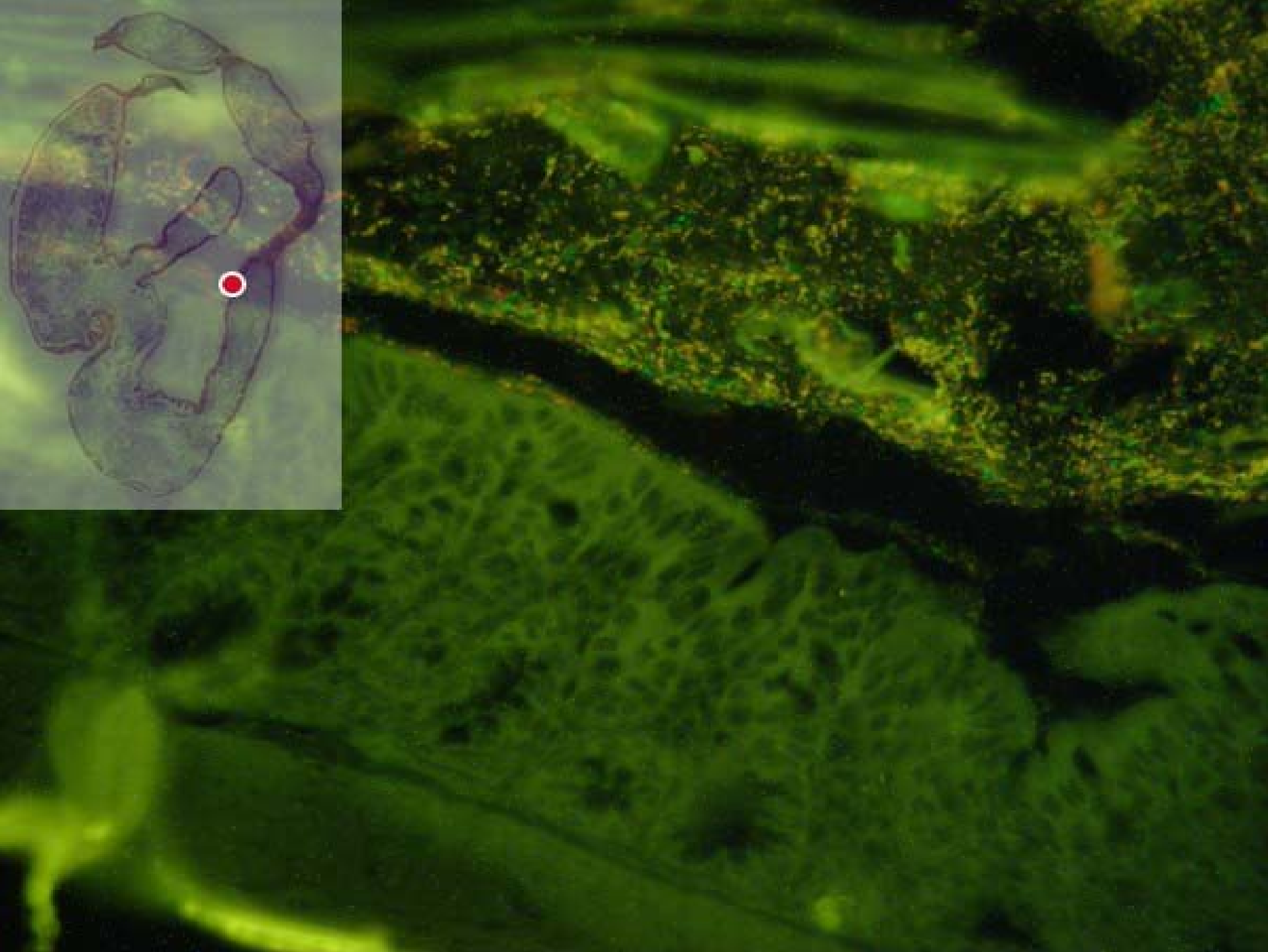


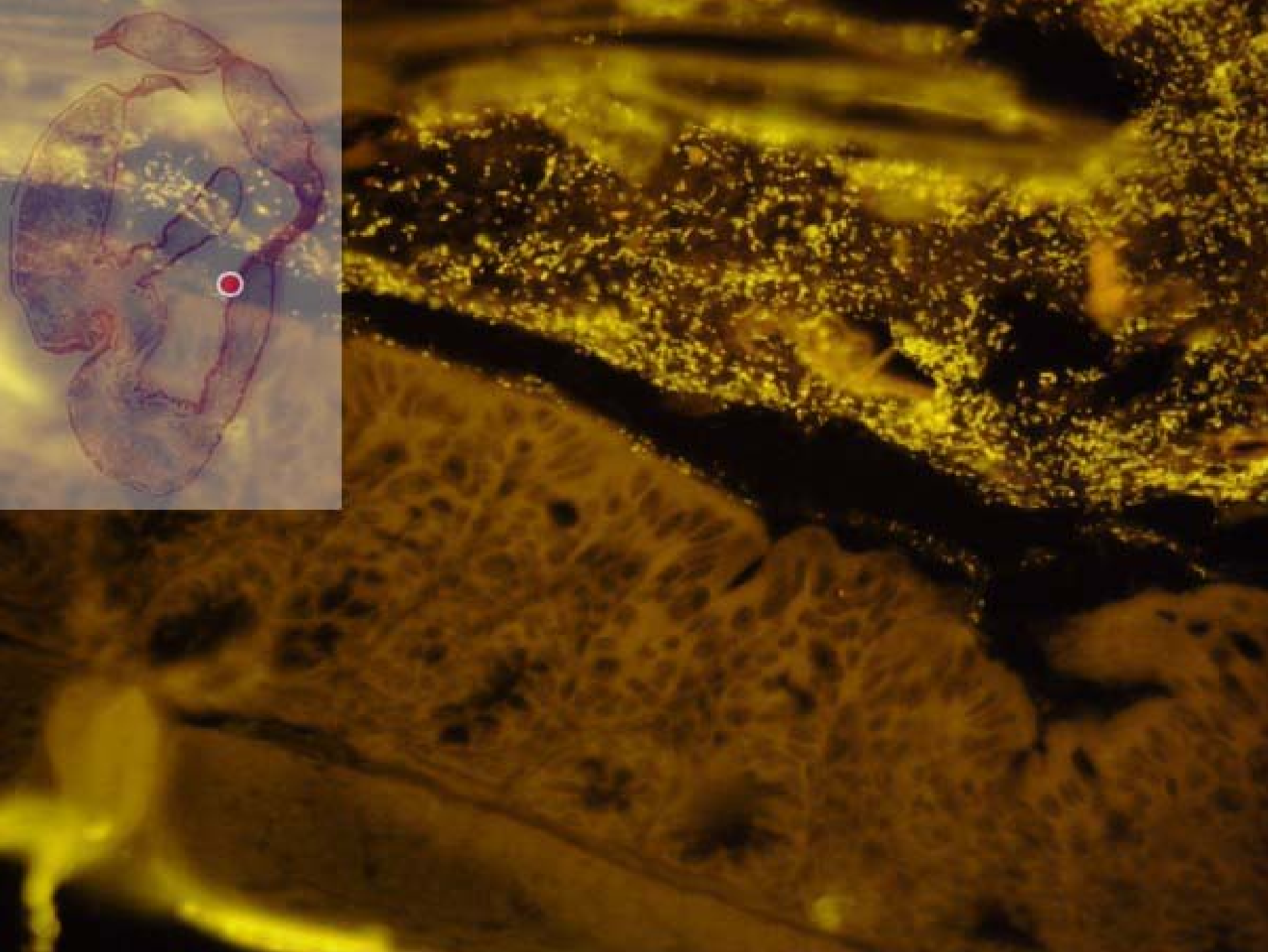


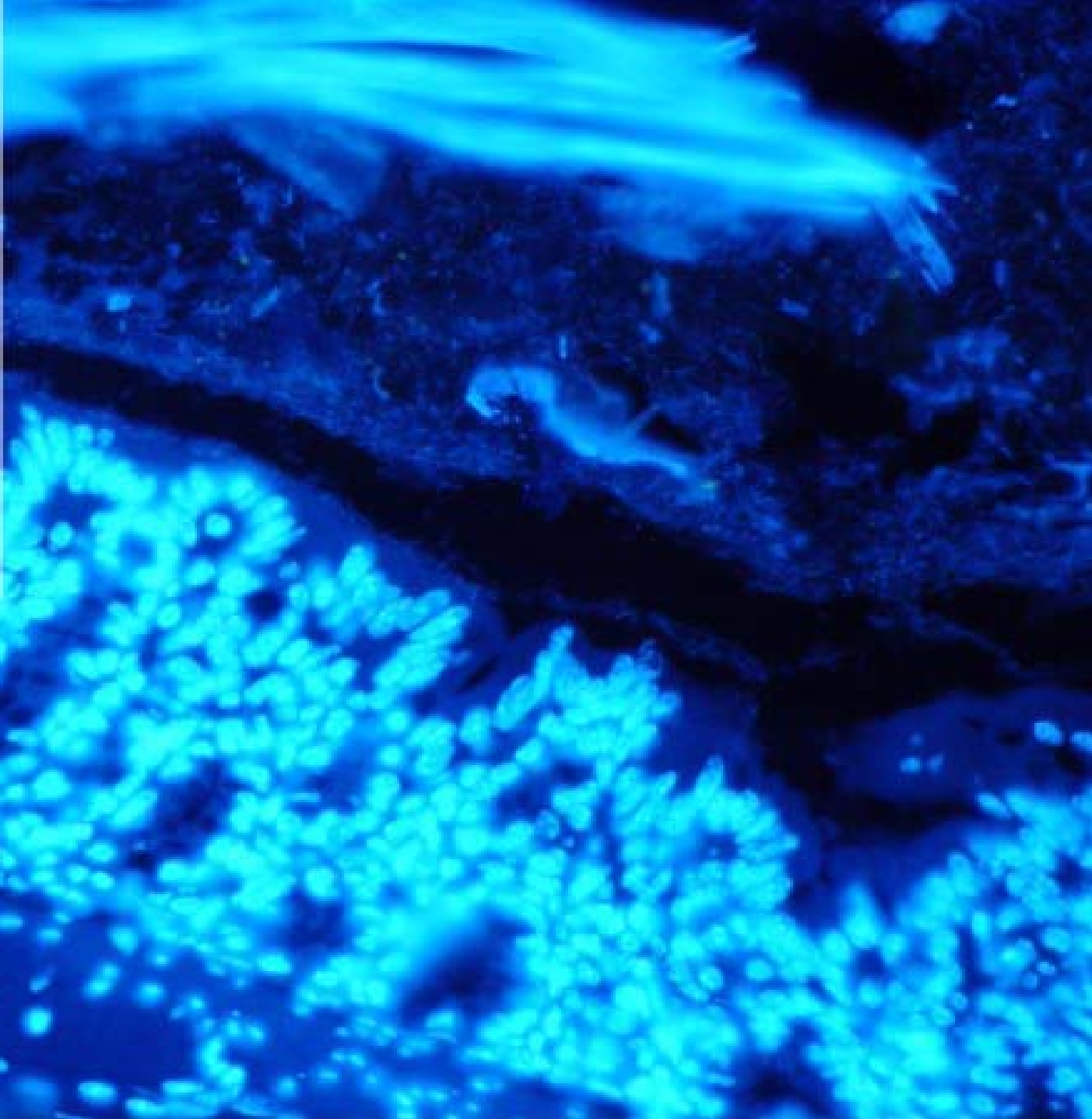
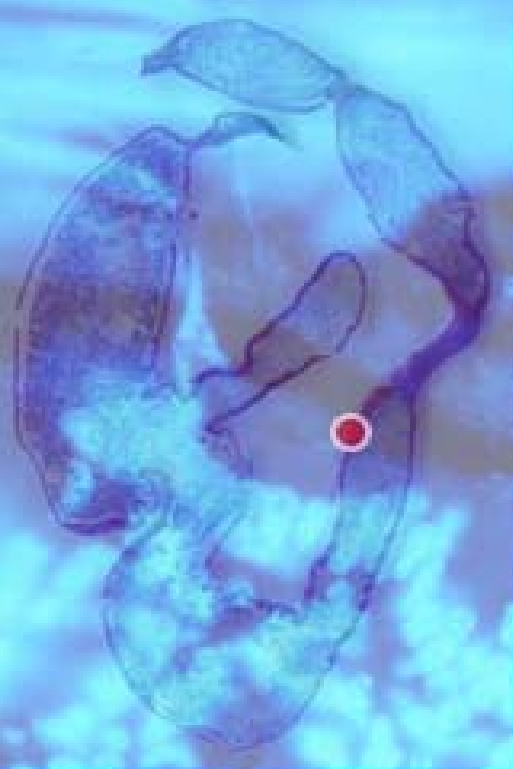


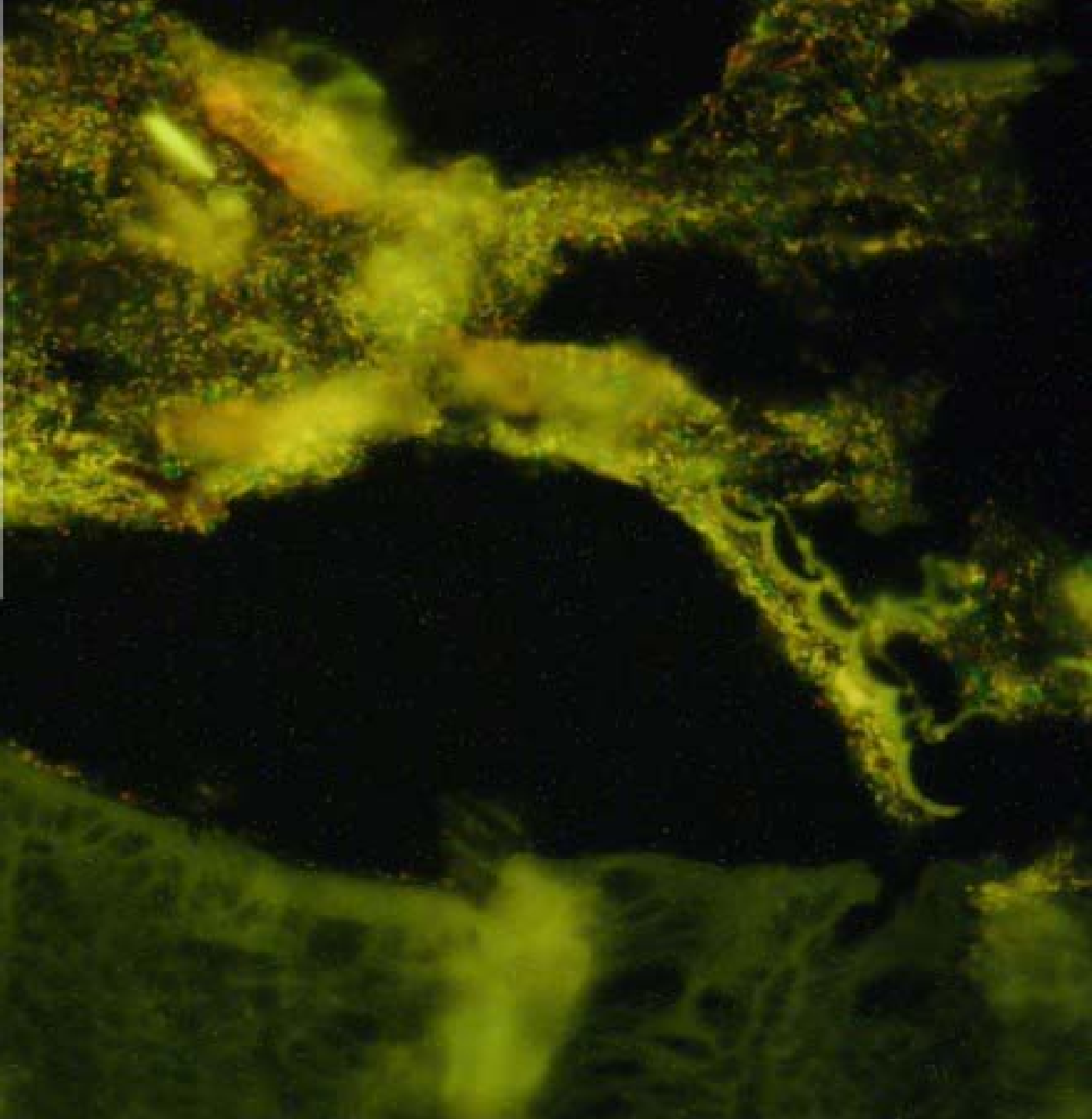


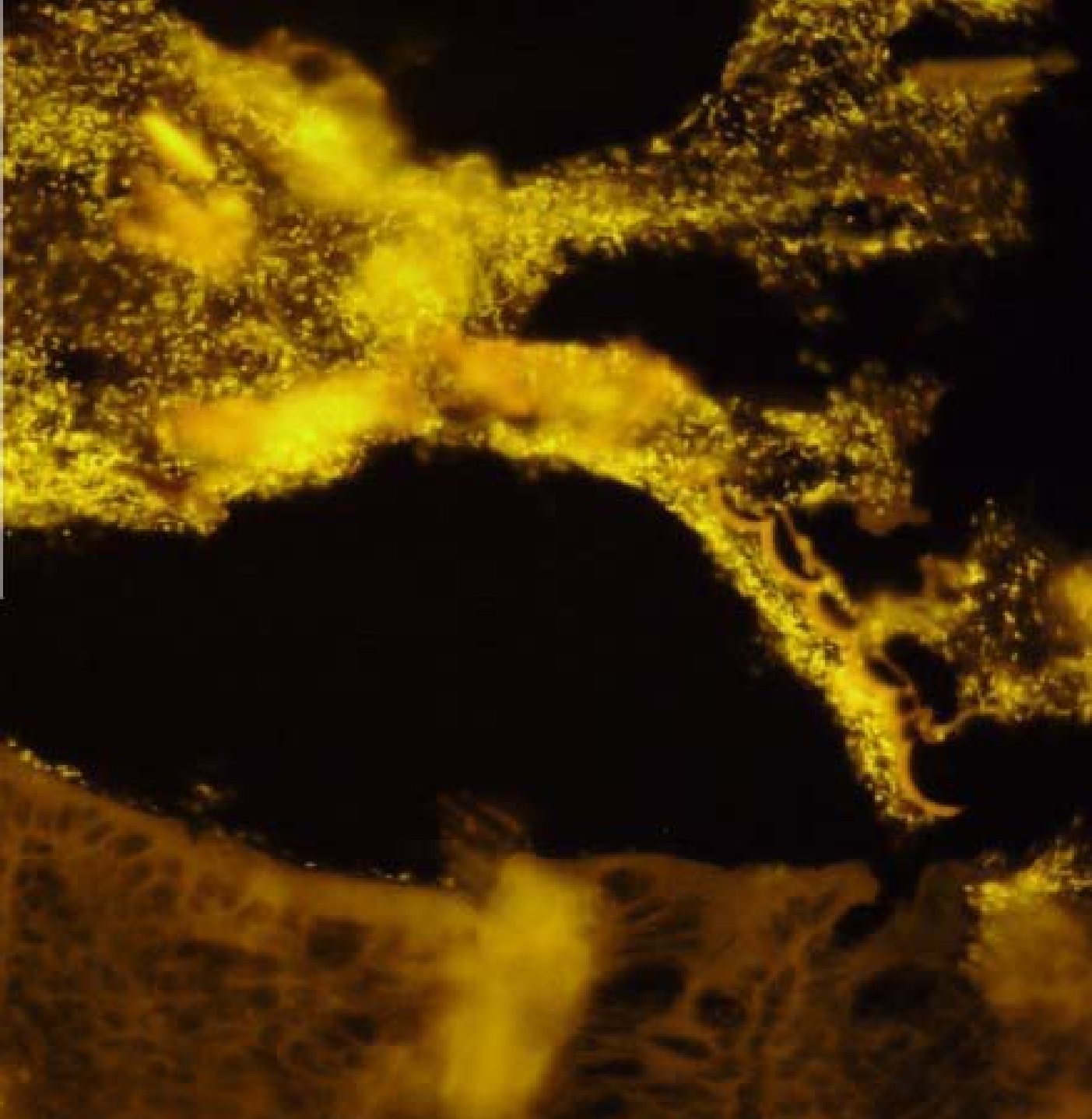


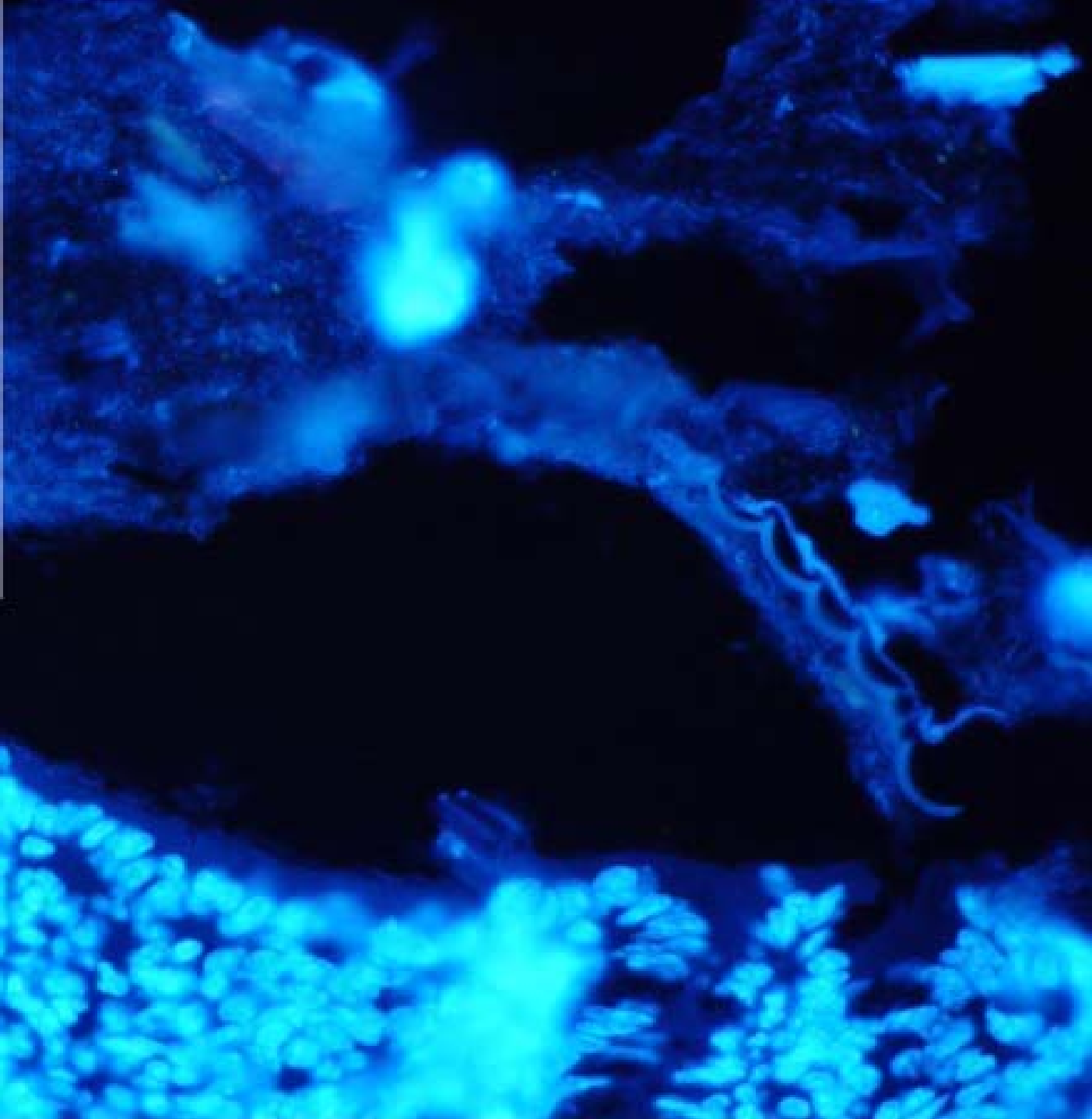
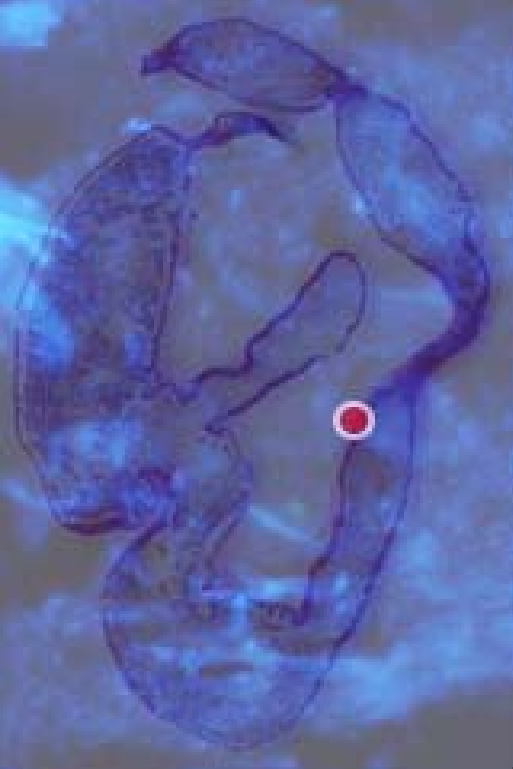


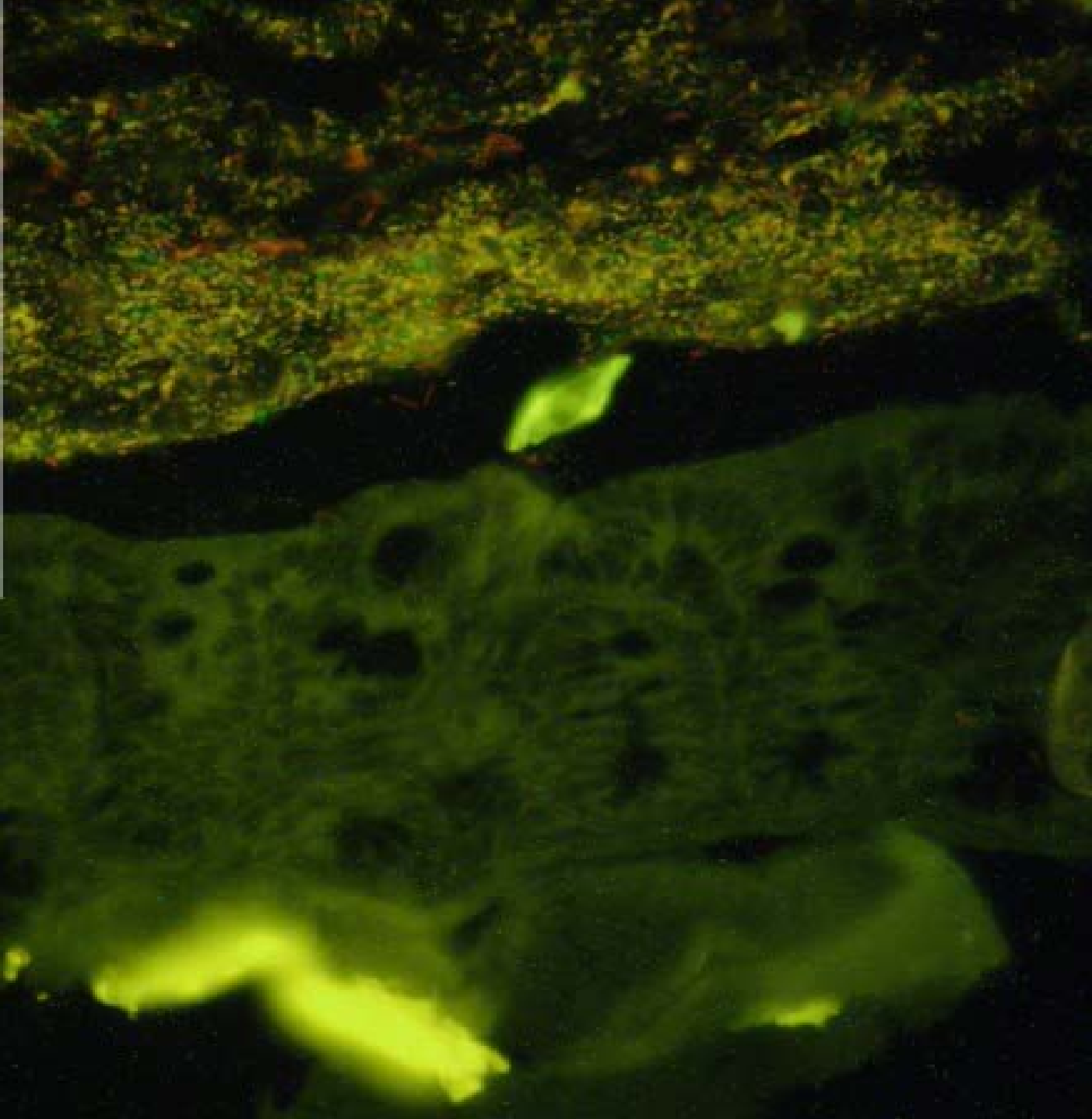


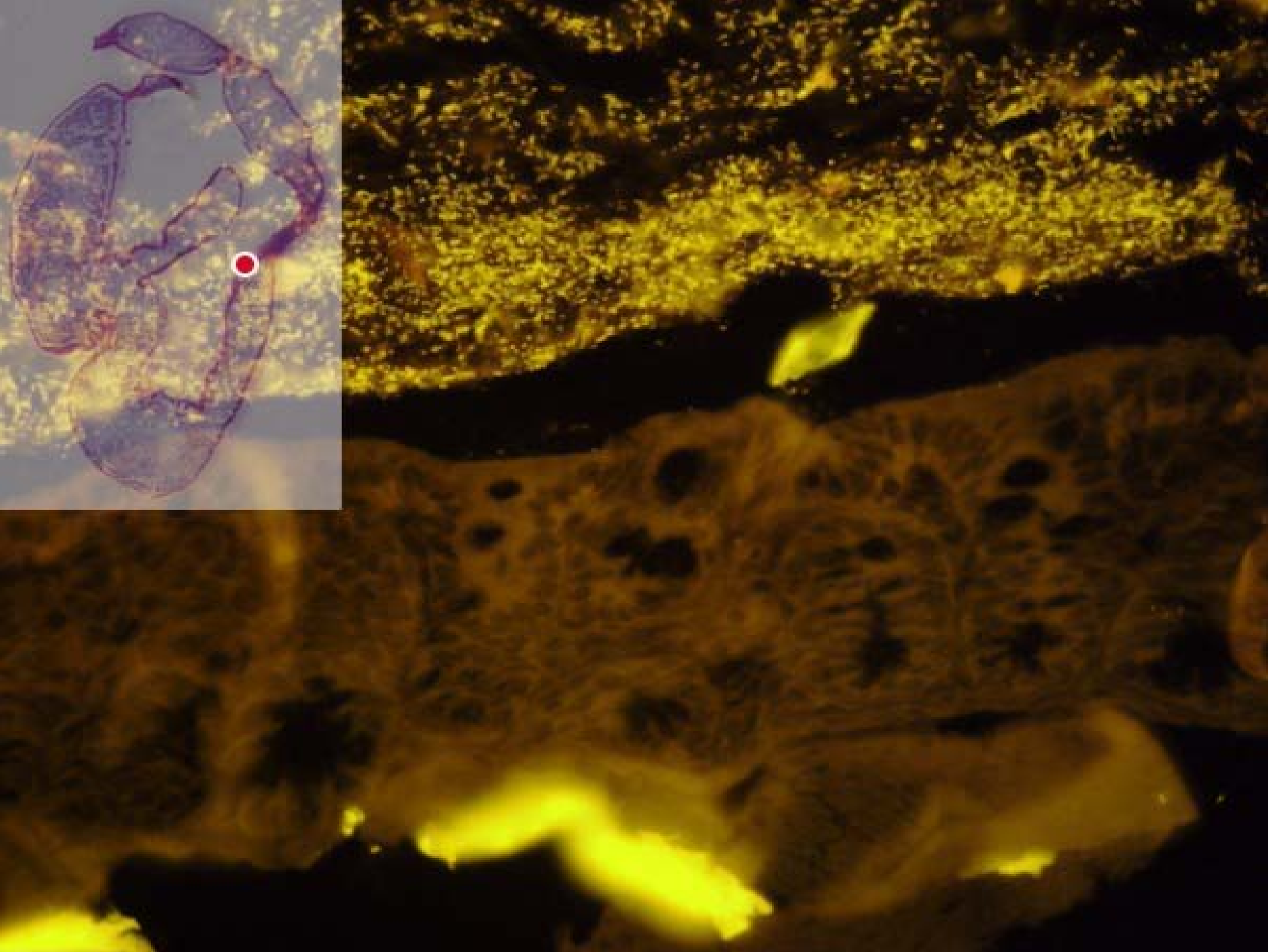


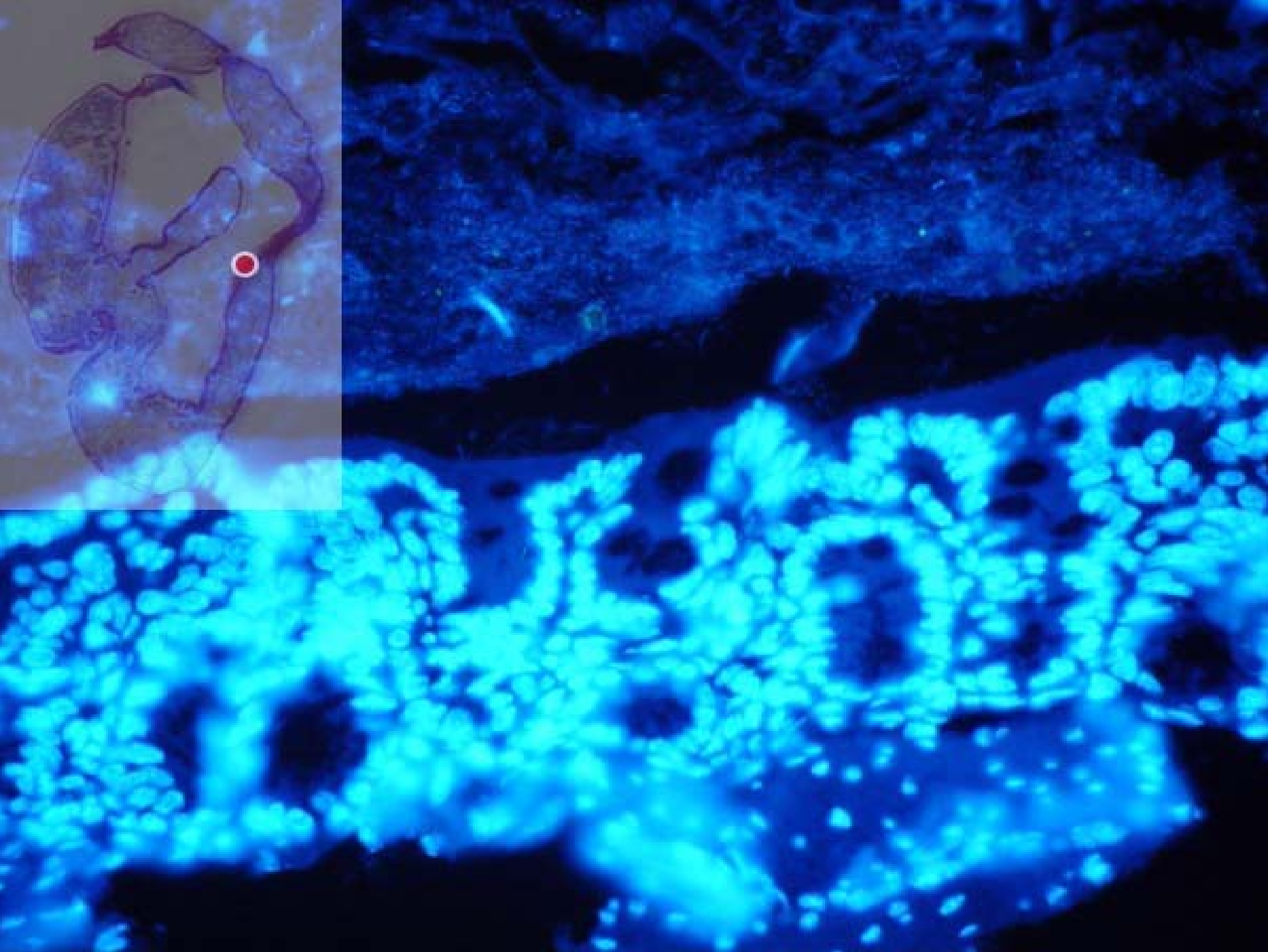
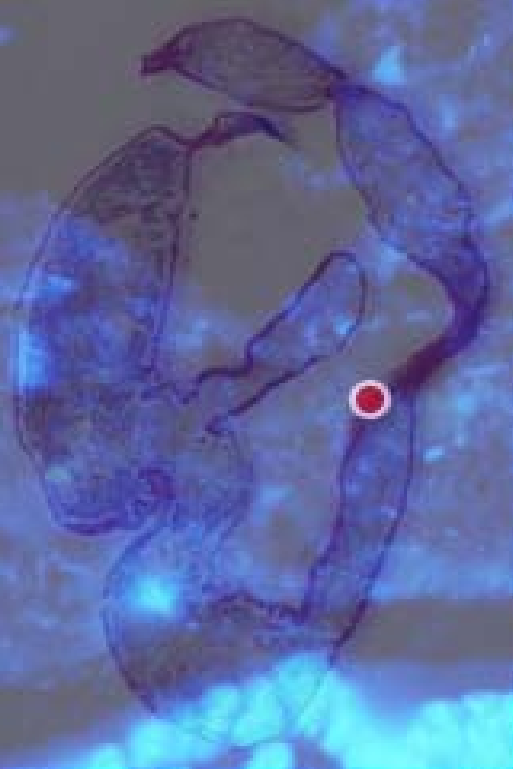


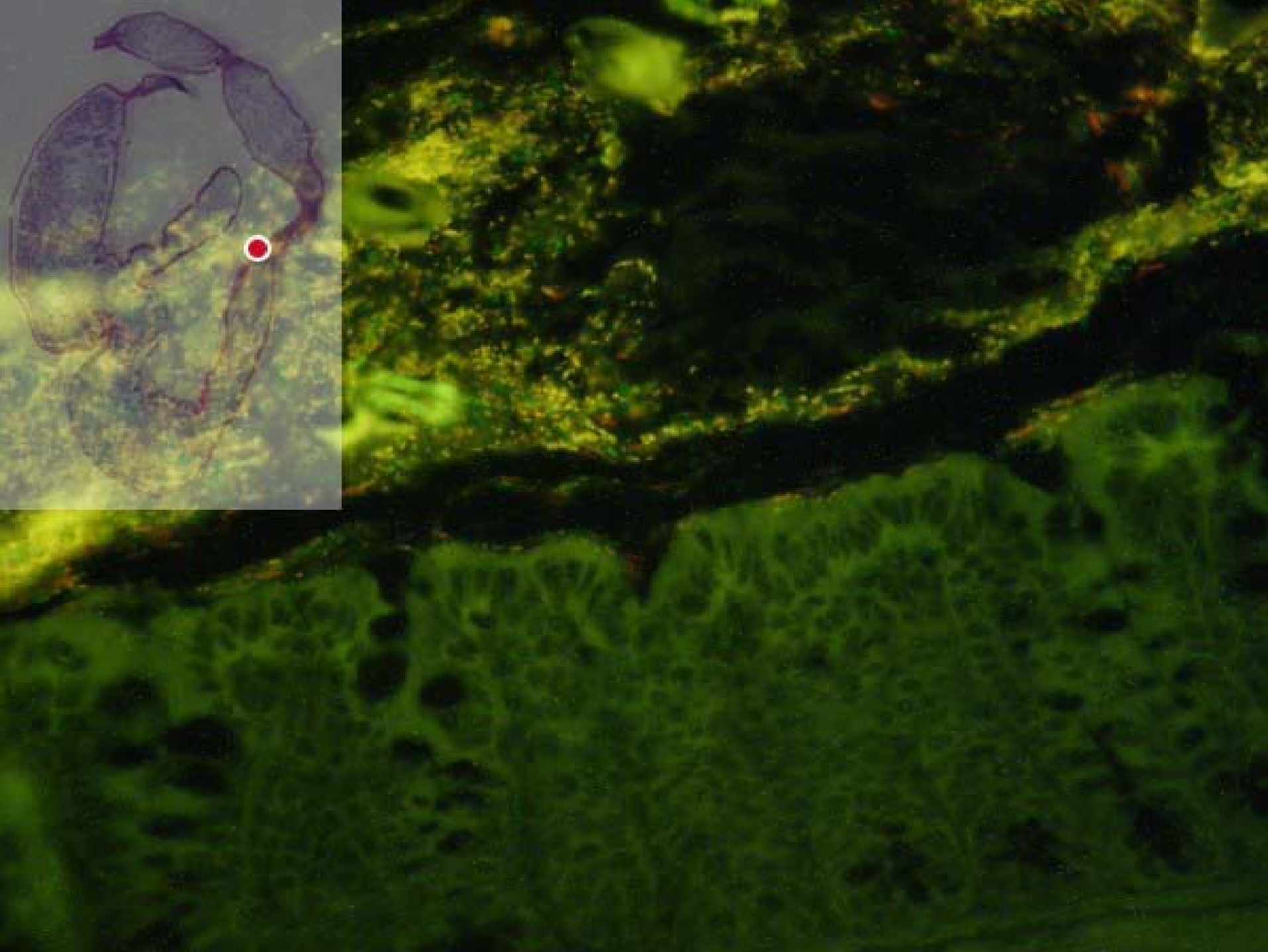


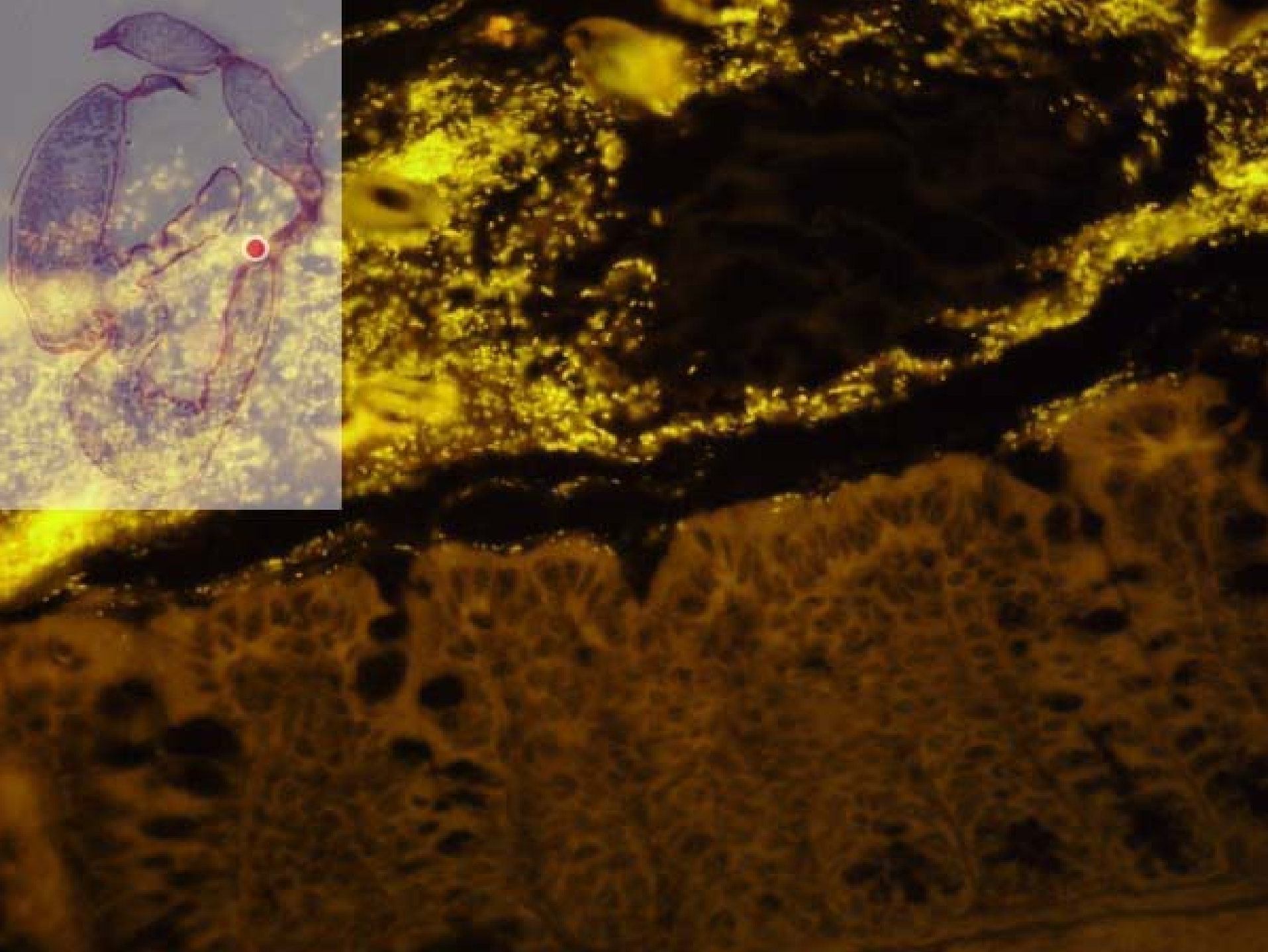


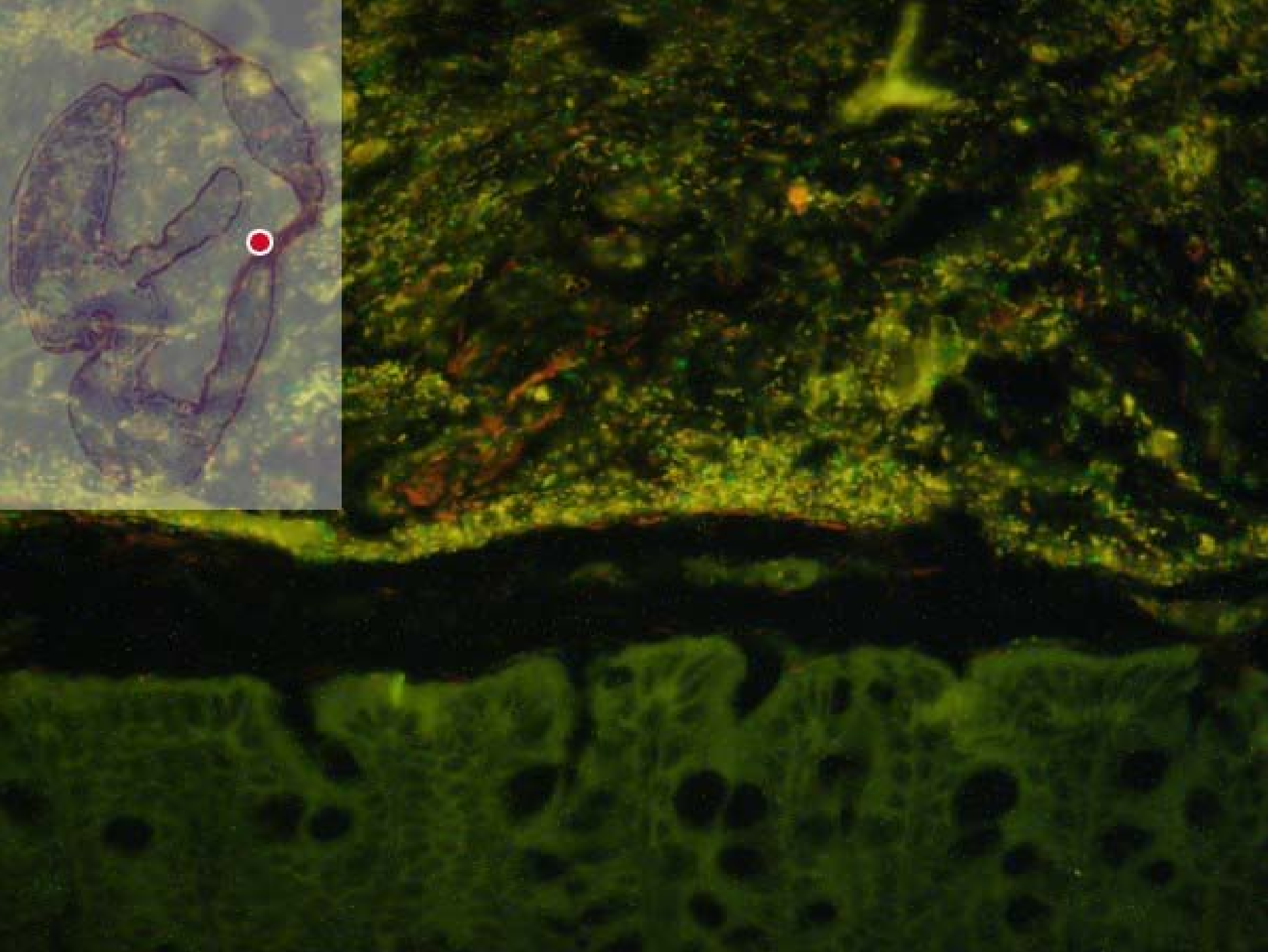


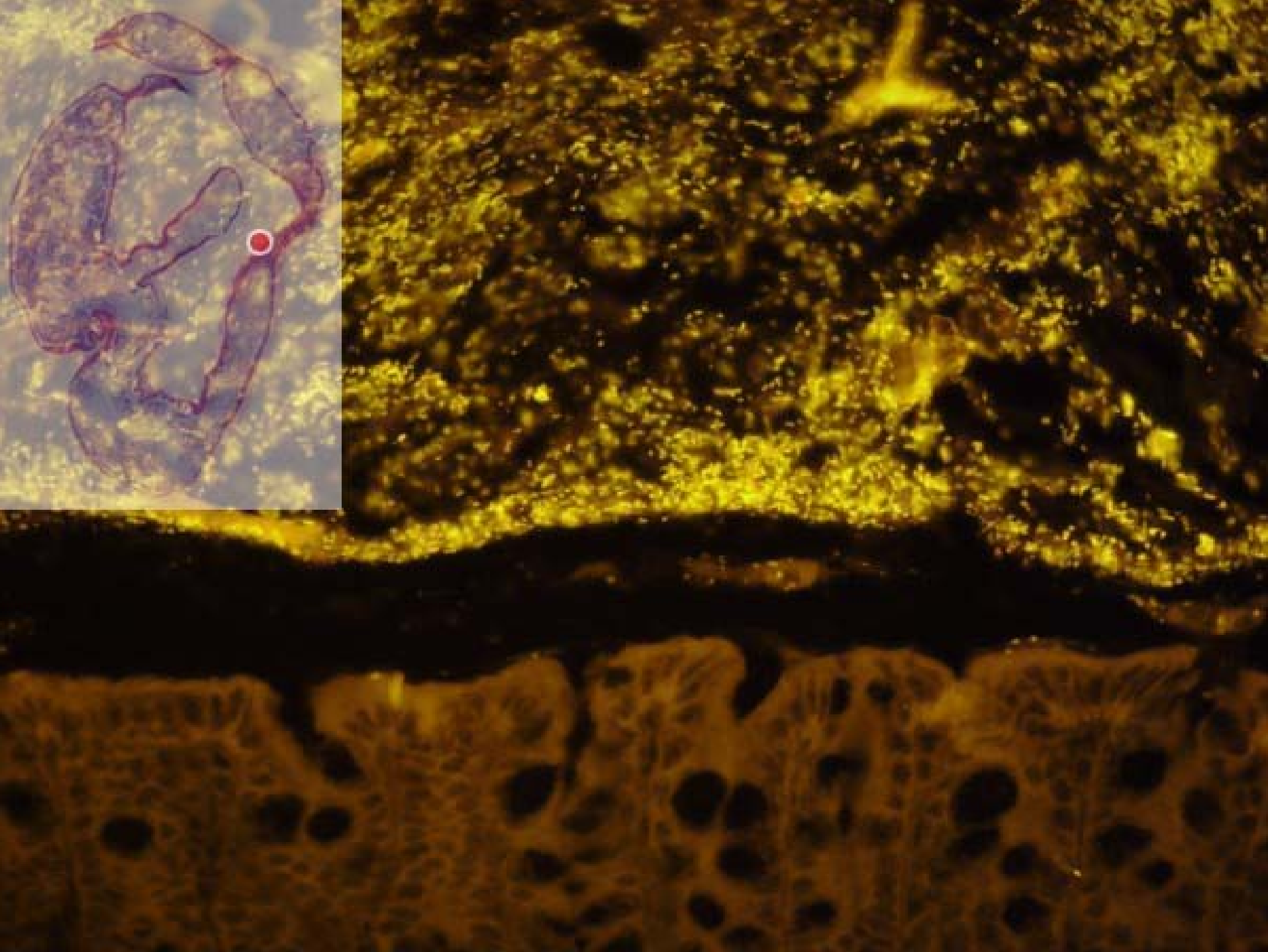


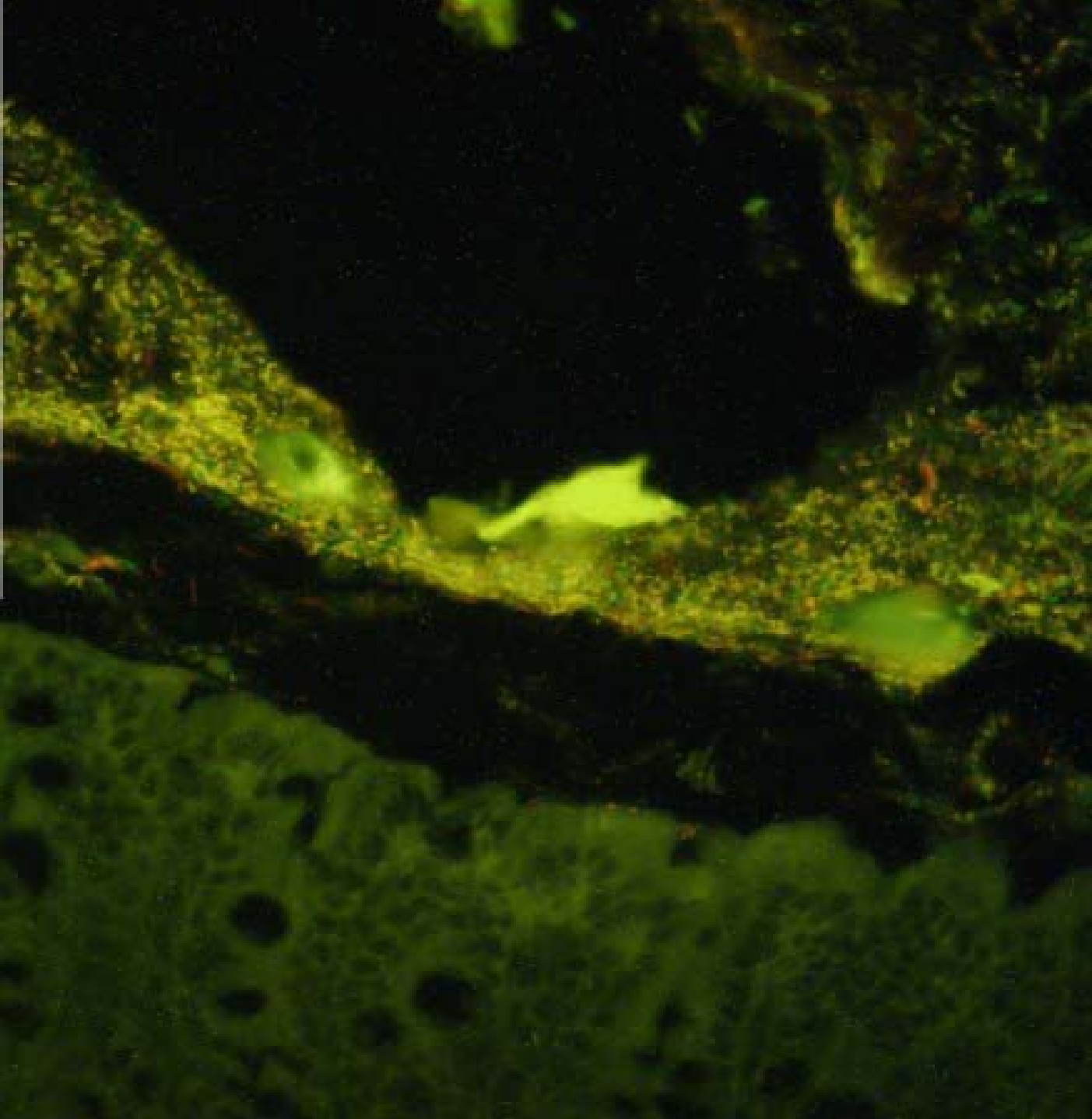


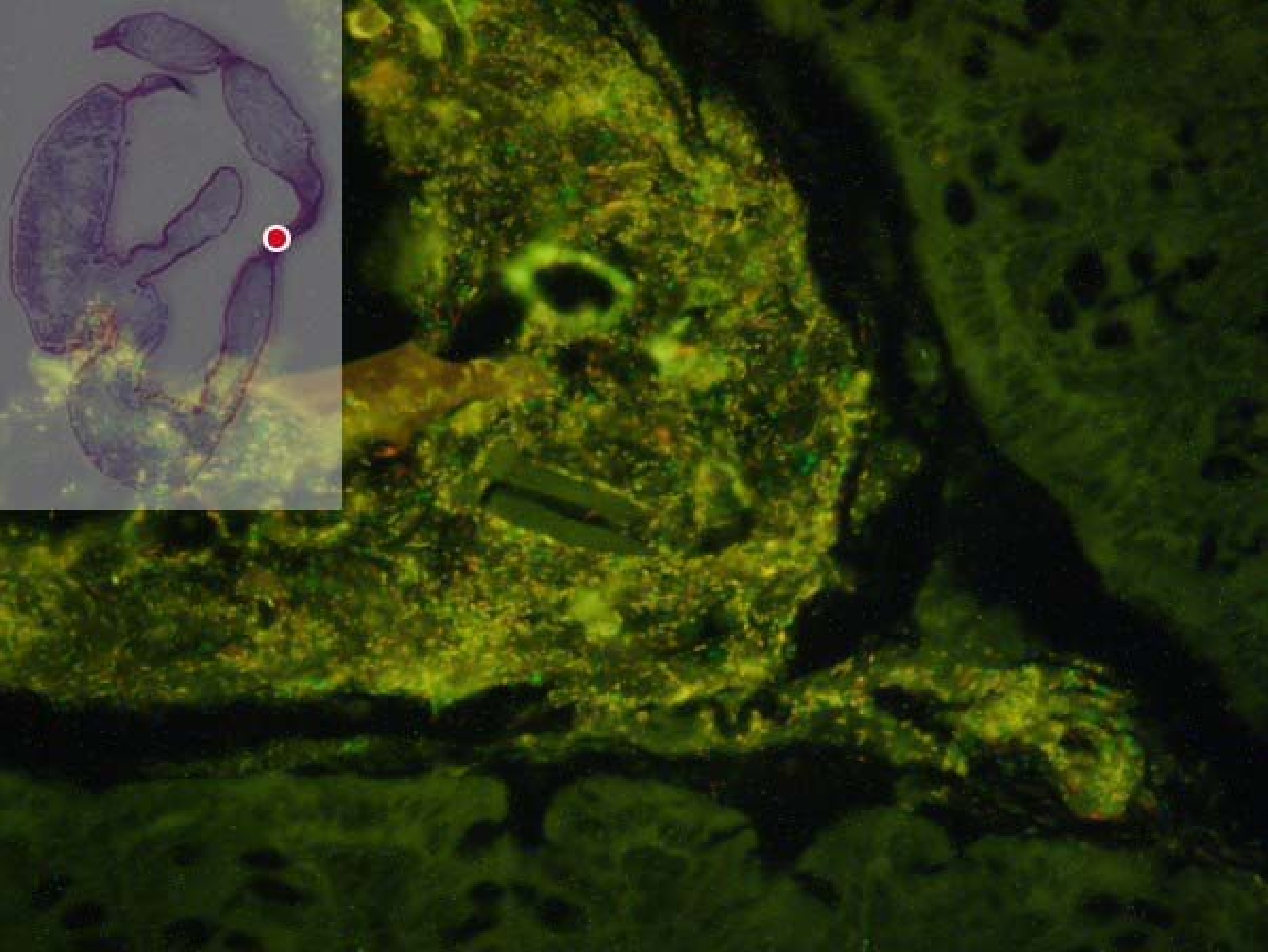


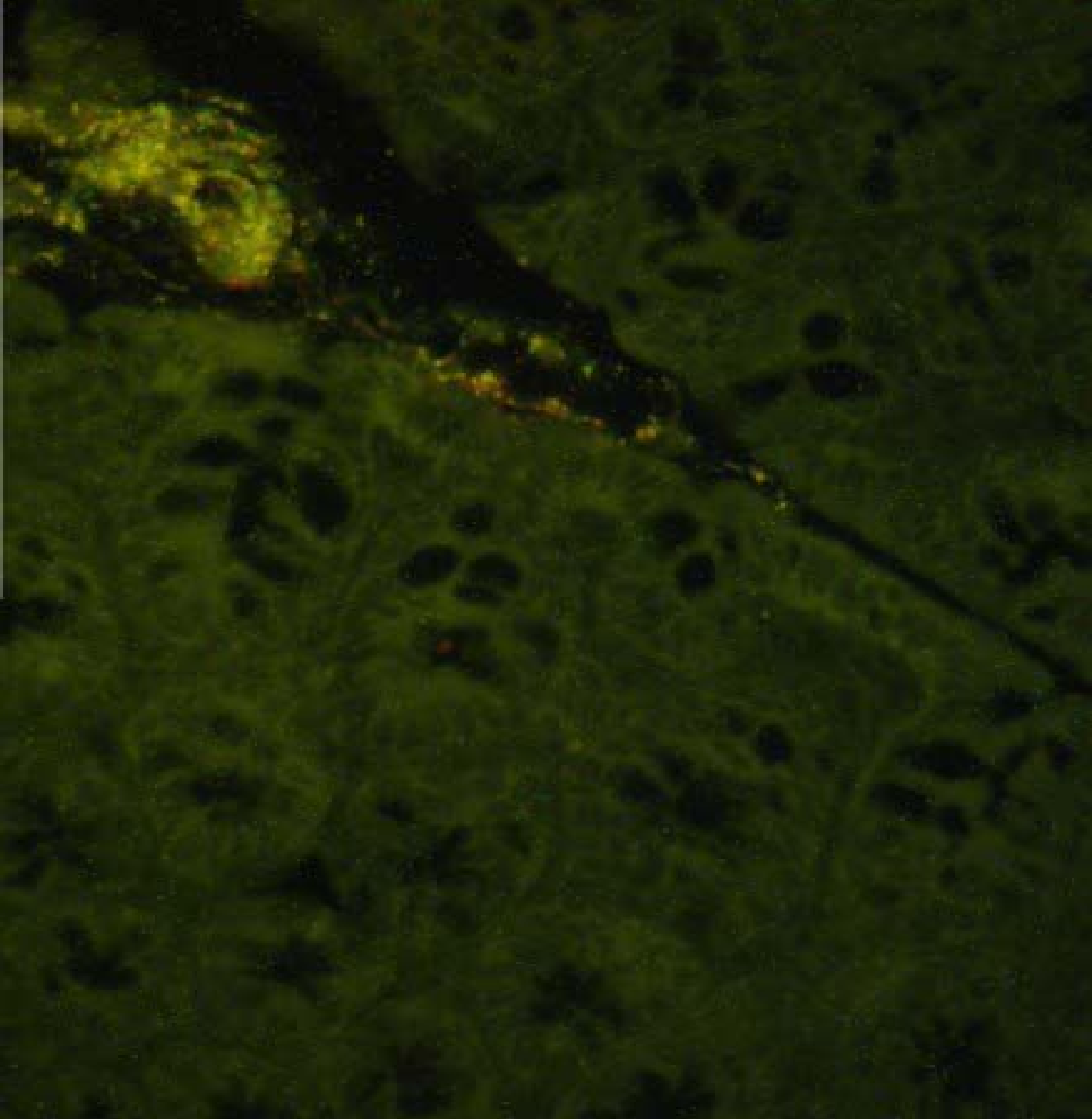


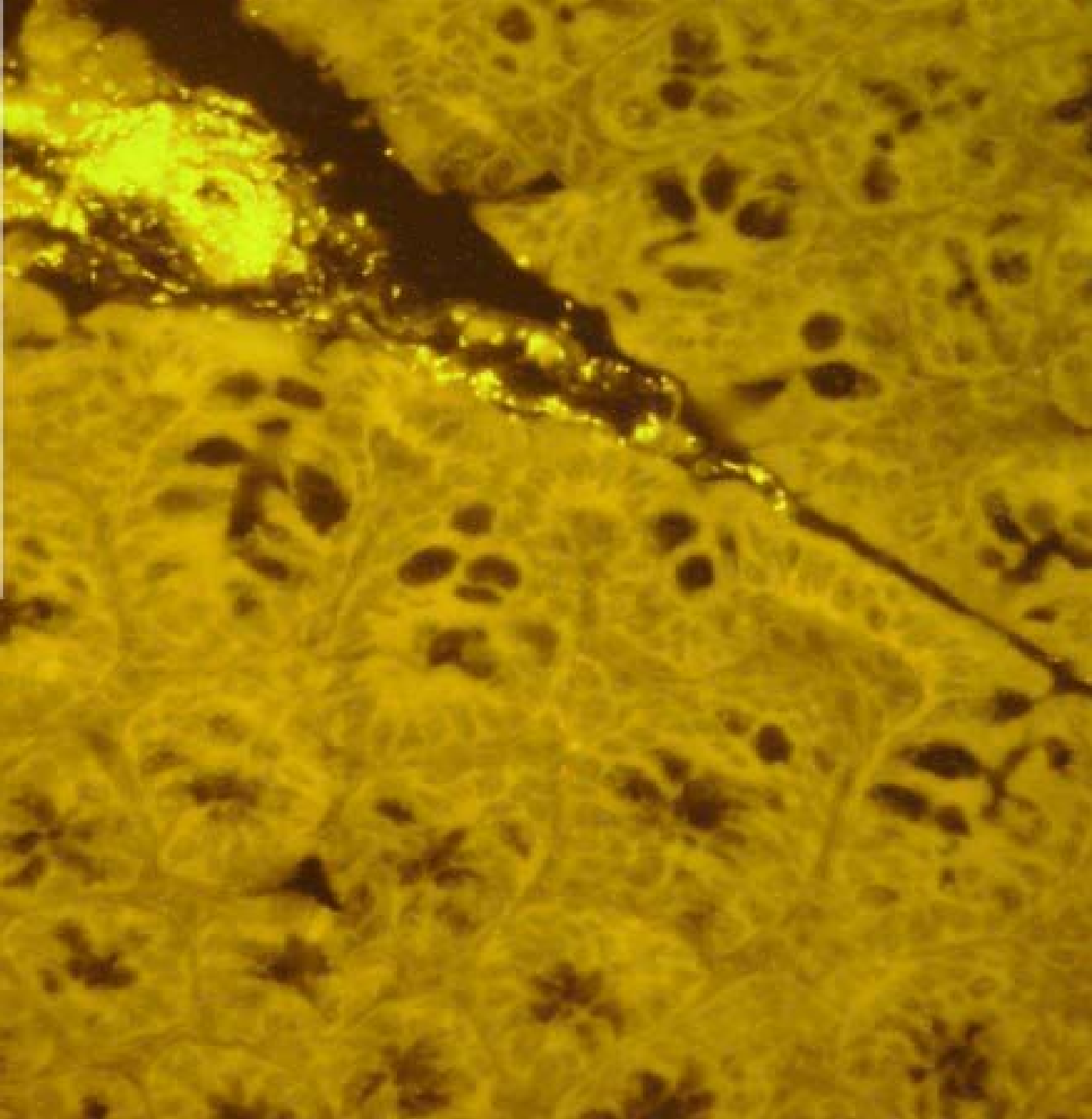


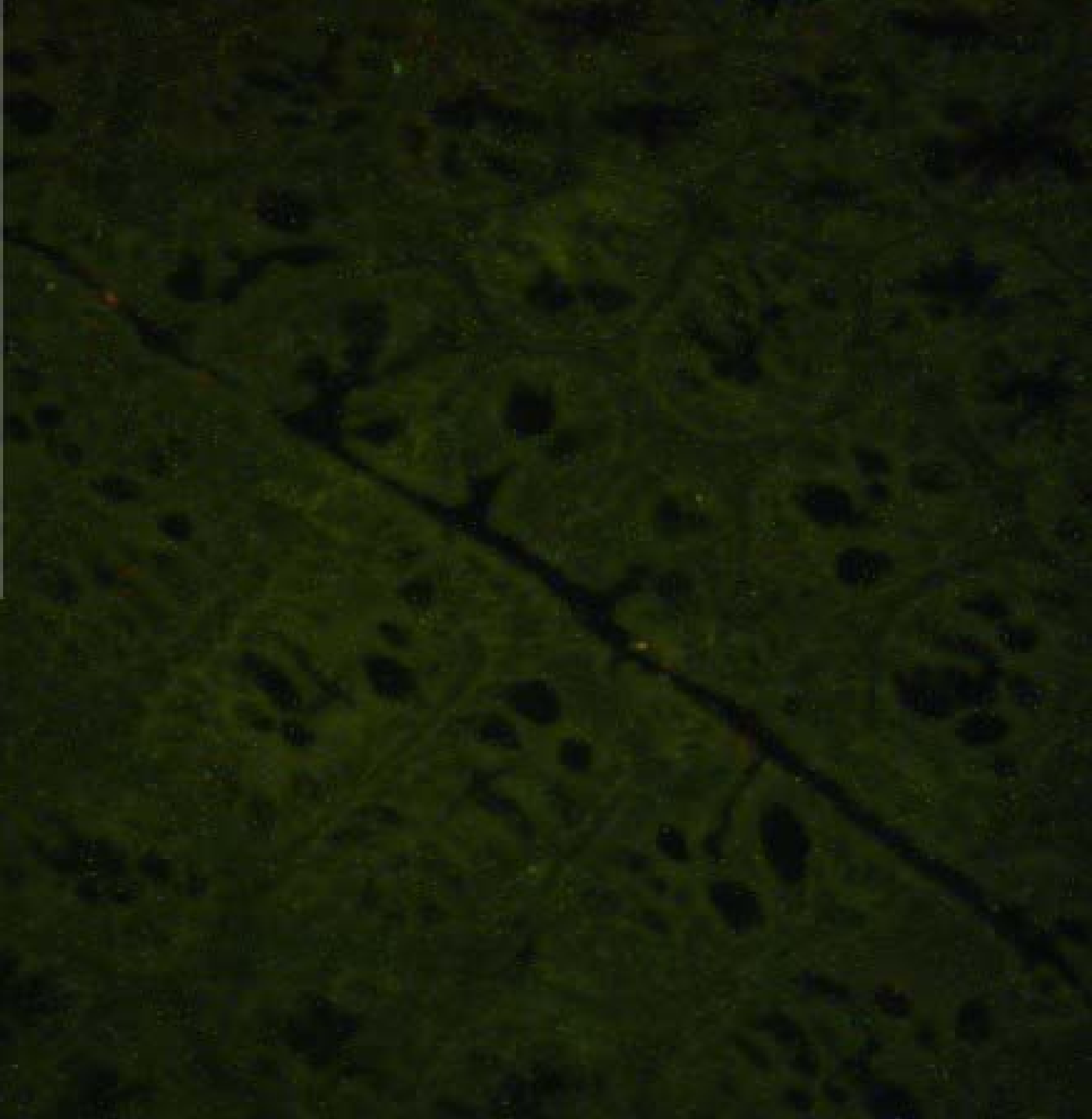
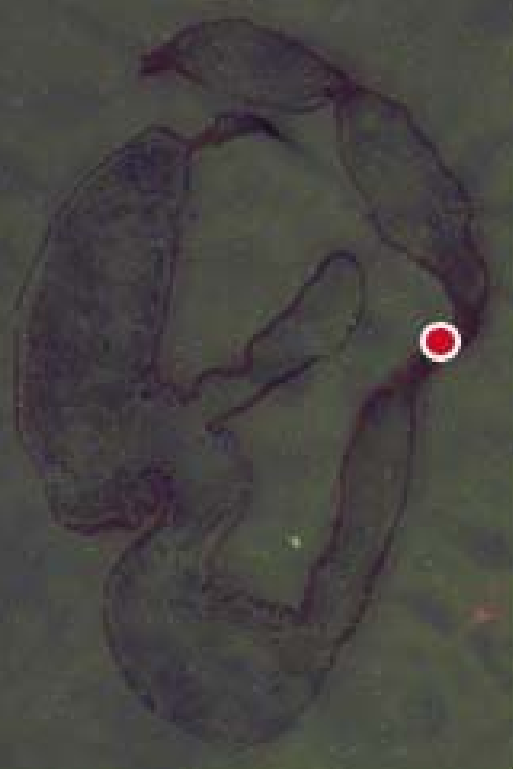


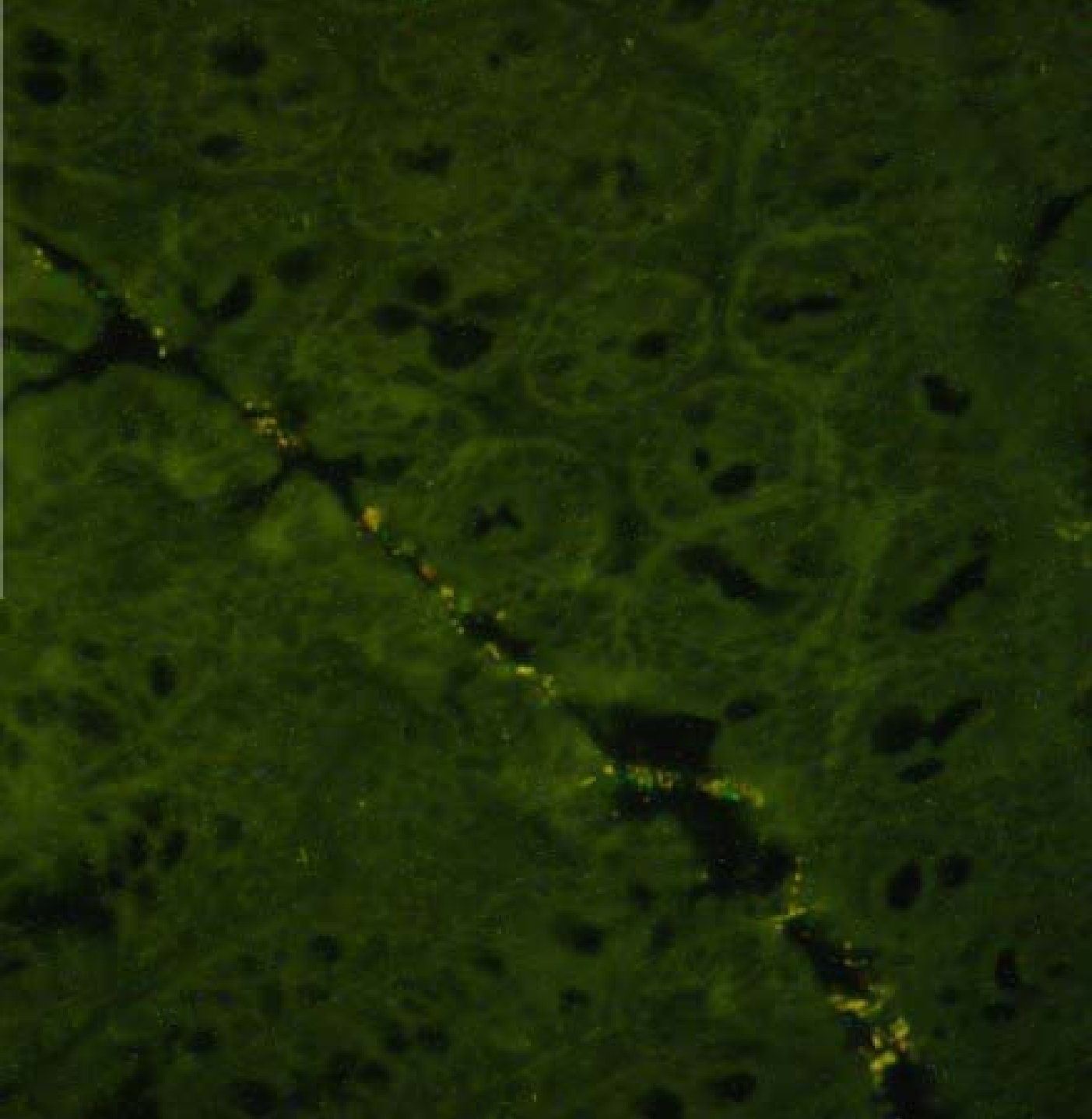


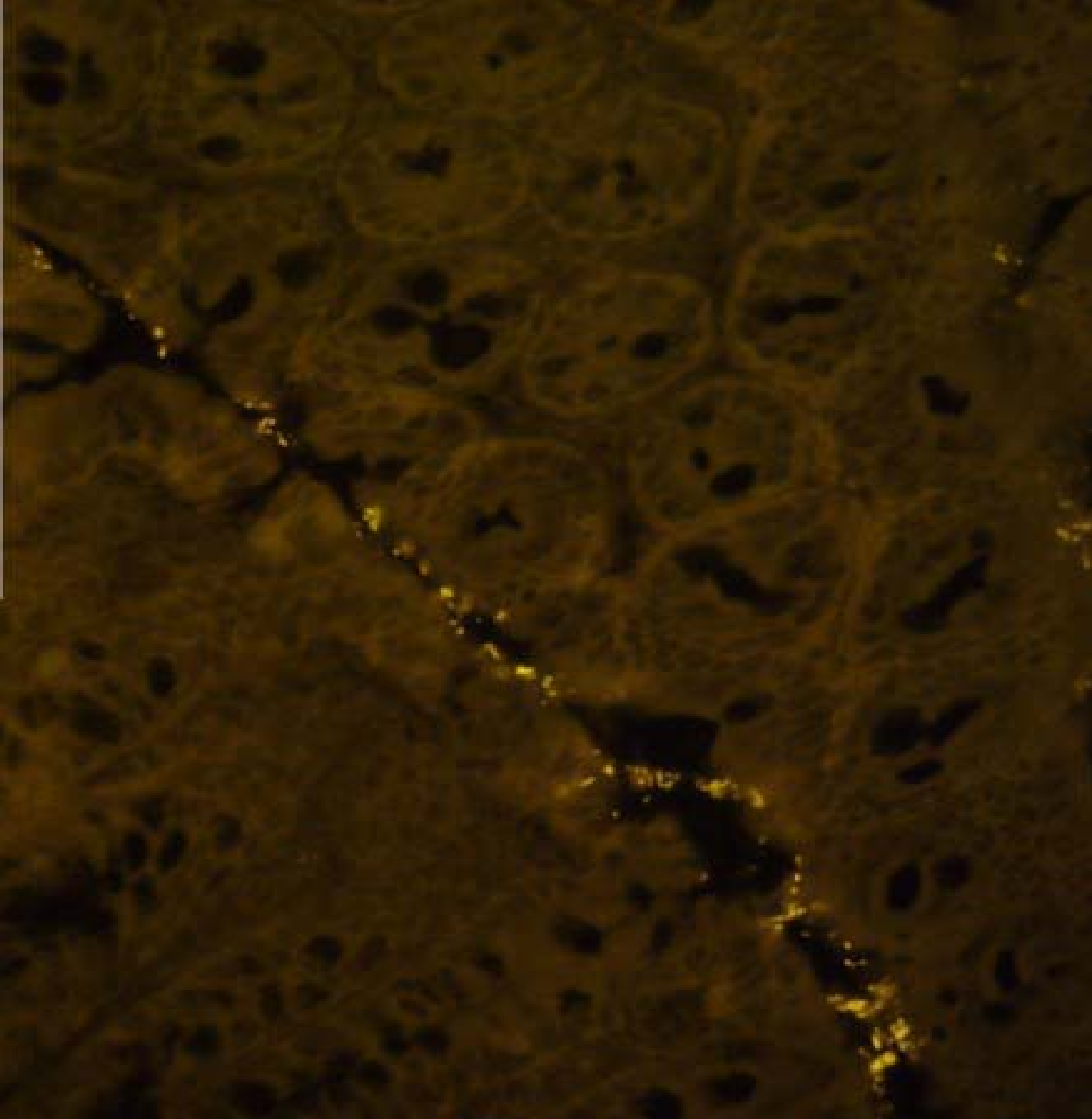


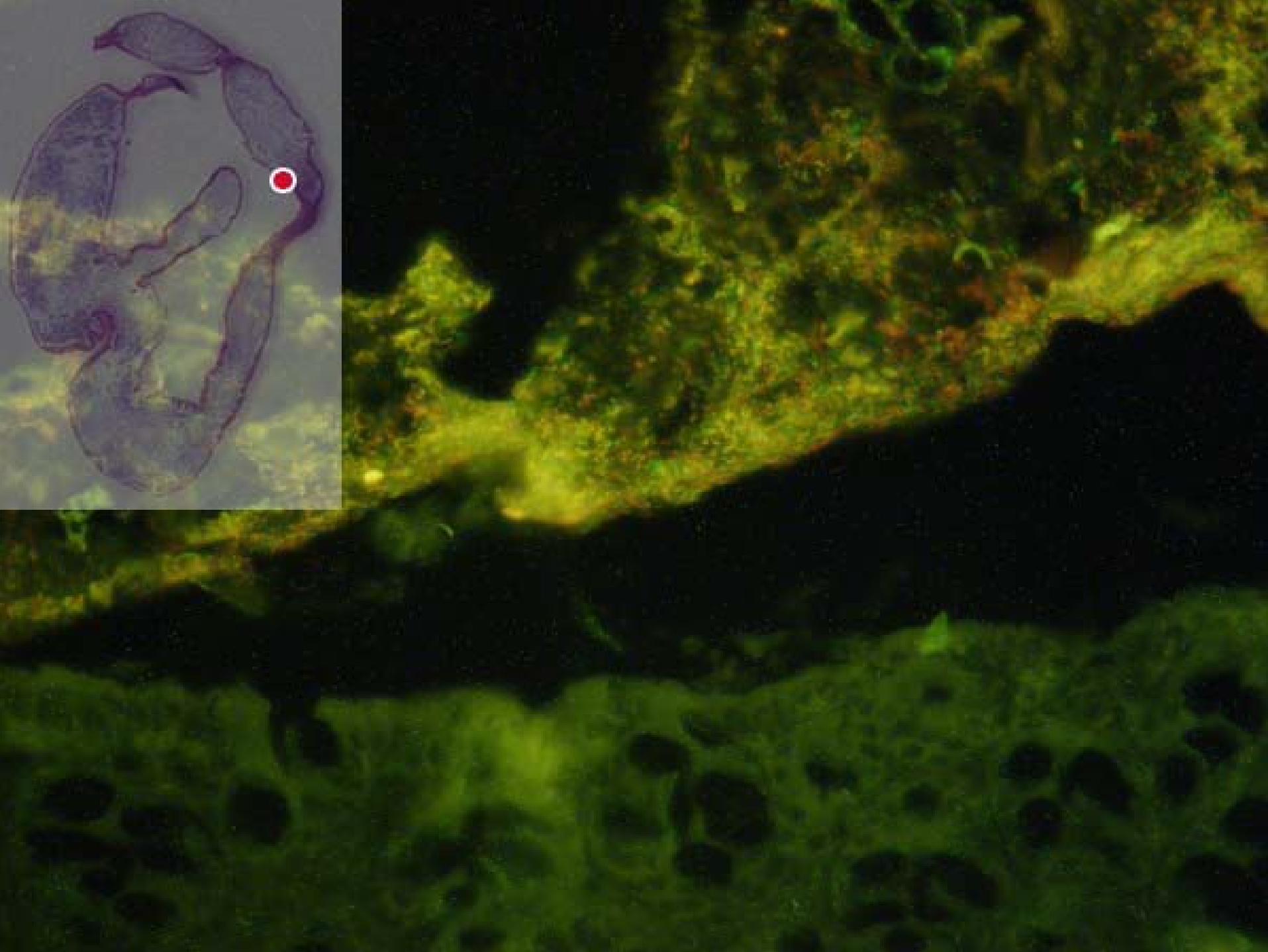
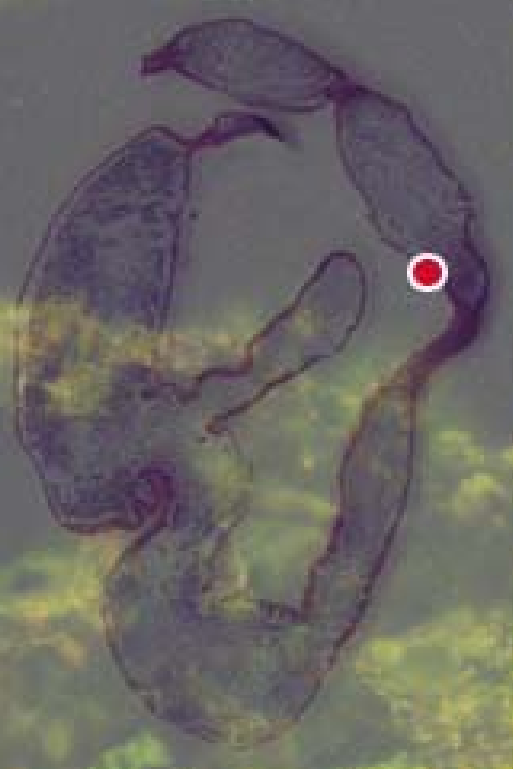


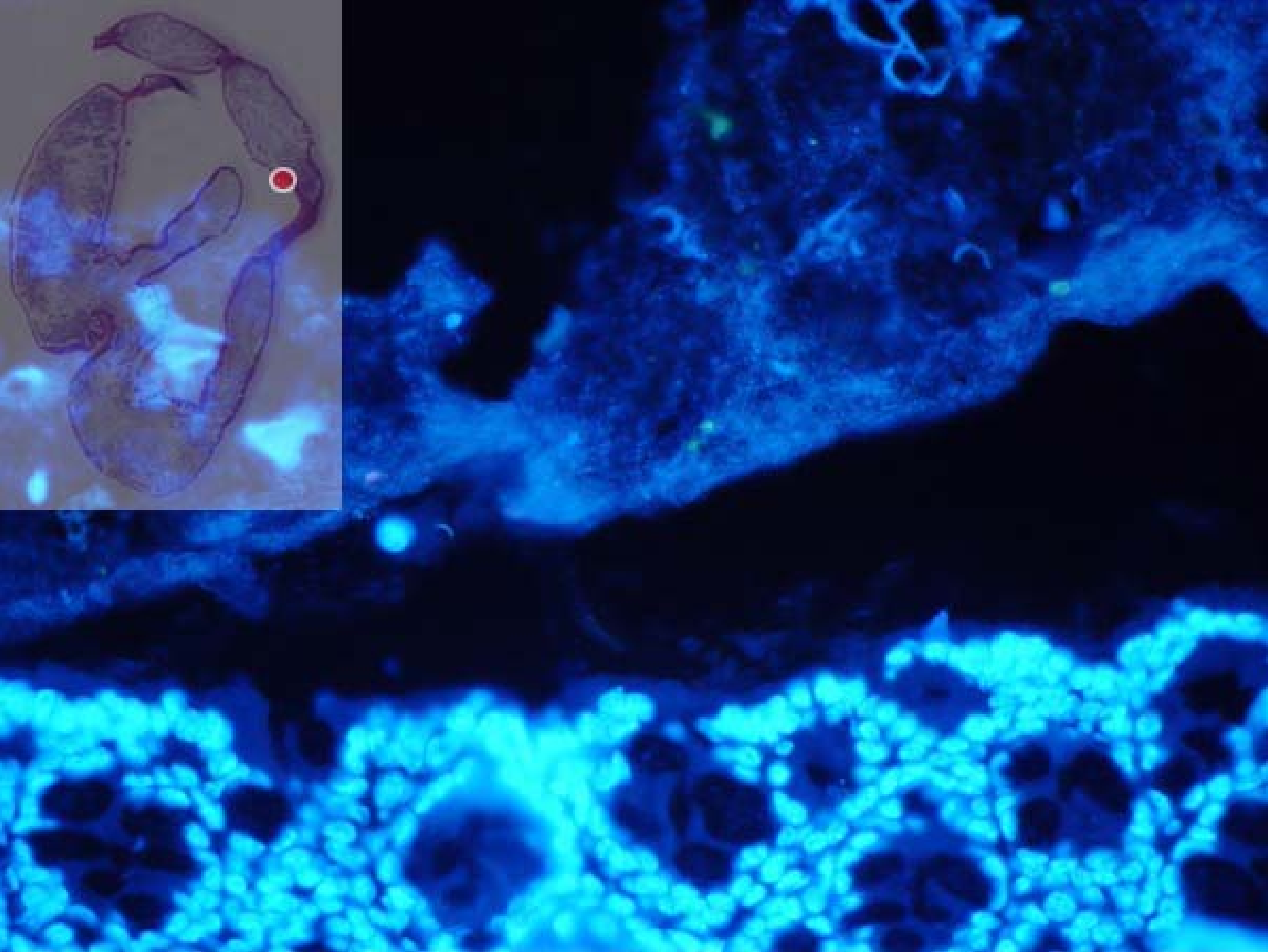
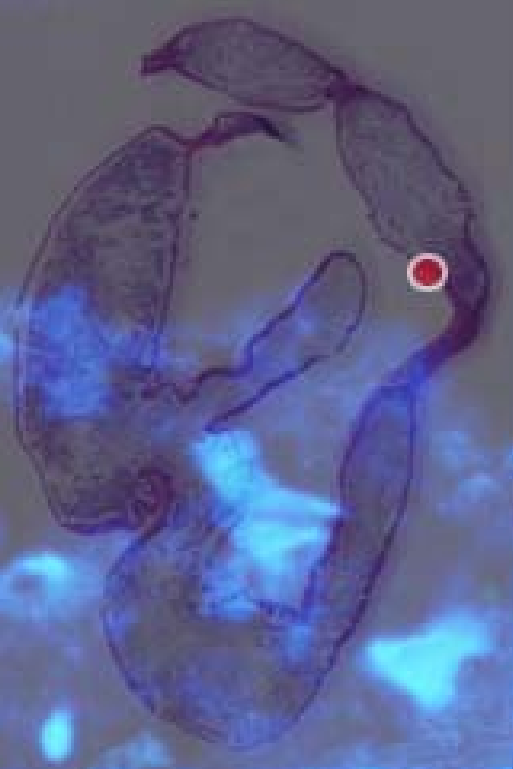


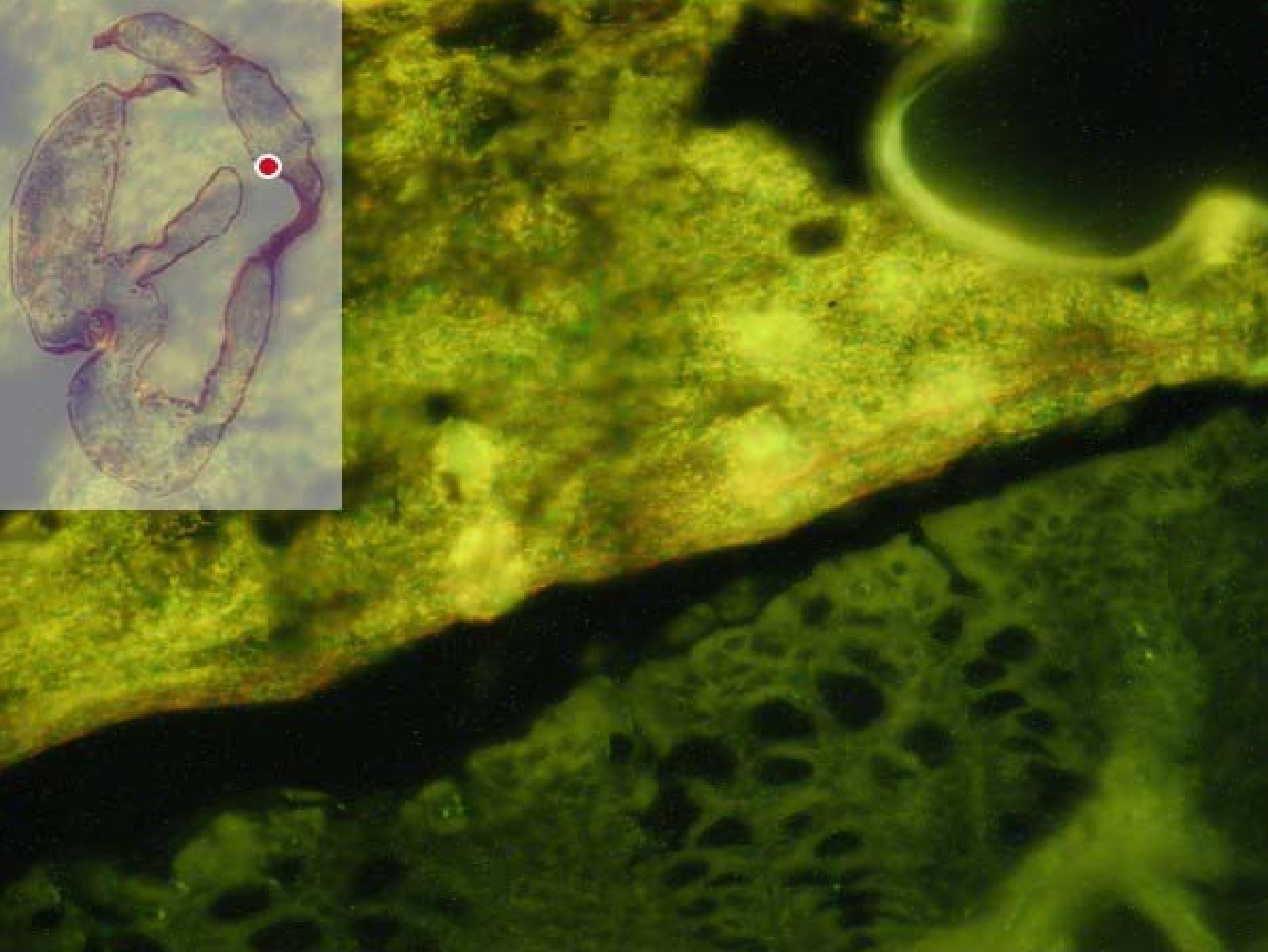


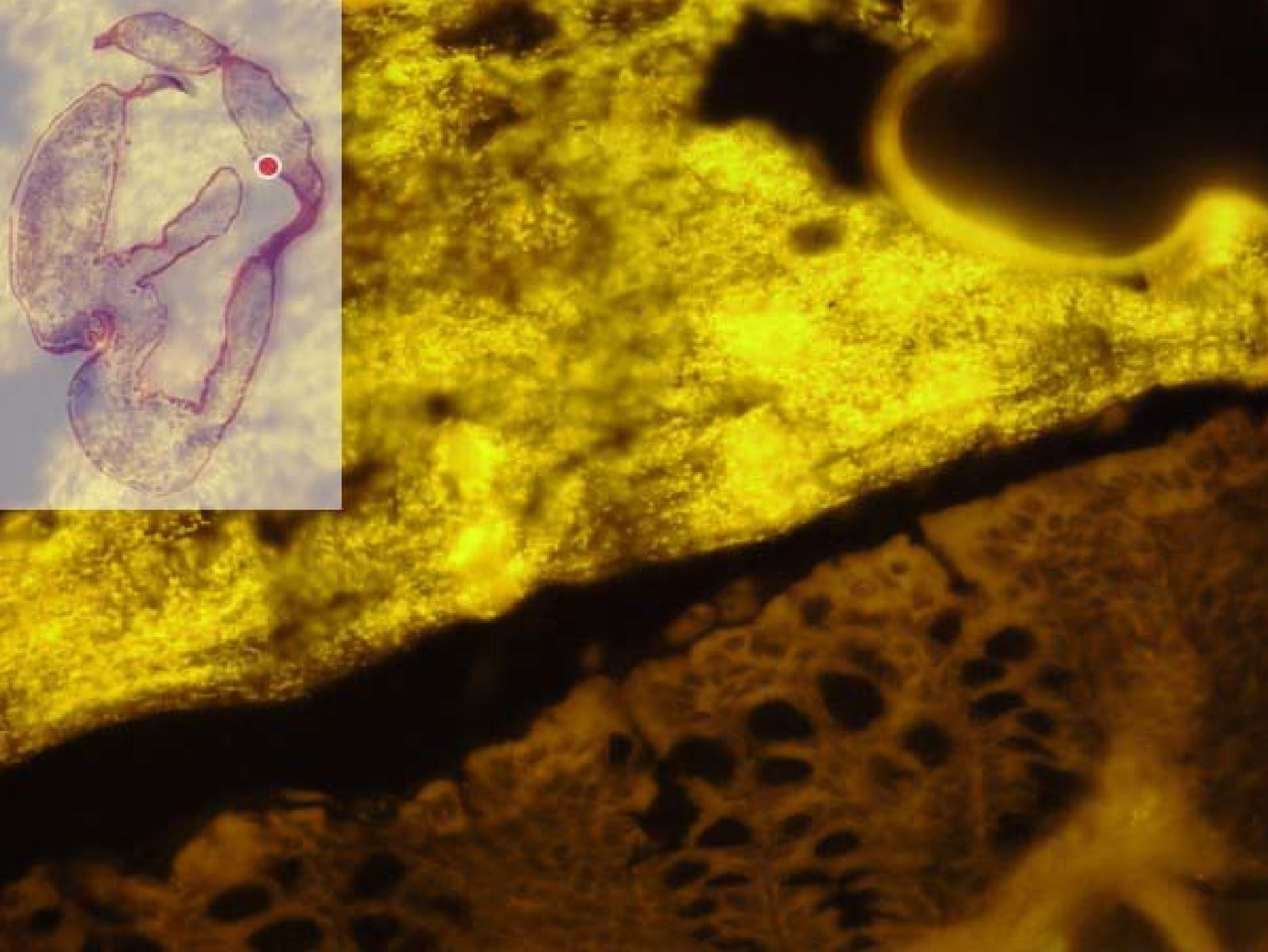


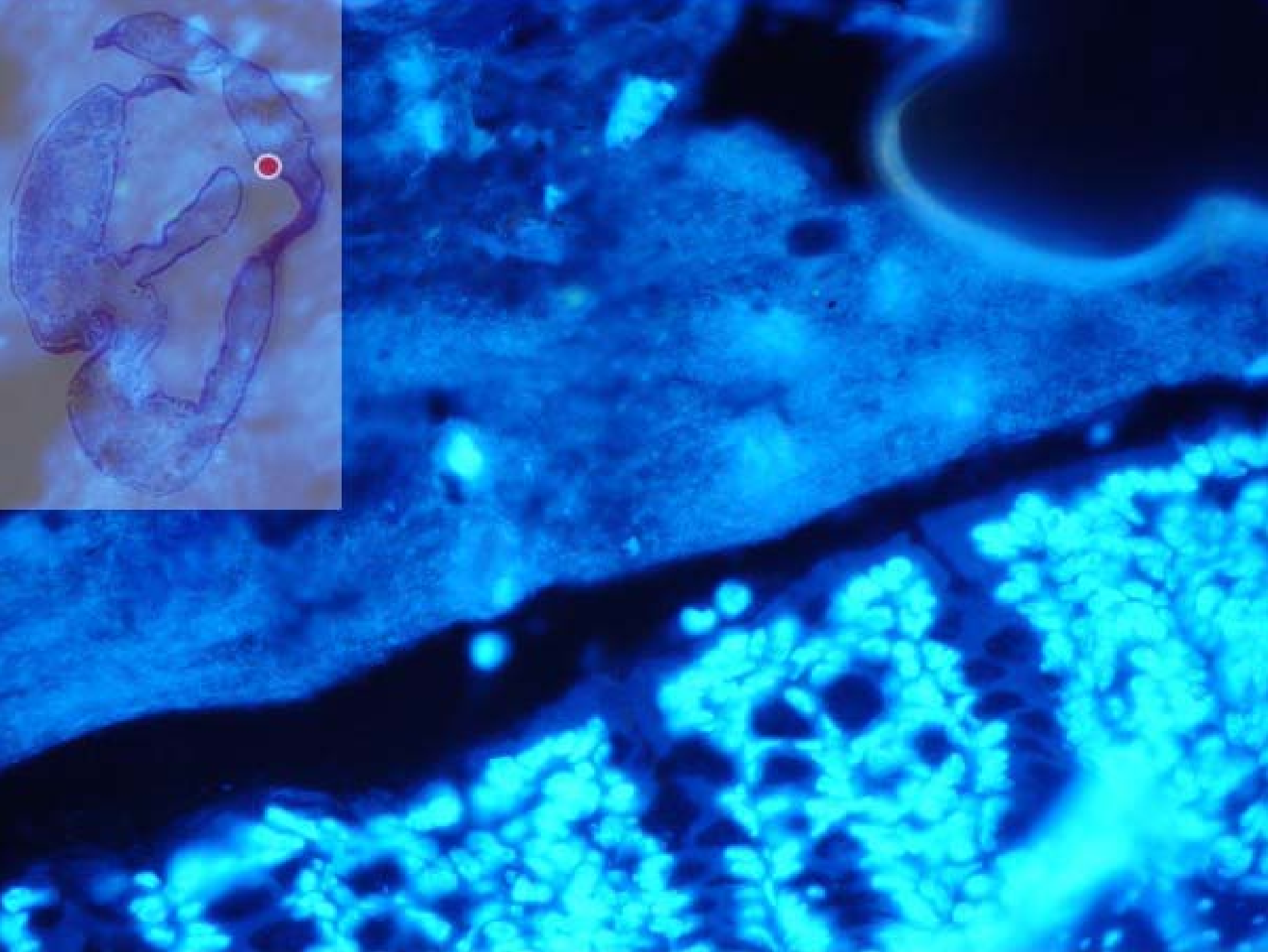


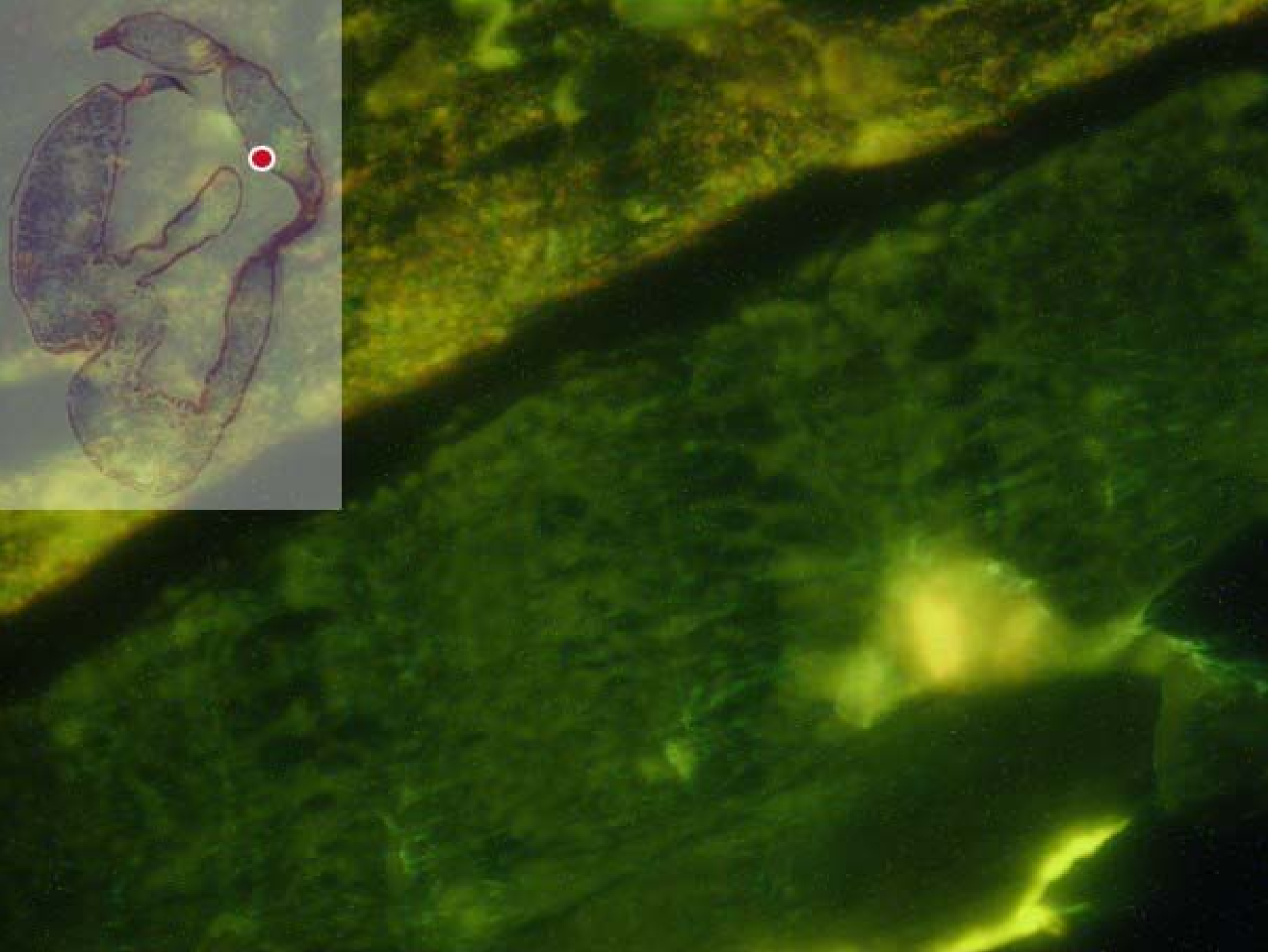
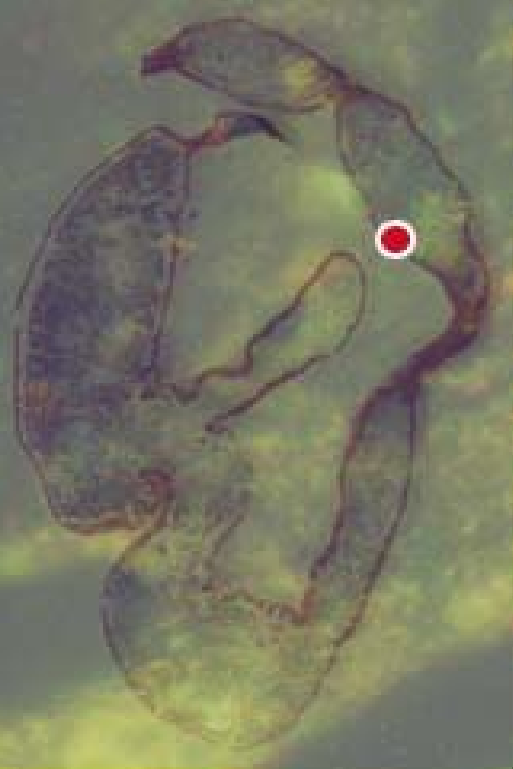


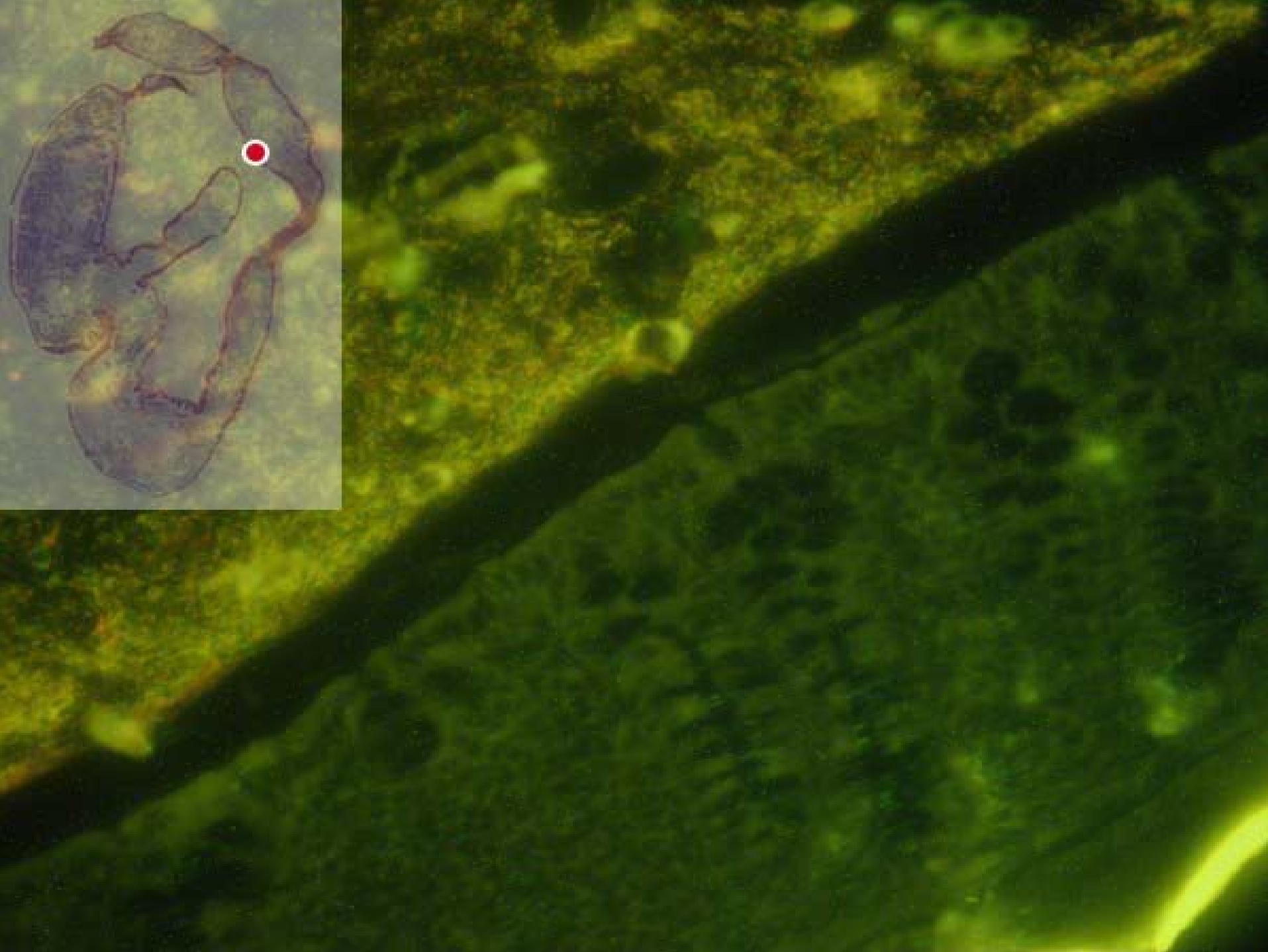


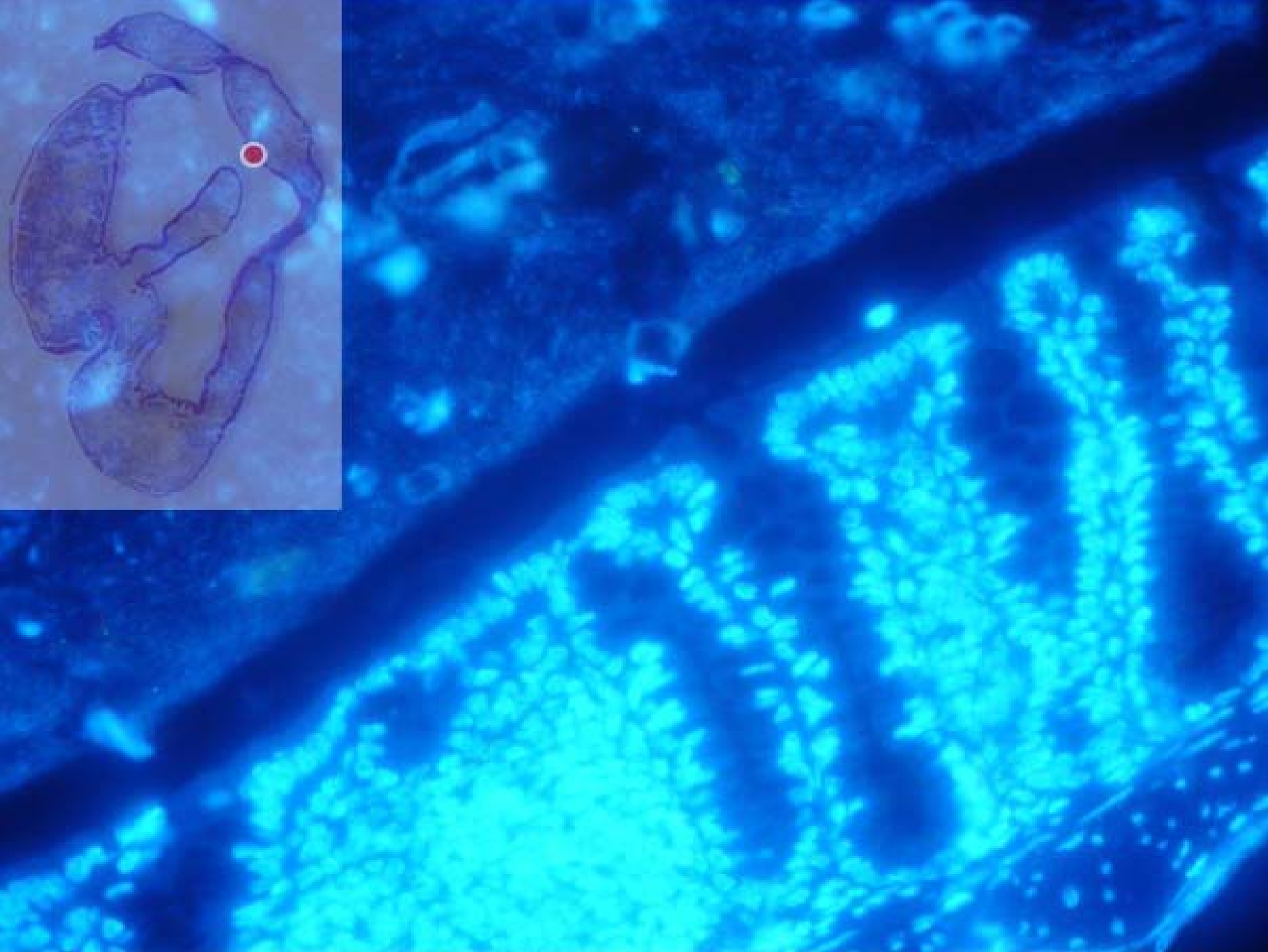
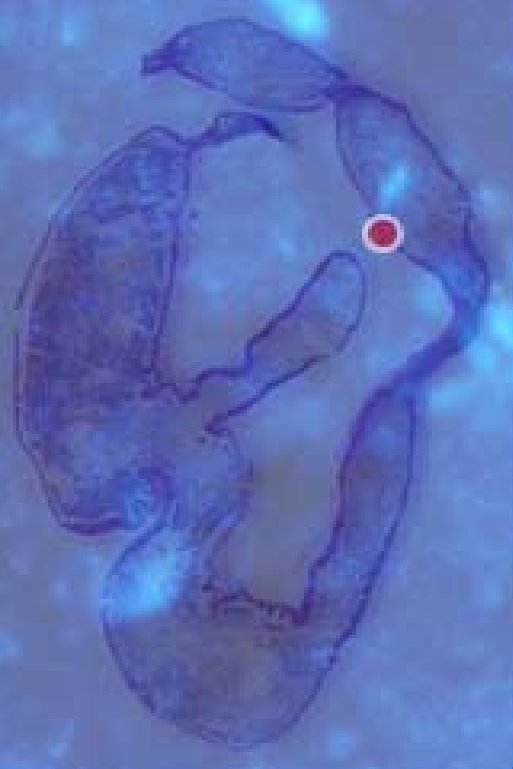


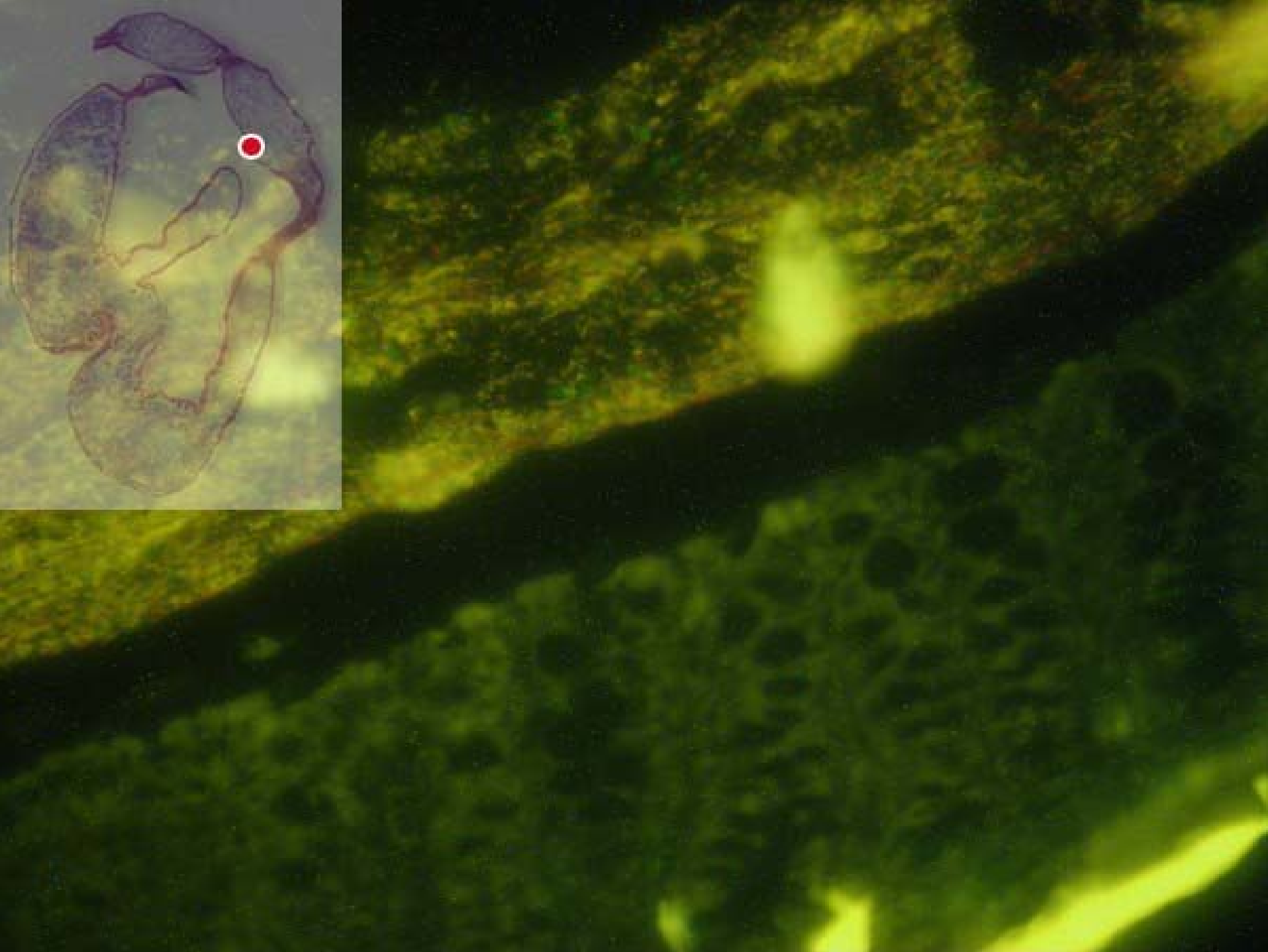


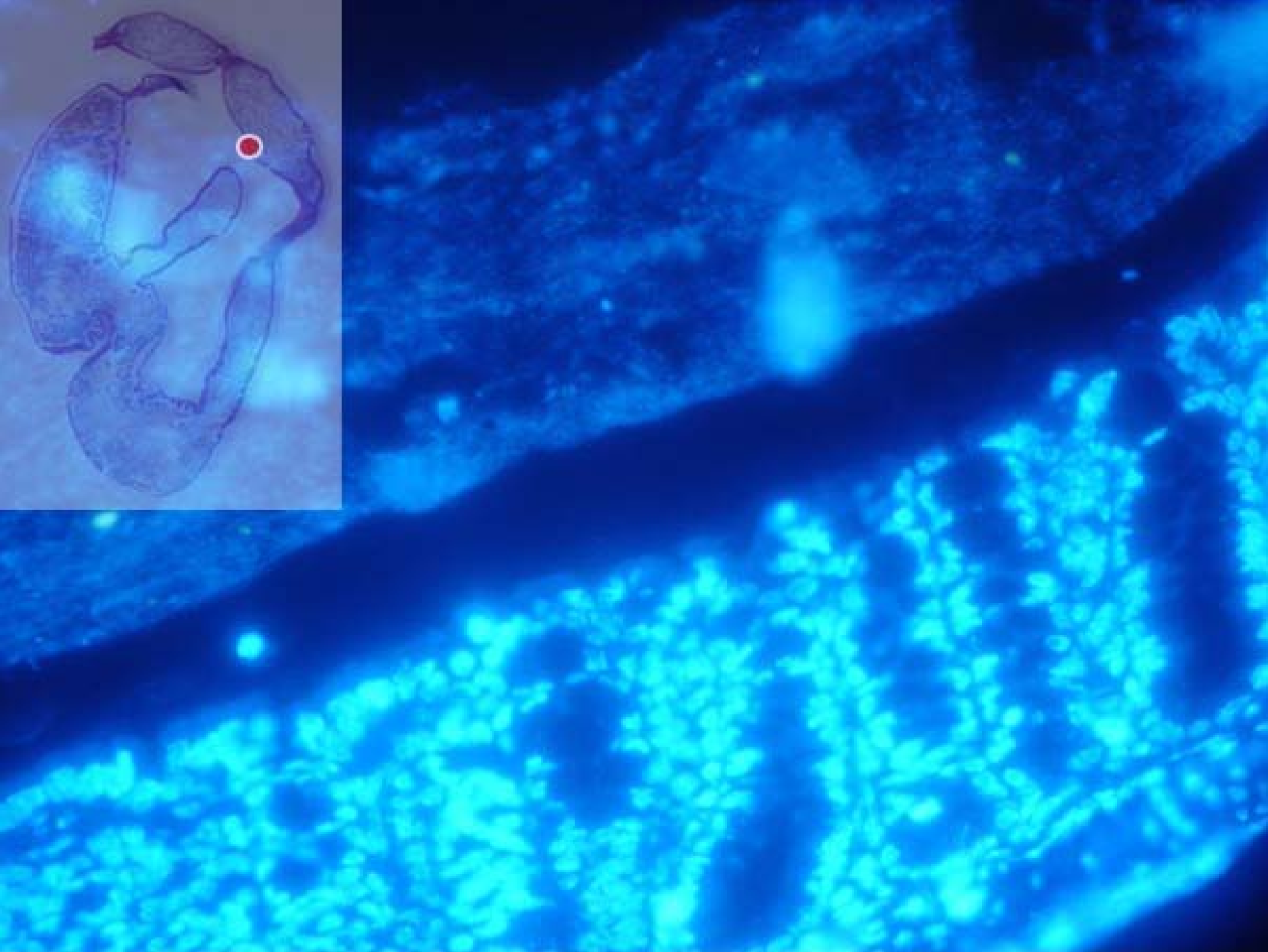


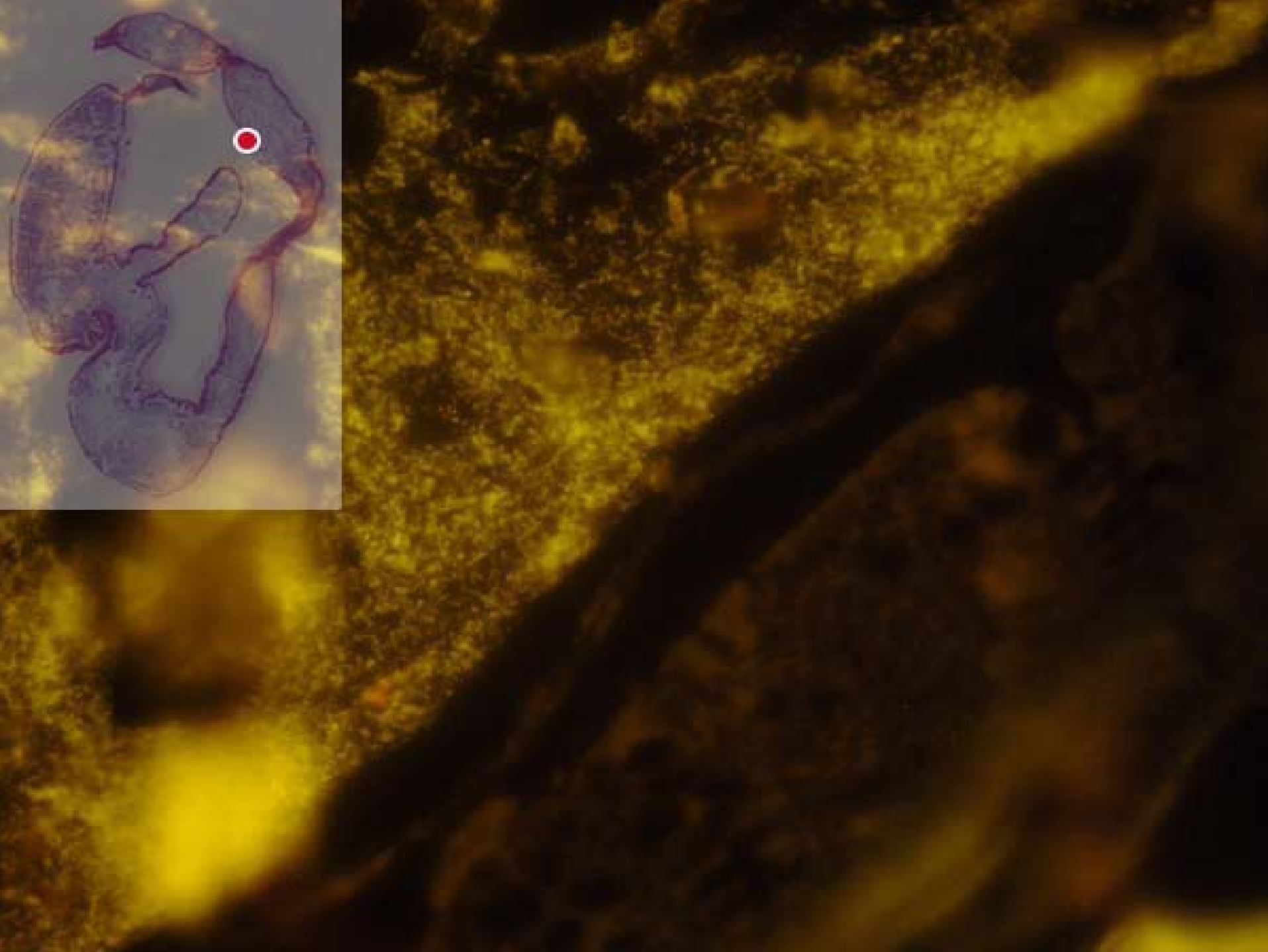


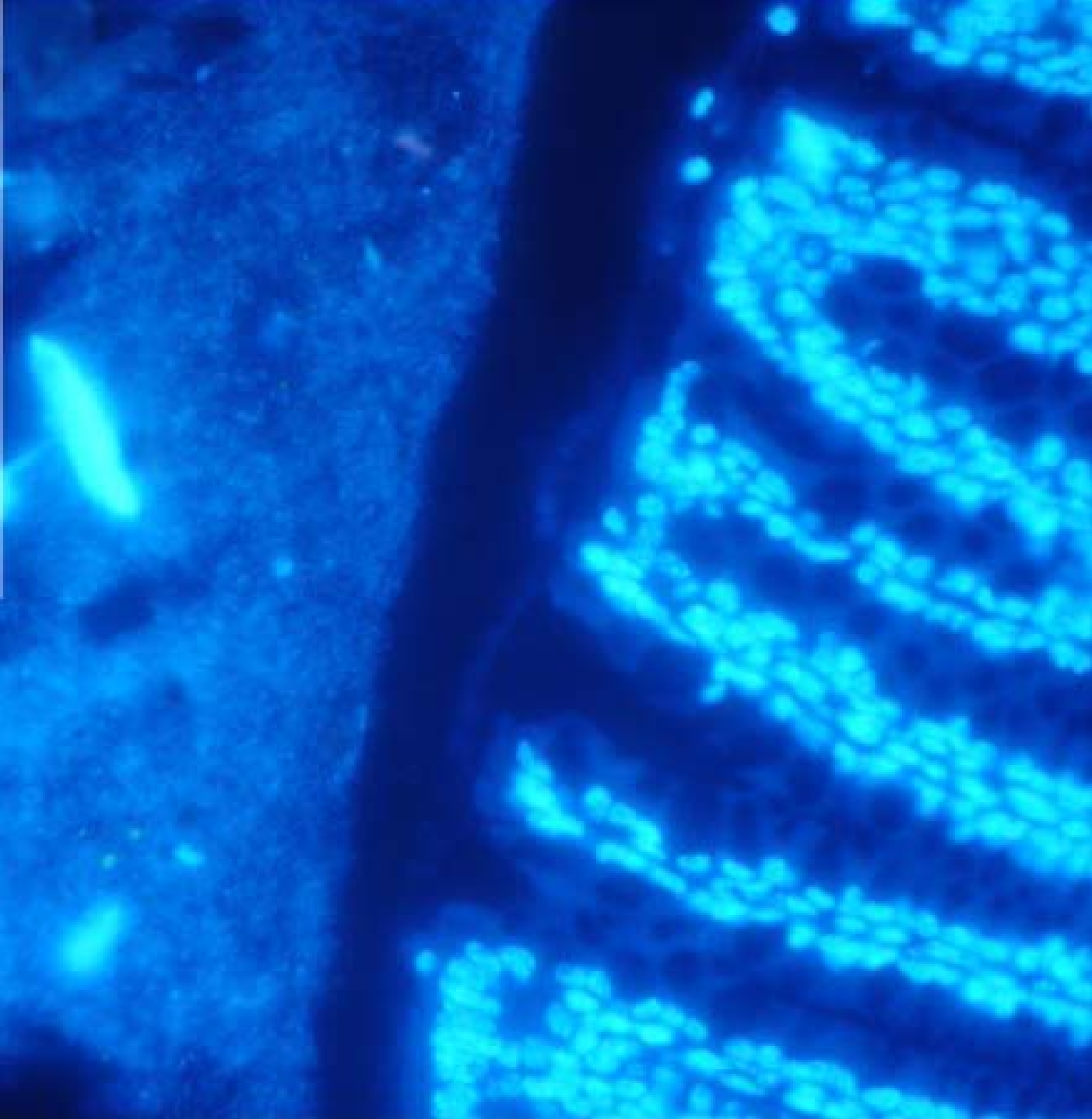
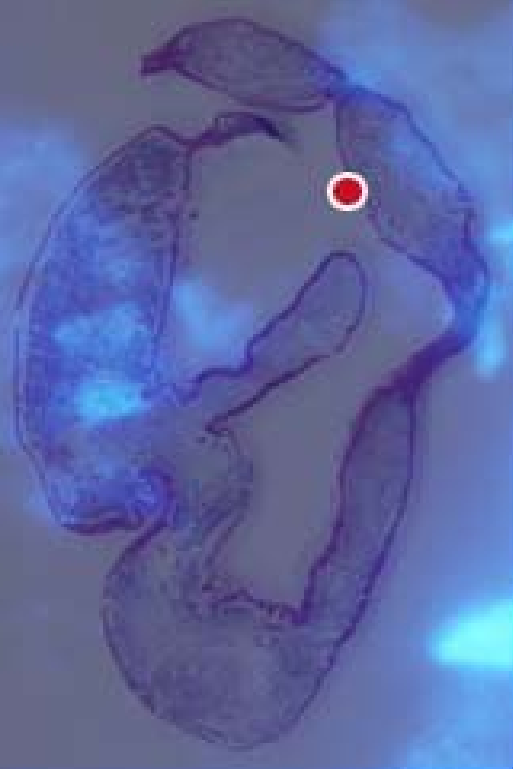


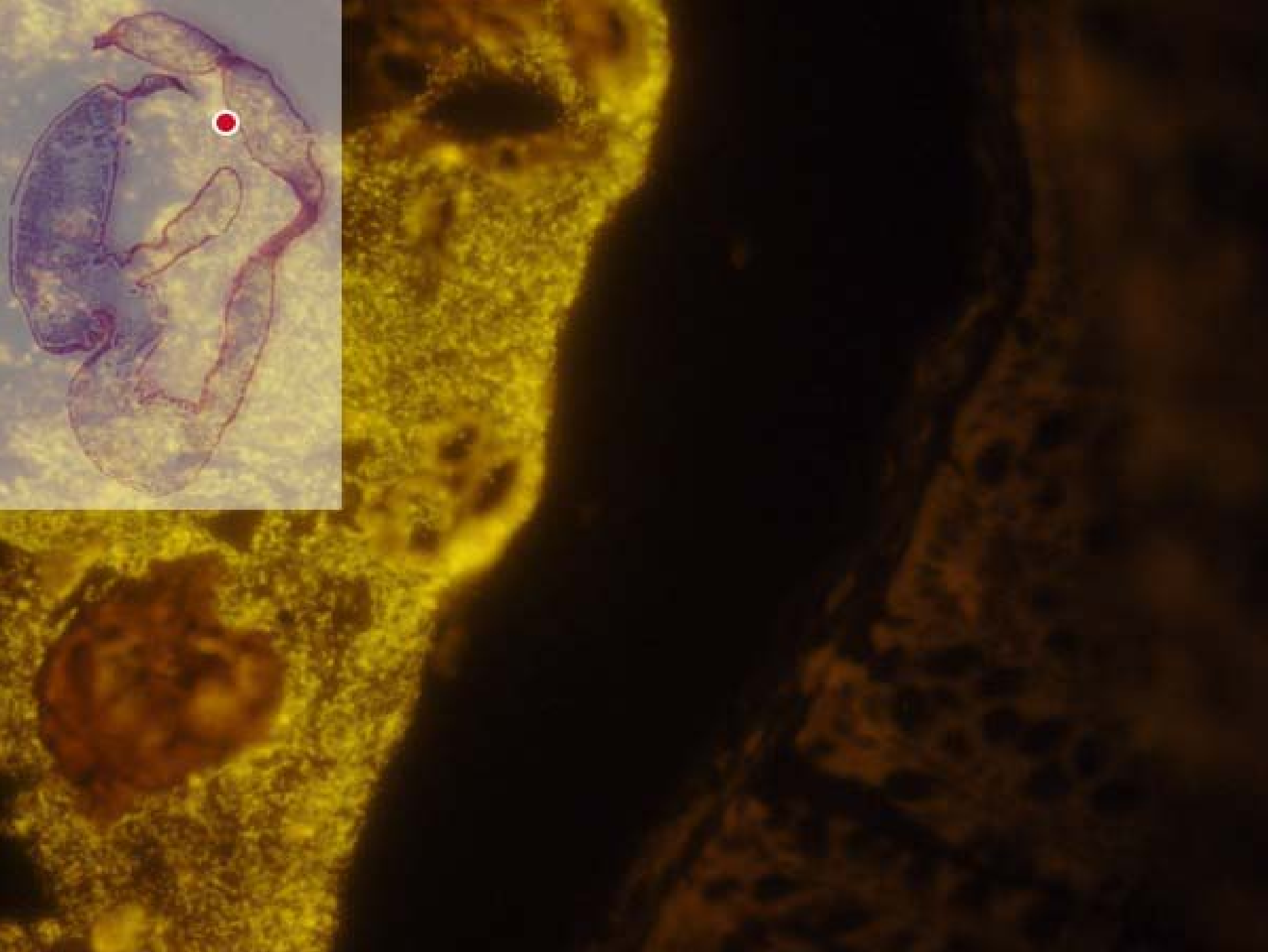
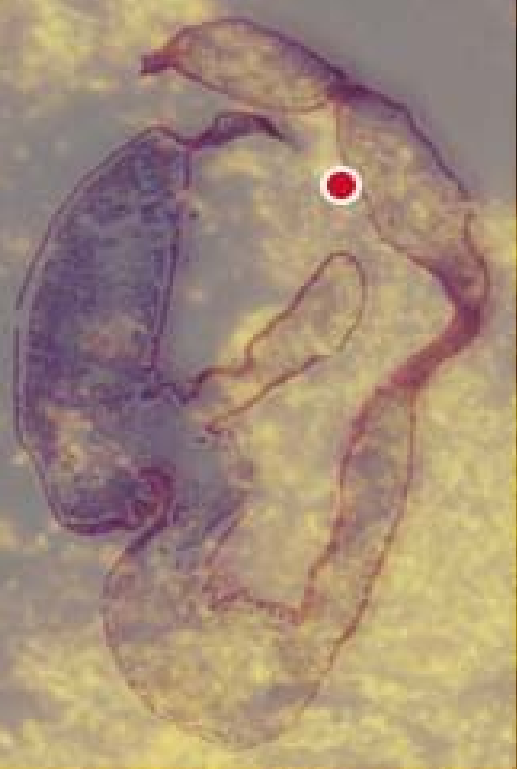


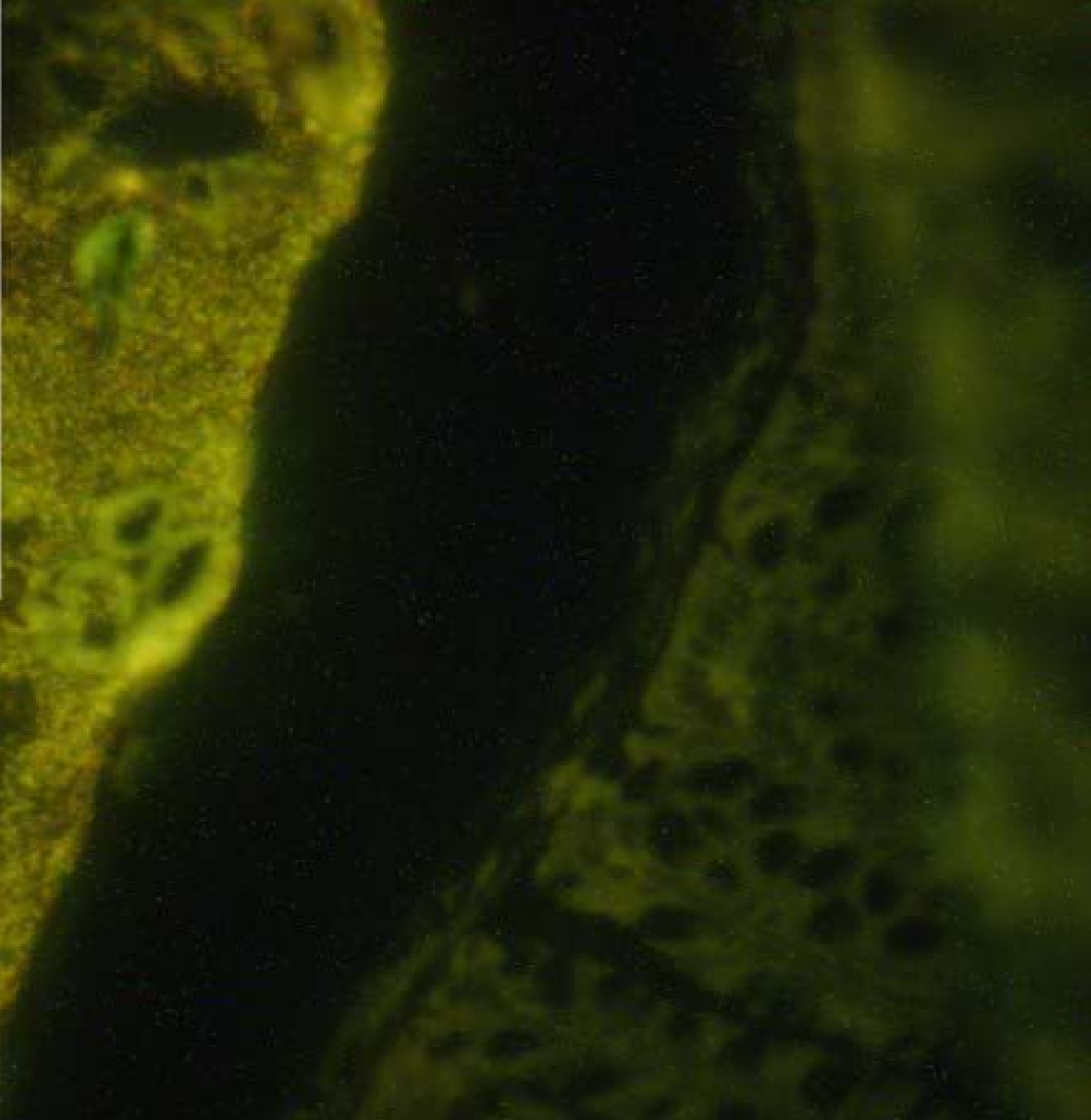
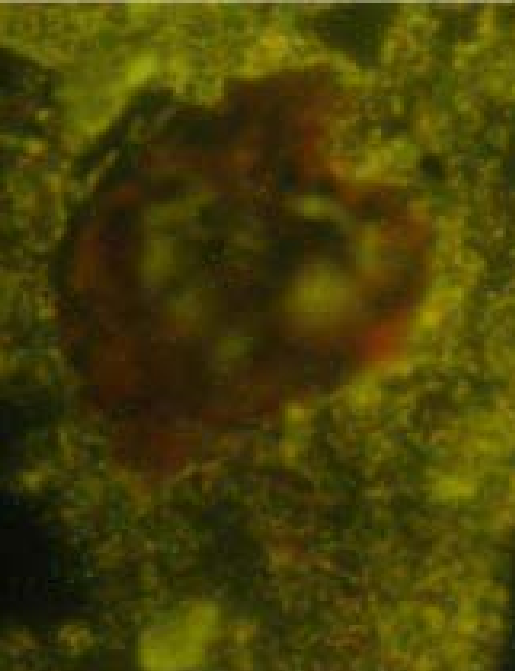


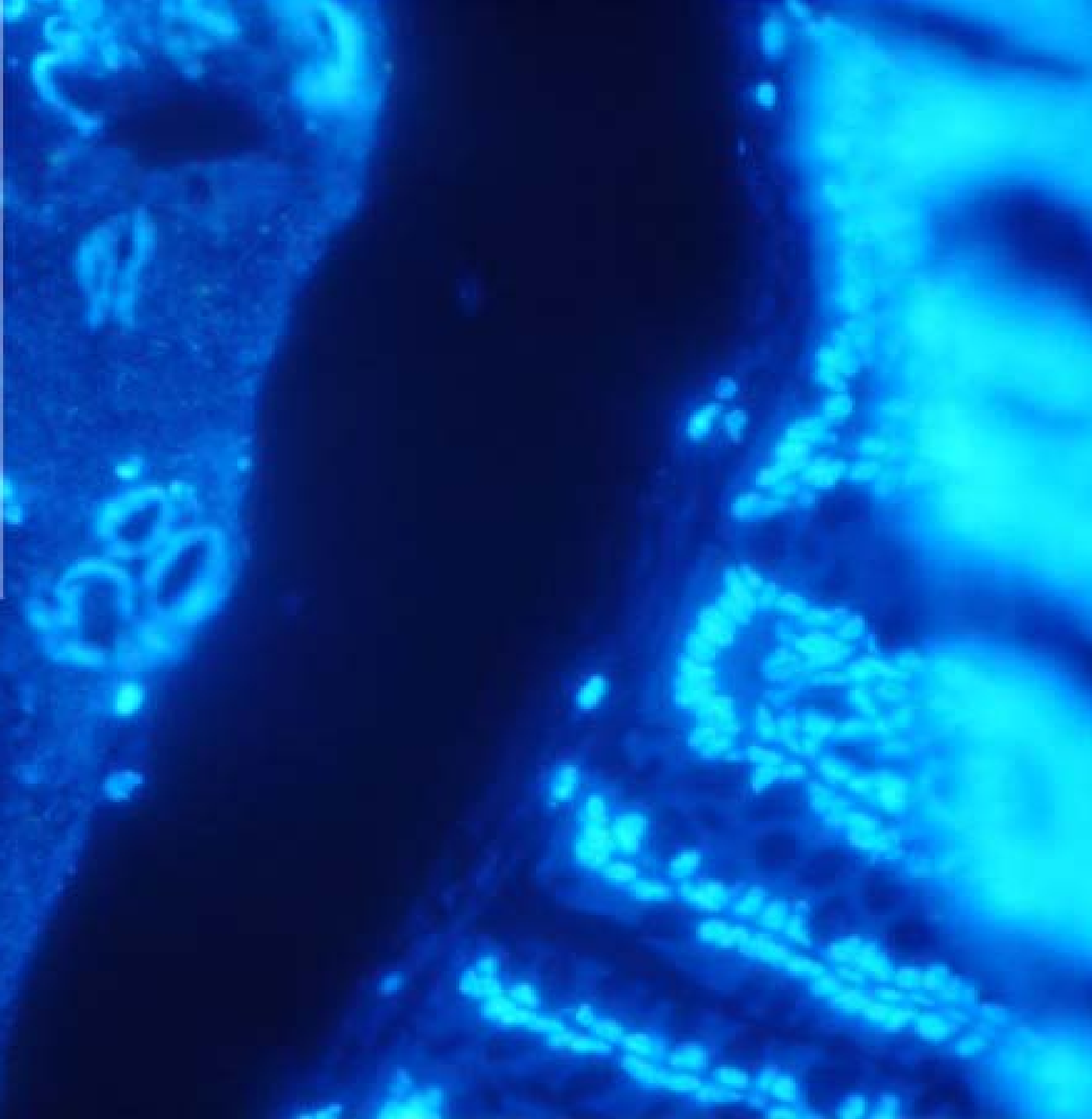


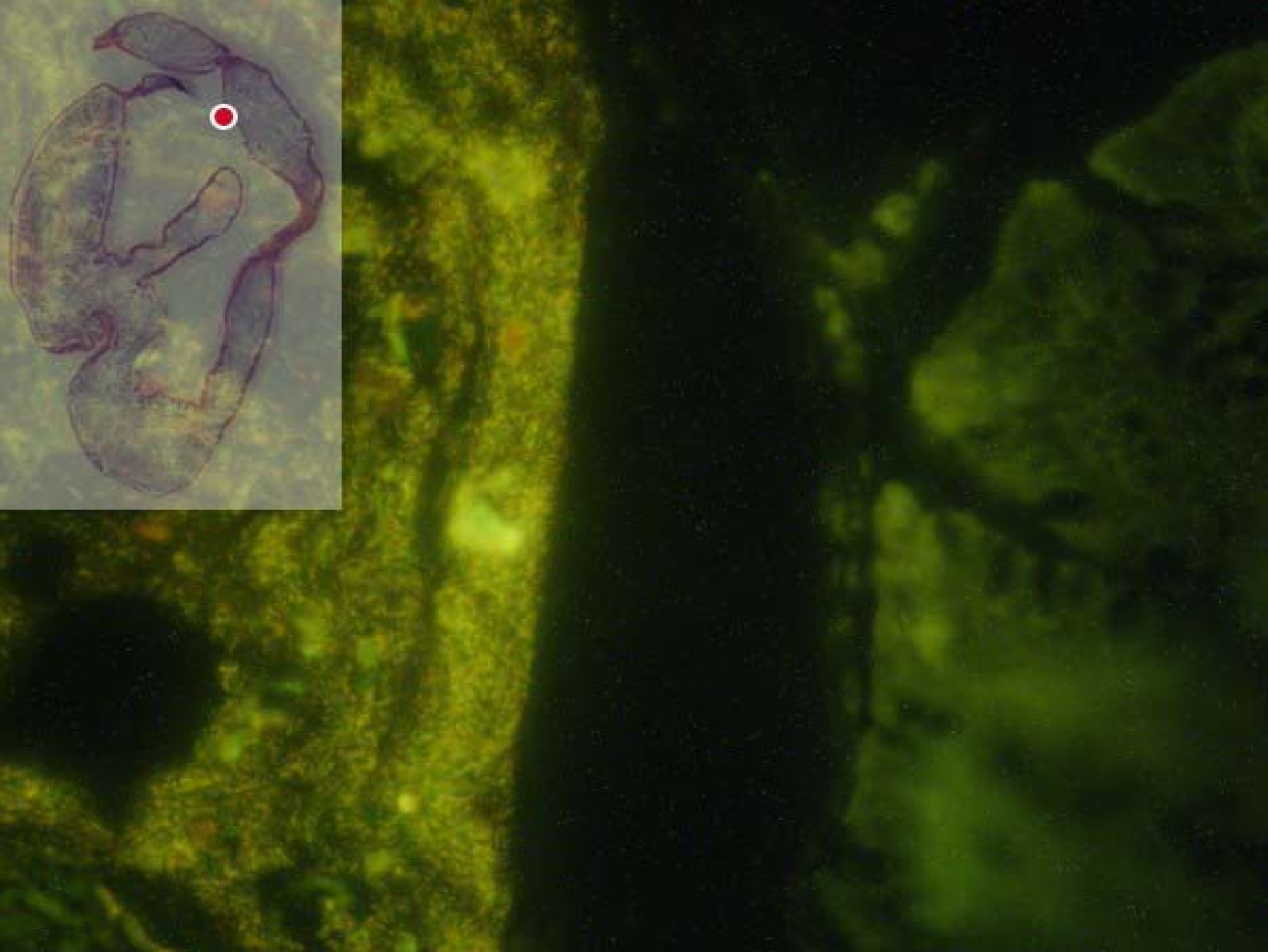


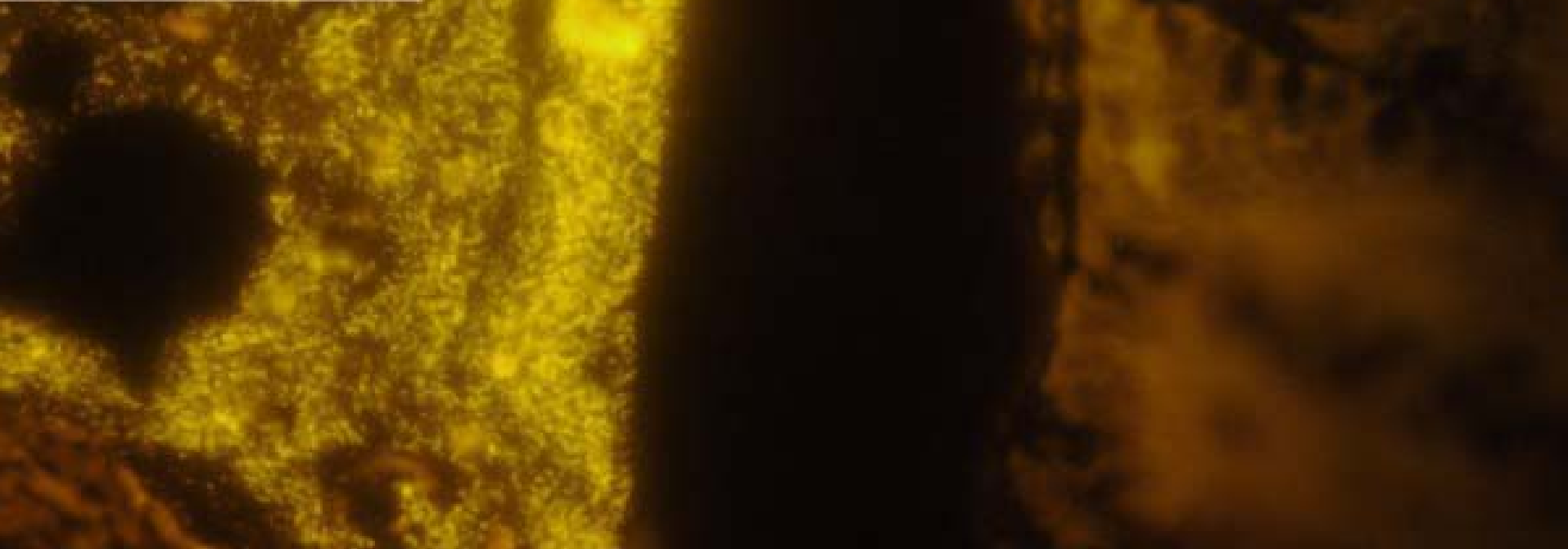


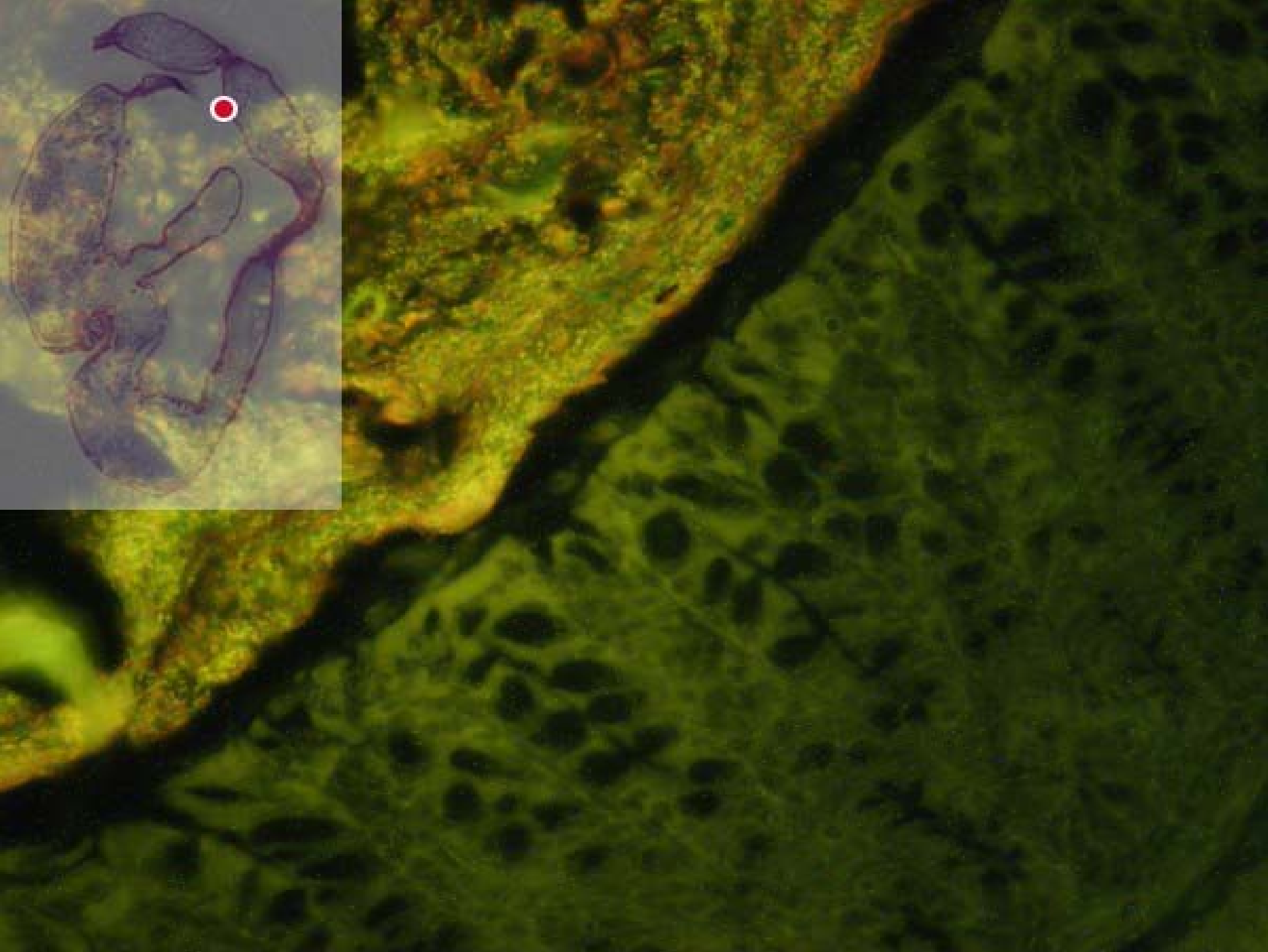


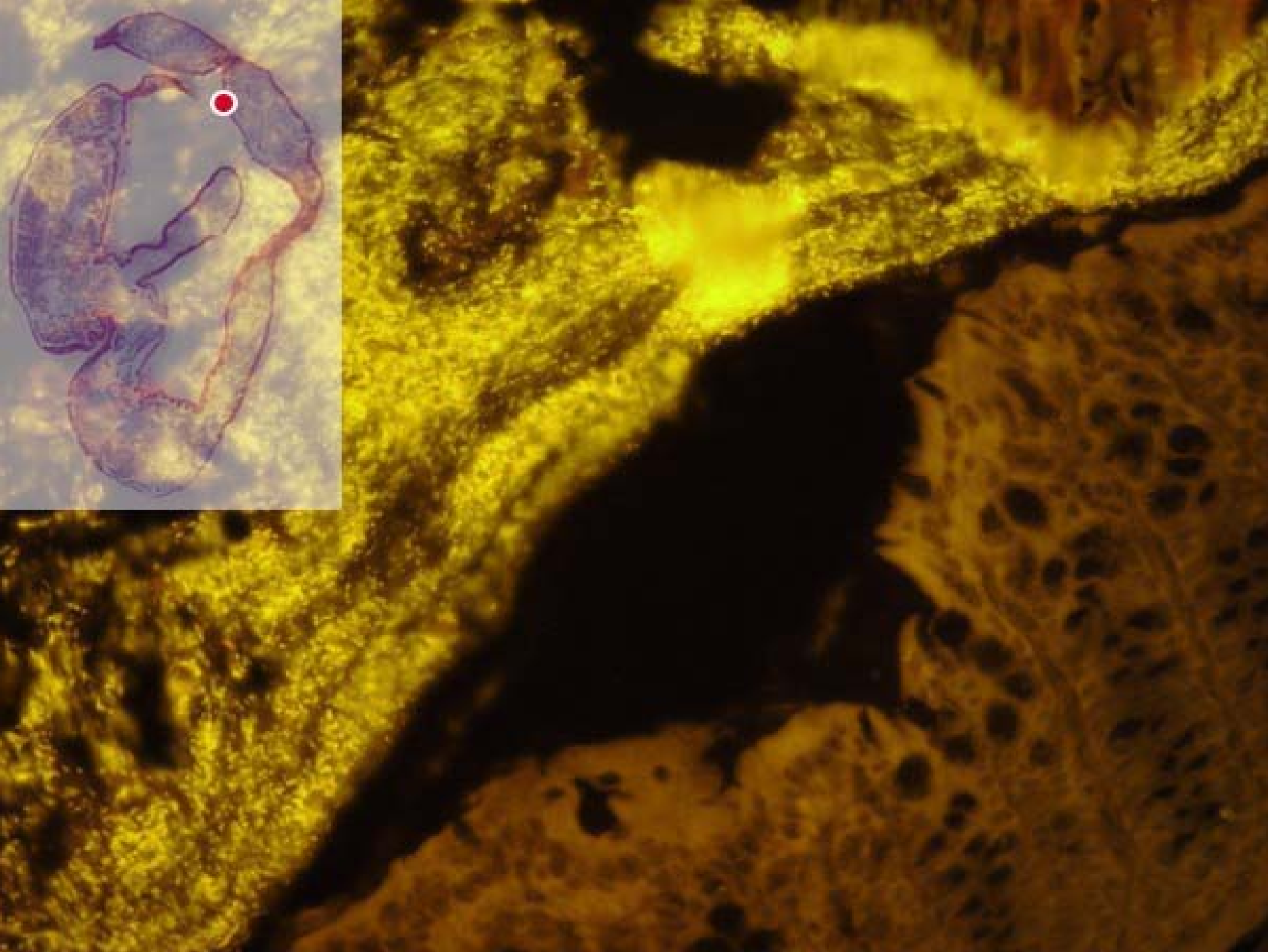


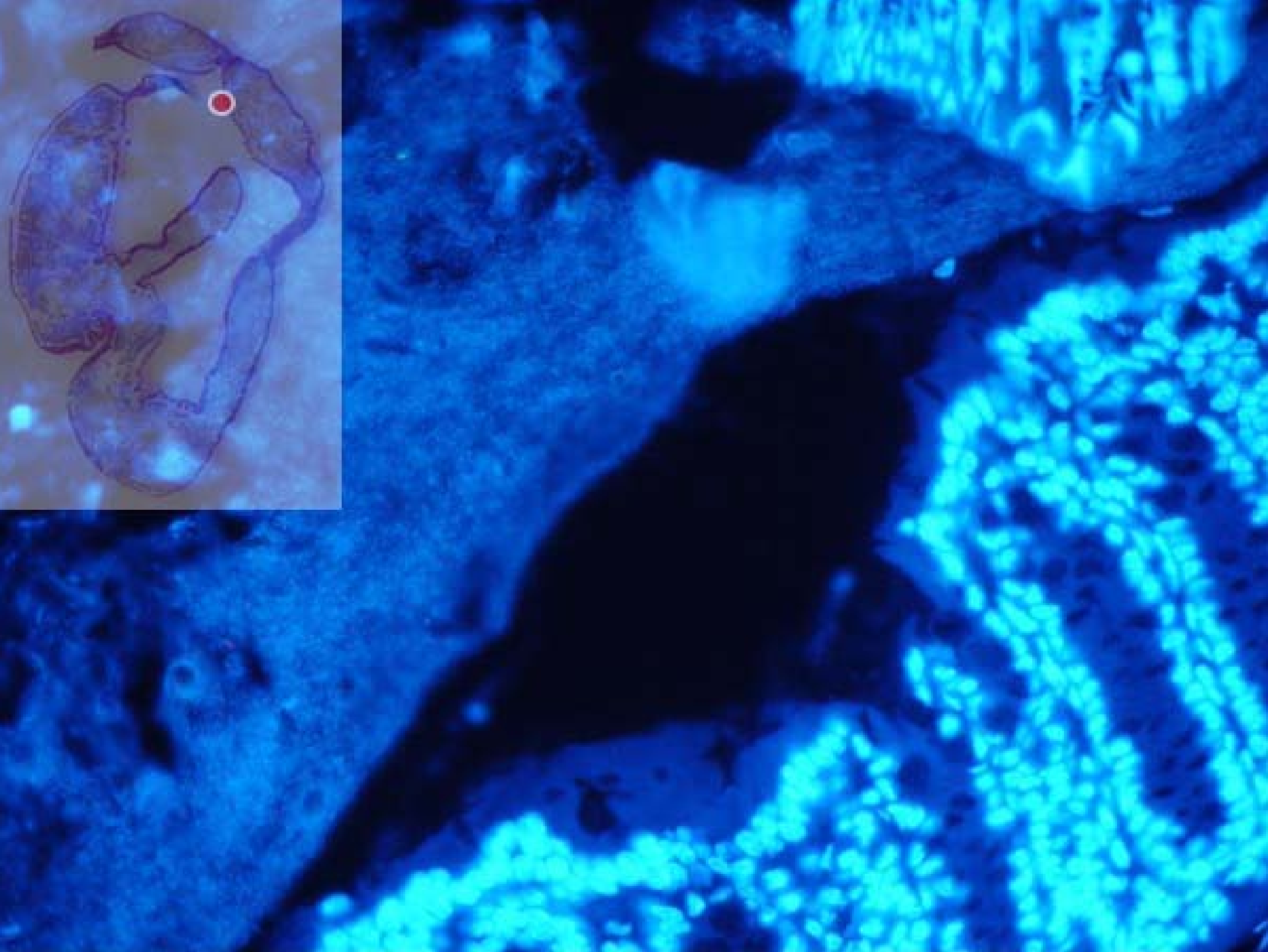
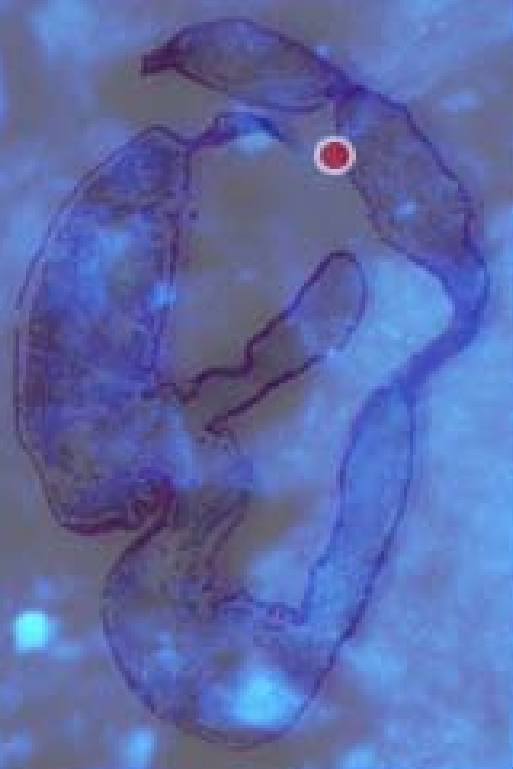


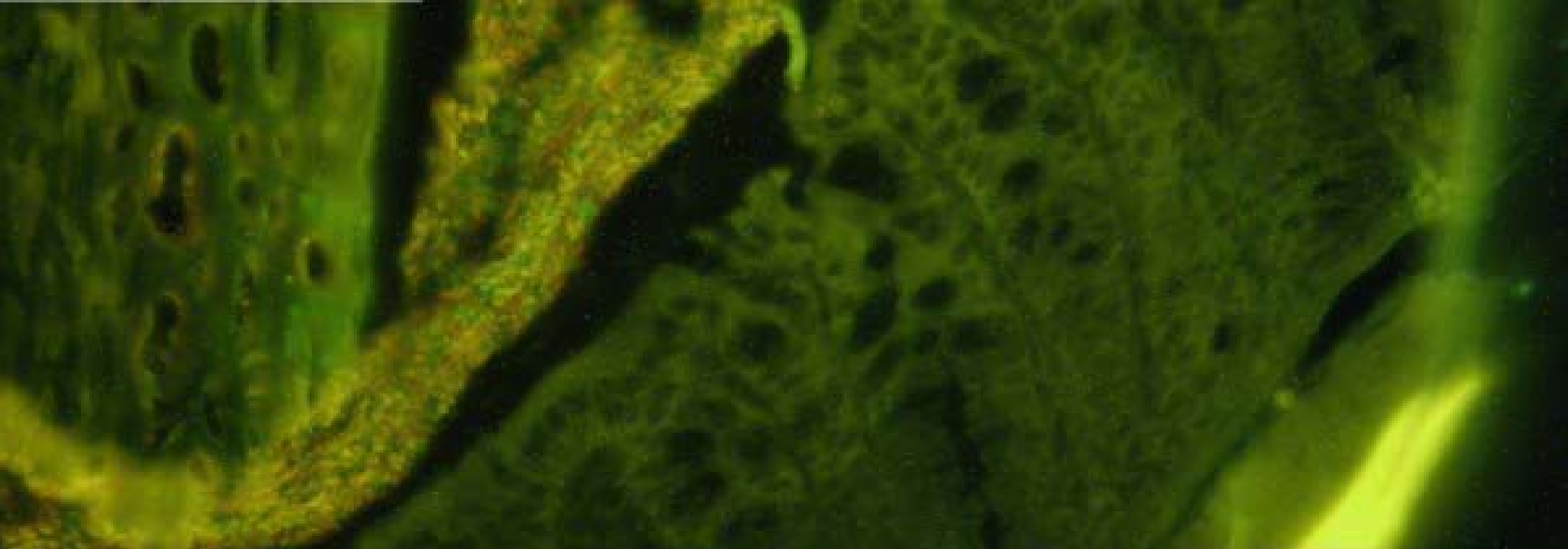


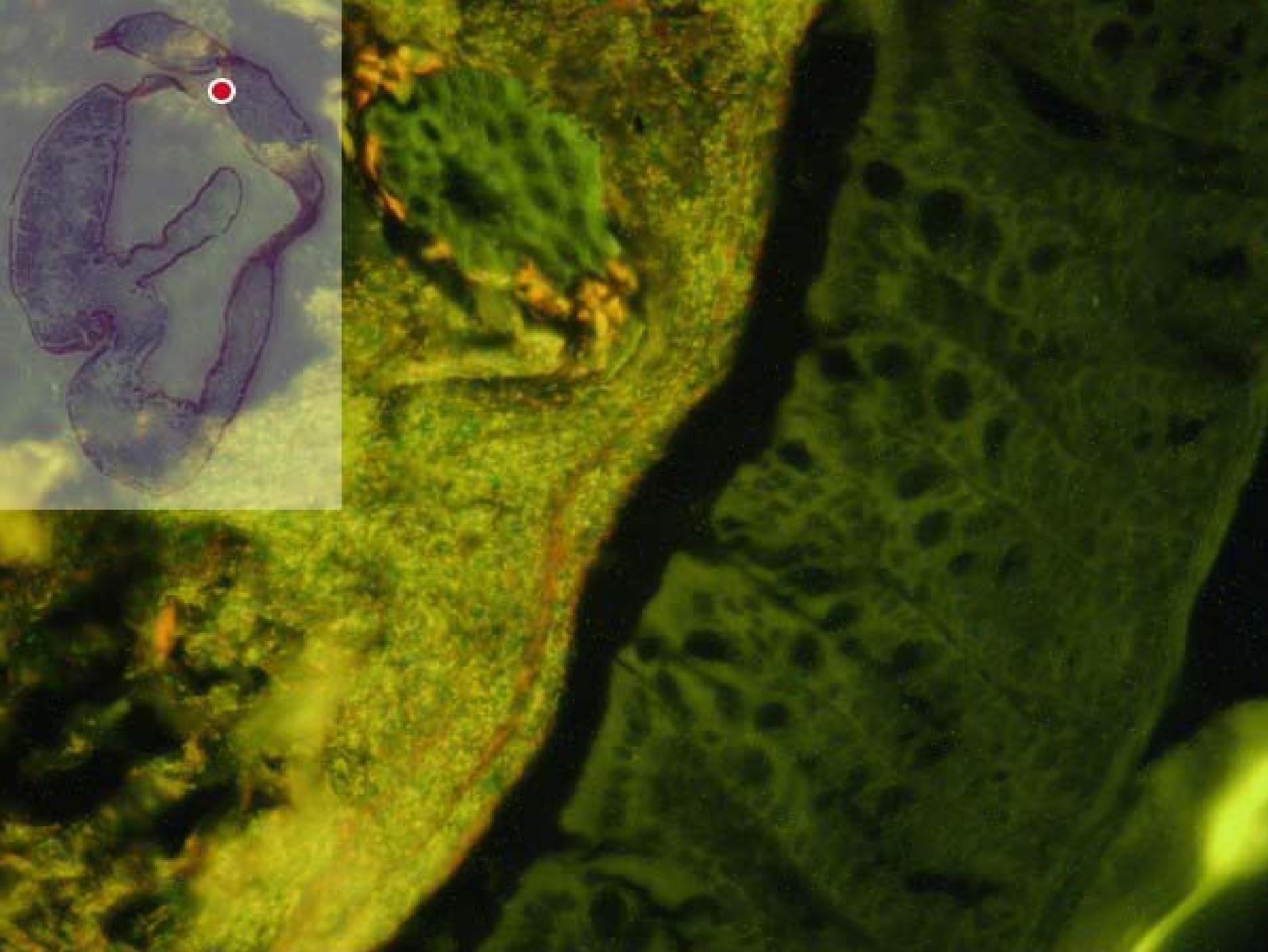


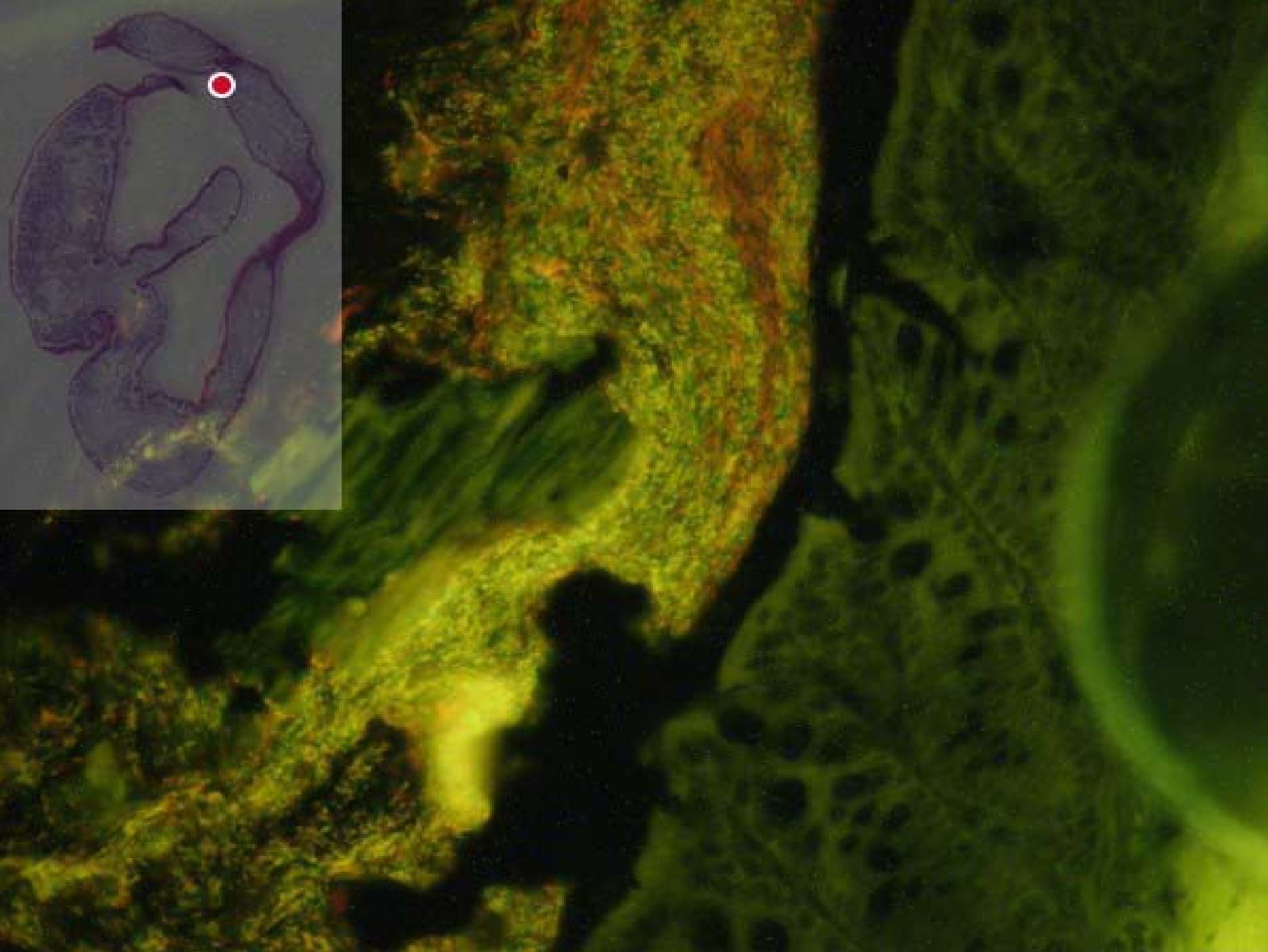
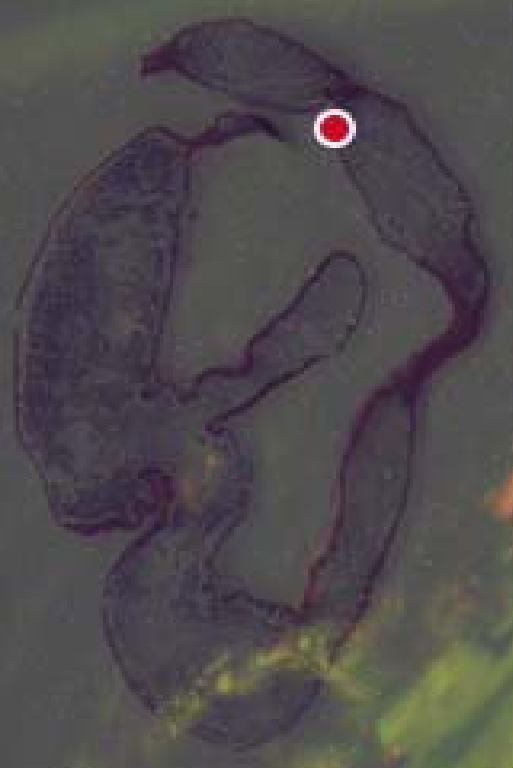


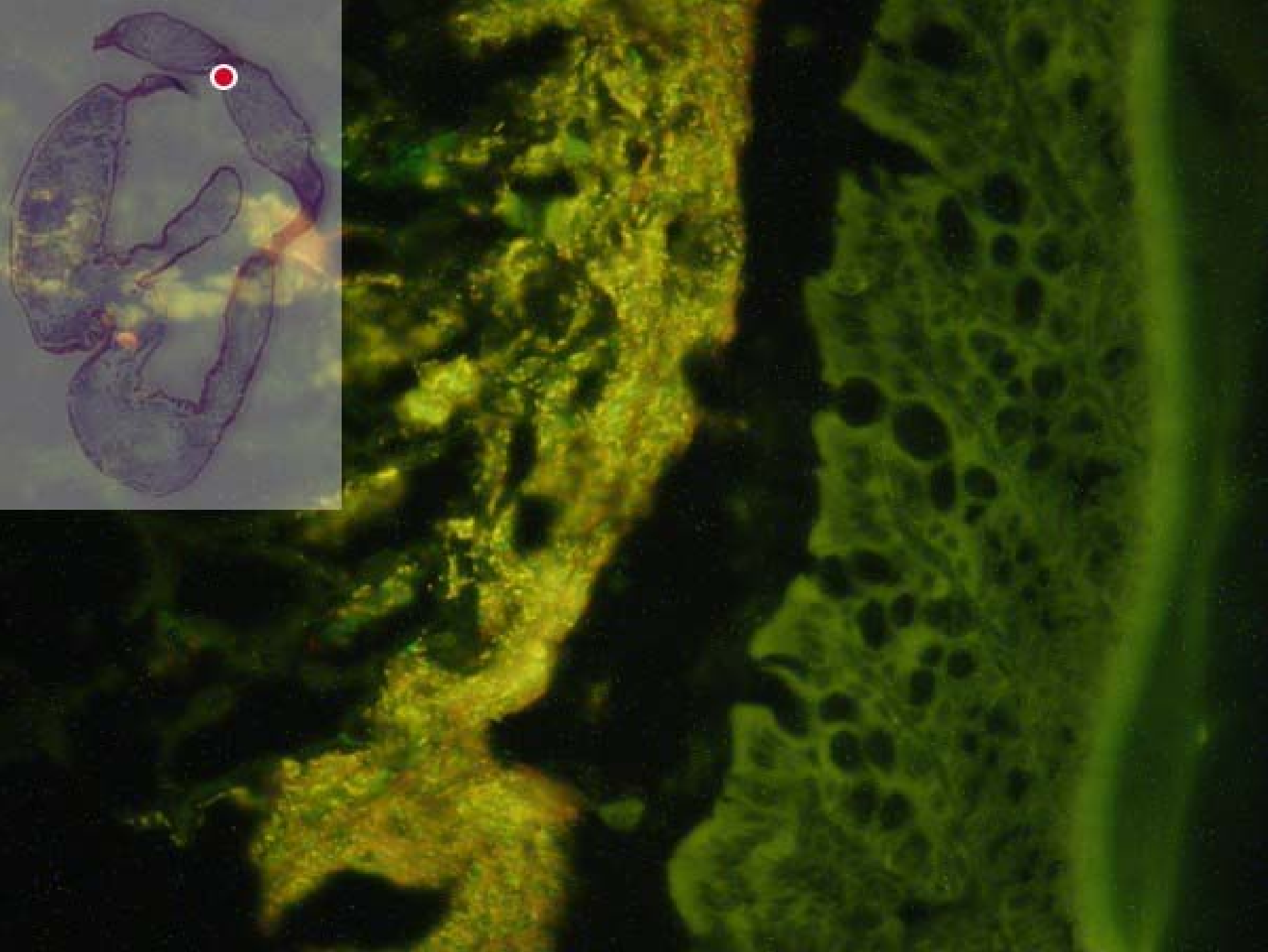
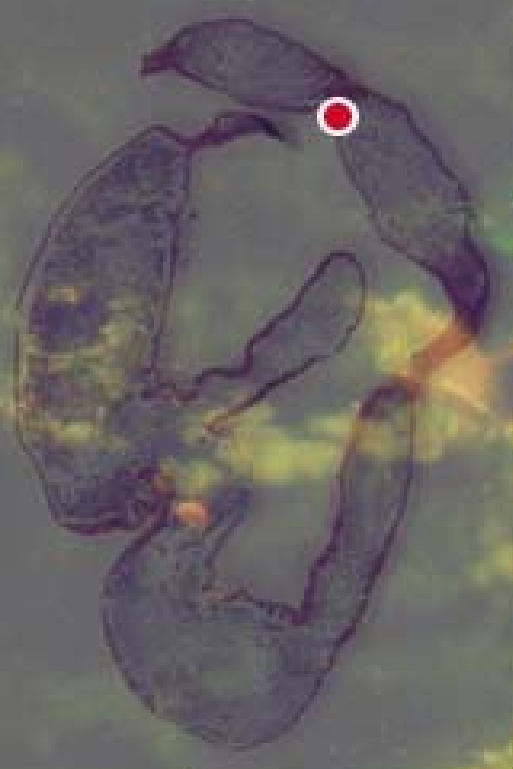


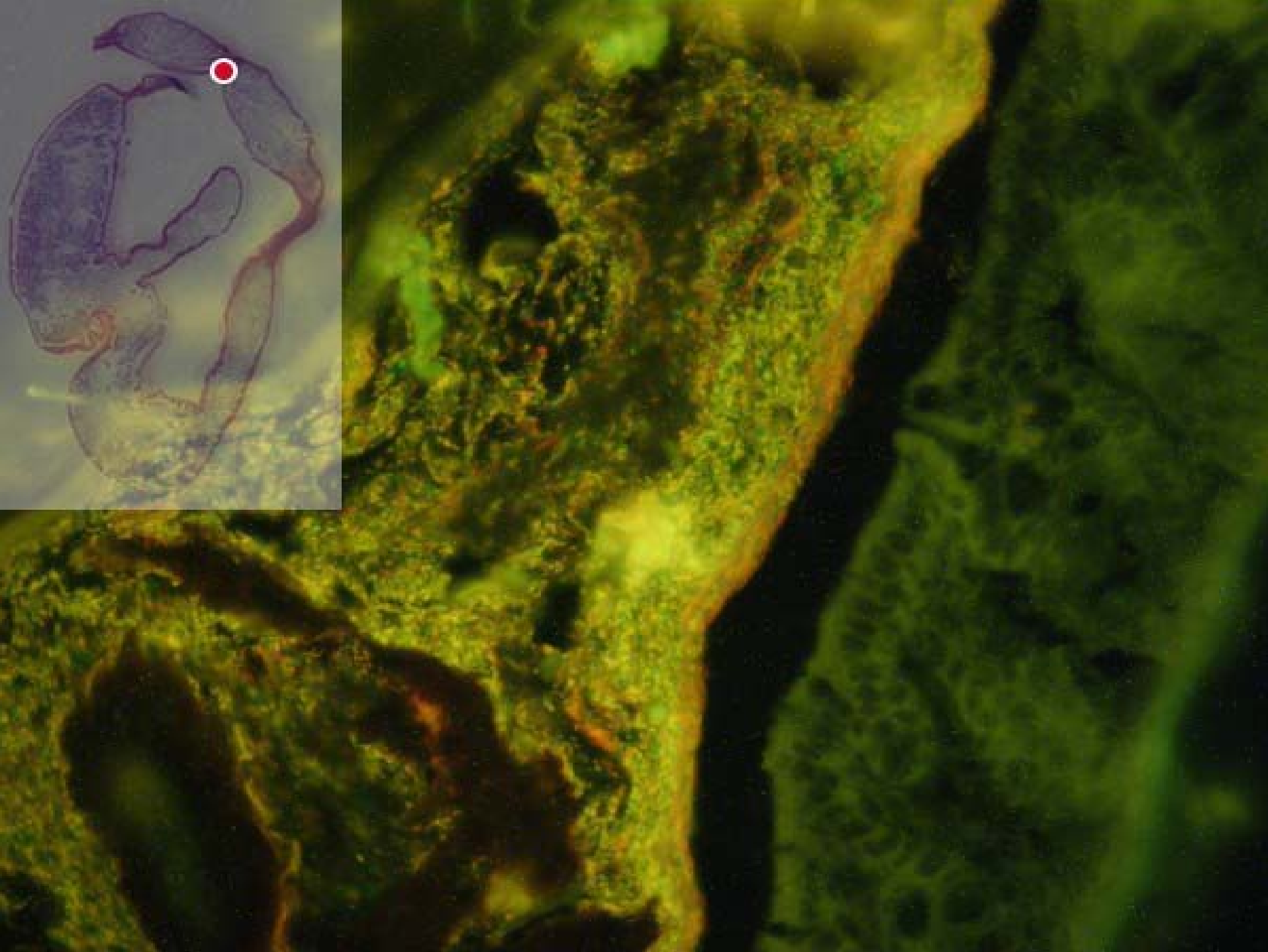


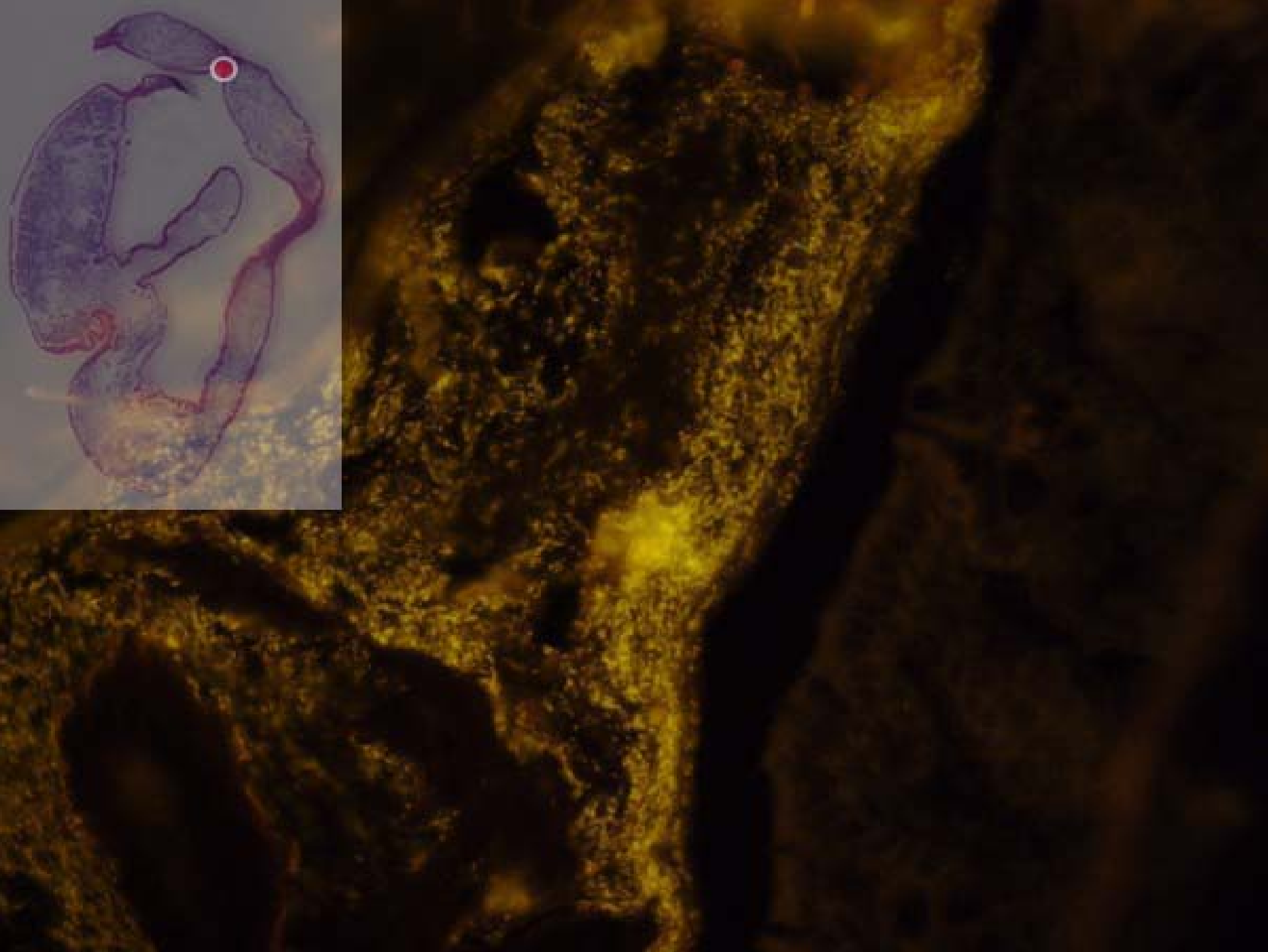


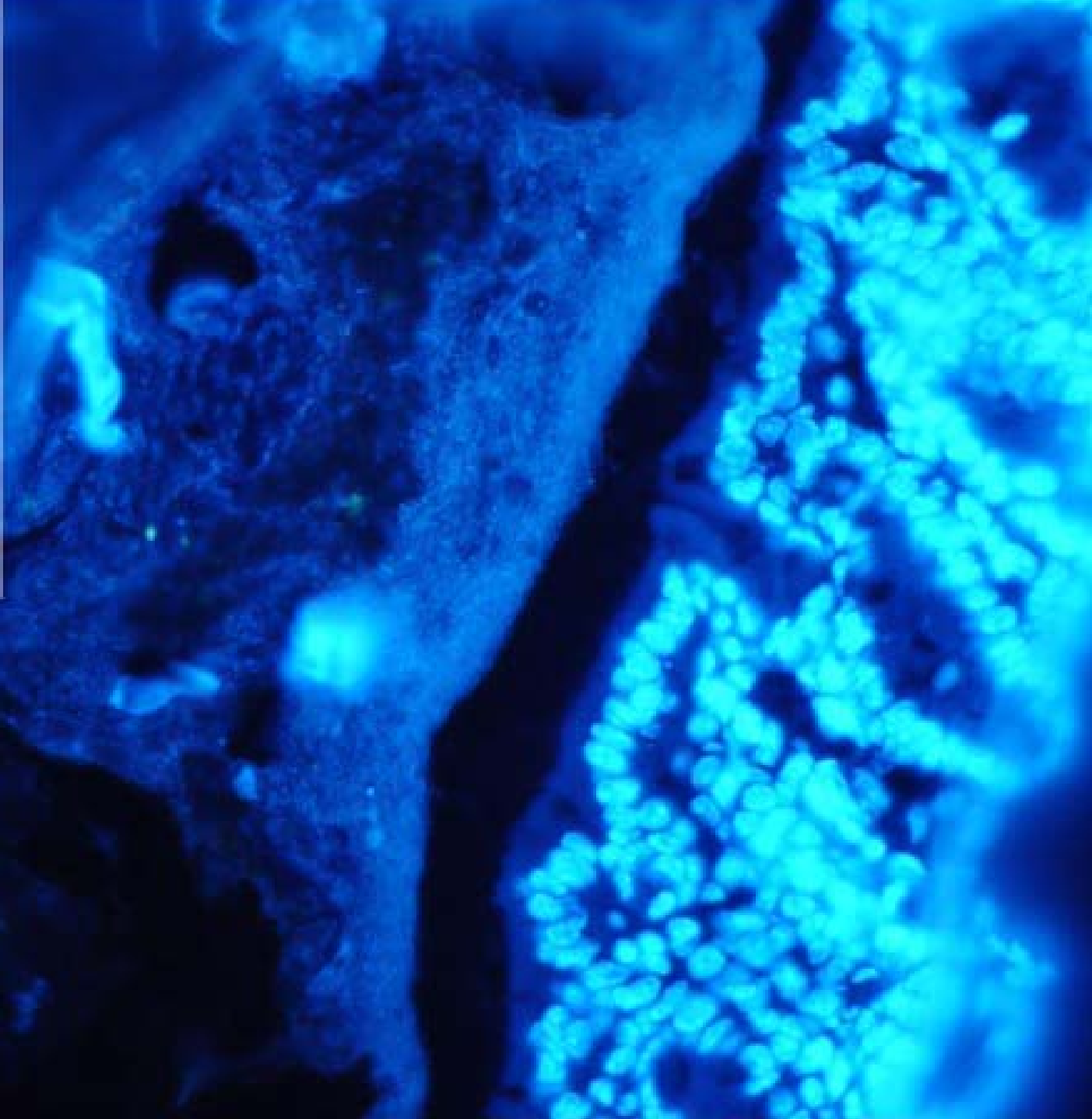
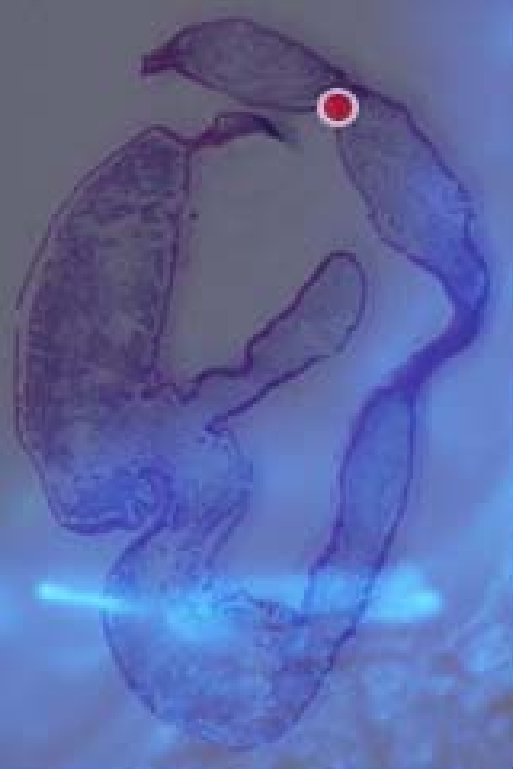


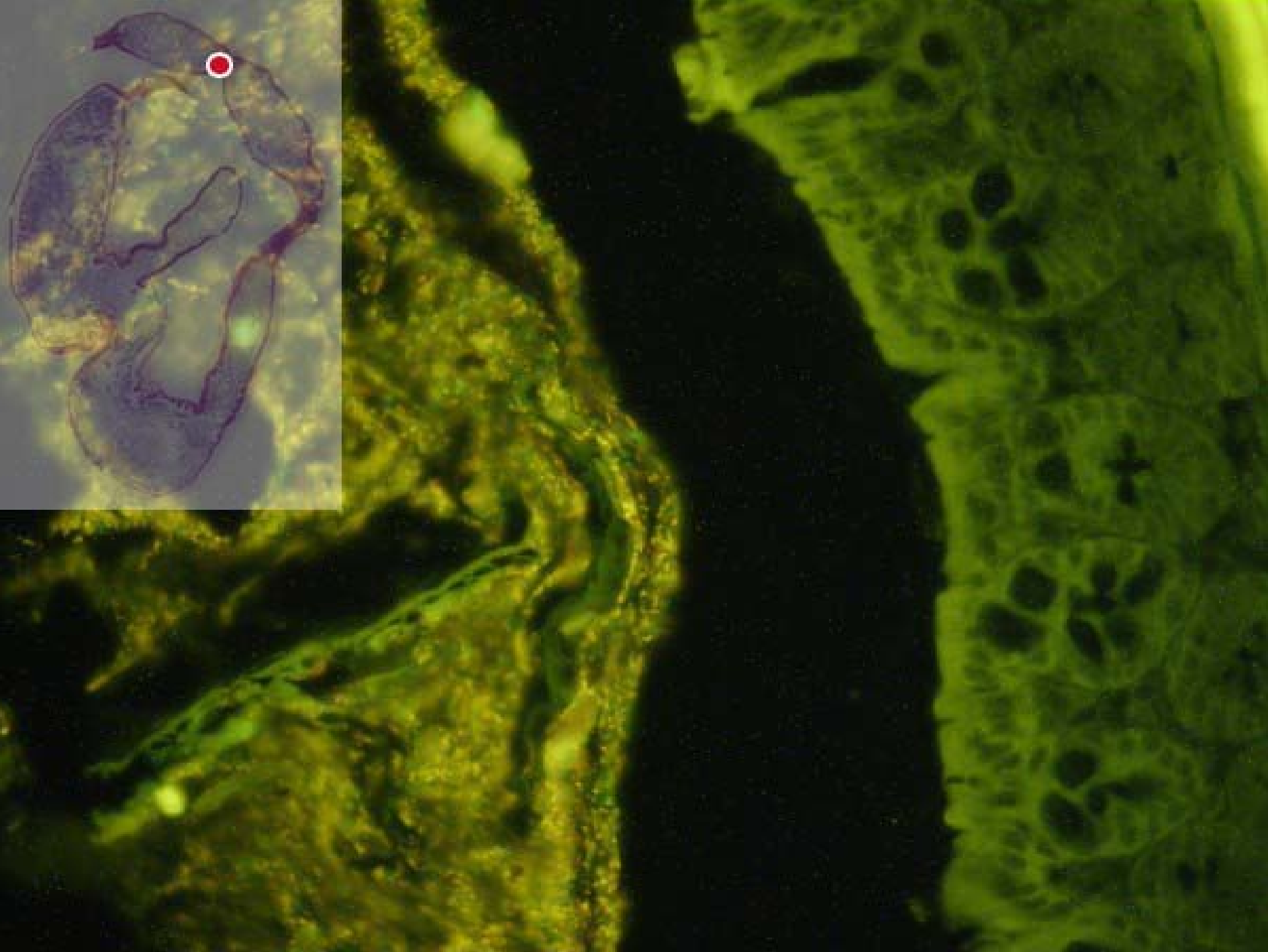
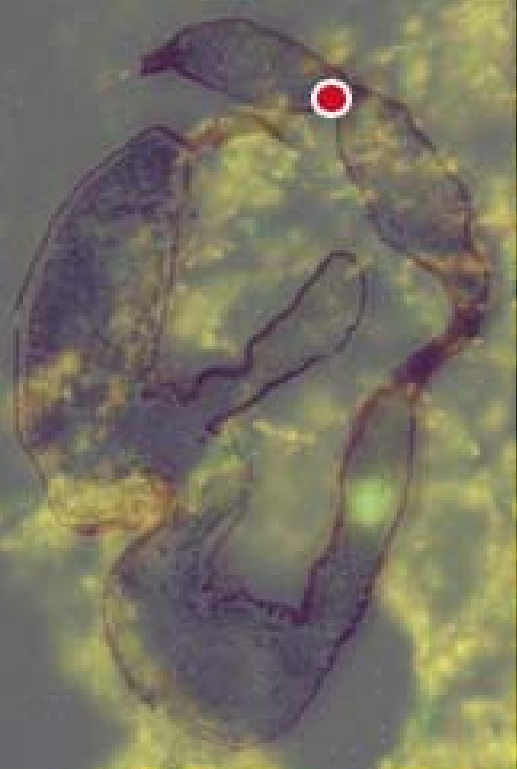


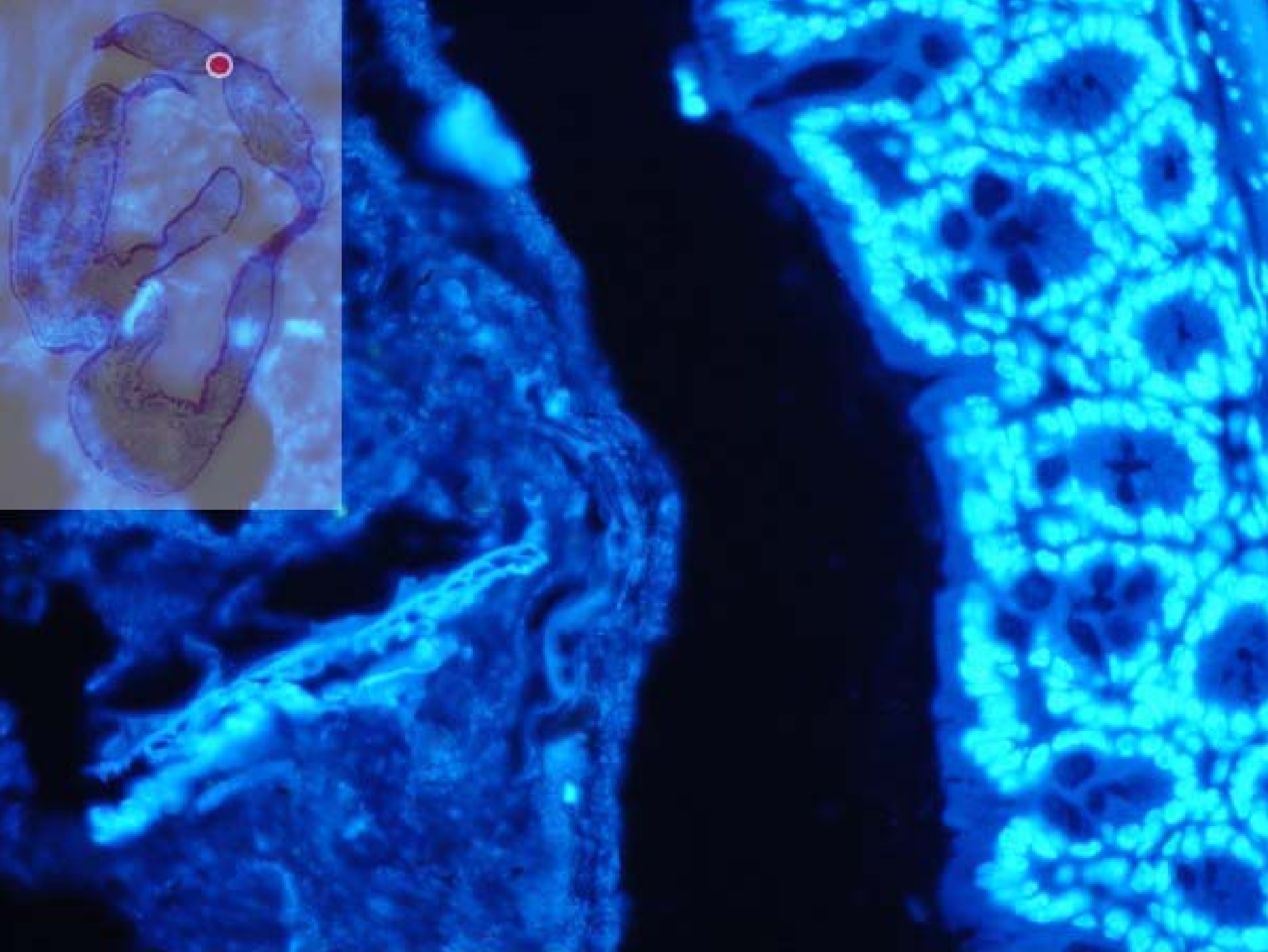
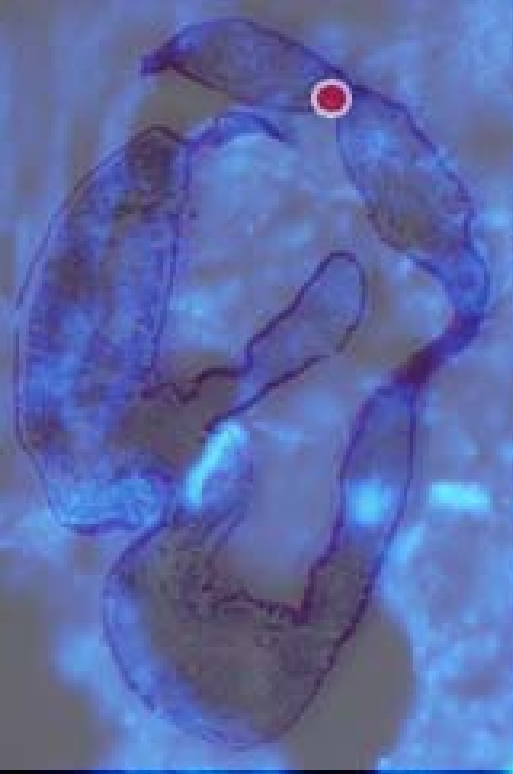


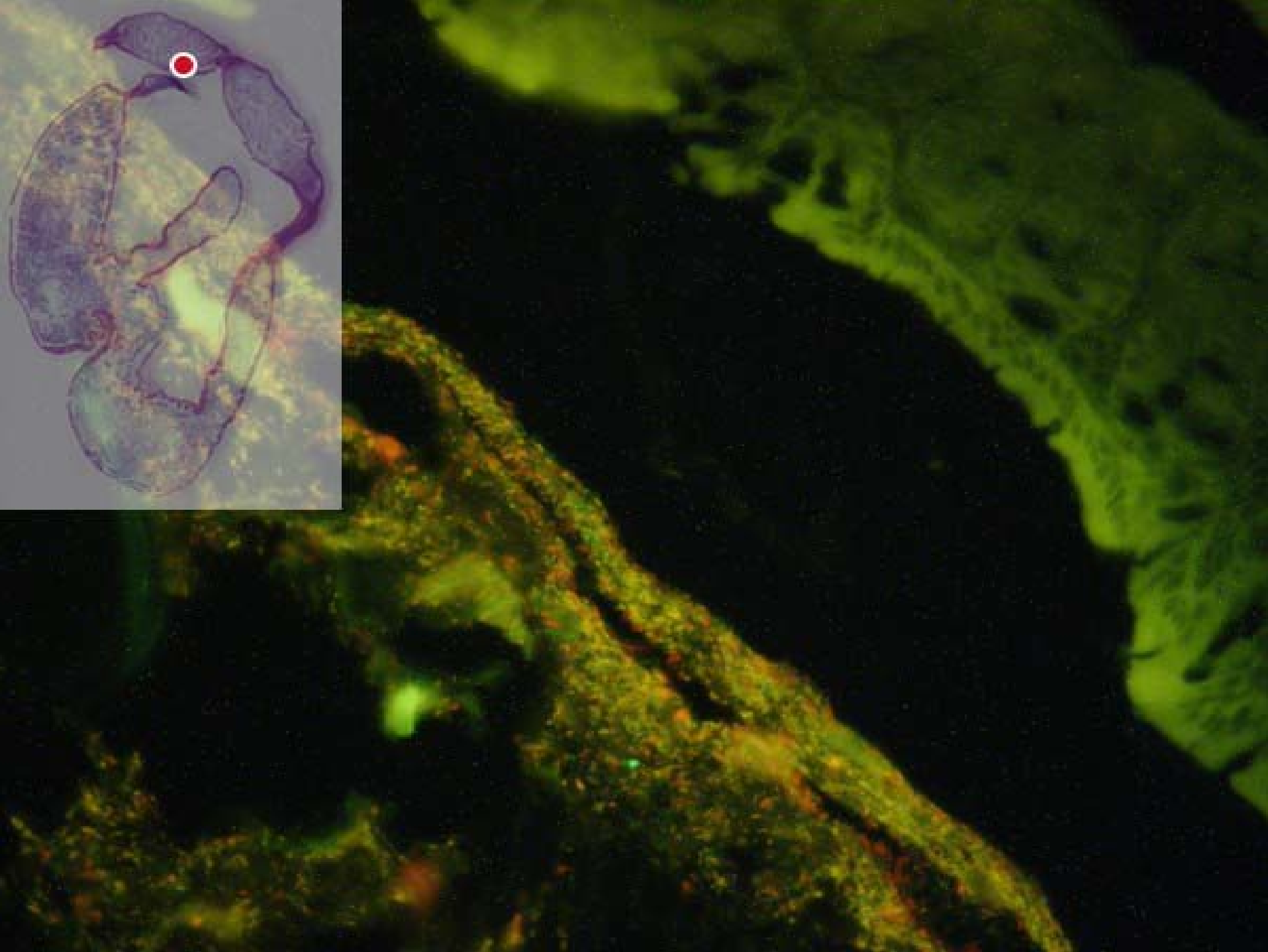
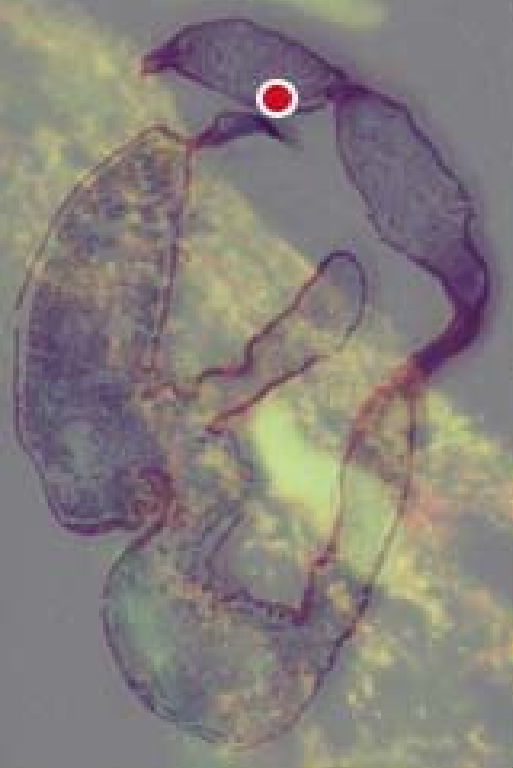


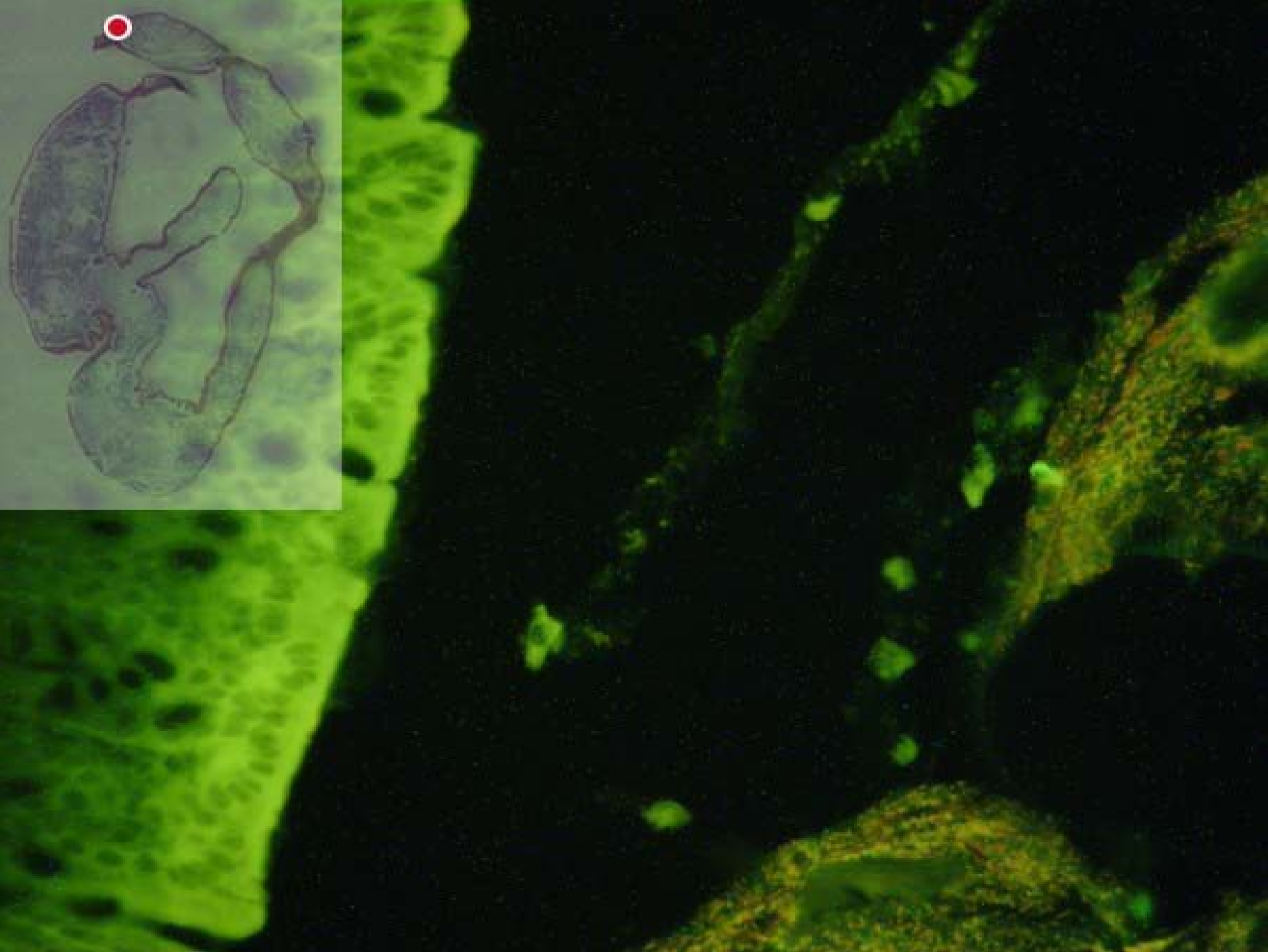
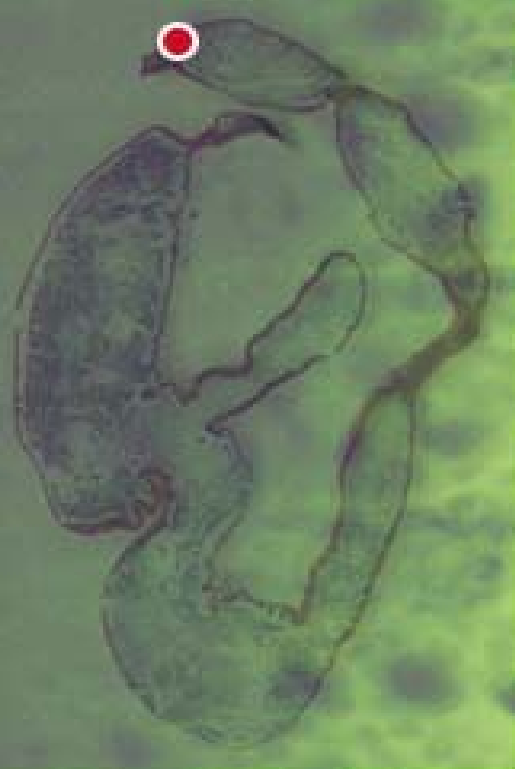


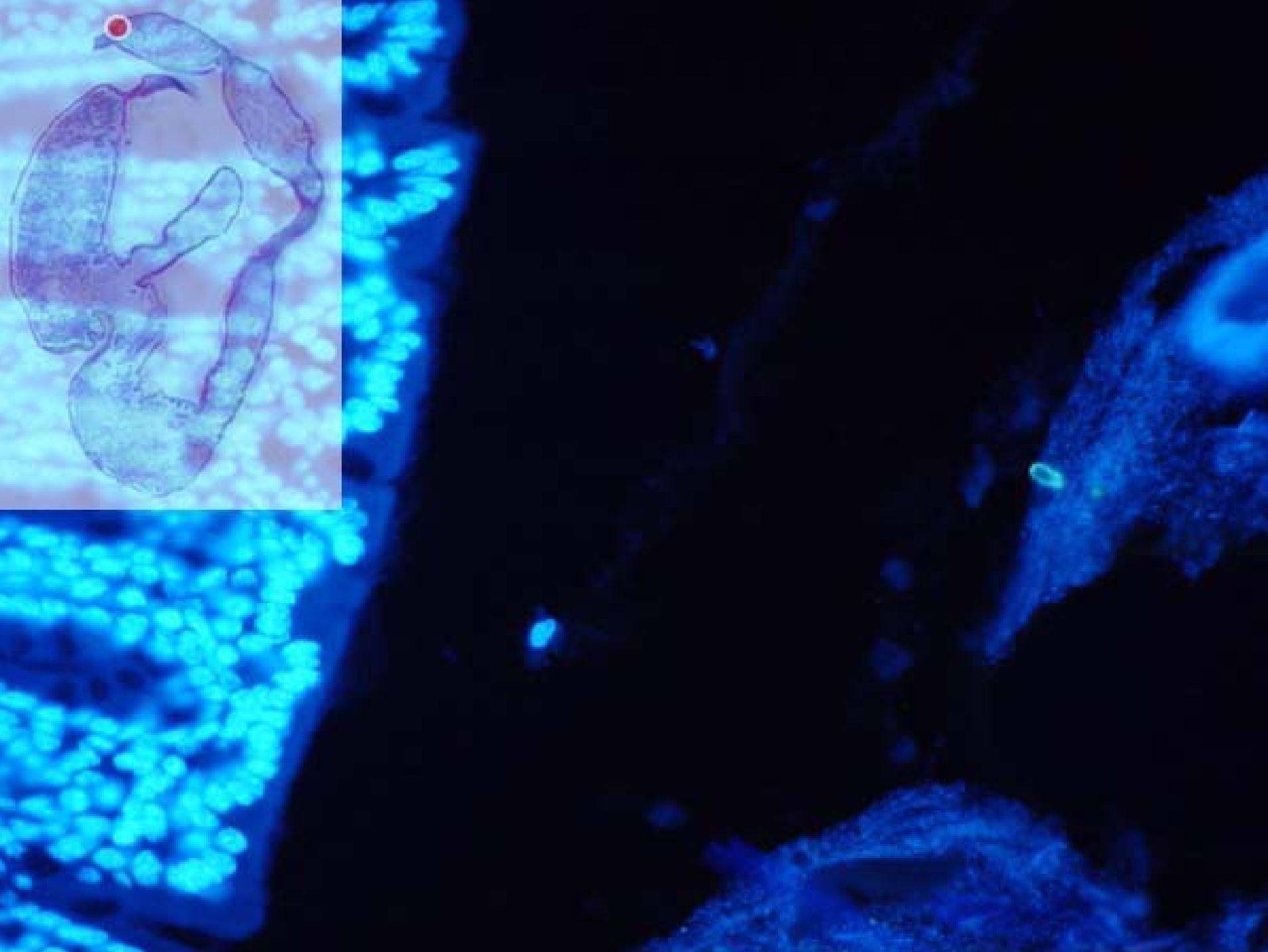
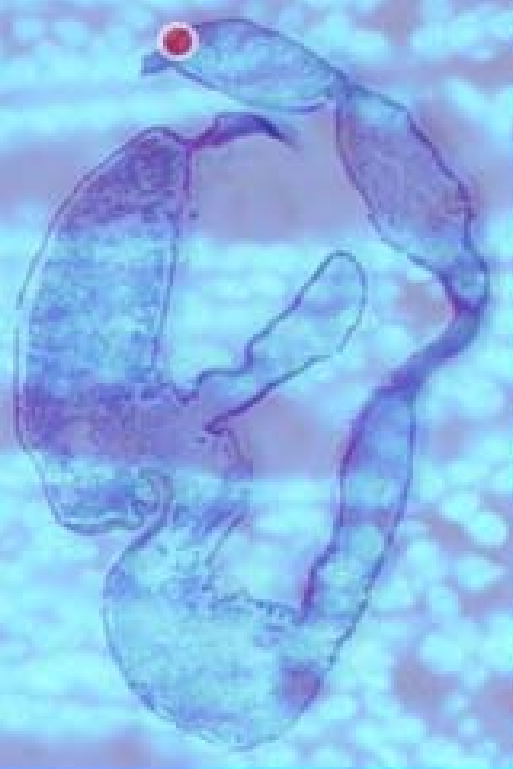


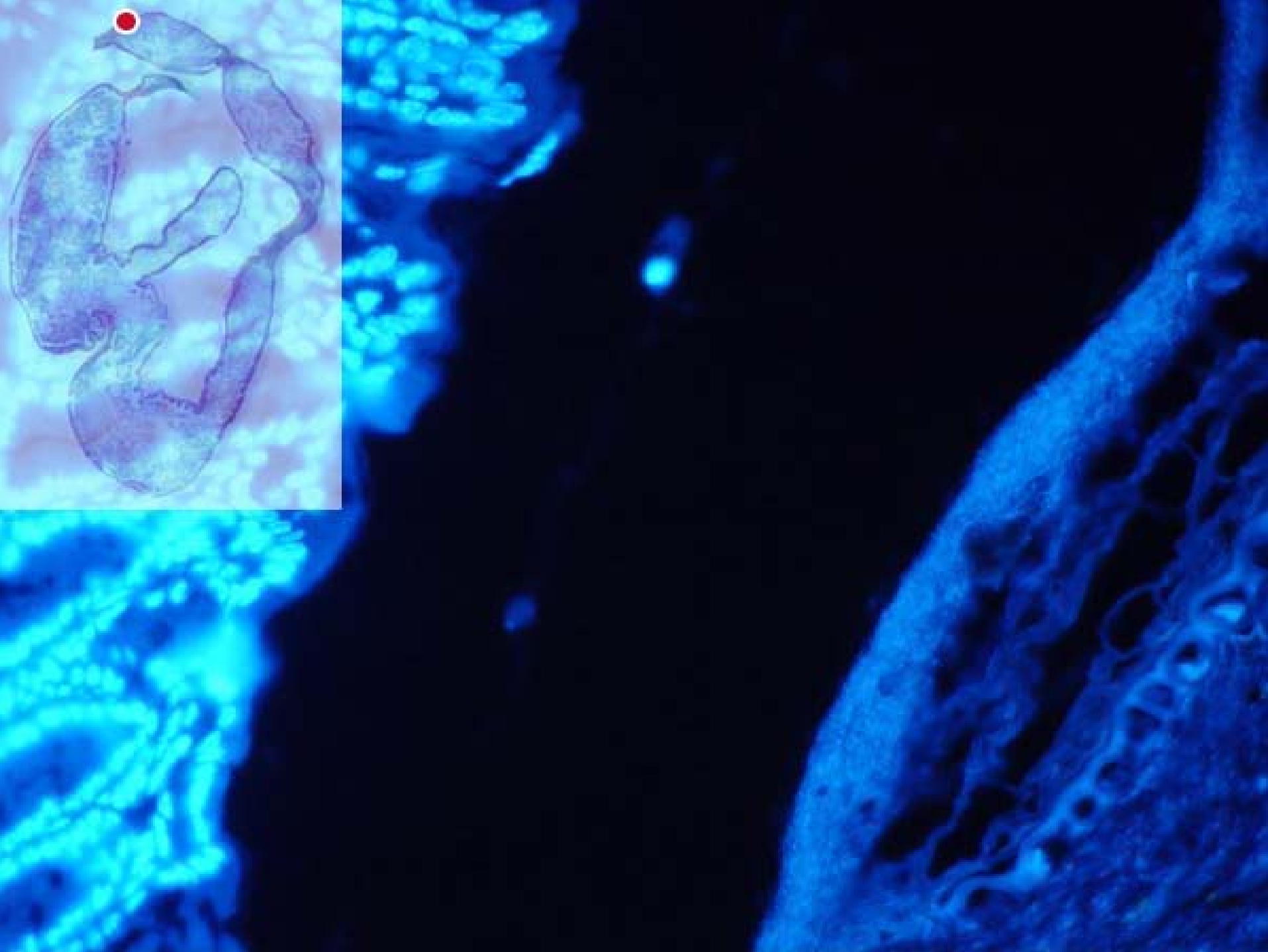
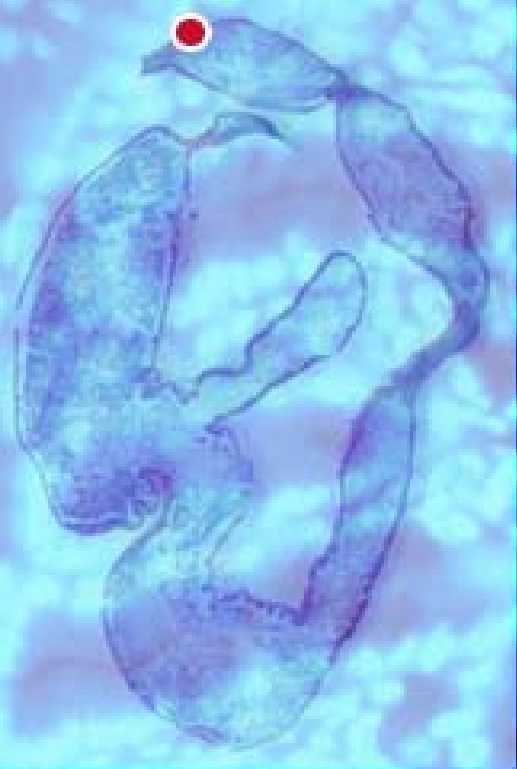


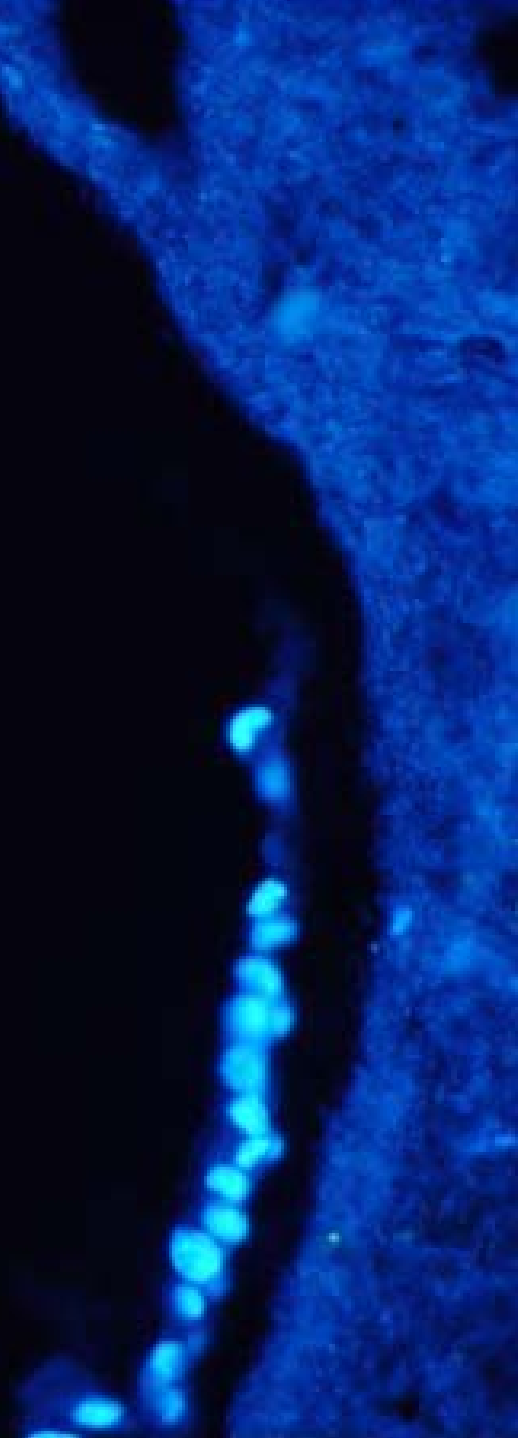
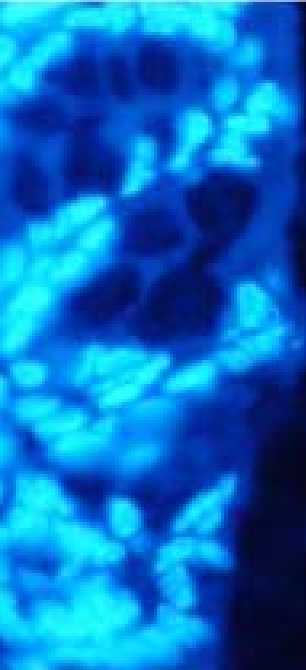
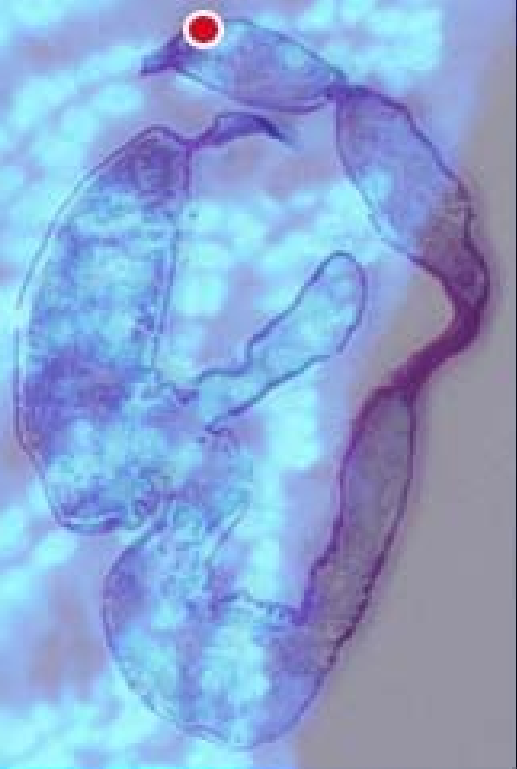


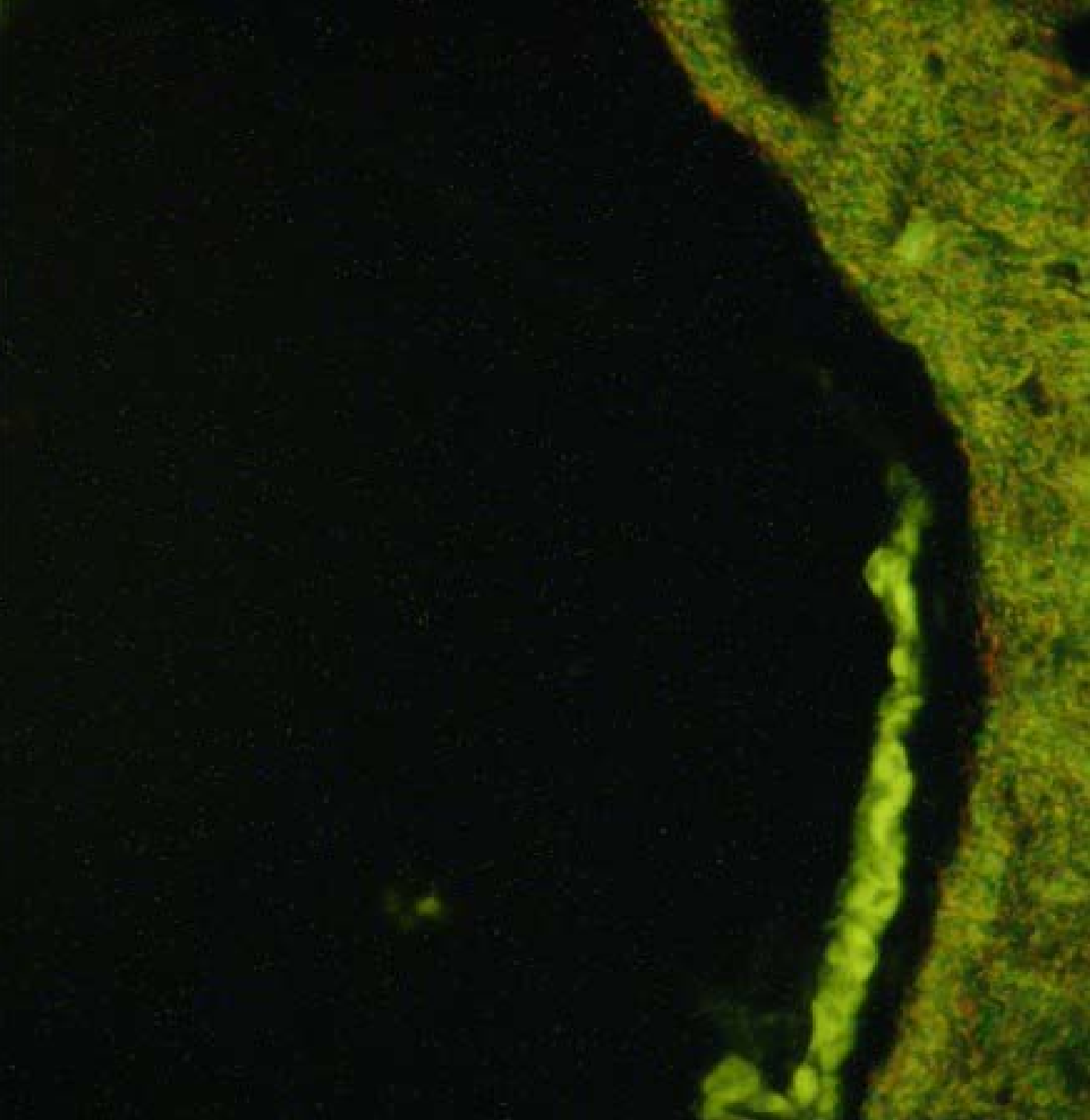


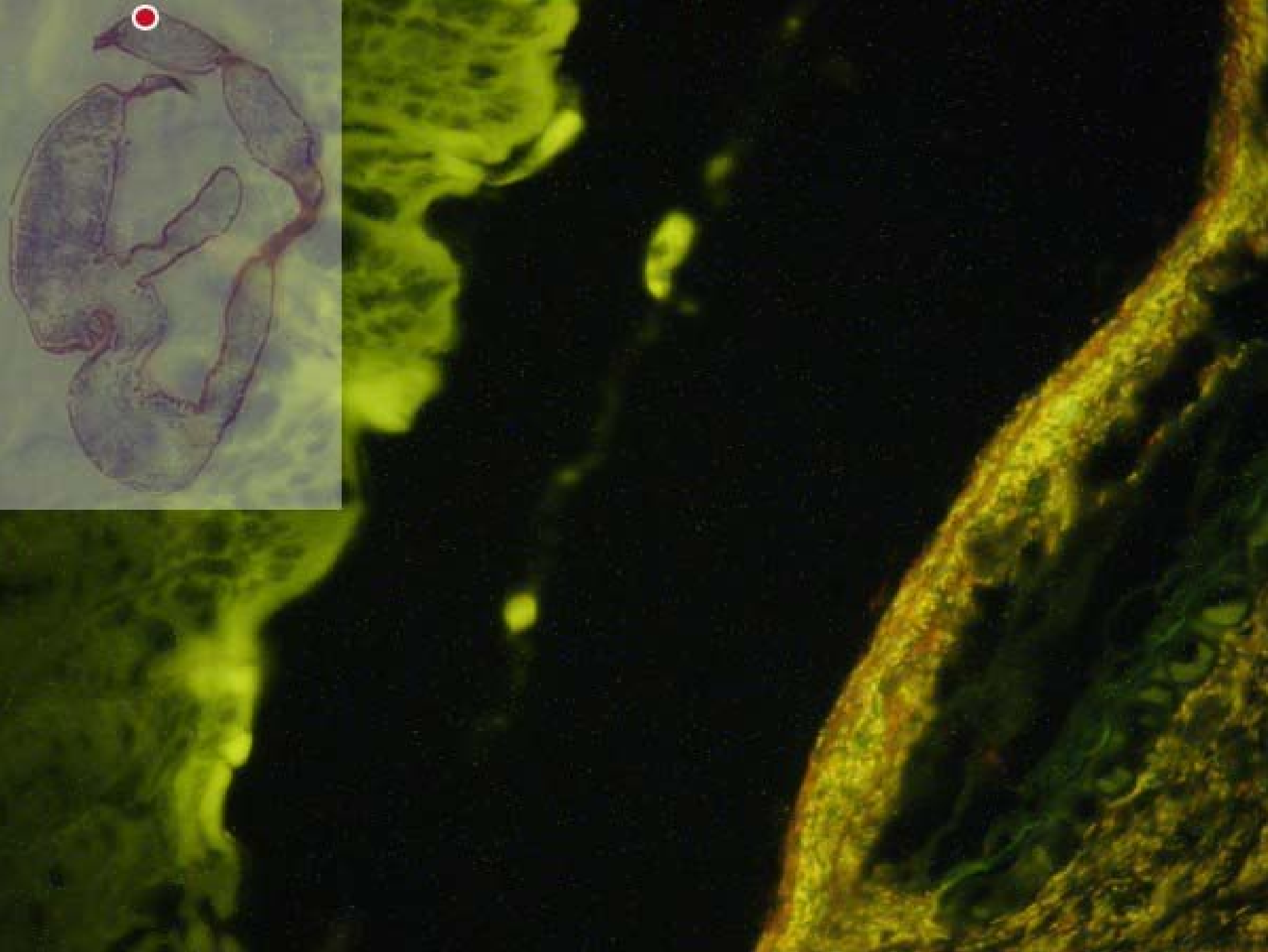
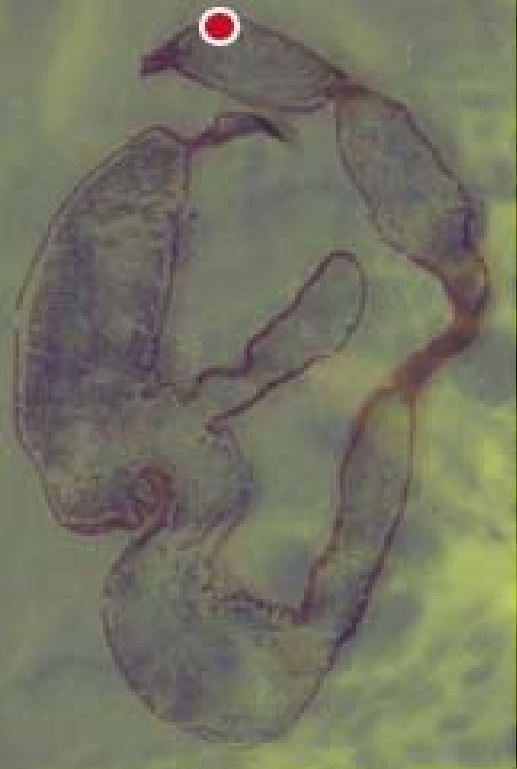


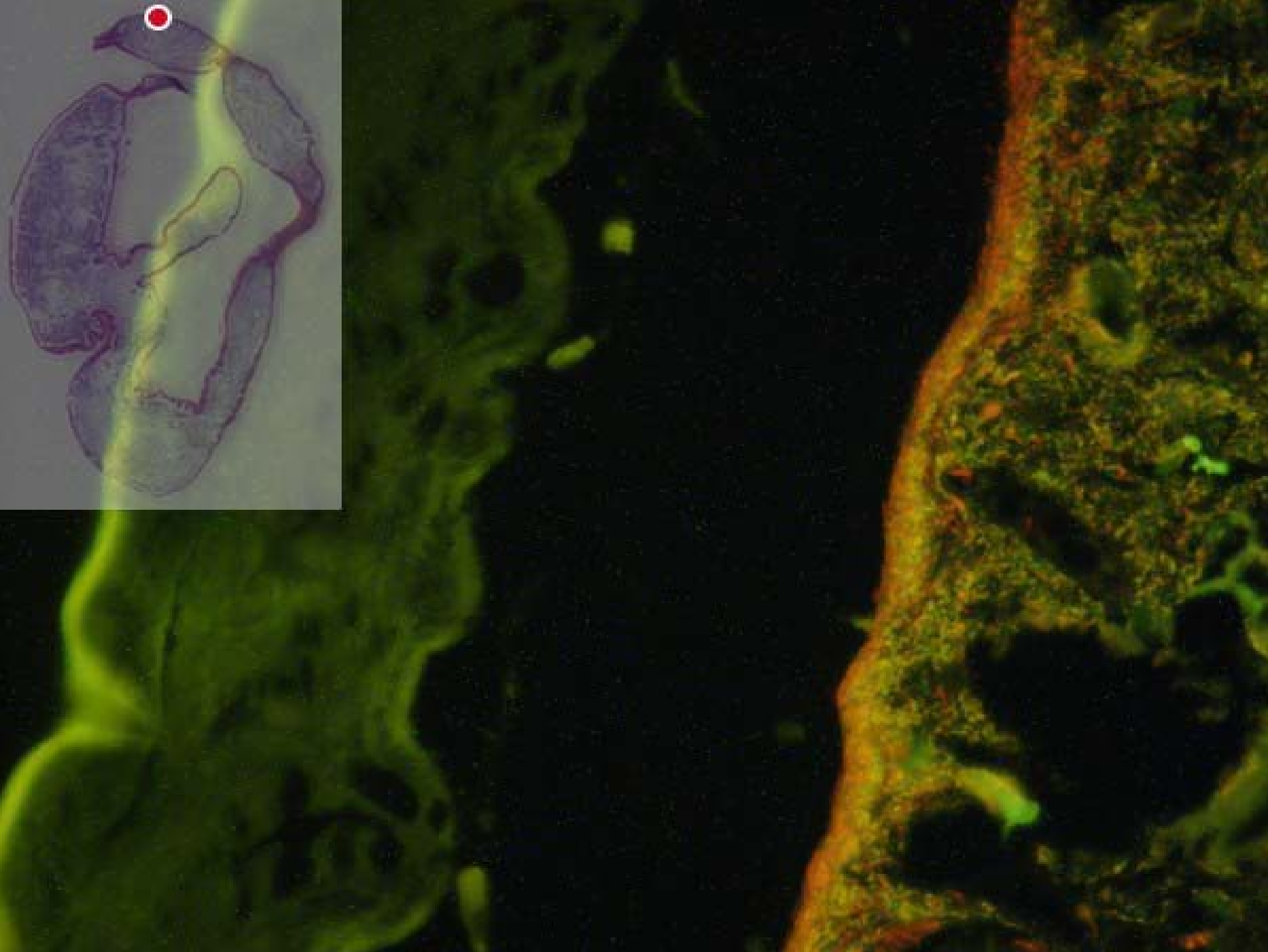
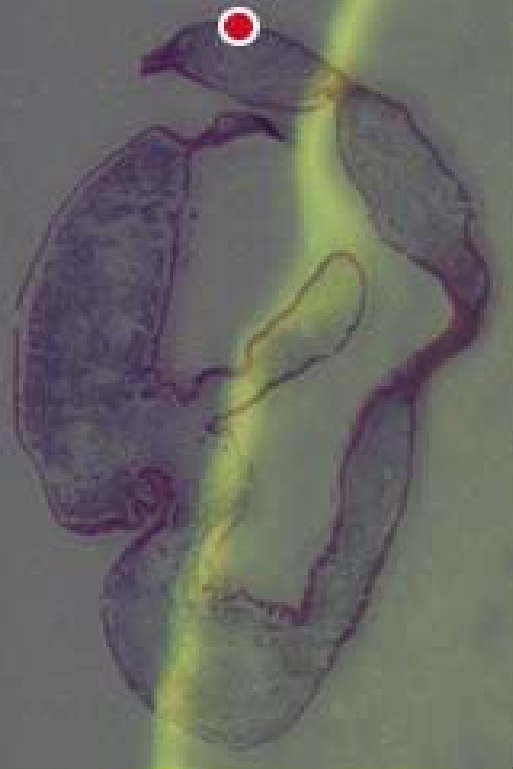


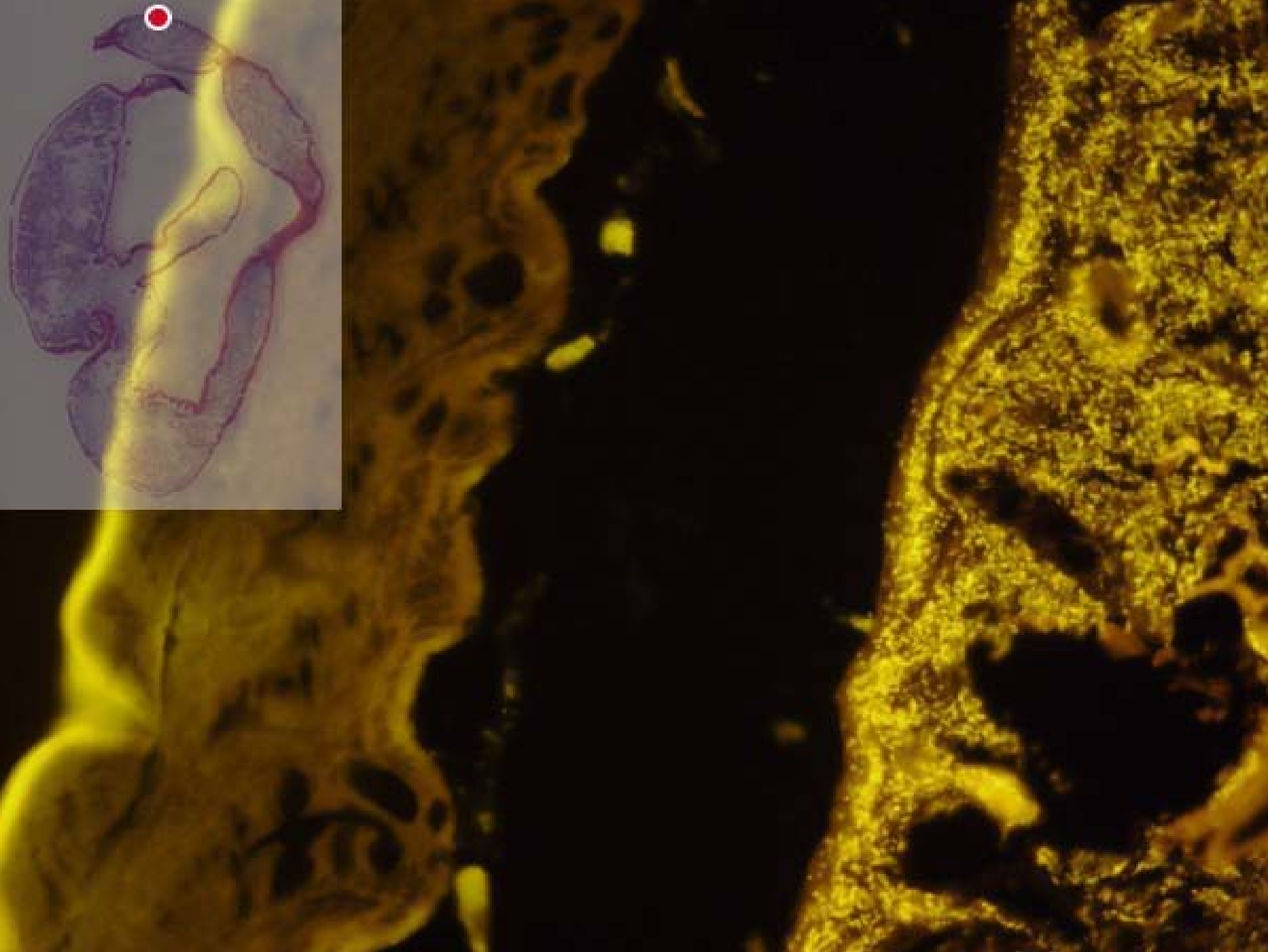
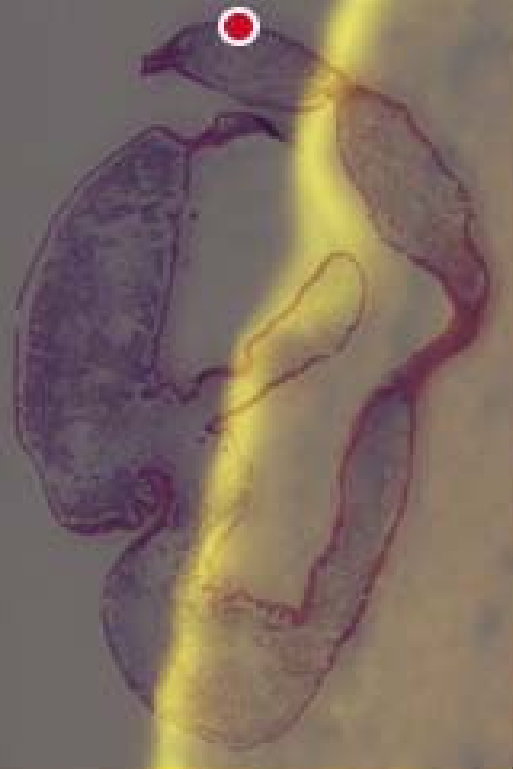


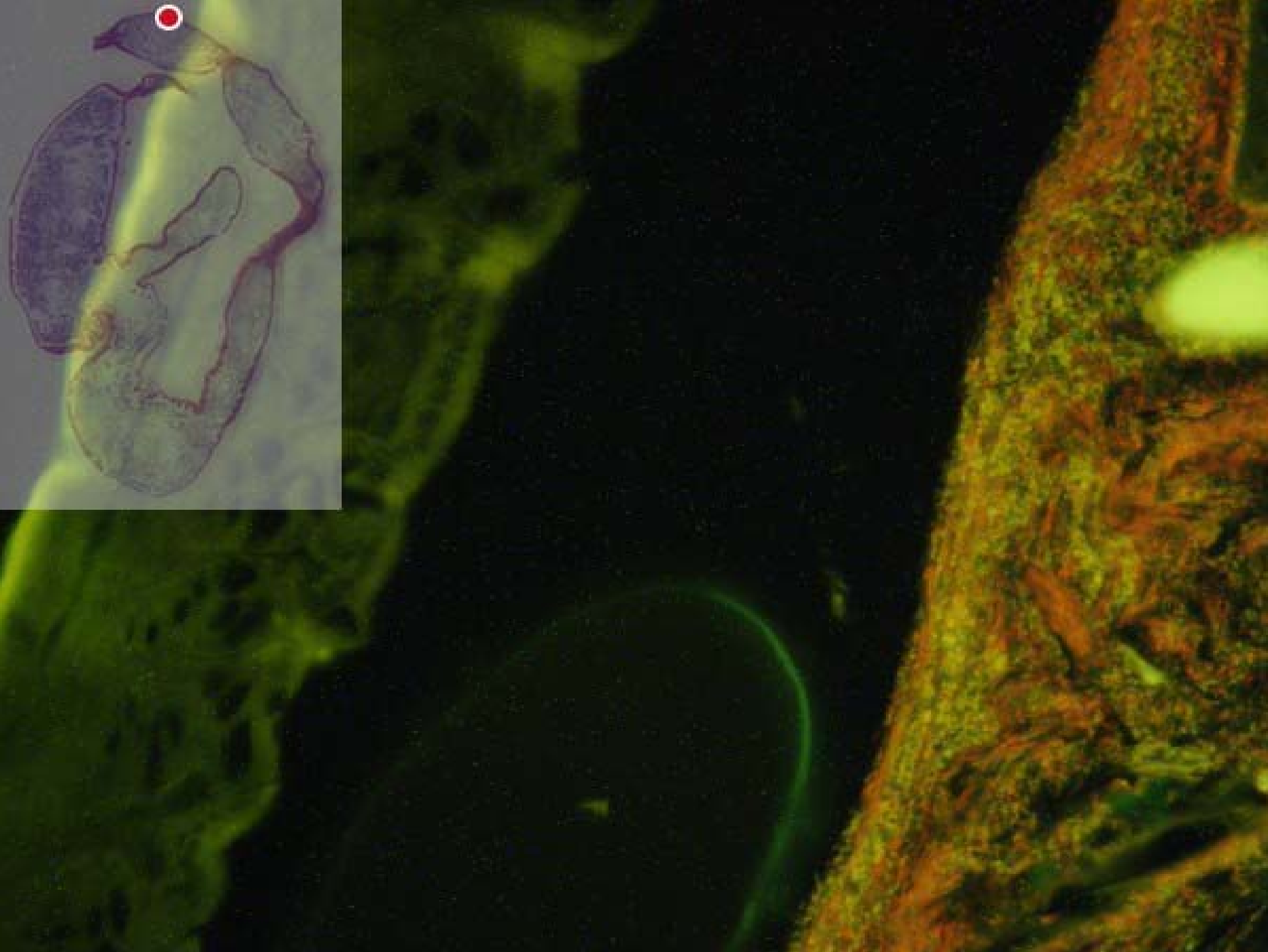
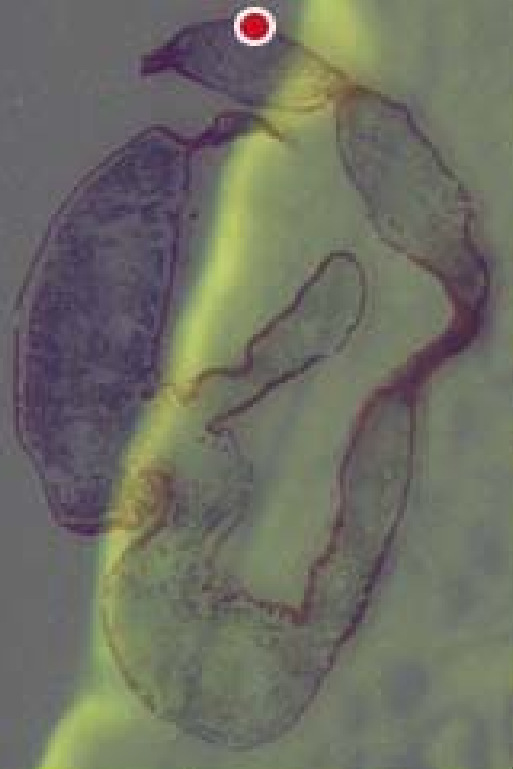


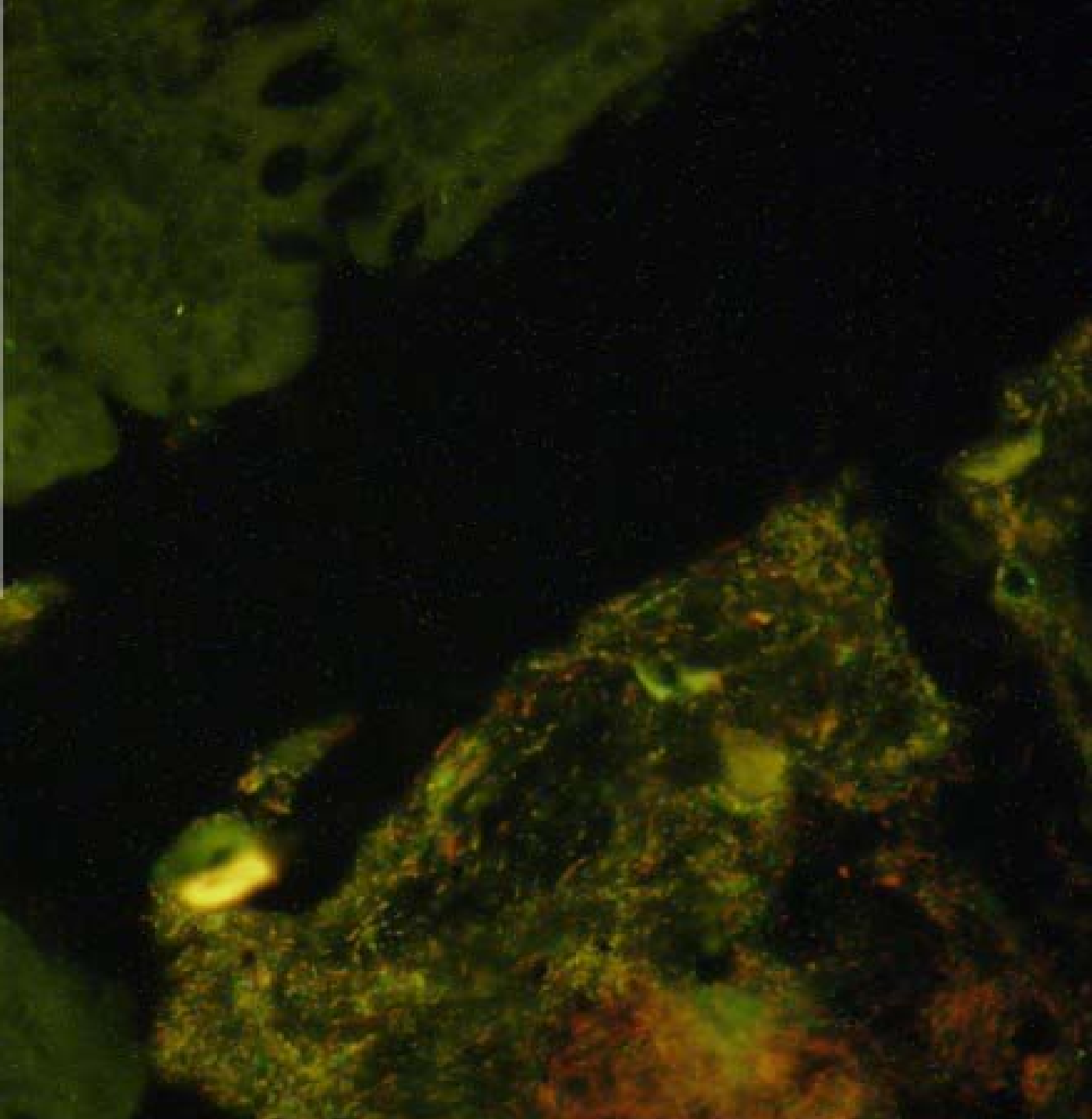


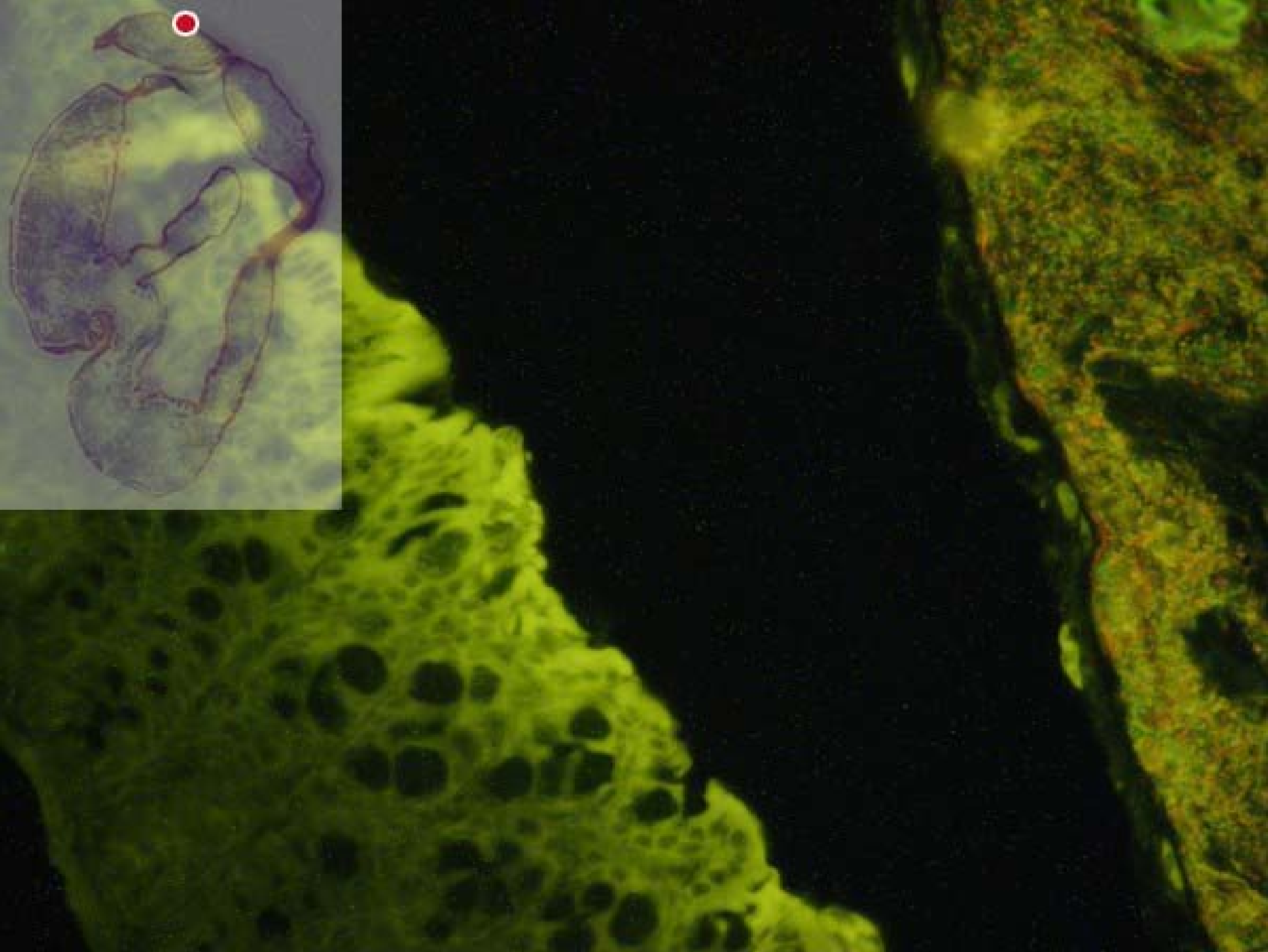
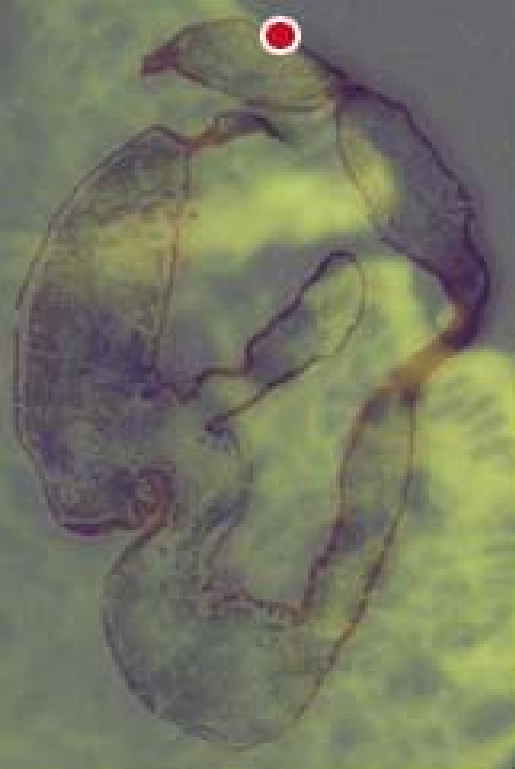


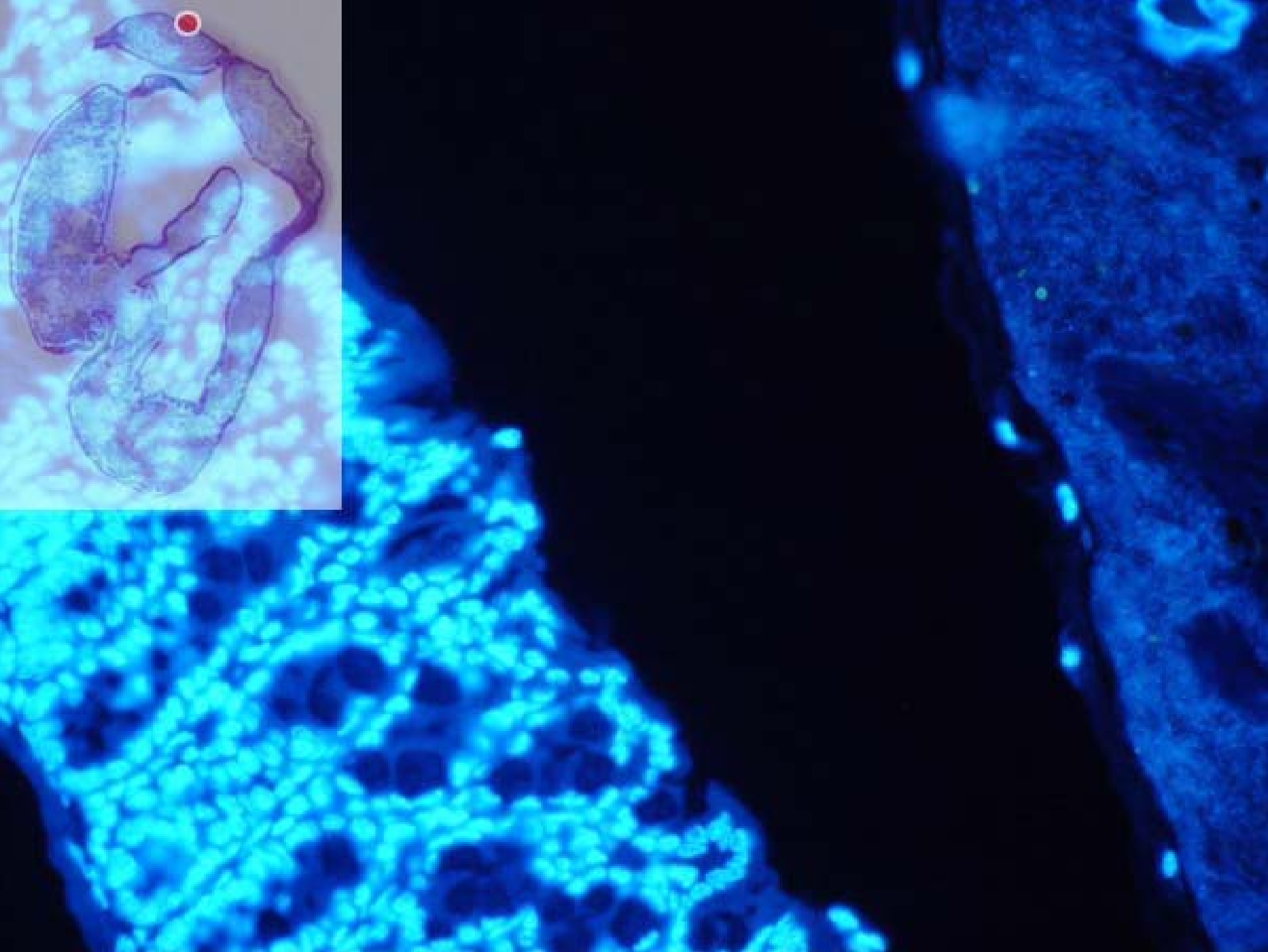
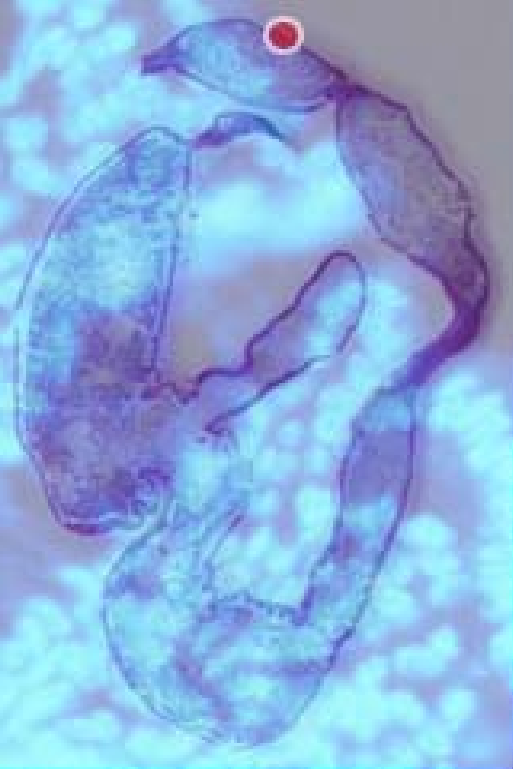


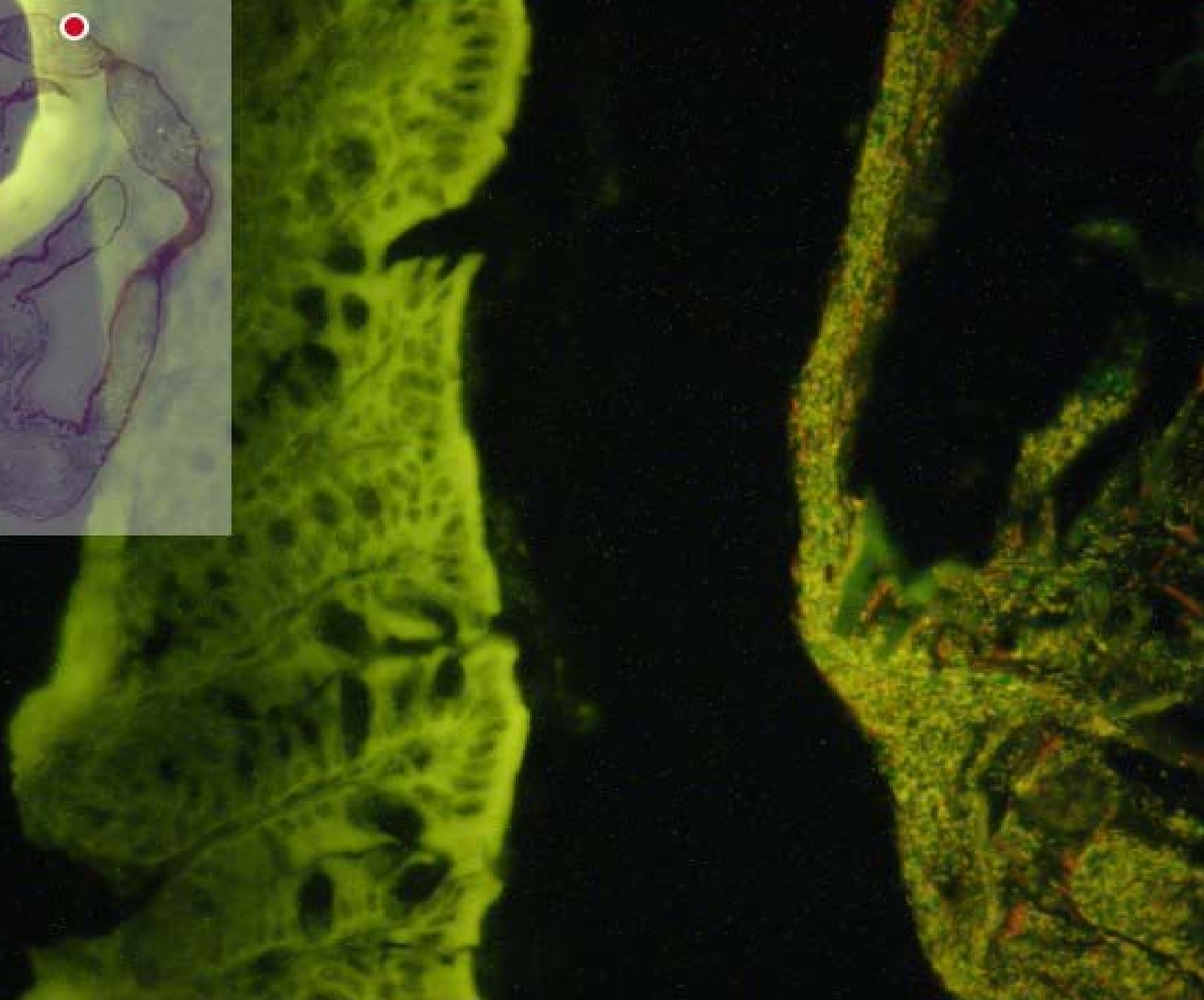
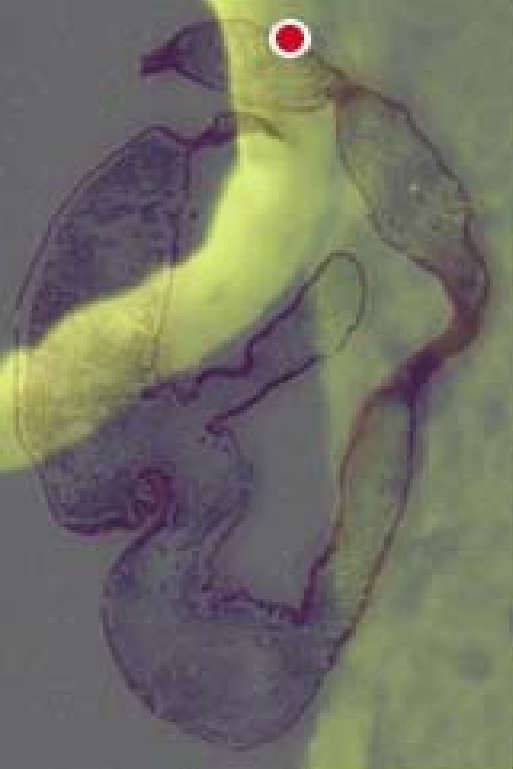


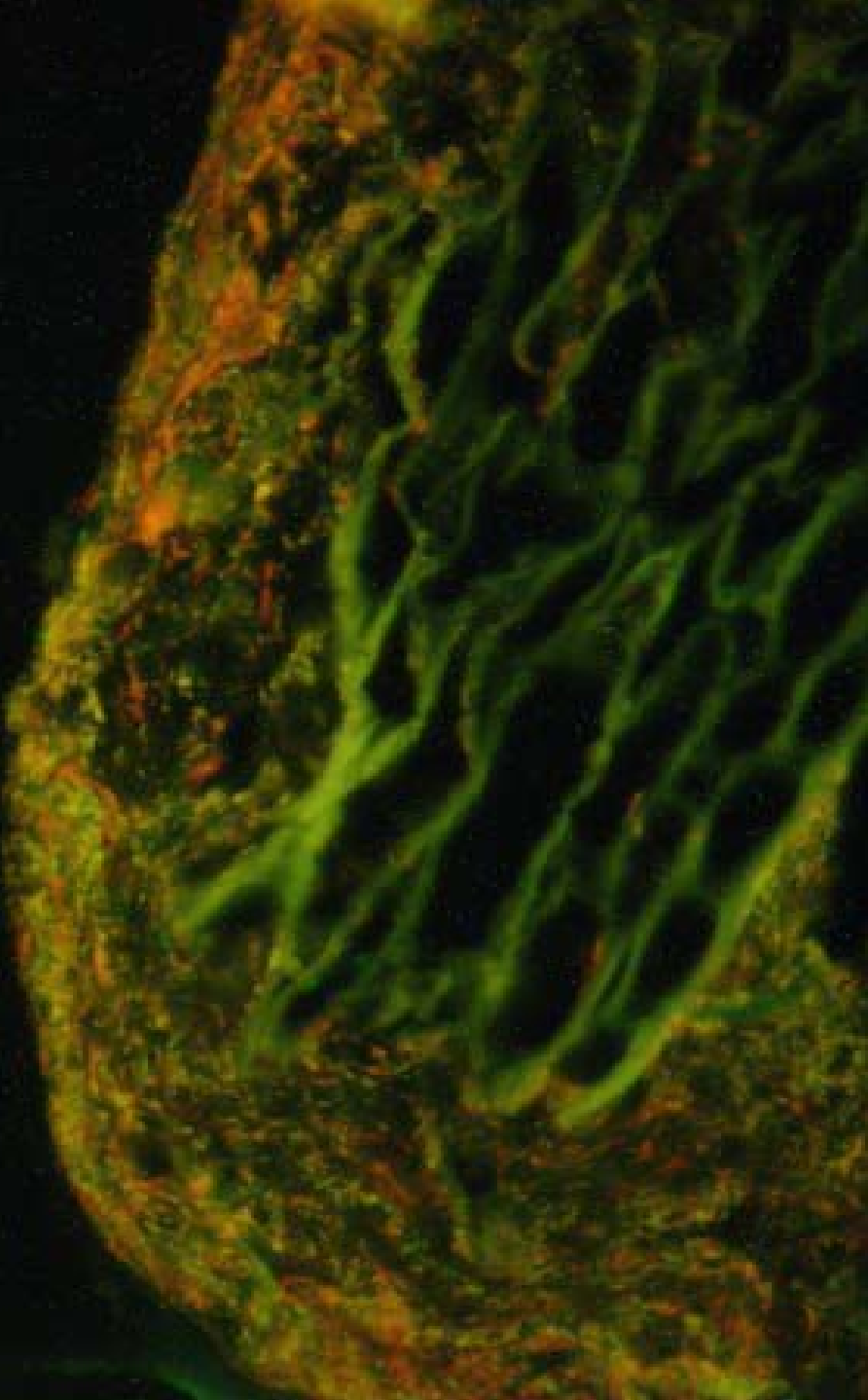
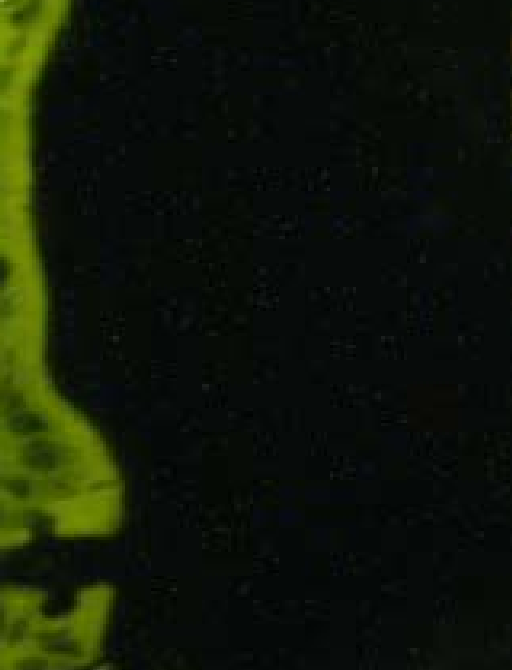
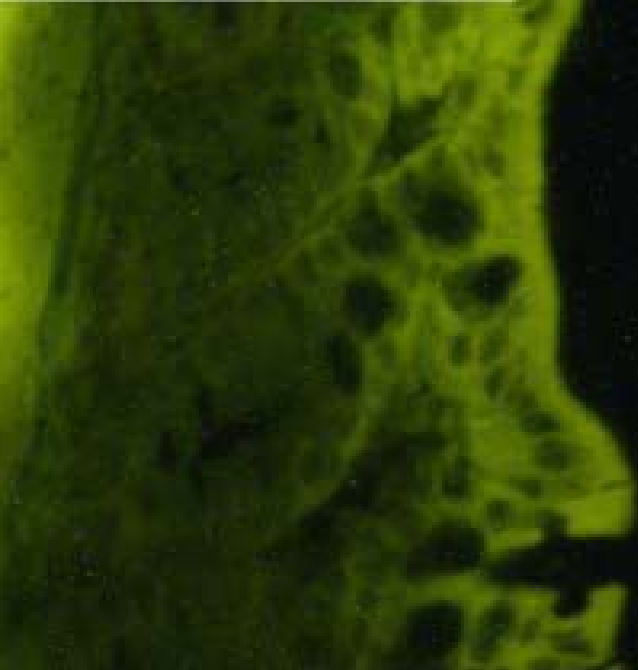


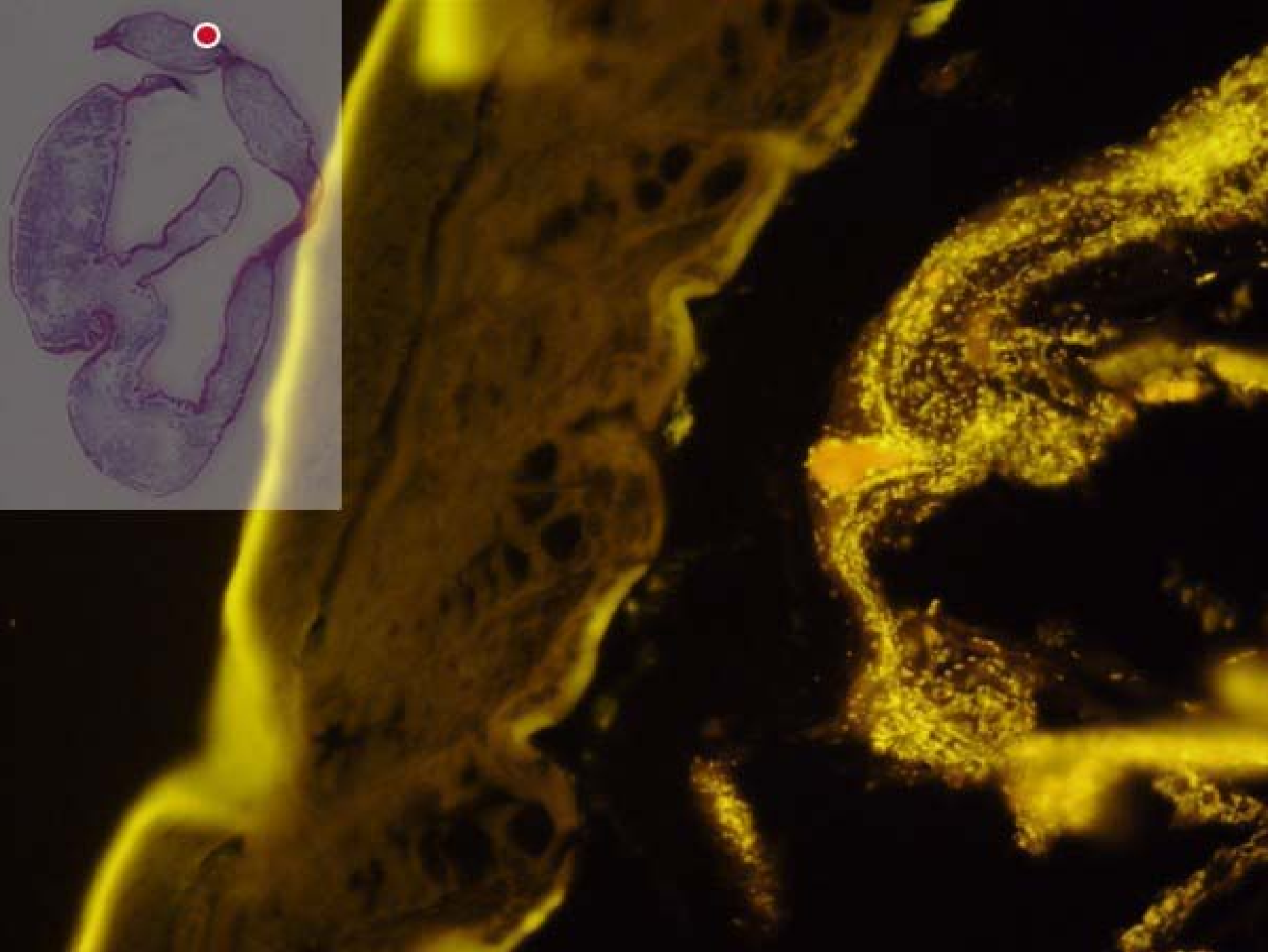


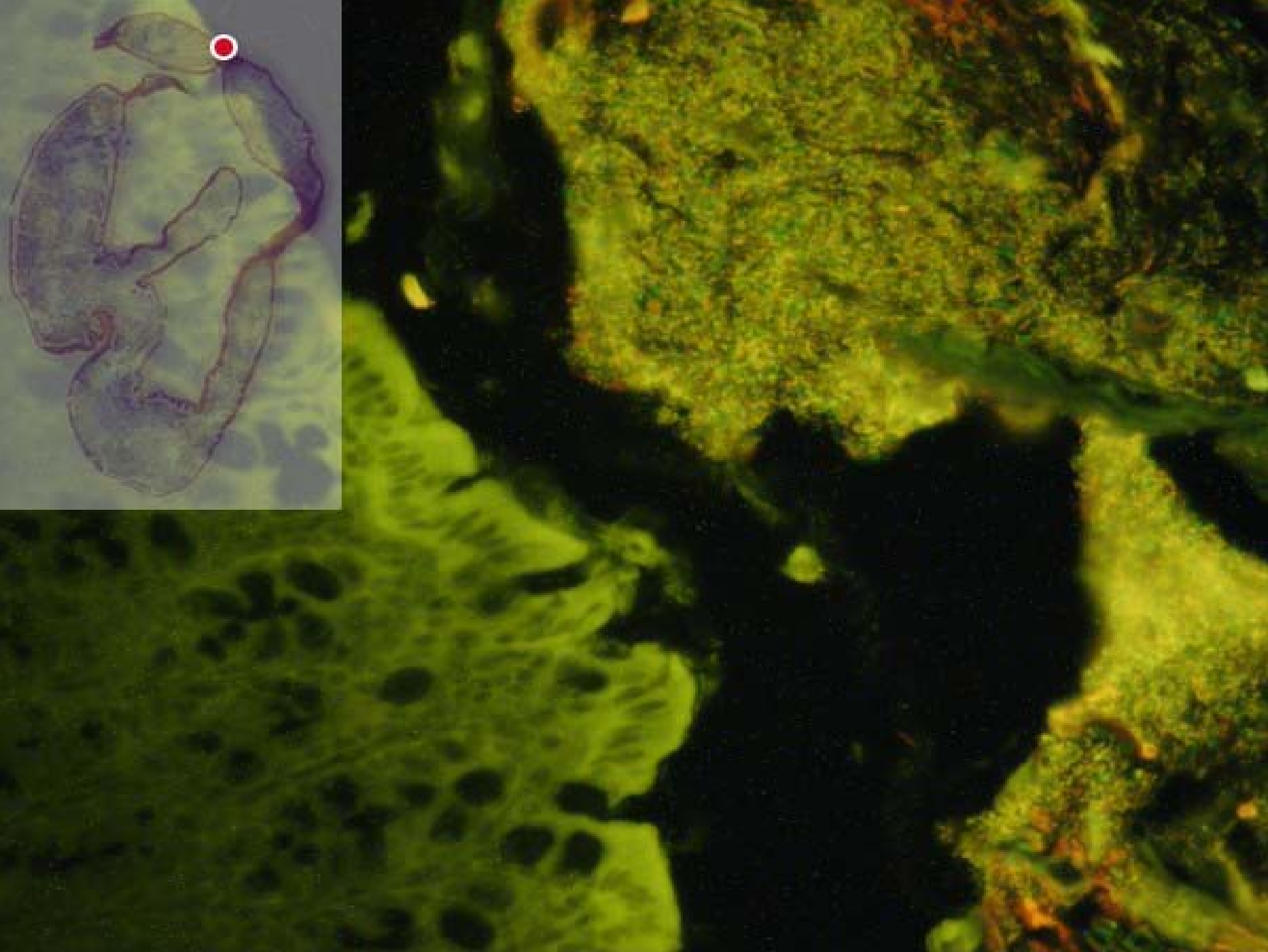


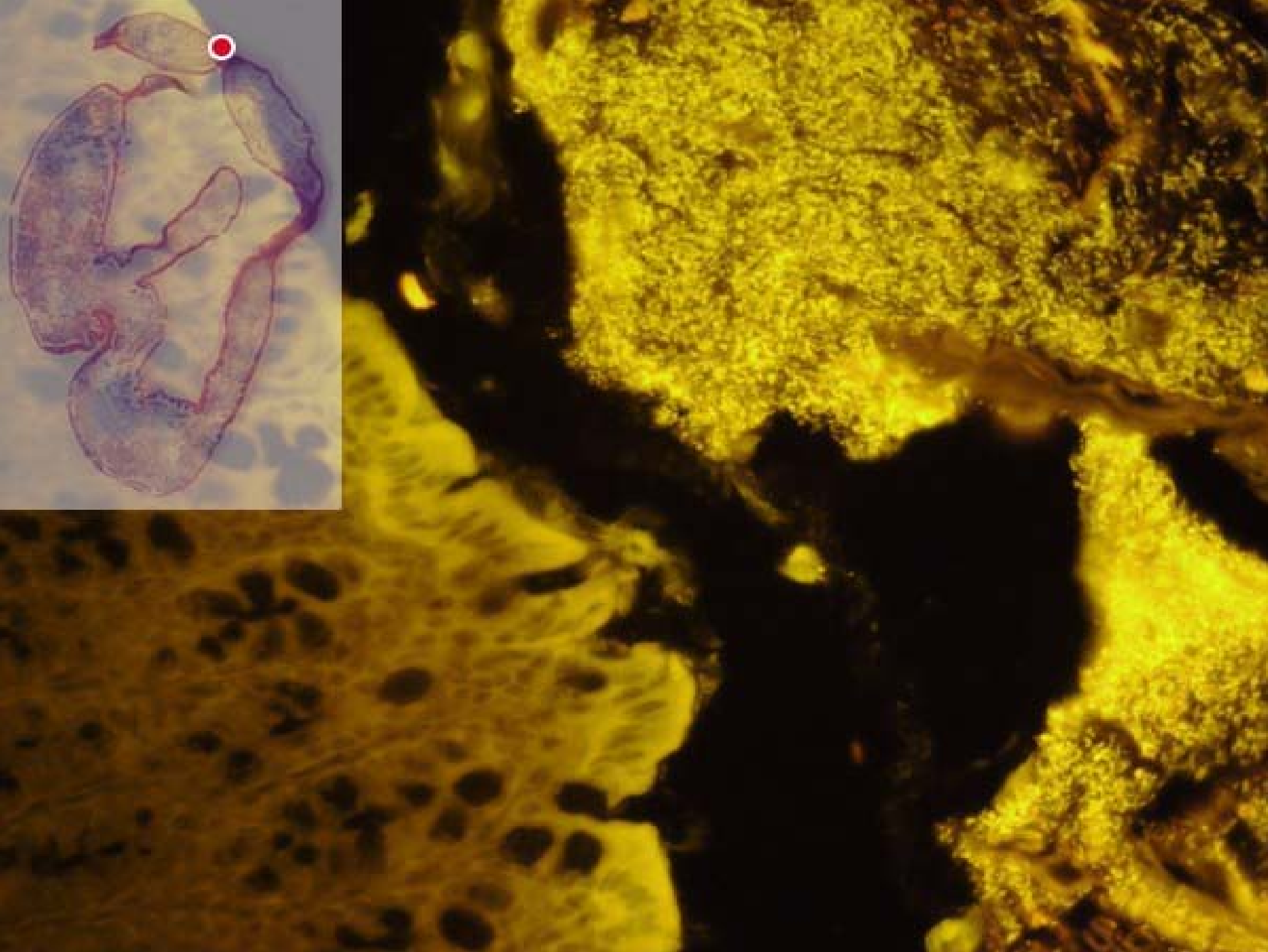


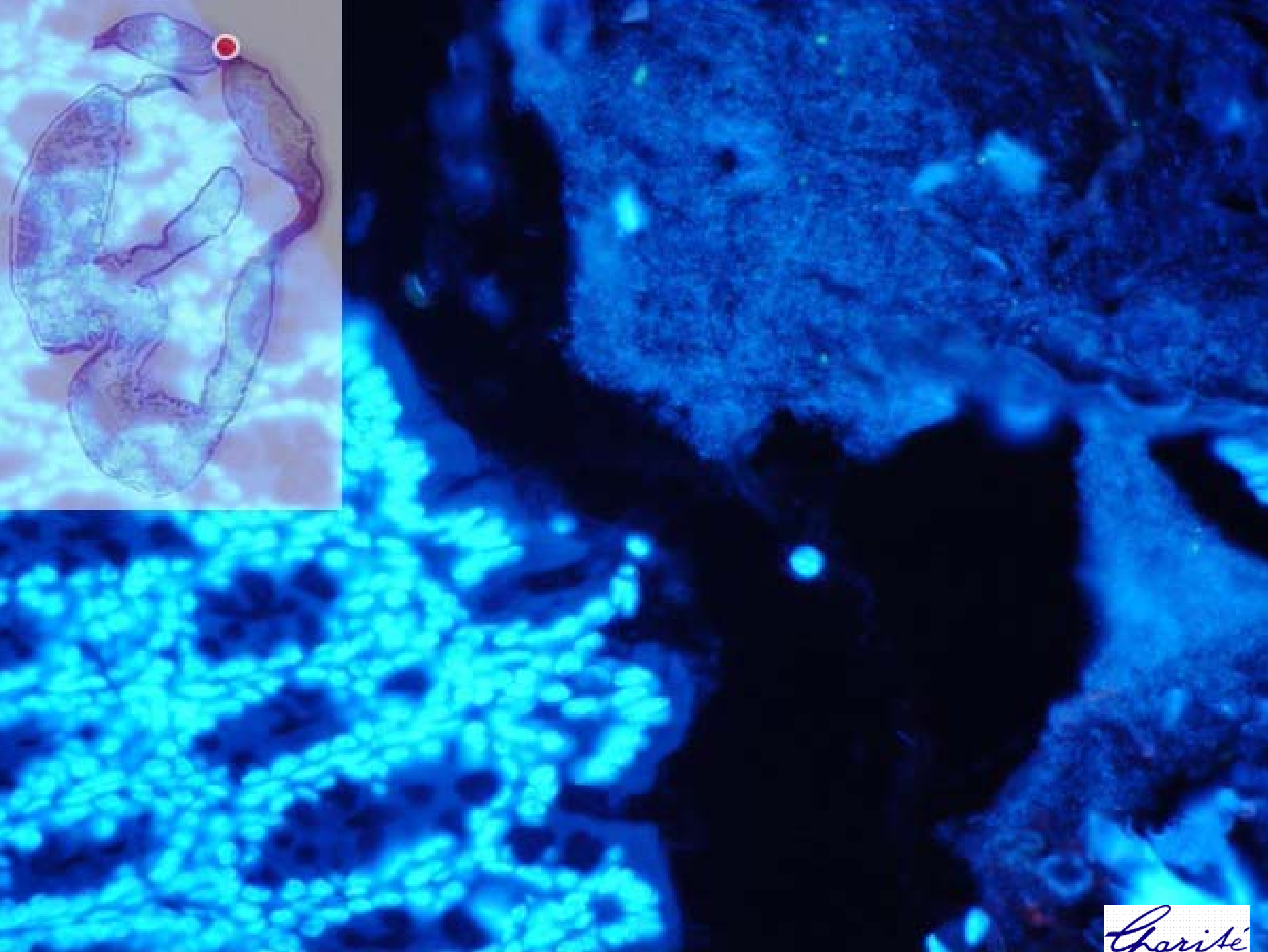
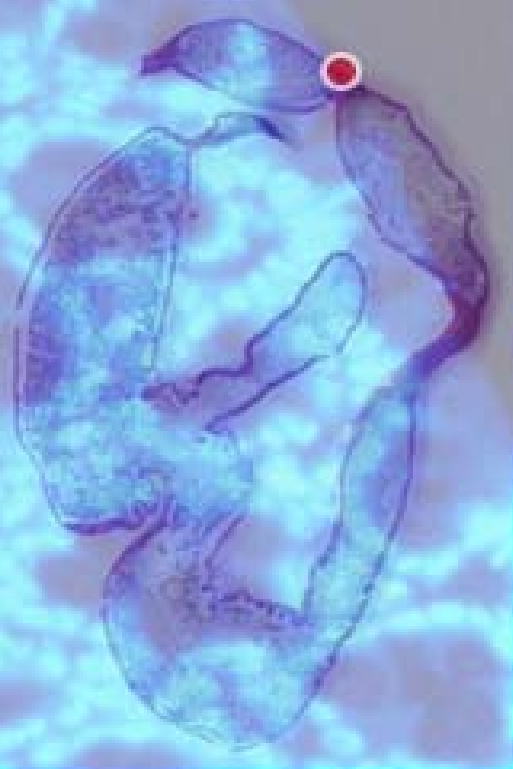


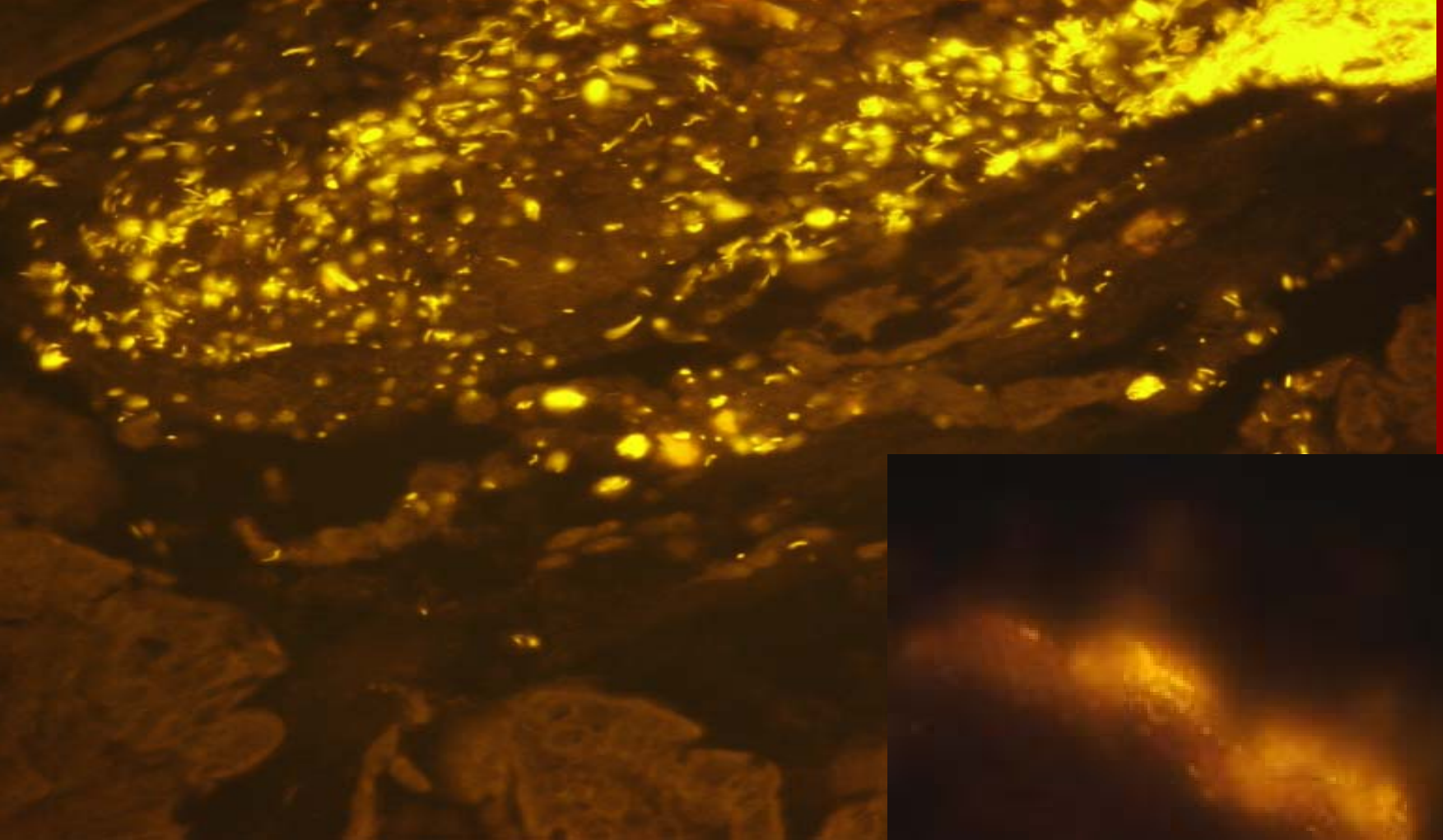








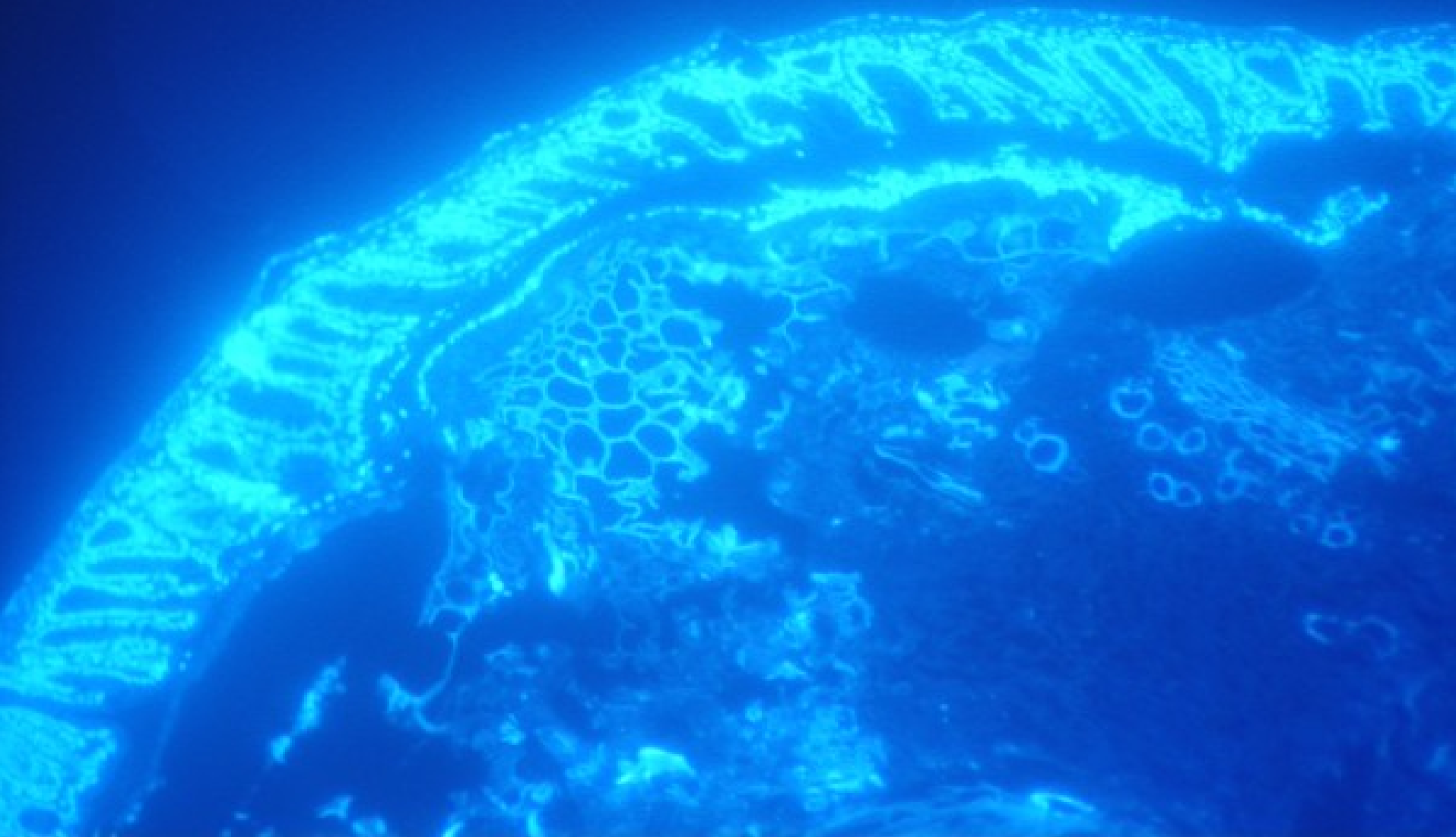


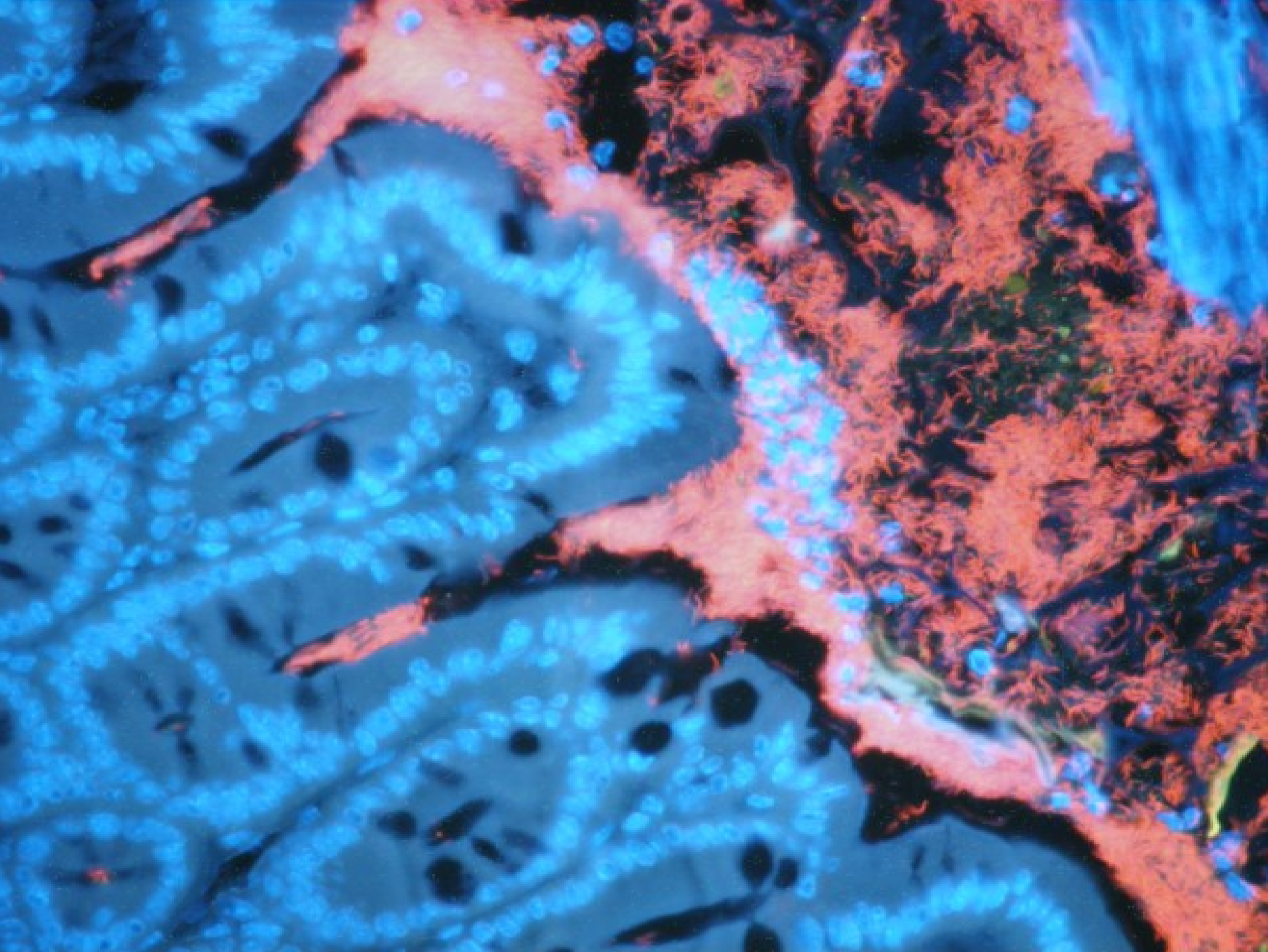


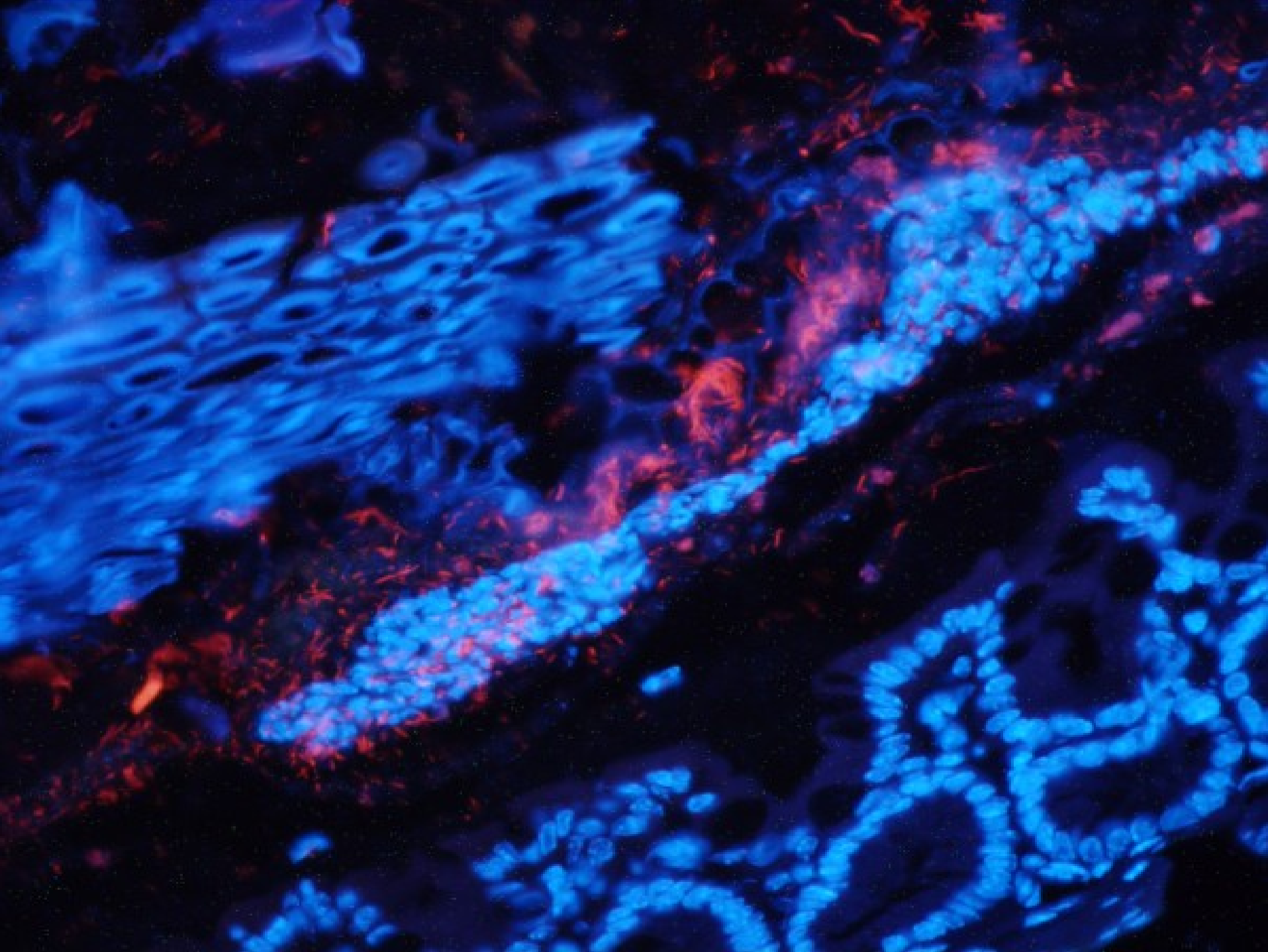
**Entzündliche Vorgänge bei
Il 10 ko-Maus
TAG Maus mit Colitis
DSS Colitis**

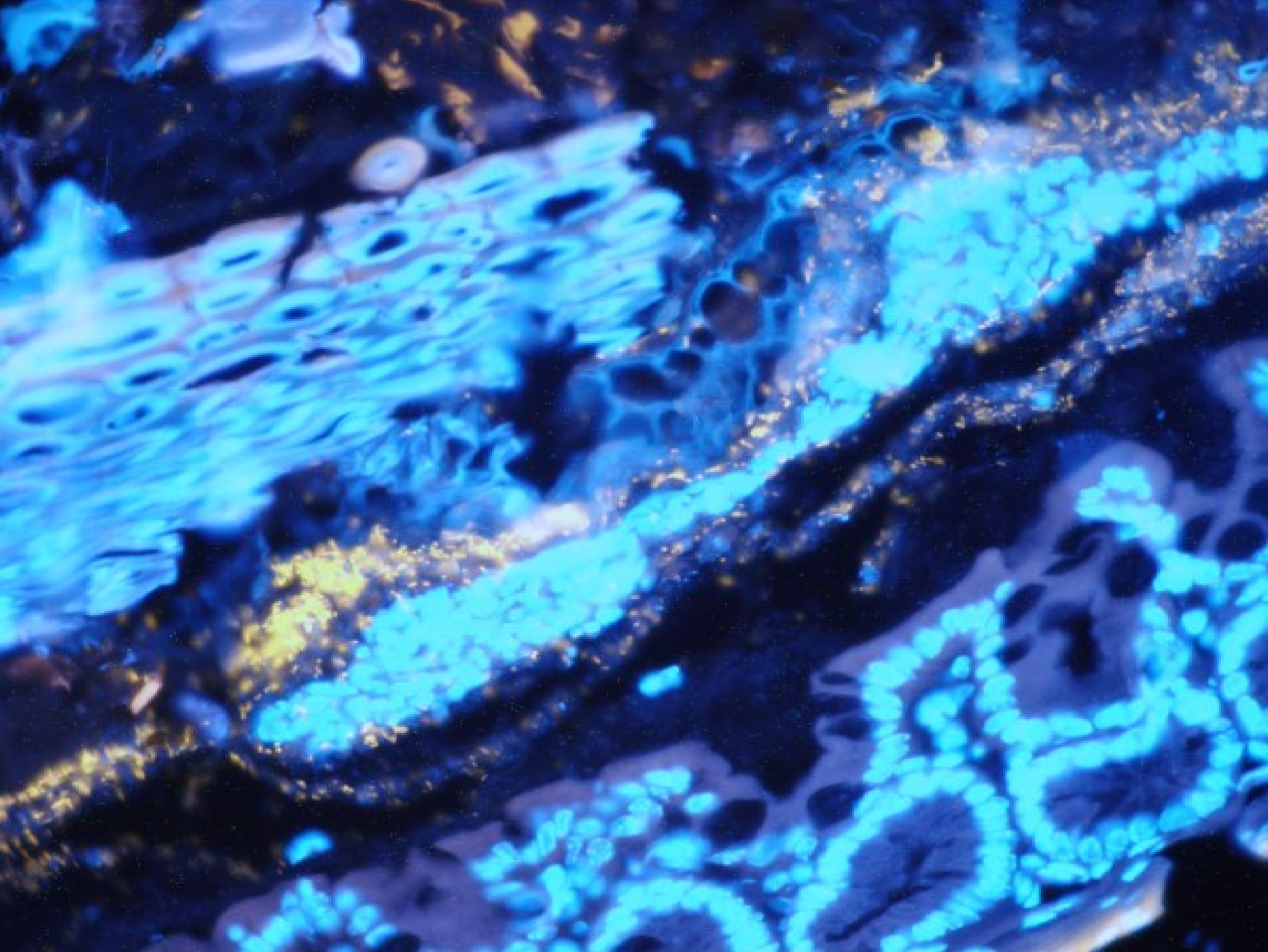


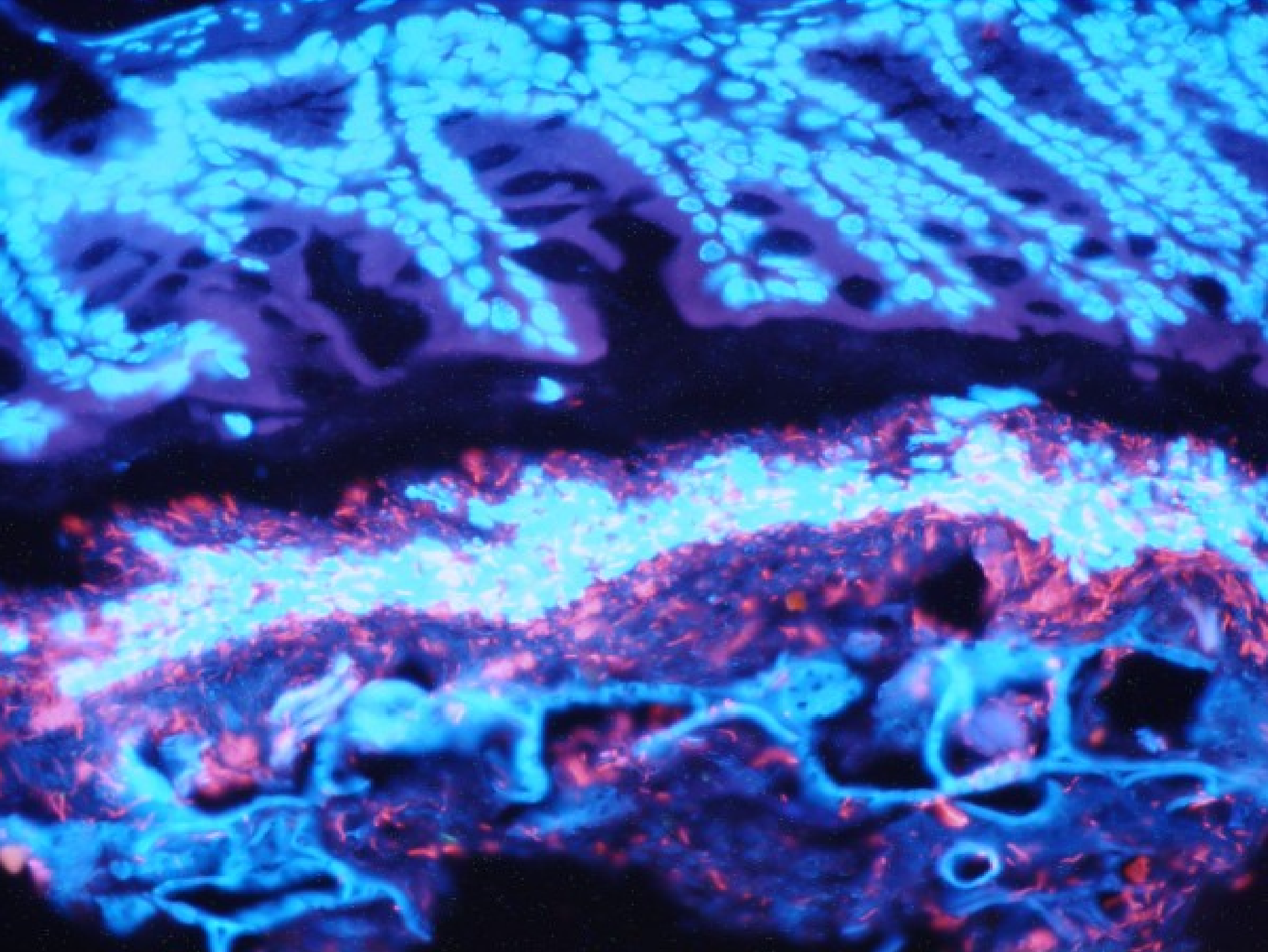
**Leukozyten wandern vermehrt
in den Mukus**

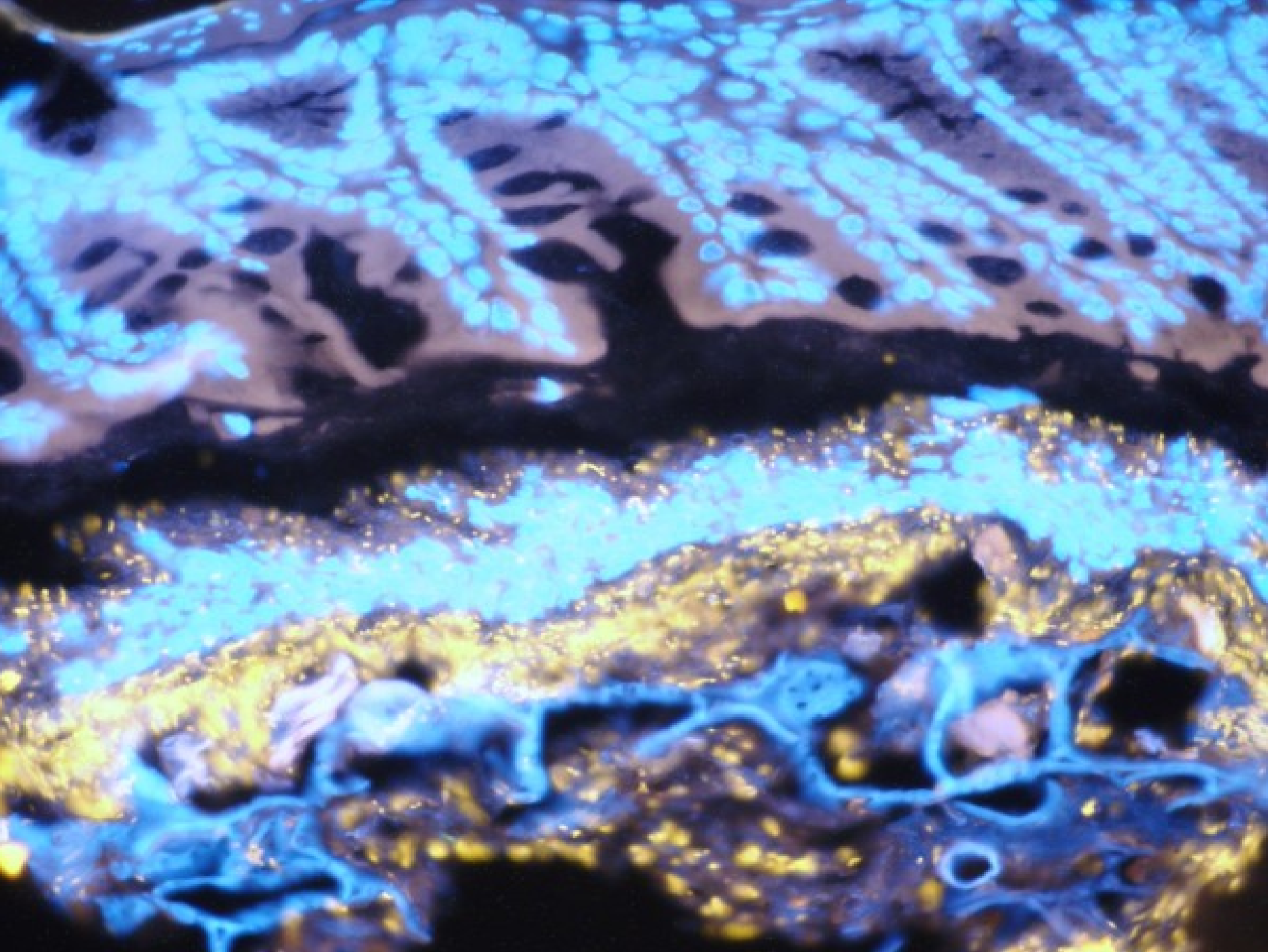


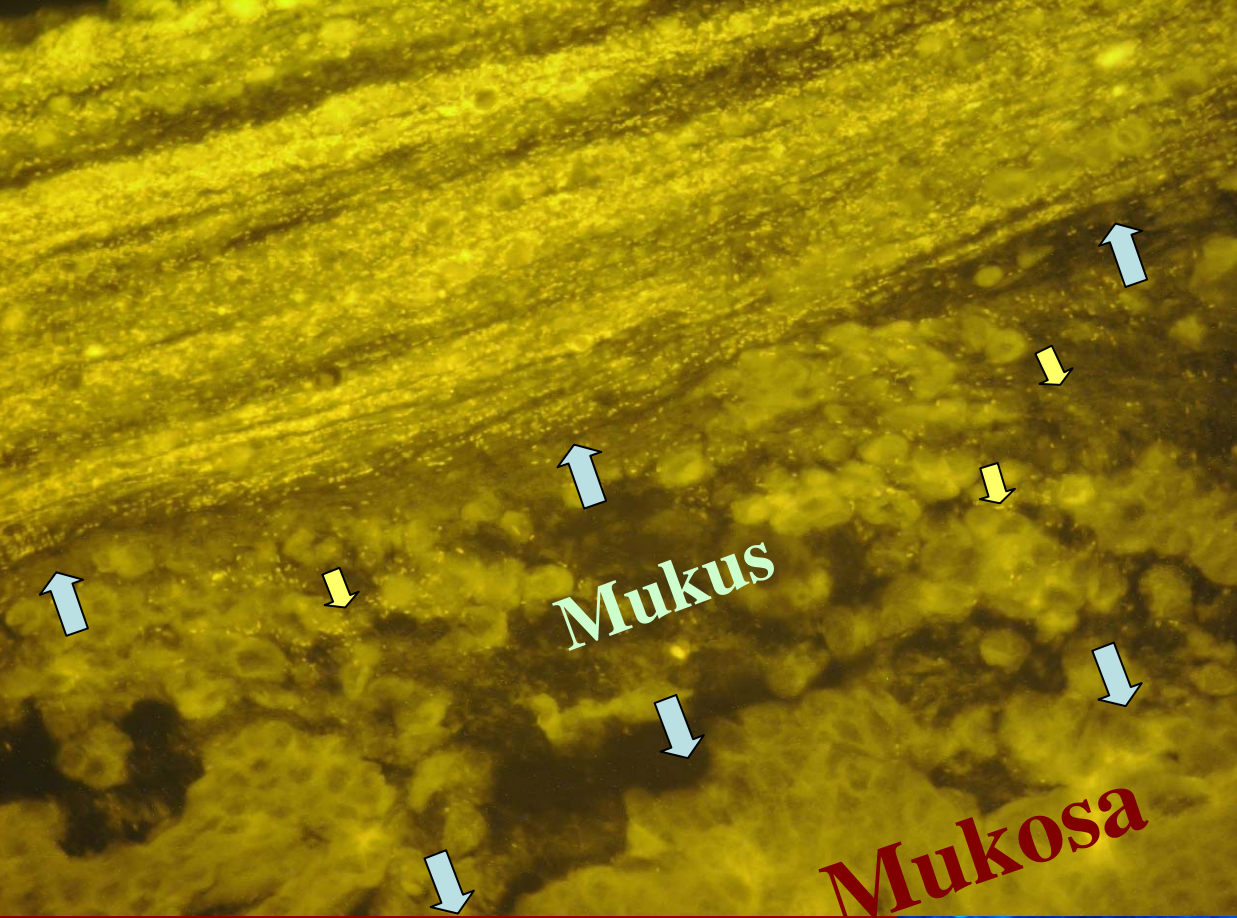






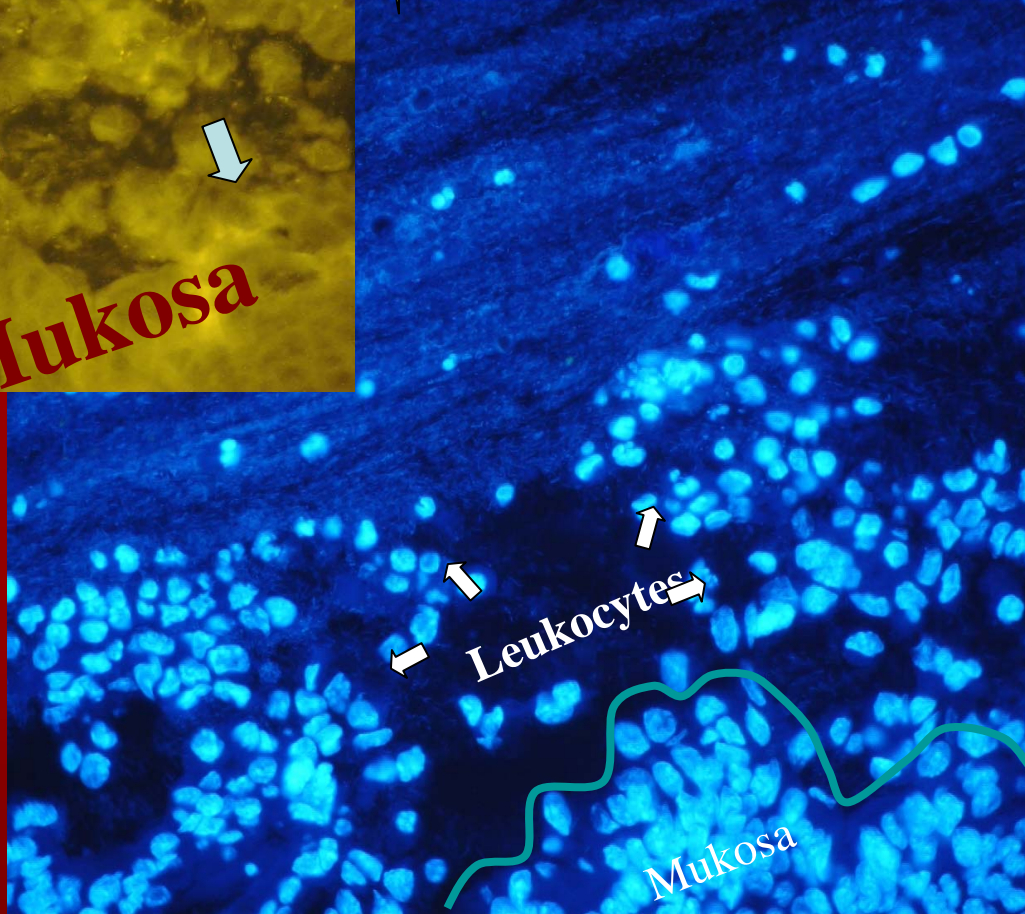


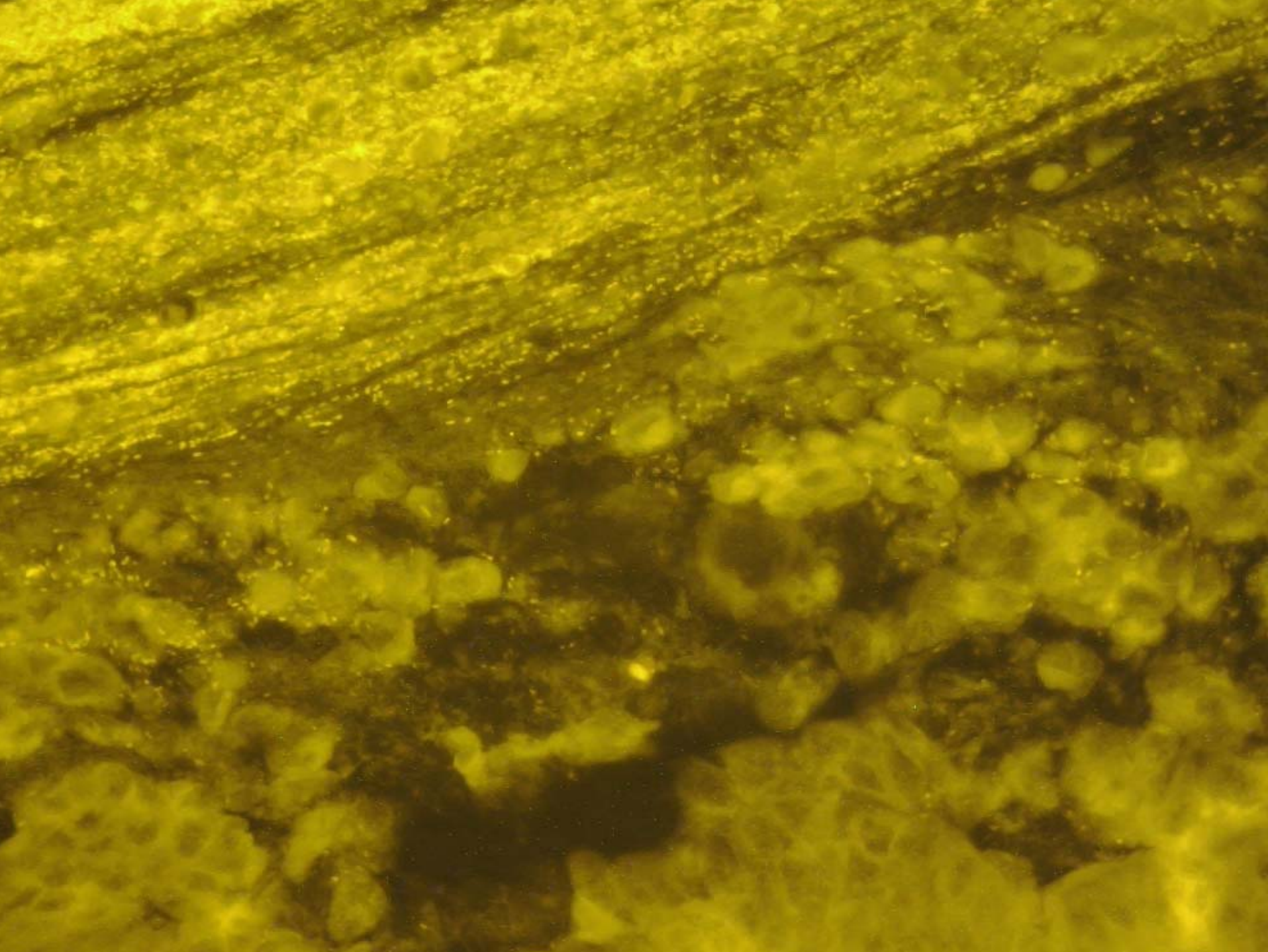




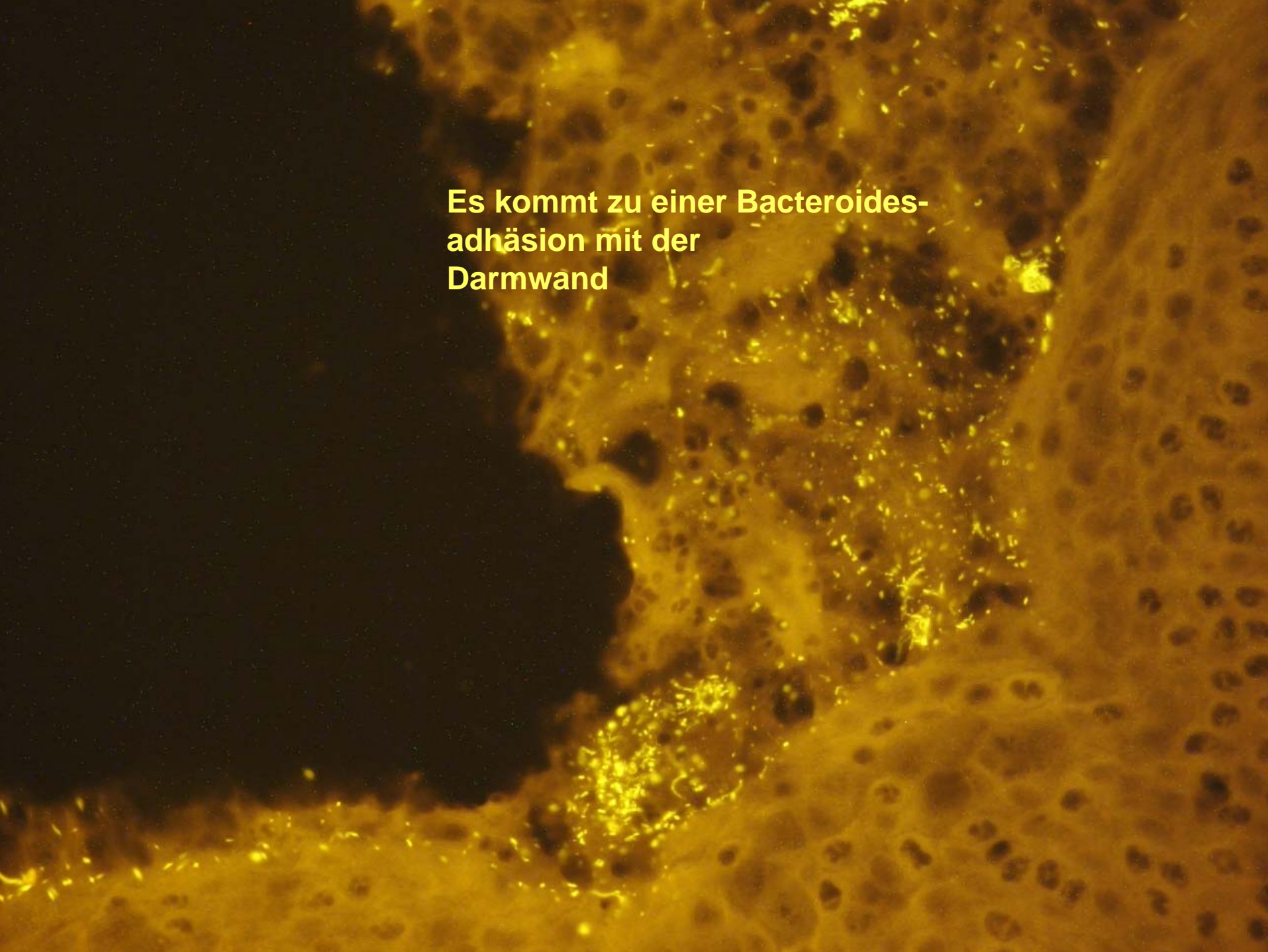
Bacteroides
durchdringt
Mucus

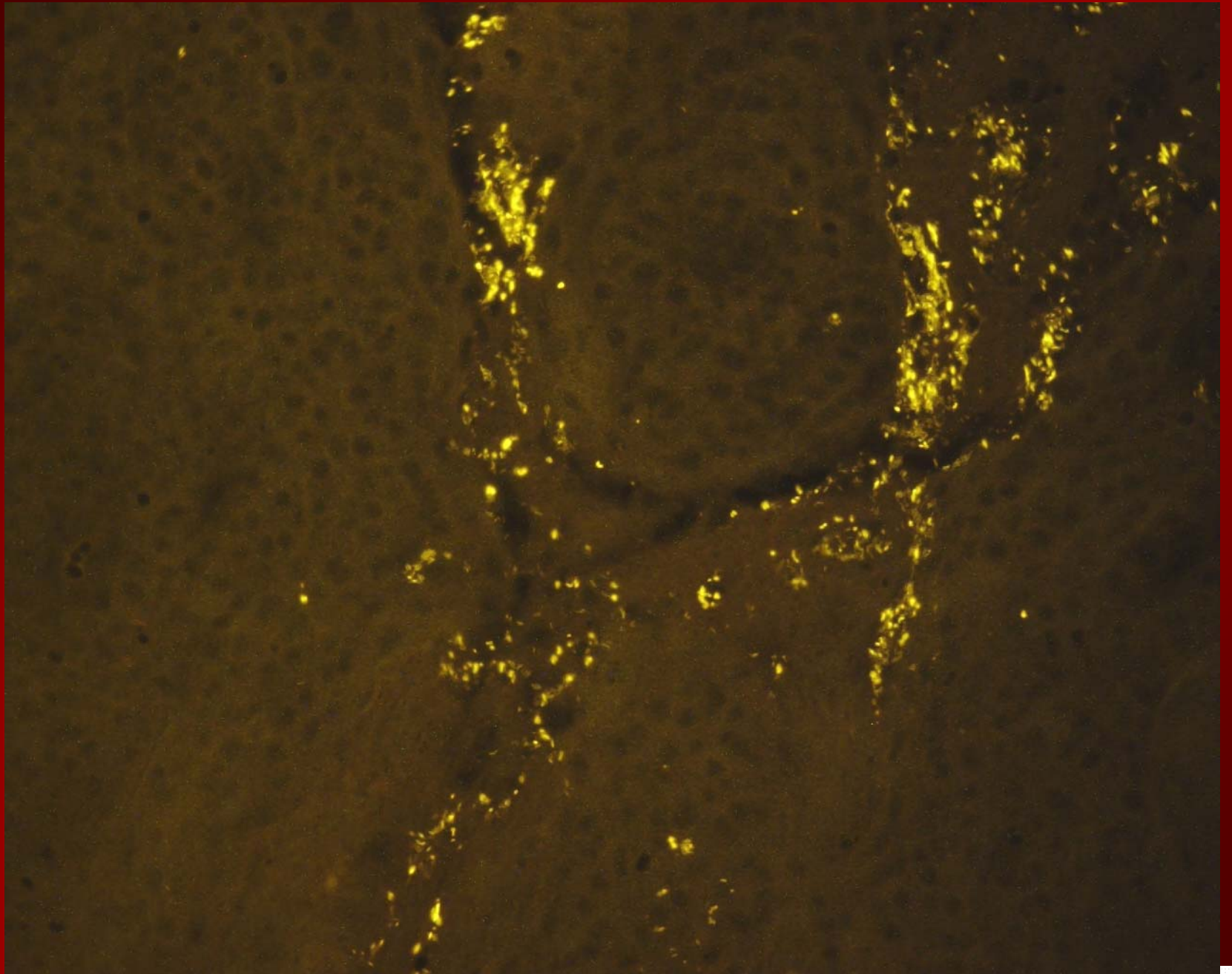
Gleiches Bild in Cy3 (Bacteroides)
und Dapi Fluoreszenz zeigt getrennt
Bakterien und Leukozyten



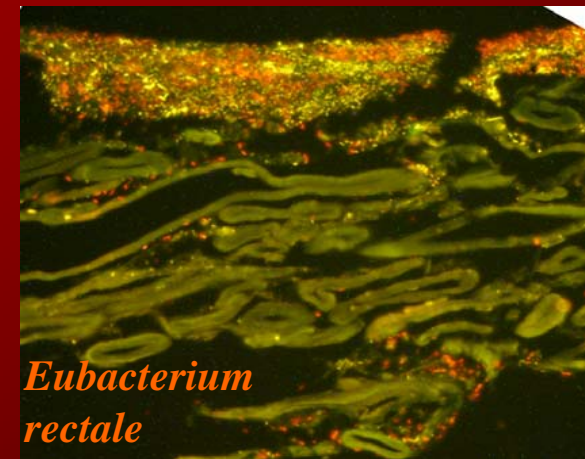
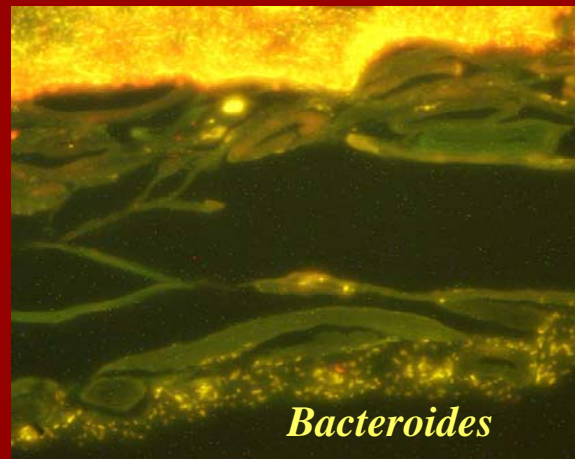
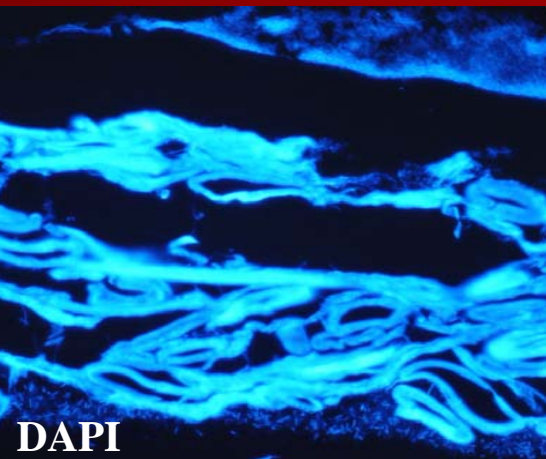
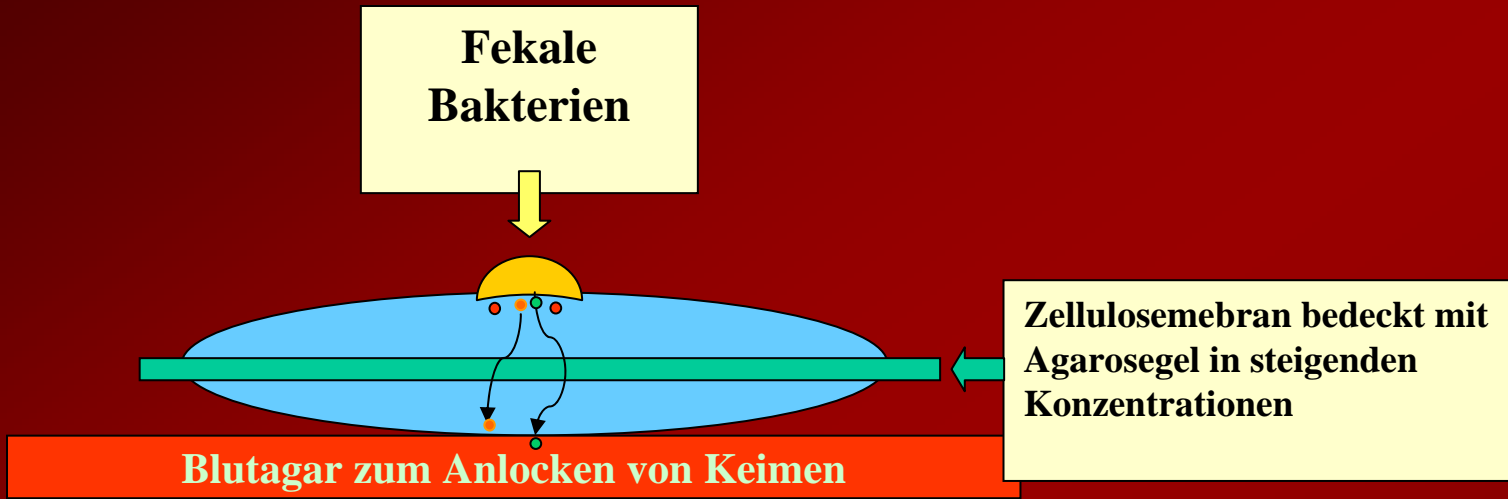


**Es kommt zu einer Bacteroides-
adhäsion mit der
Darmwand**





Mukussimulation in vitro



Beispiele der Mobilität

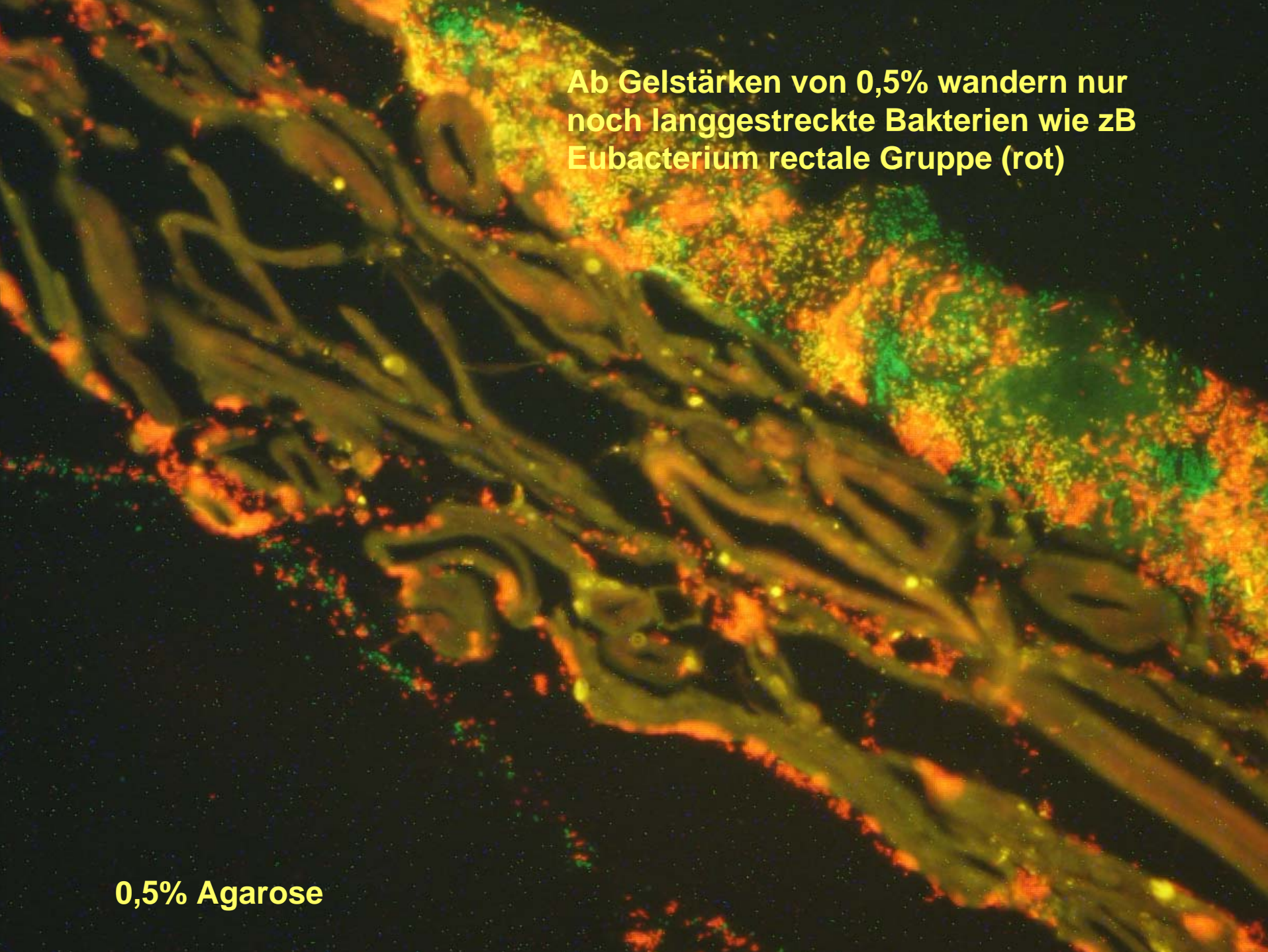
Bakterienbeweglichkeit durch Gele war speziesspezifisch und von der Viskosität abhängig



0,2% Agarose

Ab Gelstärken von 0,5% wandern nur noch langgestreckte Bakterien wie zB Eubacterium rectale Gruppe (rot)

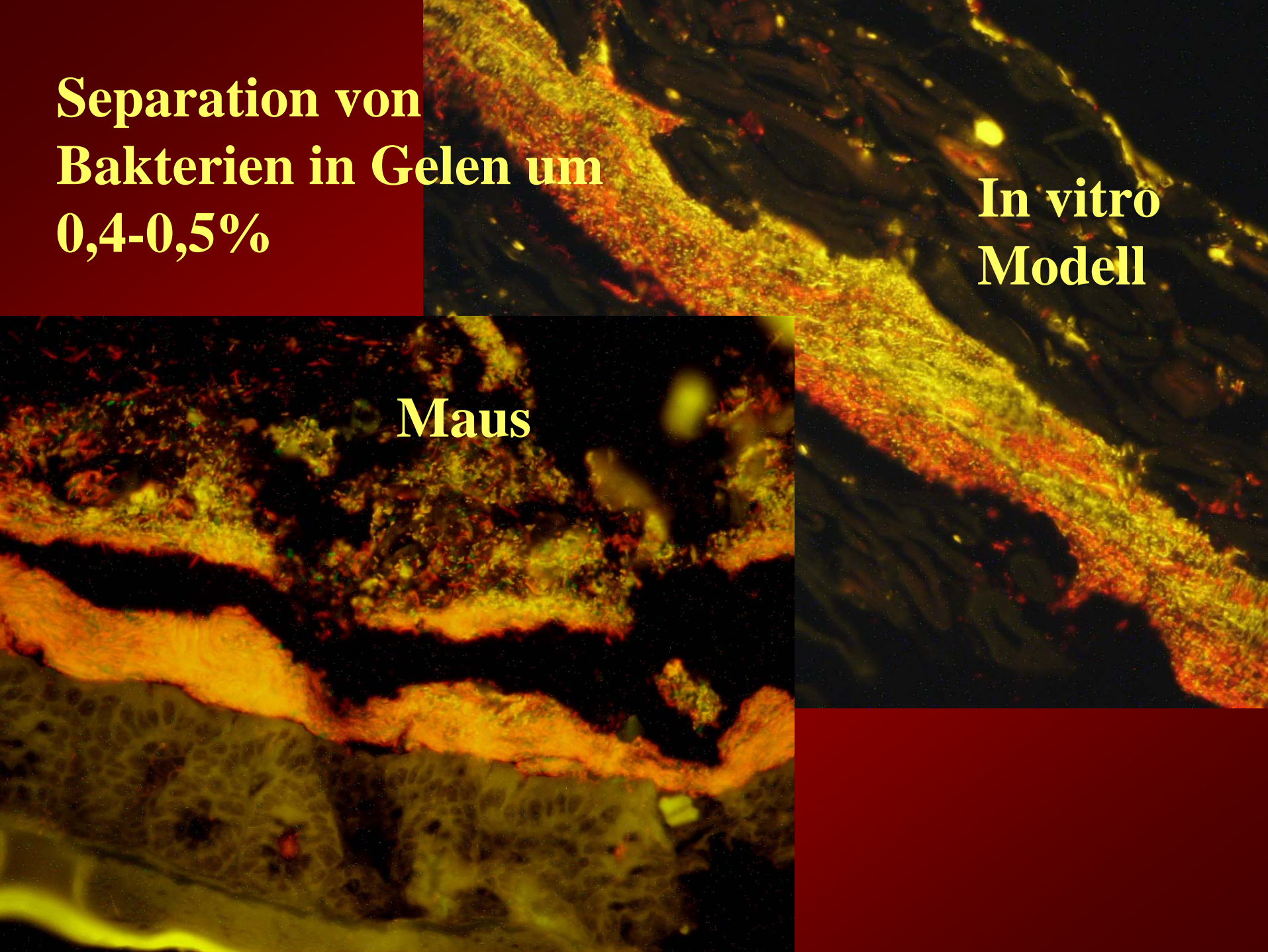
0,5% Agarose

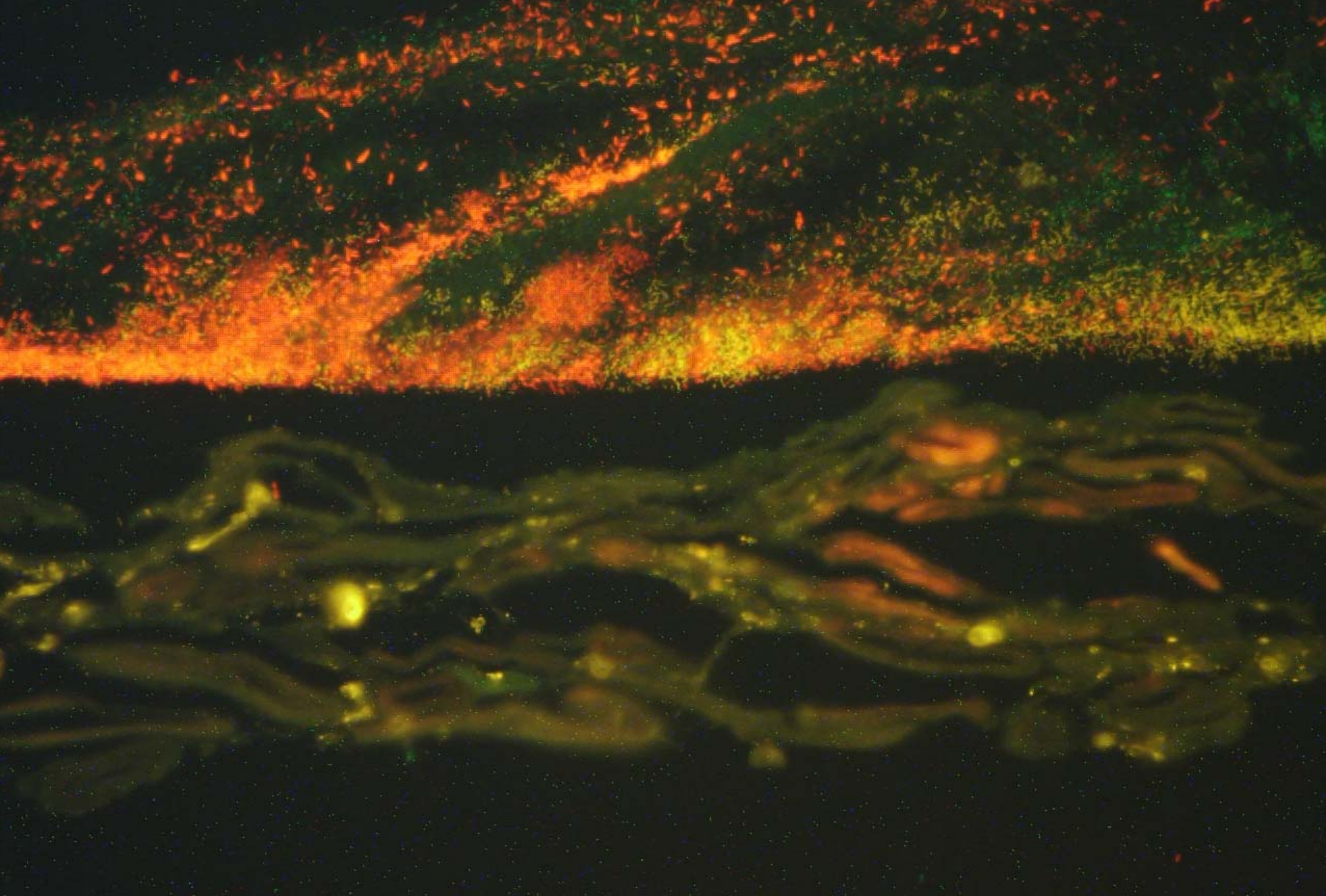


**Separation von
Bakterien in Gelen um
0,4-0,5%**

**In vitro
Modell**

Maus





0,7% Agarose

Die Zugabe von DSS zum Gel führt zum Enhancement der Wanderung von Bakterien auch durch Gele mit Agarosedichte über 0,7% (bis 1,0%)
Ähnliche, wenn auch schwächere Wirkung zeigt die Zugabe von mukuslösendem DTT zum Stuhl



Toleranz

Physiologische
Flora



Immunantwort

Enterale Pathogene

Überreaktion?

E. coli

Bacteroides

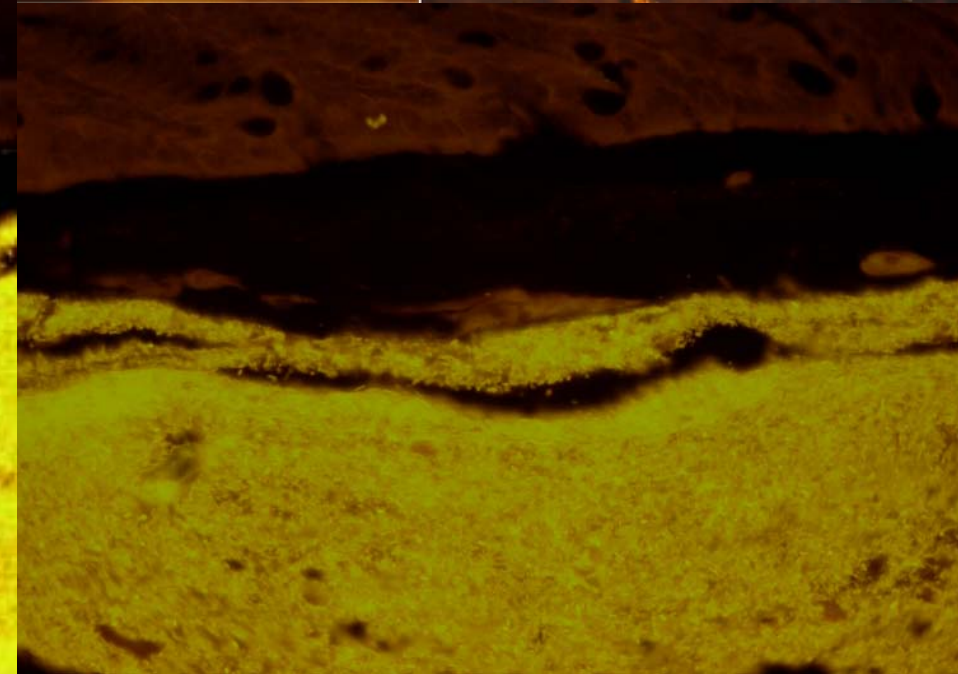
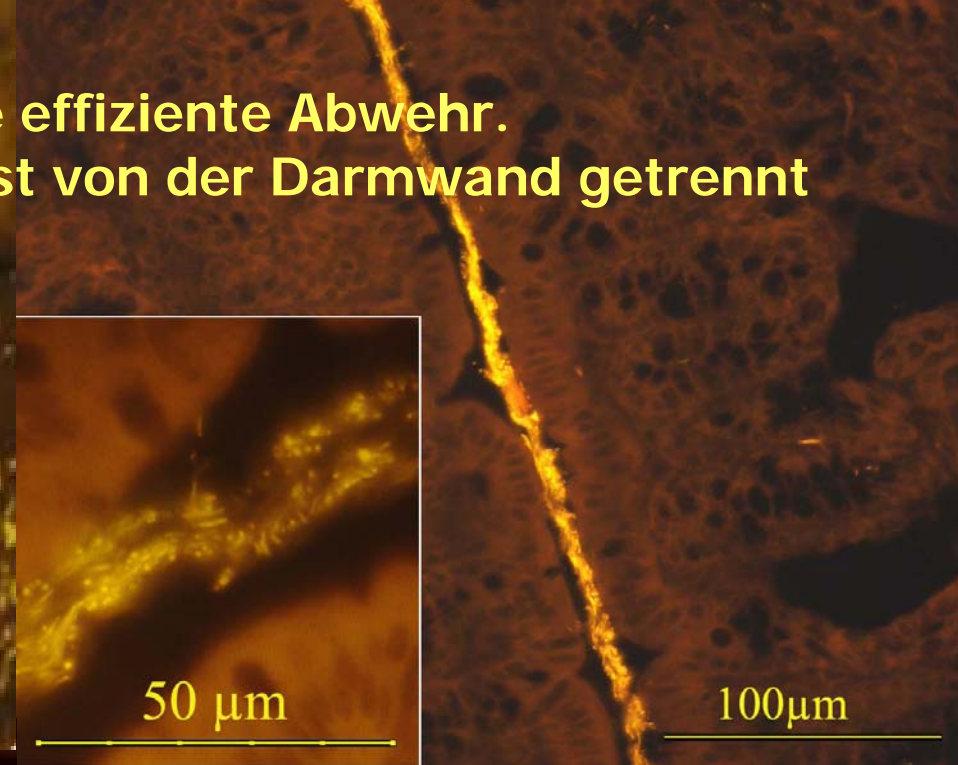
Clostridium difficile

Enterokokken

Salmonellen

Shigellen

Der Grund für "Toleranz" ist eine effiziente Abwehr.
Die Mehrzahl fekalen Bakterien ist von der Darmwand getrennt



Viskosität des Mukus
Defensine
Bakterielle Separation/Probiotika
Leukozyten
Antikörper

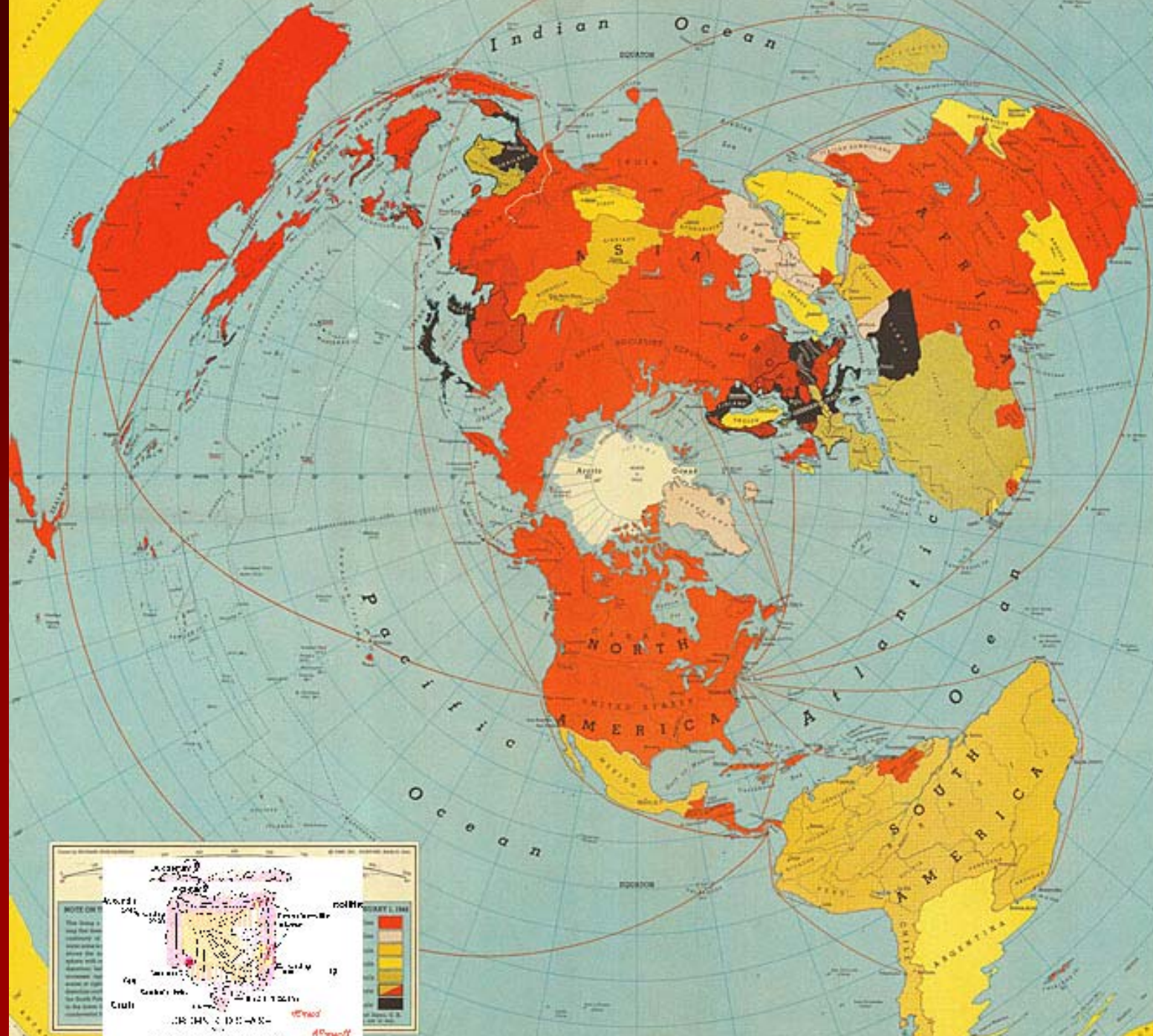
ONE WORLD ONE WAR Two diseases



Three life lines connect America with the battle for three continents: (1) across the North Atlantic to the British Isles; (2) through the west of the Atlantic to West Africa; (3) around South Africa to the Red Sea and the Persian Gulf. Unless Germany succeeds in breaching through the circle that reaches from England to the White Sea, along the Russian coast to the Middle East, and across North Africa back to the Atlantic, the United Nations can secure time and space to organize and deploy their presently growing resources. If Japan and Germany are allowed to take hold in India, the Axis will have the advantages of "the inner Sea" — on a world scale. Disintegrated Axis control of Eurasia's huge land masses, from Le Havre to Shanghai, would transform the New World into an island and the two surrounding oceans into highways of invasion.



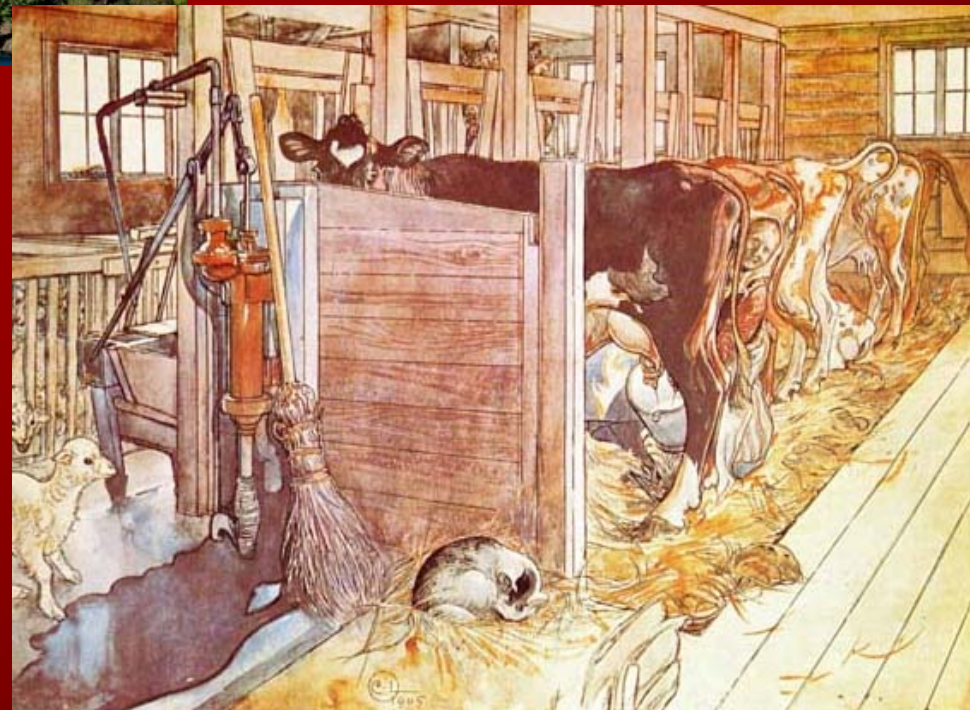
The tremendous distances in the Pacific, only yesterday appraised as an element of American security, have become the toughest of war problems. While across the relatively narrow Atlantic America has to support Allies who are entrenched on established battle grounds, across the Pacific we must create and supply, new fronts in areas that are thousands of miles from industrial centers and safe distribution points. Unless Soviet Russia, by taking her "allies" over captured Japan, permits the full use of the most promising line of trans-seasack (Rinkai - Alaskan Islands - Kamchatka - Vladivostok), the Japanese will enjoy for a long time the greater strategic advantages that Germany ever had in Europe. Even the most distant objective of the Japanese drive is many times nearer to Japan than to the nearest American base. With the China Sea closed to us by the Japanese, American supplies and armed forces will reach South America and the Indian coast over a route that is longer than a journey half-circled the world. Yet in these very regions, contacting us India, the United Nations, if prepared through they are, will have to fight one of the great decisive battles of history: The Battle for Asia.

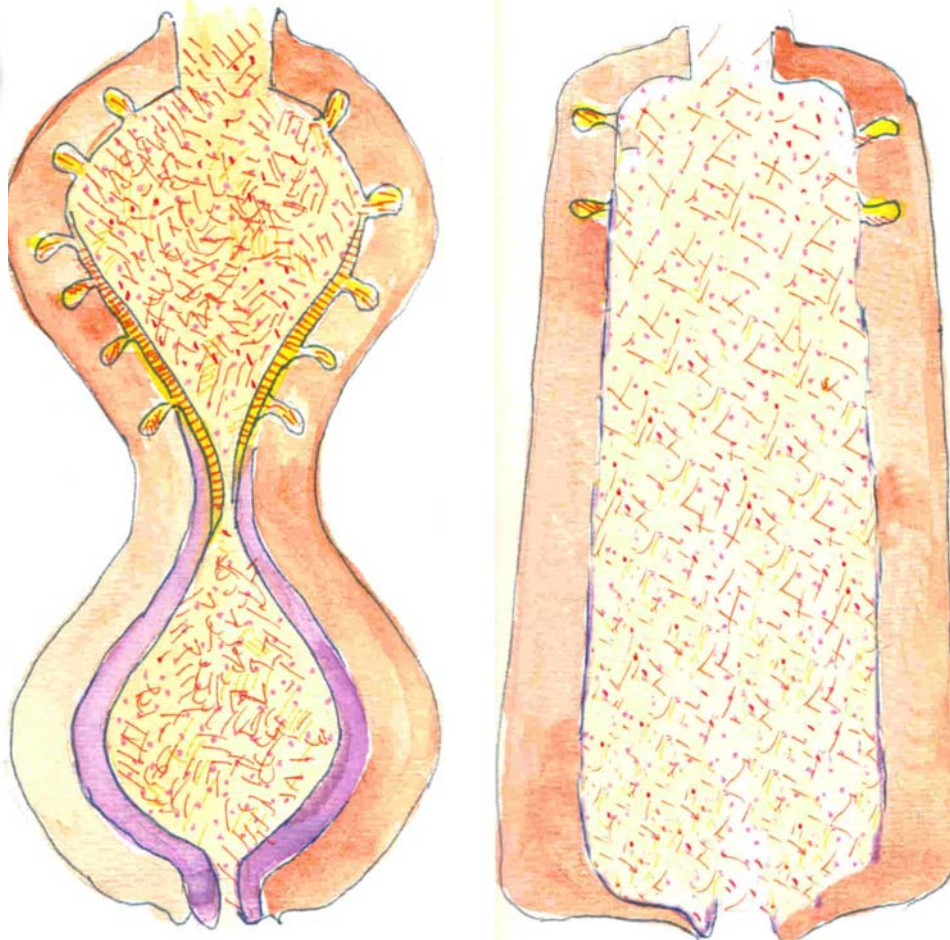




**Haben wir zu wenig
Bakterien in unserer
Umgebung?**

**GO
BACK!**





Detergenzien halten unsere Umgebung sauber, könnten aber beim Menschen die gleiche Wirkung auf den Mukus wie DSS bei der Maus haben

Einige Faktoren mit potentielltem Einfluss auf die Mukusbarriere

Exogen:

Detergenzien:

Bakterielle Virulenz:

Glutene sind natürliche Emulgatoren. Ihre pathogene Wirkung bedarf einer bakteriellen Komponente. Da der Dünndarm wenig Bakterien enthält, sind nur wenige Patienten von einer Fehlbesiedlung betroffen.

Rauchen

Endogen:

Gallensäuren sind körpereigene Emulgatoren. Sie wirken im Dünndarm, wo Bakterien fehlen und werden im Ileum resorbiert. Bei unvollständiger Resorption von Gallensäuren kommt es zum Durchfall.

Defensine

Probiotika, Prebiotika, Nukleinsäurenderivate

Entz. Mediatoren der Leukozyten

Genetische

NOD 2 Mutationen

EU zugelassene Emulgatoren für Lebensmitteln

[E425](#), Konjak

[E432 bis E436](#), Polysorbat

- E432, Polyoxyethylen-sorbitan-monolaurat (Polysorbat 20)
- E433, Polyoxyethylen-sorbitan-monooleat (Polysorbat 80)
- E434, Polyoxyethylen-sorbitan-monopalmitat (Polysorbat 40)
- E435, Polyoxyethylen-sorbitan-monostearat (Polysorbat 60)
- E436, Polyoxyethylen-sorbitan-tristearat (Polysorbat 65)

[E440](#), Pektine, Amidiertes Pektin

[E442](#), Ammoniumsalze von Phosphatidsäuren

[E444](#), Saccharose-acetat-isobutyrat

[E445](#), Glycerinester aus Wurzelharz/Kolophonester

[E450 bis E452](#), Phosphate

[E459](#), Beta-Cyclodextrin

[E460 bis E469](#) Cellulose und Celluloseverbindungen

- E460, Cellulose, Mikrokristalline Cellulose, Cellulosepulver
- E461, Methylcellulose
- E463, Hydroxypropylcellulose
- E464, Hydroxypropylmethylcellulose
- E465, Ethylmethylcellulose
- E466, Carboxymethylcellulose, Natriumcarboxymethylcellulose
- E468, Vernetzte Natrium-Carboxymethylcellulose
- E469, Enzymatisch hydrolysierte-Carboxymethylcellulose

[E470a und E470b](#), Salze von Speisefettsäuren

- E470a, Natrium-, Kalium- und Calciumsalze von Speisefettsäuren
- E470b, Magnesiumsalze von Speisefettsäuren

[E471 bis E472f](#), Mono- und Diglyceride von Speisefettsäuren

- E471, Mono- und Diglyceride von Speisefettsäuren, Monoglycerid
- E472a, Essigsäureester von Mono- und Diglyceriden von Speisefettsäuren
- E472b, Milchsäureester von Mono- und Diglyceriden von Speisefettsäuren
- E472c, Citronensäureester von Mono- und Diglyceriden von Speisefettsäuren
- E472d, Weinsäureester von Mono- und Diglyceriden von Speisefettsäuren
- E472e, Mono- und Diacetylweinsäureester von Mono- und Diglyceriden von Speisefettsäuren
- E472f, Gemischte Essig- und Weinsäureester von Mono- und Diglyceriden von Speisefettsäuren

[E473](#), Zuckerester von Speisefettsäuren

[E474](#), Zuckerglyceride

[E475](#), Polyglycerinester von Speisefettsäuren, Polyglycerinester

[E476](#), Polyglycerin-Polyricinoleat

[E477](#), Propylenglycolester von Speisefetten

[E479](#), Thermooxidiertes Sojaöl mit Mono- und Diglyceriden von Speisefettsäuren

[E481 bis E483](#), Natriumstearoyl-2-lactylat, Calciumstearoyl-2-lactylat, Stearyltartrat

[E491 bis E495](#), Stearin- und Palmitatverbindungen

[E491](#), Saccharosemonoacetat

Mit der Industrialisierung ist die Belastung des Menschen durch diverse enterale Bakterien nicht gesunken, sondern gestiegen.

Der Anstieg der Häufigkeit chronisch entzündlicher Darmerkrankungen seit Anfang des vorherigen Jahrhunderts kann eine direkte Folge davon sein

Nicht die Mukosa, sondern der anliegende Mukus ist der Ort der primären Auseinandersetzung mit enteralen Pathogenen.

Die Störung der Mukusbarriere ist der Grund für die Entzündung. Solange der Mukus durchlässig für Bakterien bleibt hat die Entzündung keinen Sinn, kann aber nicht erfolgreich beendet werden.

Die Dichte der Mukusbarriere hängt von vielen exogenen und endogenen Faktoren ab. Wir können diese nunmehr identifizieren und eliminieren.

Morbus Crohn und Colitis sind heilbar.