



## Leaky Gut - Gut Health

The gut is incredibly complex and important to overall health. Over the last twenty years, studies have conclusively shown the links between gut health and immune system, mental health and mood, endocrine disorders, autoimmune diseases, and cancer. In fact, your overall health says a lot about the health of your gut and digestive system.

### Healthy Gut

In order to achieve proper absorption, the gut lining is very thin, only a single cell thick. The thin lining of the gut is in steady contact with nutrients, microbes, toxins and drugs that go through our system daily. The gut works as a filter to determine what should pass through the digestive system into the body, and what substances, such as toxins, bacteria, and undigested foods, should be kept out of the body. The immune system is constantly examining the lining of the gut, looking for anything it does not recognize in order to protect the body from unwanted pathogens.

### Leaky Gut

Intestinal permeability, also known as leaky gut, can occur when the lining of the intestines begin to allow undigested food particles and toxins to enter into the bloodstream. When the tight junctions between the cells in the gut lining loosen, a passageway opens allowing these unwanted substances to get through, which in turn, activates the immune system to respond. The immune response will target not only the food particles and toxin, but may also attack healthy cells that share a similar appearance. When this happens, the immune system response creates inflammation, causing a variety of whole body symptoms.

### Symptoms Of Leaky Gut

- Skin Irritations and infections including acne, eczema, and rosacea
- Food allergies or intolerances
- Digestive problems such as nausea, bloating, constipation, excess gas
- Weight gain
- Fatigue and sleep disturbances

- Autoimmune conditions such as rheumatoid arthritis, celiac disease, lupus, or psoriasis.
- Mood disorders including anxiety, depression, ADD, ADHD
- Chronic fatigue or fibromyalgia
- Joint pain
- Hormone imbalances including PMS and PCOS.
- Migraine headaches

#### Causes of Leaky Gut

- Chronic Stress
- Medications (frequent NSAID use, acid blocker, PPI, antibiotics)
- Infections
- Poor dietary choices (foods full of starch, sugar, and processed foods)
- Toxin exposure and overload (preservatives, pesticides (glyphosate), environmental)
- Inflammatory disease

#### How to Heal a Leaky Gut?

- Remove any known triggers
- Replace (bile acids, digestive enzymes, hydrochloric acid)
- Reinoculate (probiotics, fermented foods)
- Repair (antioxidants, glutamine, collagen, fish oil, zinc)
- Rebalance - change previously harmful lifestyle habits