

LEAKY GUT SYNDROME

The Gut Lining controls the flow of particles from our gut to our bloodstream. It is a SEMI-permeable barrier, meaning it is a highly surveillanced wall, allowing only certain molecules and particles to pass from our gut into the blood. The WALLS of our gut lining are comprised of cells connected via "tight junctions". HENCE they are supposed to be TOIGHT. Normally, nothing is able to pass in between these single cells unless it is a vitamin, mineral, or food particle that has been thoroughly digested and broken down into the smallest possible size. Your gut is sealed off from foreign invaders, like bacteria, toxins, and large undigested food particles.

When these tight junctions begin to break down, it is known as "intestinal permeability" aka LEAKY GUT SYNDROME. The gut lining becomes inflamed and is no longer TIGHT, but very LEAKY, with holes, allowing all these unwanted materials to enter our bloodstream.

Not only does it make absorption and digestion of nutrients difficult, but it allows pathogens, large food particles, and toxins to pass into our bloodstream. Since LARGE food particles SHOULD NOT be in our bloodstream, our body sees them as foreign invaders and triggers an immune response. Over time, this leads to **food sensitivities and chronic systemic inflammation.**

Common signs and symptoms of LEAKY GUT SYNDROME: constipation, bloating, diarrhea, indigestion, nausea, gas, cramping, or discomfort. Prolonged chronic systemic inflammation can lead to joint and muscle pain, headaches, mood swings, eczema, weight gain, auto-immune disease, and fatigue.

7 Signs You Have a Leaky Gut

- ___1. Digestive issues (pain, bloating, gas, diarrhea, constipation, irritable bowel syndrome)
- ___2. Seasonal allergies or asthma
- ___3. Autoimmune diseases, such as celiac, rheumatoid arthritis, psoriasis, or lupus
- ___4. Chronic pain, joint pain, muscle pain, or fatigue
- ___5. Mood issues, including depression, anxiety, ADD
- ___6. Acne, rosacea, eczema
- ___7. Food allergies and intolerances

CONTRIBUTORS TO A LEAKY GUT

- | | |
|---|--|
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Candida |
| <input type="checkbox"/> Corticosteroid | <input type="checkbox"/> NSAIDs |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Small intestinal bacteria overgrowth (SIBO) |
| <input type="checkbox"/> High sugar diet | <input type="checkbox"/> Nutrient deficiencies |
| <input type="checkbox"/> Food intolerance & allergies | <input type="checkbox"/> Caffeine |
| <input type="checkbox"/> Overtraining/endurance exercise | <input type="checkbox"/> Yeast overgrowth |
| <input type="checkbox"/> Infections | <input type="checkbox"/> Antibiotics |
| <input type="checkbox"/> Toxins | <input type="checkbox"/> Low fiber diet |
| <input type="checkbox"/> Food Intolerance (gluten, soy, dairy, corn, sugar, eggs) | <input type="checkbox"/> Sedentary lifestyle |

Give yourself a score. If you have ever eaten a STANDARD AMERICAN DIET, chances are HIGH that you have some degree of a LEAKY GUT.

GOAL: decrease or eliminate as many of the above from your life