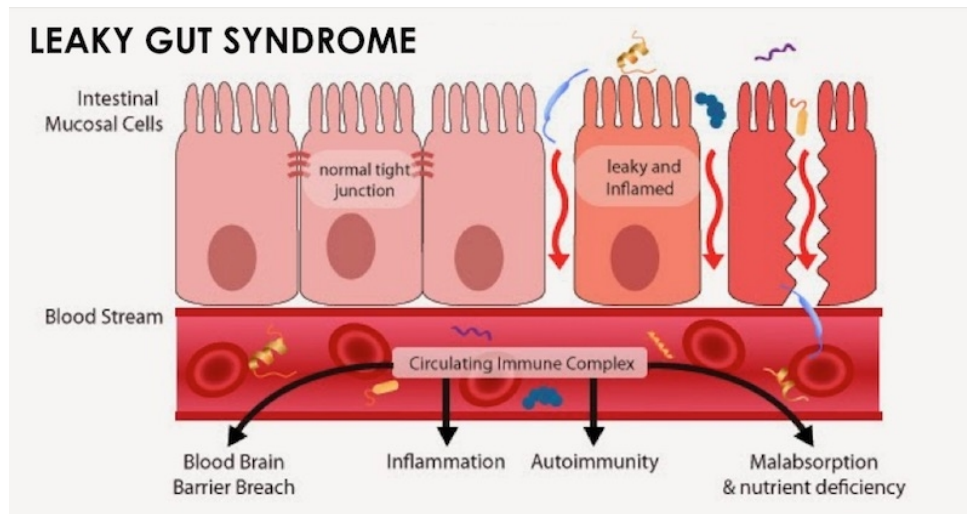


Leaky Gut



What is it?

Leaky gut syndrome is an intestinal permeability that can create all sorts of issues. Within the small intestines there is one layer of specialized epithelial cells which are responsible for maintaining tight-junctions so food can be absorbed properly. When these tight junctions rupture substances can flow into the bloodstream. With a decrease in tight-junctions two things happen which can both cause a host of other problems. One, your body must filter the blood which will be difficult on the liver and provide nasty blood to every organ in the body. Two, malabsorption of quality nutrients begins to fade due to intestinal inflammation. As inflammation continues there becomes a dysfunctional balance between the good and bad gut bacteria. To top it off, leaky gut causes a breakdown of antigenic material weakening the immune system.

Symptoms

- Diarrhea/ Constipation
- Bloating/ Gas
- Irritable bowel symptoms
- Brain fog
- Sugar cravings
- Autoimmune Diseases
- Ulcerative Colitis or Chron's disease
- Acne
- Thyroid disorders
- Liver dysfunction
- Weight gain
- Food Allergies



Improving Gut Function with these Three Easy steps!

1. "Weed"-Remove Pathogens

a. Initial 2-3 weeks

During this initial stage, eliminating sugars, grains, dairy, caffeine, and alcohol will be important. This includes processed foods. Now, create a hostile environment for pathogens.

- Antimicrobial Herbs: Garlic, [Ginger](#), Oregano, Anise
- Apple Cider Vinegar
- Coconut oil: lauric acid kills pathogens
- Decrease animal fat
- Increase fat soluble vitamins (ADEK)
- Increase fluids and electrolytes



2. "Feed"- Good food for the Gut

a. Initial 6-10 weeks

Now that your gut has a fresh start, add lots of fiber and PREbiotics

- Prebiotic foods: asparagus, cruciferiferous vegetables, bananas, raw garlic, onion, raw chicory root
- Herbs supporting cellular function: rosemary, green tea, [turmeric](#), grape seed extract
- Ensure sufficient [B vitamins](#), [vitamin C](#), [CoQ10](#), [magnesium](#), [zinc](#), [L-glutamine](#)

3. "Seed"- Immune and Gut Support

a. Following 12 weeks

When seeding, begin to incorporate digestive enzymes, and probiotics for healthy gut bacteria.

- Whole foods will help to balance the pH.
- Immune Support: [Echinacea](#), Antioxidants

Probiotics

- Acute: 60-120 billion CFU daily for one week
- Maintenance: 10-20 billion CFU daily
- Maintenance w/ Antibiotics: 15-30 billion CFU daily (4 hrs away from meds)
- One yogurt: only 100-200 million CFU w/ added sugars

Before you start, talk to your doctor!

Credit: To Dr. Brett Carnevale and Dr. Bob Ruddy for nutritional guidance.



