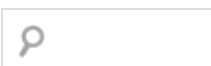


# Naturopath Connect

A Learning Resource



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## Leaky Gut Syndrome: Dietary and Lifestyle Recommendations to improve symptoms

The quality of your health depends upon many pieces that not only include the health of your bodily systems, but also include a [healthy diet](#), [exercise](#), and [spirituality](#).

Diet. Treatment of Leaky Gut Syndrome may center on developing general [healthy dietary guidelines](#), in addition to making some key adjustments in your relationship with food.

Dietary recommendations for Leaky Gut Syndrome include:

- Eat foods that have natural antimicrobial properties such as onions, leeks, radishes, fenugreek, gingerroot, hot chili, lemon juice, turmeric, mustard, and rosemary.
- Eat cruciferous vegetables that have detoxifying properties such as cabbage, cauliflower, brussels sprouts, and broccoli.
- Add raw, crushed garlic to your recipes. The act of crushing garlic releases [allicin](#), an enzyme that has antimicrobial/antifungal properties.
- Eat plain (no sugar, no artificial sweeteners) organic

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unpasteurized yogurt containing live, active cultures ([probiotics](#)) like *L. Acidophilus*. (Only if you are not allergic to dairy products.)

- Eat foods high in omega-3 essential fatty acids such as [ground flax seed](#), [wild-caught salmon](#), [minimal-mercury tuna](#), avacodos, [fish oil](#), and [sprouted walnuts](#).
- Eat complex carbohydrates that are digested slowly and gradually increase blood sugar levels, such as pumpkin, winter squash, sweet potatoes, and raw apples.
- Add saturated fats to your diet that have antimicrobial/antifungal properties such as [virgin coconut oil](#).
- Add nutrient-dense and unprocessed foods such as [sprouted nuts and seeds](#) to your diet.
- Drink purified water throughout the day.

Foods to AVOID include:

- Pickled foods such as pickled cucumbers (pickles), vegetables, mushrooms, relishes, and sauerkraut
- Fungi such as mushrooms
- Fermented cheeses and wine
- Simple or refined carbohydrates that spike blood sugar levels rapidly such as sugar, white bread, white-flour pasta, cookies, cakes, crackers, processed snacks like potato chips, sugary soft drinks, and juices, all of which can aggravate [Candida](#) overgrowth – [Read more about good carbs and bad carbs](#).
- All foods containing refined sugar or artificial non-nutritive sweeteners such as aspartame, Splenda®, etc. [Choose a natural sweetener like Xylosweet instead](#).
- Alcoholic beverages in excess since they hinder the functioning of the immune and digestive systems and retard the healing process
- Excessive caffeine intake – While moderate amounts of caffeine may be beneficial, excessive consumption can disrupt the body's systems, causing insomnia and digestive irregularity (constipation or diarrhea).
- Bottom crawlers such as oysters, clams, and lobster that may contain [toxic levels of mercury](#)

- Deep-sea fish such as tuna, mackerel, and swordfish that may contain toxic levels of mercury. Choose [minimal-mercury albacore tuna](#) instead.
- Farm-raised fish that contain high levels of PCBs, mercury and little omega-3 (since farm-raised fish are typically fed land-based foods). [Choose wild-caught salmon instead.](#)
- Sodium nitrite found in processed foods such as hot dogs, lunch meats, and bacon
- Monosodium glutamate (MSG) found in many foods as a flavor enhancer
- Hydrogenated or partially hydrogenated oils (trans fats) found in many processed foods, deep-fried foods, fast food, and junk food – [Read more about good fats and bad fats.](#)
- Foods that contain preservatives and artificial flavors and colors
- Products (such as soy milk and ice cream) that contain carrageenan, a seaweed extract that's added to foods to retain their creamy texture. For some people, carrageenan irritates the stomach.
- Allergenic foods (for some people) such as casein in dairy products, gluten in wheat breads, soy products, and peanuts (a legume that is often contaminated with aflatoxin, a natural toxin and carcinogen produced by certain strains of the mold *Aspergillus flavus* and *A. parasiticus* that grow on peanuts stored in warm, humid silos.)

Other tips to help heal your gut:

- Juice your fruits and vegetables for easier digestion.
- Drink plenty of purified water in between meals.
- Eat frequent small meals, rather than three large ones.
- Chew food slowly and thoroughly for proper digestion.
- Heavy metal toxicity can produce vague symptoms that sometimes are mistaken for other chronic conditions. Discuss heavy metal toxicity with your healthcare professional before receiving any diagnosis or treatment for a serious chronic condition. [Read more about heavy](#)

**metal toxicity.**

- If you have “silver” dental fillings, get an evaluation from a mercury-free dentist who specializes in the safe removal of mercury amalgam fillings. Mercury in the body can damage the gastrointestinal system and be a cause of leaky gut. [Find a mercury-free dentist in your area now!](#)

Exercise. Moderate **exercise** that really makes you **sweat** helps your body release many toxins, something which relieves the stress placed on your gut as it tries to get rid of toxins. In addition, exercise encourages regular, healthy bowel movements. A brisk walk each day in sunlight can help the digestive system function more efficiently.

#### Additional Information about Leaky Gut Syndrome

1. [Leaky Gut Syndrome Overview](#)
2. [Common symptoms of leaky gut syndrome](#)
3. [Common causes of leaky gut syndrome](#)
4. [Help me choose a natural and alternative treatment for leaky gut syndrome](#)
5. [Conventional or prescription medications used in the treatment of leaky gut syndrome](#)
6. [Additional reading for leaky gut syndrome](#)

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