

# Leaky Gut Syndrome

## DESCRIPTION

Leaky Gut Syndrome is a name given to a very common disorder in which the main defect is an increasingly porous intestinal lining. With leaky gut, the intestinal lining becomes inflamed, irritated, and very porous, thus allowing toxic material, bacteria, and undigested food particles to enter the bloodstream.

## CONTRIBUTING FACTORS

While there is no single cause of leaky gut syndrome, contributing factors may include chronic stress, impaired digestion, a disruption in the balance of intestinal bacteria, poor diet, parasites, Candida overgrowth, environmental contaminants, chemotherapy, radiation, and prolonged use of non-steroidal anti-inflammatory drugs (NSAIDs). One of the more common causes of leaky gut is the continued consumption of foods that can be highly irritating to the intestinal lining. These include wheat and gluten, corn, dairy, and processed foods.

## SIGNS & SYMPTOMS

In addition to the clinical conditions listed, those suffering from leaky gut syndrome may display a wide variety of other symptoms, including:

- Abdominal pain or cramps
- Anxiety/nervousness
- Chronic fatigue
- Constipation
- Depression
- Diarrhea immediately after eating
- Food and chemical sensitivities
- Gas and bloating
- Indigestion
- Joint pain and stiffness
- Liver dysfunction
- Malnutrition
- Muscle aches and pains
- Poor immunity
- Poor memory
- Psoriasis/eczema

## STEPS TO ADDRESS LEAKY GUT SYNDROME

1. **HERBAL SUPPLEMENTS.** Use an effective, natural formula to help repair the intestinal lining.
2. **IDENTIFY AND TREAT.** It is important to address the underlying causes of Leaky Gut Syndrome, such as Candida and/or parasites.
3. **CHANGE YOUR DIET.** Avoid irritating foods such as wheat and gluten, dairy, corn, alcohol, caffeine, sugar, and processed foods. You may also want to consider getting a food sensitivity test to determine which foods to avoid.
4. **IDENTIFY AND AVOID.** Avoid known irritants to the intestinal lining such as household and environmental chemicals, food preservatives and dyes, and non-steroidal anti-inflammatory drugs (NSAIDs).
5. **AVOID RAW VEGETABLES.** During times of significant irritation, it is best to avoid raw vegetables and opt instead for lightly steamed vegetables, fish, and lean protein.
6. **STRESS MANAGEMENT.** Research and utilize various stress management techniques to deal with stressful situations.
7. **ENHANCE DIGESTION.** Support your body's natural digestive process by chewing your food thoroughly and taking enzymes with each meal.
8. **DRINK PLENTY OF WATER.** Drink at least half your body weight in ounces each day. (For example, a 120-pound person would require 60 ounces of water, or seven tall glasses).

