

Leaky Gut (increased intestinal permeability)

What is Leaky Gut? Leaky gut is a condition where the tight junctions between the cells that line your intestinal wall become compromised. Under normal conditions, these tight junctions regulate what passes from your gut into the bloodstream: letting necessary nutrients pass through to your circulation, while keeping potentially harmful substances out. When these tight junctions are weakened, then unwanted substances, such as undigested food particles, toxins, bacteria, yeast, and other harmful products can slip through the gut lining, and into your blood stream. When this happens, then this triggers the immune system, causing local and systemic inflammation, which contributes to many disease states.

What are some of the Causes of Leaky gut. Leaky Gut?

Leaky gut may be caused by one or more of the following: intestinal inflammation, mucosal oxidative stress, NSAIDs (non-steroidal anti-inflammatory drugs), dysbiosis (altered gut microbiome), chronic stress, alcohol consumption, food intolerance (such as gluten or cow's milk, etc.), SIBO (small intestinal bacterial overgrowth), pancreatic insufficiency, intestinal infection, obstructive jaundice, environmental toxins, and underlying conditions such as, autoimmune disease, Celiac disease, and inflammatory bowel disease (ulcerative colitis, and Crohn's disease).

Repercussions of leaky gut:

A compromised gut barrier can set off a cascade of issues including systemic inflammation, autoimmune conditions, food sensitivities and allergies, digestive issues, skin problems, fatigue, fibromyalgia, headache, neurological and mood disorders, and nutritional deficiencies, chronic sinus congestion, stubborn weight gain, and gut symptoms such as nausea, vomiting, constipation, diarrhea, and bloating.

Therapeutic Options that May Help

- Dietary changes- see below
- Lifestyle changes: manage stress, restorative sleep, gentle exercise, and time in nature.
- Limit NSAIDs and alcohol
- Mucosal Heal- this contains -N Acetyl Glucosamine (NAG), and other products
- George's "Always Active" Aloe Vera Juice- ¼ cup 2-3 times a day on empty stomach
- Absorb Plus- which contains L-Glutamine
- Essential Fatty Acids- Flax oil, fish oil, UDO 3,6,9
- Gamma Linolenic acid
- Probiotics
- Berberine
- Digestive Enzymes
- Oregano oil
- InflammaCore by Ortho Molecular
- UltraInflammax by Metagenics
- Mind/ body- (psychological/ emotional healing) meditation, craniosacral therapy, acupuncture, counseling, etc.
- Get rid of toxins in foods, skin care products, shampoos, cosmetics, furniture, carpets, and air.

Dietary Approach to Leaky Gut

- Consider elemental diet for a couple of weeks to give your gut a chance to heal.
- Then move to an elimination diet. Find out what works for you.

- Avoid any foods that you know that you are allergic or sensitive to.
- Consider working with a functional nutritionist.
- Avoid any foods that you know that you are allergic to, or that cause problems.

Foods to Eat- as a general rule, these foods may be helpful.

-Consider adding dietary fiber if tolerated (such as psyllium and ground flax) leafy greens, foods with turmeric and ginger (potent anti-inflammatory spices), berries, citrus fruits, bone broth, cultured and fermented foods, coconut products, nuts, seeds, dark chocolate (in moderation), non-starchy vegetables, whole grains, grass-fed meats, free-range poultry, and wild-caught fish, eggs from pasture-raised chickens, and healthy fats, such as olive oil, and avocado.

Foods to Avoid

Refined carbohydrates, added sugars, artificial sweeteners, unhealthy fats (vegetable oils, margarine), processed foods, alcohol, and sugary drinks.

-Legumes may be problematic for some people.

Important: This handout provides educational information to support your wellness journey. It is not personalized medical advice. It is not intended to diagnose or treat any disease. Treatment should always be individualized. Please consult your healthcare provider before starting or stopping supplements, medications, or other therapies. Your doctor can help you determine what's right for your unique situation.

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