

# *Leaky Gut Syndrome*

## Definition:

Leaky Gut Syndrome is more correctly known as “Increased Intestinal Permeability.” Leaky Gut is not a disease itself but rather a condition that often leads to many other conditions by allowing food proteins and other “foreign” substances like viruses, bacteria, and yeast into the body triggering allergies and “auto-immune” type conditions.

## Signs & Symptoms:

Abdominal Pain	Anxiety
Asthma	Bloating
Chronic Joint Pain	Constipation
Chronic Muscle Pain	Diarrhea
Fatigue	Gas
Indigestion	Mood Swings
Nervousness	Skin Rashes
Recurrent Infections	Sinus Problems

## Causes:

NSAIDS	Yeast
Antibiotics	Antacids
Undigested Protein	Alcohol
Bowel Toxicity	Chronic Stress
Stress	

## Conditions:

The following conditions may be associated with Leaky Gut Syndrome:

Allergies	Crohn’s Disease	Poor Absorption of Food	Systemic Lupus	Immune Dysfunction
Arthritis	Eczema	Psoriasis	Fibromyalgia	
Chronic Fatigue	Irritable Bowel Syndrome	Rheumatoid Arthritis	Anxiety/ Depression	

## Treatment:

### **Repair the “Gut” Wall**

Since there is some level of damage to the intestinal wall, nutritional supplementation to promote gut wall healing is the first step of treatment. Products that assist in repair are Total Leaky Gut, IPS ( intestinal permeability support), and STM. These products are designed to promote healing of the gut wall using all-natural ingredients.

### **Enzyme Replacement Therapy**

Many times leaky gut is caused by poorly digested food, particularly proteins. Therefore, it is necessary to evaluate the body’s ability to digest proteins, fats, and carbohydrates. This is done through a 24 hour urinalysis. Once the digestive stresses are identified, the appropriate enzymes can be supplemented to assist the body in the digestive process; thus reducing stress on the body. Enzymes are essential to digest food; enzymes prevent gas and bloating; enzymes free up your immune system to fight bacteria and viruses.

### **Support the Adrenal Glands**

Chronic Stress also contributes to Leaky Gut; therefore, it is important to support the Adrenal Glands. The adrenal glands assist your body in coping with stress. Diet and DSF (De-Stress Formula) provide the necessary nutrients to assist the adrenal glands—aiding in stress handling and increasing energy.

### **Revise Diet**

Correcting diet is essential to healing a compromised gut wall, allowing proper digestion to occur; therefore reducing stress on the digestive system. Dietary changes can also help correct yeast overgrowth, if present. Dietary Analysis and the 24 hour urinalysis will help determine which diet is right for you.

### **Repopulate Healthy Bowel Flora**

Antibiotics can destroy “good” bacteria along with the bad. Pro-Biotics (products such as iFlora and SmI) restore normal flora, which keeps pathogenic bacteria and yeast in check. “Good” bacteria produce acid waste, which promotes proper bowel function and health. Proper balance between “good” bacteria and yeast is critical to protecting the gut wall.

### **Toxin Removal**

Toxins, particularly bowel toxins, can have damaging effects on the gut wall. Toxins can be gently removed from the body using the EB-305 ( “foot bath”) unit which draws toxins out through the skin. Diet and high fiber Challenge Powder can help improve elimination. Increasing lymphatic flow will also help the body’s detoxification process. The Exerciser 2000 ( a lymphatic stimulator ) is utilized to assist this process.

### **Nerve System Balance**

Gastrointestinal tissue must receive proper nerve supply to function correctly. Balancing the nervous system may include treatment such as mobilization, manipulation, and spinal alignment; as well as, myofascial release.