

## **Leaky Gut** **by Kimberly Mast**

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Leaky Gut Syndrome describes a condition of altered or damaged bowel lining, caused by antibiotics, toxins, poor diet, parasites or infection. This can lead to increased permeability of the gut wall to toxins, microbes, undigested food, waste or yeast and toxins which are then able to be absorbed by the bloodstream. Once these harmful substances hit the bloodstream, they are able to travel anywhere in the body.

This hyper-permeability initiates a vicious cycle in which allergic sensitization, immune activation, hepatic dysfunction, pancreatic insufficiency and malnutrition occur; each of these increases the leakiness of the small bowel. Your entire digestive tract from end to end is lined with a single cell layer of mucous that accounts for 80% of your immune system. Because your gut is constantly leaking, your immune system never gets a chance to properly recover and eventually becomes so overwhelmed that it begins to attack your own healthy tissue and organs. And that marks the beginning of autoimmune disease.

Some of the symptoms may include inflammation of the joints and muscles, bloating, gas, constipation, flu-like illness chronic inflammatory skin conditions like acne, psoriasis and dermatitis, many diseases triggered by food allergy or specific food intolerance, irritable bowel syndrome, ulcerative colitis, chronic fatigue syndromes, headaches and migraines, hyperactivity, anxiety, and depression.

When you develop Leaky Gut Syndrome you can become allergic to any food that you eat, including foods that really are normally healthy. And the more you eat these foods, the worse your condition becomes.

Effective treatment of Leaky Gut Syndromes requires several components: avoidance of allergic foods, special diet (gluten-free, antifungal, low-sugar for minimum of 6 weeks) elimination of infection or bacterial overgrowth with antimicrobials and probiotics.

Some natural treatment recommendations: reestablish normal permeability of the gut with vitamin C with bioflavonoid (an ascorbic acid flush once week), omega 3 fatty acids, L glutamine to normalize gut barrier, daily ginger tea help with inflammation, zinc for a month, bromelain for enzyme therapy.

Some changes to your current lifestyle you can help drastically cut down on the time it takes to heal your gut. Reduce stress perhaps through laughter, sound therapy and exercise. Adequate rest is important for the healing process.

Intestinal health is responsible for up to 90% of chronic health symptoms and conditions! As it has been said "disease and health begins in the colon".