

LEAKY GUT SYNDROME

Leaky gut syndrome is not generally recognized by conventional physicians, but evidence is accumulating that it is a real condition that affects the lining of the intestines. The theory is that leaky gut syndrome (also called increased intestinal permeability), is the result of damage to the intestinal lining, making it less able to protect the internal environment as well as to filter needed nutrients and other biological substances. As a consequence, some bacteria and their toxins, incompletely digested proteins and fats, and waste not normally absorbed may "leak" out of the intestines into the blood stream. This triggers an autoimmune reaction, which can lead to gastrointestinal problems such as abdominal bloating, excessive gas and cramps, fatigue, food sensitivities, joint pain, skin rashes, and autoimmunity. The cause of this syndrome may be chronic inflammation, food sensitivity, damage from taking large amounts of nonsteroidal anti-inflammatory drugs (NSAIDs), cytotoxic drugs and radiation or certain antibiotics, excessive alcohol consumption, or compromised immunity.

The inflammation caused by Leaky Gut Syndrome also damages the protective coating of the antibodies of the IgA family (immunoglobins) normally present in a healthy gut. The IgA's help our body to ward off infections, however, a leaky gut causes considerable damage to the immune system (IgA's) and makes us less resistant to viruses, bacteria's, parasites, toxic materials, metals and candida.

Another problem a leaky gut creates is a mineral deficiency because the damage that happens to the carrier proteins which are needed for transport of specific minerals are damaged by the inflammatory processes. For example, a magnesium deficiency that is present in most Fibromyalgia patients. This patient can take incredibly high doses of magnesium, however, if the carrier protein for this mineral is damaged, no matter how much of the mineral you take, it will not get into the body where it is needed. This can also be true for some bone disorders. Even a zinc deficiency, which will effect hair loss and some eye disorders (macular degeneration). Copper deficiency can also occur this way which can lead to Osteoarthritis or even elevated blood cholesterol in some cases. For any syndrome that could be connected to a mineral deficiency, or exhibits symptoms that don't seem to go away no matter what you do, you should consider the possibility of a leaky gut

Other factors which cause or worsen Leaky Gut Syndrome are:

- Alcohol and caffeine which irritate the gut wall, this includes cokes (diet and regular), chocolate, coffee, cocoa.
- Contaminated foods, E. coli and other bacteria's can develop due to poor food handling.
- Chemicals found in processed and fermented foods (dyes and preservatives), wine, vinegar, soy sauce, tofu, etc.

- A diet high in refined sugars and other carbohydrates (e.g. candy, cookies, sodas, processed foods and white bread).
- Foods contaminated by parasites (pork, chicken, fresh water and hatchery fish).
- Antibiotic use-this causes an overgrowth of fungi (yeast) in the gut due to the immune suppression that occurs.
- Ingestion of animal products that have been given hormonal and antibiotic treatments.
- NSAIDs (non-steroidal anti-inflammatory drugs).

Leaky Gut Syndrome symptoms include arthritis, chronic fatigue, Candidiasis, bloating, food allergies, sinusitis, slow thought processes, headaches, lethargy, fluid retention, weight gain, diarrhoea and / or constipation, flatulence, IBS, food intolerance and many other gastric disturbances

- Don't eat sugar, refined carbohydrates, coffee, fatty foods. Also foods such as are dairy, eggs, gluten grains (wheat, oats, rye), corn, beans (especially soy), and nuts can often cause problems and some people are allergic to garlic also. Exposure to a significant allergy can sabotage the treatment. A diet for Leaky Gut Syndrome can be obtained by eating meat, chicken, fish, vegetables, potatoes, rice, millet, and fruits.
- Avoid alcohol, especially unpasteurized beer which still has some yeast in it.
- Cleanse the gut of toxins.
- Eliminate the candida yeast and its roots in your gut.
- Eliminate any other parasites in your gut.
- Provide the right diet and supplements so your body can repair itself.
- Return the good bacteria to your gut. Probiotic supplements containing Lactobacillus and Bifido can be particularly effective, or eat acidophillus yoghurt if dairy products are OK.