

# Gut Health

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Leaky gut syndrome is a condition where the intestinal lining is damaged which allows toxins and partially digested proteins and fat to enter the bloodstream. This can cause inflammation and immune responses and allergic reactions. It leaves you with symptoms like gas, bloating, brain fog, fatigue, emotional disturbances, skin problems, joint pain, and the list could go on and on. I will try and help you understand what is happening and what can be done in a situation of leaky gut syndrome or intestinal permeability as it is also called.

The first thing to understand is that there is an imbalance of friendly flora or good bacteria compared to bad bacteria, which is toxic, in the intestines. How does that happen? Let's see...it probably has something to do with antibiotics destroying all of the good bacteria in the gut and leaving things wide open for other bacteria to take over. Or it could be from dietary issues. Sugar in abundance is a big contributor. This includes foods with added sweetener including sugar, honey, maple syrup, agave, coconut sugar, etc. When a large part of the diet consists of this type of food it can cause an imbalance in the gut biome. The bad bacteria feed on this type of food and it grows out of control. This damages the mucosal lining in the gut where a lot of our immune cells reside. Toxins are another reason for an imbalance as well as various kinds of drugs and medication. When we add stress to the picture then symptoms will appear because of high levels of cortisol and other hormones entering the bloodstream.

There are a lot of contributing factors to this condition but luckily there is something that can be done to reverse the situation. Letting things go and not changing the situation can lead to things like autoimmune conditions, irritable bowel, Crohn's disease, liver toxicity, etc.

Let's address the inflammation with herbs like slippery elm, marshmallow root, aloe vera gel, turmeric, or other demulcent herbs that help decrease inflammation. Licorice root helps by controlling the cortisol levels and soothing the digestive tract. Dr. Christopher's soothing digestion is a great formula already put together to help with this.

In case of infection, we want to use antibiotic herbs like garlic, echinacea, goldenseal, oregano, plantain, or calendula. Formulas to use are Super Garlic Immune or the X-INFx formula.

We also want to balance the bacteria in the gut with probiotics and fermented food. Digestive enzymes will help to fully break down the food so undigested particles aren't leaking through the colon. Chew foods thoroughly to help utilize the enzymes in the saliva to begin the digestive process.

Foods to avoid are sugar, dairy, gluten, and soy. These are the most common foods causing allergies. Regular exercise will also help and make sure you are drinking plenty of water to stay hydrated.

Have you ever wondered what prebiotics are? It is the fiber from fruits and vegetables. The fiber feeds the good bacteria in the gut creating a better environment for the bacteria to grow.

Dr. Christopher said that 90% of all disease begins in the colon. Science is proving that. If you are experiencing symptoms listed above or other symptoms that won't go away consider following the guidelines that will help reverse leaky gut syndrome.

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