

Leaky Gut

Leaky gut occurs when the lining of the small intestine develops holes.

This can be caused by Celiac Disease but also can be caused by other things.

When the gut lining has holes in it, things that don't belong in the blood stream can now enter it. This includes pathogens, toxins, food particles, unwanted bacteria, and so on. This can cause other symptoms like skin conditions, brain fog, confusion, fatigue, hormonal imbalances and many more.

Leaky gut is associated with a wide range of autoimmune conditions including:

- Crohn's disease.
- Cystic fibrosis.
- Diabetes type I
- Arthritis
- Eczema
- Asthma
- Fibromyalgia.
- Chronic fatigue syndrome.
- Multiple sclerosis.
- Thyroiditis.
- Ulcerative colitis.
- Pancreatic dysfunction.
- Rheumatoid arthritis.
- Lupus

What other factors can contribute towards leaky gut?

- Alcohol
- Antibiotics
- Non-steroidal anti-inflammatory drugs (NSAIDS) these include aspirin and ibuprofen.

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Leaky gut can be healed but it takes time and dedication. There are a number of things a person can do.

Always first check with your medical practitioner if you can safely take the recommended supplements that aid in repairing and rebuilding the gut as even natural supplements can conflict with any medication you may be on.

The following are recommended supplements that can aid in healing the gut.

Supplements for leaky gut:

- L-glutamine (an amino acid which helps repair the gut lining)
- Collagen (restore and rebuild the gut lining)
- Digestive Enzymes (helps to absorb nutrients and vitamins)
- Probiotics and prebiotics (good bacteria to support health digestion)
- Fiber (eliminating toxins helps reduce inflammation)
- water (elimination of waste, helps keep the mucosal lining of the gut moist, and promotes the balance of good gut bacteria.)
- Multi-vitamin

Other things you can do:

- Bone broth (make sure it is from grass fed/organic sources)
- A diet that is full of whole foods such as fruit and veg, nuts, seeds, legumes, healthy fats, unrefined gluten-free grains.

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While healing your gut, try to stay clear of the following foods

- processed and packaged foods
- refined foods and foods high in sugar
- meat that is not organic, free-range and hormone free
- eggs that are grain fed and not organic pasture reared and free-range
- grains, beans, legumes, seeds and nuts that have not been soaked (the presence of lectins) Lectins can cause digestive issues if not cooked properly, poor digestion and inflammation and reduce the bodies ability to absorb nutrients.
- products with yeast in (yeast can cause a yeast overgrowth and throw out the balance of your gut bacteria and when you have leaky gut, you need the balance to be as right as it can be!
- stay away from food chemicals : preservatives, additives and colorants as far as possible. A safe way to go about it is to avoid packaged and processed foods. Anything that comes in a box, tin or packet is likely to contain food chemicals.
- limit the intake of caffeine.

Stick to fruit and vegetables and organic/free range eggs and meat, nuts and seeds, legumes, healthy fats like olive oil, avocado oil, butter and stick to unsweetened full fat cream, yogurt and dairy products.