

Leaky Gut Inflammatory Process

This is a process that shows the development of a "Leaky Gut" a.k.a. Breakdown in your intestinal barrier or intestinal defenses. This can occur in many ways, but the top reasons tend to be a few things:

- Chronic Stress and uncontrolled inflammation
- Antibiotics (kill off natural "bacteria" lining the intestines also)
- Immune dysfunction or dysregulation
- Intestinal parasites, bacteria, fungal or yeast overgrowth (attributed to immune dysfunction)
- An array of foods that you've already become sensitized to and still eat them, causing an inflammatory immune response further worsening your now Leaky Gut, making your vulnerable to more sensitivities

The main culprits here are Gluten, casein, soy products, wheat products, dairy products, rice and grain products and moderate or more alcohol intake, and decreased brain activity.

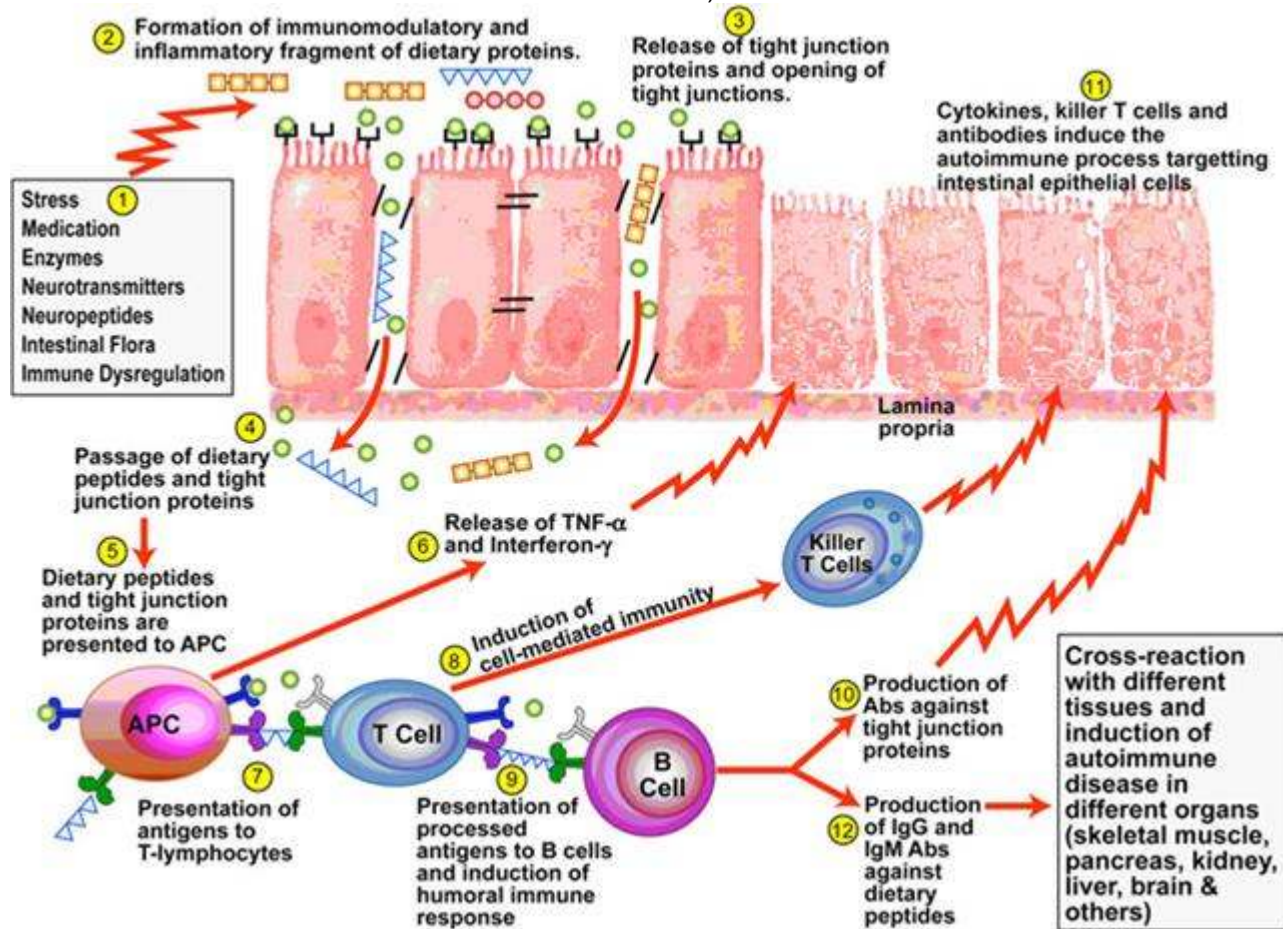
You may say "well what can I eat then? That stuff is in ALL foods"... And this is true. If you've got a leaky gut, there's a chance you're sensitive to ALL of these foods.

A safe and easy way to test yourself if you're sensitive to these foods is to get rid of them for 30 days, then reintroduce them 1 at a time and see if you get any reactions to them.

"Elimination/Provocation Diet"

No reaction=no sensitivity=go ahead and eat it!

(image courtesy of Dr. Vojdani and Dr. Kharrazian)



Symptoms related to Leaky Gut:

If you suspect that you might have a leaky gut, remove the foods listed above from your diet, implement a "Paleo Diet" mainly consisting of meats, fish, vegetables, fruits, and healthy fats such as avocados, coconut oils and coconut milk (swap for dairy), and olive oils for 30 days.

- Digestive problems
 - Intestinal pain and discomfort
 - Bloating
 - Excessive gas or extremely foul smelling gas
 - Inconsistent bowel "droppings"
 - Extreme or moderate fatigue
 - Malabsorption
- Other related symptoms:**
 - Fatigue
 - Acne
 - Brain Fog
 - Muscle aches and pains
- Mucous production (runny nose, drainage in throat)
 - Memory Loss
 - Skin rashes