

# Leaky Gut Syndrome

Did you know that 80% of our Immune System is in our gut?

Leaky Gut Syndrome is an interesting subject because so many of us have this without even knowing it. The surface area of our intestines is about the size of a tennis court if you untangled them; this is a lot of intestinal lining when you think about it.

Every day when we breath, eat, etc. we are bringing the outside world into our mouth and our intestines need to have a strong barrier to make sure harmful substances such as yeast, food particles, toxins and bacteria are not absorbed directly into our blood stream. This barrier, which is our healthy intestinal lining, prevents these substances from entering our blood.

The cells that line our intestines are closely knit together and have a glue-like substance that keeps the space between these cells secure, which makes sure the barrier function of our intestines is working optimally.

The good bacteria that fills up our intestinal lining (100 Trillion of them and 10 times more than all the cells in our body!)) help to make sure this glue and barrier are working.

In some cases, this glue between our cells breaks down and causes openings between the cells which allows yeast, undigested food particles and bacteria to leak into our blood stream and is identified by our immune system which lies beneath the surface of the intestinal lining. This is called Leaky Gut Syndrome.

When we have an overgrowth of yeast, parasites or harmful bacteria or we don't have enough good bacteria in our guts, we have what is called Dysbiosis and this is what can lead to a leaky gut.

## How Does Our Gut Get 'Leaky'?

Your abdominal wall weakens (leaks) from:

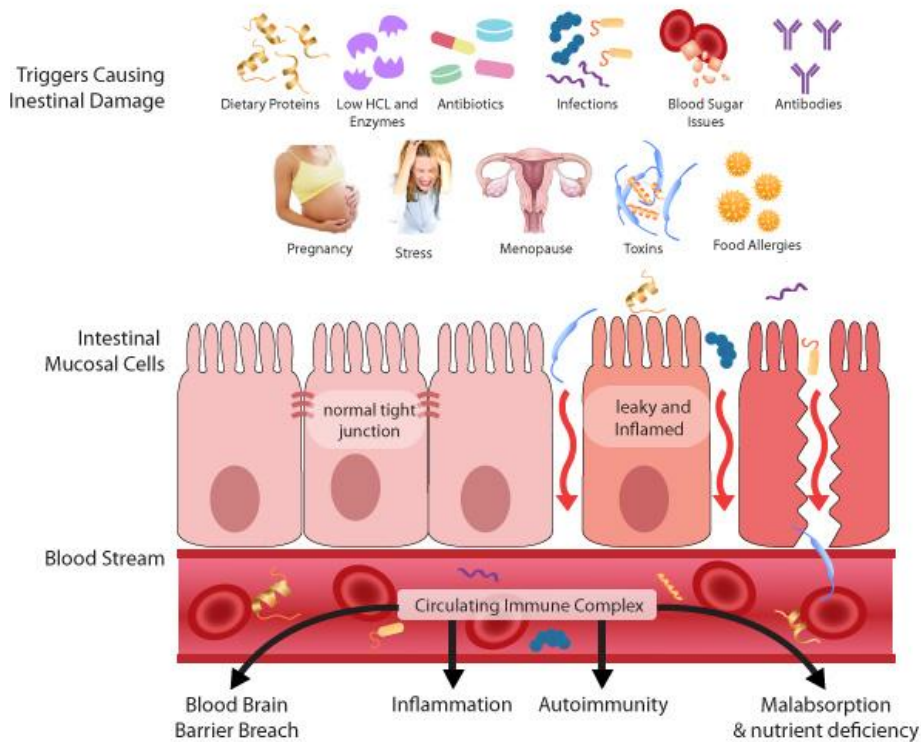
- Stress
- Environmental Toxins
- Chemicals in Food and Cleaning Products
- Overuse of Antibiotics and Hormones
- Ibuprofen, paracetamol, aspirin, acid blockers, steroids
- Toxins such as those secreted by the yeast [Candida](#). These can pore across the membranes of the protective barrier.
- Infections that were never resolved such as parasites
- Acute emotional or physical trauma such as surgery or food poisoning
- Nutritional Deficiencies (Zinc and Omega 3's)
- Poor Diet High in Sugar/Low in Fiber
- Alcoholism

Our gut flora has several important functions:

- Support our immune system
- Metabolise vitamins
- Digest food
- Keeps the barrier working properly to make sure the glue is strong
- Keeps away harmful bacteria and yeast

*So, you can see that if we don't have good gut flora, we feel unwell and many areas of our body are 'off'.*

## Leaky Gut Syndrome



When we have a leaky gut, we're prone to developing numerous *food sensitivities* because all the food we eat leaks below the intestinal lining and is identified by our immune system, which reacts to these particles because they see them as foreign.

This also causes inflammation and can be the root cause of *arthritis, autoimmune disease or fibromyalgia*.

To treat this, we use **BIORESONANCE therapy** combined with Natural Herbs and Supplements to treat the Dysbiosis and then work to restore the function of the lining barrier with other herbs and nutrients such as glutamine, which can take a few months.

### Do you experience any of these digestive complaints/symptoms on a regular basis?

- Food allergies
- Belching or gas within one hour of eating
- Heartburn or acid reflux
- Bloating within one hour of eating
- Bad breath
- A sense of excess fullness after meals
- Sleep after meals
- Stomach pains or cramps
- Chronic diarrhea
- Undigested food in stool
- Sweat with a strong odor
- Nausea
- Light or clay colored stools
- Alternating constipation and diarrhoea
- Pain between your shoulder blades
- A history of morning sickness
- Pain under right side of rib cage
- Hemorrhoids or varicose veins
- A pulse that speeds up after eating
- Crohn's disease
- Itchy anus
- Less than one bowel movement per day, or constipation
- Blood or mucus in your stool
- Excessive foul smelling lower bowel gas
- Cramping in lower abdominal region.....

*Make an appointment to see me if you think you may have Leaky Gut or any other Digestive concerns....*