

# Leaky Gut Syndrome

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There has been a lot of press recently about “gastric bleeding” from numerous prescription drugs, especially the anti-inflammatory group including Aspirin, Celebrex, Motrin, etc. Our delicate intestinal lining actually develops tears or lesions and then undigested food particles enter the bloodstream. These substances are recognized as offenders and so the immune system is activated and creates antibodies. This begins the cycle of auto-immune disorders like arthritis, lupus, fibromyalgia and a host of others. Very often more drugs are prescribed to curb the inflammation and the cycle continues as health spirals down. We may get short term relief from symptoms and yet, there is long term damage done to our body. How do we heal the gut lining so we stop this viscous cycle? It’s important to remember it takes time, step by step. First steps include healing the gut lining & healing adrenal exhaustion. Must have energy & strength to create healing.

Defined as permeable gut lining, leaks occur (called lesions) that allow undigested food particles and toxins to enter bloodstream. Like inner skin, acts as protective barrier. Our mouth to anus tubing is almost 30 feet long that handles food from the outside world. Numerous phases of digestion bring nutrients into bloodstream. Elements must be small enough to go through the barrier and enter blood to feed cells, tissues, organs & systems. Leaky gut is inflamed gut. Healthy gut lining is made up of mucous lining and when patches in the small or large intestine area of this membrane open, larger food particles enter blood and cause reactions. Mucous is body’s first line of defense. If this lining is unhealthy, leaky gut make be first symptom and then progress to colitis or other pathological inflammatory condition, especially autoimmune disorders like arthritis, lupus, fibromyalgia, etc.

Up to 80% of our immunity is mediated by healthy lining in digestive tract. Numerous bacteria that live in harmony become out of balance and infections may occur. Autistic children have a measles virus that lives in their intestine. Donna Gates Body Ecology Diet helps this condition tremendously, reversing fungal and viral infections.

Symptoms include:

- fatigue shortly after eating
- allergies & asthma
- headaches
- pain in belly
- memory problems
- difficulty concentrating
- low energy, especially after exercise
- malnutrition
- chronic fatigue
- brain fog
- joint pain
- skin eruptions like psoriasis & eczema

## CAUSES:

- diets high in hydrogenated fats
- poorly digested proteins that irritate gut lining
- processed foods full of preservatives
- Diets high in “junk food” like pizza, French fries, etc.
- overgrowth of yeast, especially candida albicans
- parasites from water or food
- drinking chlorinated water
- drinking alcohol
- drinking coffee
- stress, this changes the ph and increases the chance of upset
- drugs from medications, especially steroids and other medications provide short term relief and long term damage.

Poisons from these foods travel to the liver and get sent back to the intestine via bile. This bile is usually alkaline but when full of toxins, this bile is acidic and causes leaky gut. It's important to use hydrochloric acid after meals since this assists in breaking down foods, especially animal protein. Friendly flora in cultured vegetables also assists in the proper breakdown of food for complete digestion.

Babies develop leaky gut in utero. It is necessary as part of the nutrient exchange between Mother & child. Then after birth, colostrum from Mother's milk feeds the baby with all it needs to build the body's systems, especially immunity. This leaky gut also allows the rich colostrum nutrient to flow easily into the baby's body. Over just a few days, the colostrum allows a clean bed of mucous to form in the baby's intestinal tract, closing the leaky gut. The new milk that follows in the next few days/weeks, has healthy bacteria that colonize in the babies gut to set up health.

## REMEDIES:

Fasting: allowing the gut to rest is vitally important, remember that one must have a professional coach when fasting, numerous types of fasting programs may be tailored to individual needs. Remember that our gut lining sheds and repairs itself every 5-7 days. That is why a week long fast may be beneficial to healing the gut lining.

Green juices that include algae and green grasses.

- L-glutamine heals the gut wall.
- Omega fatty acids found in fish oils, ground flax and lecithin also heal the mucous membrane.
- FOS – use long chain variety that does not feed yeast.
- Whole grains like millet, quinoa, buckwheat and amaranth in place of gluten products like breads & pasta.
- Eggs are a great source of protein.
- Water – must be filtered & clean to combat dehydration
- Cultured foods – high in friendly flora, helps suppress pathogens. (Click on RECIPES for details.)

- Natto –soybean culture found mostly in Oriental markets.
- Find raw milk & butter that is unpasteurized and enjoy as much as you like.
- IgG 2000 – strong supplement that boosts immunity better than colostrum
- Saloxicin – botanicals that include boswellia to heal the gut lining & boost immunity

Beneficial bacteria are the basis of the short chain fatty acids that heal the gut. Regular dairy products are heavily processed and loaded with chemicals and unless you ingest organic, raw products then toxins are introduced. Remember that milk has casein and whey protein. Most people have sensitivities to this and it's known as "lactose intolerance." The raw dairy products are full of butyrate's that heal the gut lining. When this condition of leaky gut is ignored, wounds form and the results will be Crohn's disease and Colitis. This inflammatory response is much more severe and all the suggestions in this article will assist in the healing process.

It's important to rest your body during this time of fasting so that the adrenals will rebuild. Try it on a vacation or retreat where juices are provided, even a long weekend away with lots of sleep and rest will do wonders for us. Give yourself permission to stop moving and simply be lazy. After a day or two of acclimating to the resting time, you will find that you sleep better, longer and then have more energy than ever before. This form of therapy is ancient as a way to rejuvenate and rebuild. Leave your computer and cell phone at home!

Chinese medicine pairs the lung with the large intestine. Notice your breathing patterns and find your natural breathing that allows for more air into the whole body. No need to force this, simply allow and invite the breath all the way through your body. Get out in nature, swim, bike, hike and enjoy the magic of Mother Nature. Open up to relaxation, retrain your body towards this state willingly.

Dr. Michael Gershon has written a book called The Second Brain. In it he states that the GI tract produces 90% of our serotonin. This is known as the "feel good hormone". When our intestines function at an optimal level, our emotional body feels better too. Make changes step by step and remember, SLOWLY is HOLY.

My personal perspective is that the body is an exquisite metaphor for how we live our life. In the case of leaky gut, I'd want to examine areas where my energy "leaks". For instance, doing things I really don't want to do, expending energy wastefully and being in relationships that rob me of energy.

#### REFERENCES:

Gates, Donna; The Body Ecology Diet

Watson, N.D., Brenda & Smith, M.D., Leonard; Renew Your Life

Watson, N.D., Brenda & Smith, M.D., Leonard; Gut Solutions