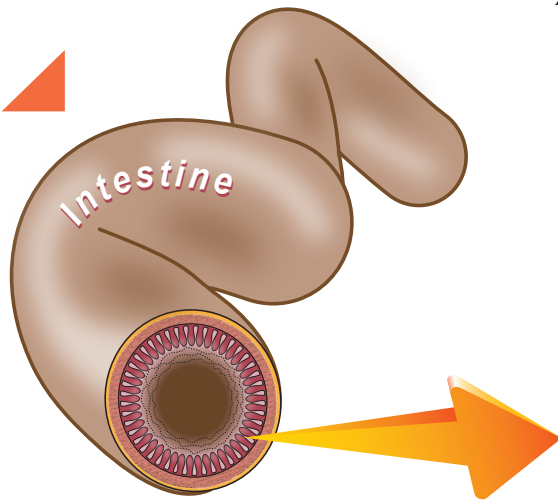


REJUVENATE

Could “leaky gut” cause bloating, IBS, food hypersensitivities, even headaches?

Synergy Health & Nutrition, LLC
www.SynergyHealth.info • Anchorage, AK



Intestinal Barrier: A functional combination of intestinal components that includes your microbiome, a mucous layer, specialized cells joined tightly together at “tight junctions”, and a robust immune system).

Intestinal Permeability: The technical term for the ability of the intestinal barrier to control what passes through the intestinal lining. The term “leaky gut” is often used to describe a situation of increased intestinal permeability where bacteria and toxins are able to “leak” through the intestinal wall.

What causes “Leaky Gut” Contributing factors:

» **Altered microbiome:**

- | | |
|--|-------------------------------------|
| Antibiotics | Alcohol |
| Western diet of refined foods and added sugars | Aspirin & NSAIDs |
| Inadequate dietary fiber | Various medications including SSRIs |
| Vitamin deficiencies | Chemical irritants |

» **Liver and gall bladder sluggishness**

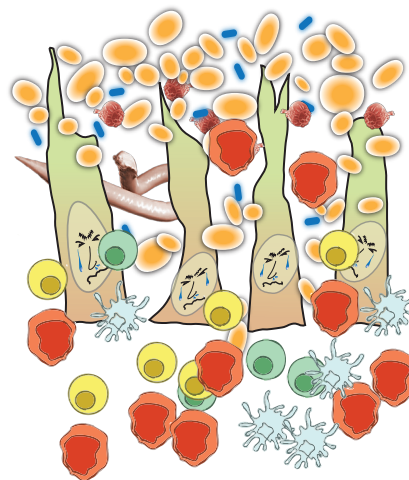
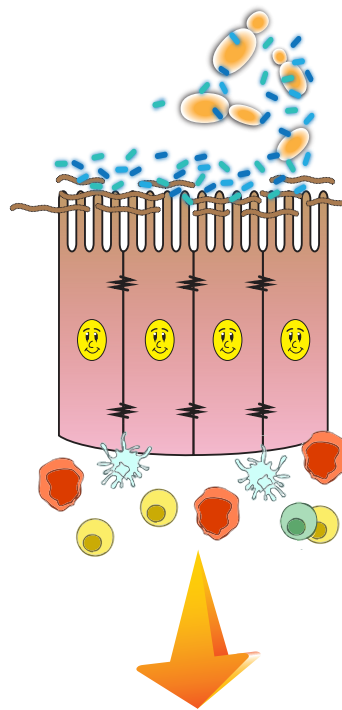
» Yeast overgrowth can trigger intestinal permeability

» Stressful life events

» **Genetics?** A small number of individuals have a genetic predisposition where gluten and related proteins from cereal grains activate genes that increase permeability.

Note: Avoiding those grains (wheat, barley, rye, and in some corn, oats, and commercial rice) avoids activation.

» High intestinal permeability is found in people with diabetes, Crohn’s disease, autoimmune diseases, food allergies. In animal studies, leaky gut precedes the disease.



Microbiome: An astonishingly diverse group of helpful bacteria, yeast, viruses that reside in your gut. Thought to number 10x more than the number of cells in our body. You also have a skin microbiome, lung microbiome... Stronger than antibiotics they are the first line of defense.

Mucous: Another barrier to improperly digested food, toxic waste, and disease-causing pathogens.

Specialized cells: Tightly joined to only allow specific nutrients through. They also prevent passage of toxic chemicals and pathogens.

Immune system: Defense, just in case. In fact, 20-80 percent of your immune system is in your gut.

“Leaky Gut”: Thought to be a perfect storm of altered microbiome, not enough mucous, unhealthy intestinal cells that lose their tight junctions and barrier function.

Immune Hyperactivity: Invasion of pathogens, foreign compounds including incompletely digested food, toxic chemicals, and more creates an inflammatory immune response. Attempting to rid the body of invaders, your immune system makes chemicals that cause a vast number of symptoms.

Seal & Heal Your Gut Lining

Repair Mucosal Function and Structure; Restore Proper Gut Contractions

If pathogens are a factor, we'll design a natural program of [whole foods nutrients, herbal remedies, & homeopathic remedies](#) to calm inflammation; or [Accelerated Allergy Clearing Technique \(AACT\)](#) if any allergic situations. And, we need to professionally address and correct key nutrients; carefully choose probiotics. NO guessing! Please.

Remove food and chemical irritants: Eat for a healthy gut:

The most important step you can take!

Please stop feeding your yeast overgrowth, parasitic infection, bacterial overgrowth or imbalance. These unwanted guests are fueled by dietary sugars.

Please stop putting irritants into your gut. How do we know what those are? Your Food & Mood log, please bring it to every appointment. Let me use my experienced "radar" to find your unique irritants. Skip the non-verified internet sources; start with these:

Eliminate ALL processed foods, refined flours, added sugars, milk & cheeses.

- » Using your Food & Mood Log, we'll assess and manage any additional food intolerances—these next recommendations work for many, please note any unwanted reactions, just in case.

Eliminate alcohol & tobacco

Eliminate Aspirin, Ibuprofen and other NSAIDs

Evaluate your hobbies & chemicals in your lotions

Ensure hydration: aim for roughly half your weight in ounces of fluids each day.

Ensure appropriate bowel movements

Sleep 8 hours; develop stress management tools

- » Soothing chamomile & lavender tea & Epsom salt baths,
- » Yoga, meditation, Tai Chi, stay positive and active

Emphasize healing fibers: When mixed with water, soluble fiber forms a gel-like substance and swells. Used as food by your desirable gut bacteria, they multiply and recolonize while providing you with gut healing nutrients):

- » Chia seeds (soaked), ground flax seeds
- » All legumes with lentils the highest; lima beans and smaller beans like adzuki or mung are good sources
- » Root vegetables, especially onions, thin-skinned potatoes (skin left on), sweet potatoes, carrots, parsnips
- » Vegetables, especially Brussels sprouts, spinach, squash, string beans, cabbage, broccoli, zucchini
- » Fruits, especially pears, apples, and berries

Eat plenty of Liver-loving foods

- » Beet roots and greens, all dark greens, all *Brassica* (cabbage, broccoli, cauliflower, bok choy, rutabaga...)
- » Garlic, ginger, turmeric, basil, parsley, fennel, cinnamon
- » Green tea (which also can dampen regrowth of unwanted bacteria), lemon water, raw apple cider vinegar

Minimize red meats / Get the right proteins & fats

- » Cook with coconut or olive oil, use avocado or walnut oil for salad dressings (please no "vegetable" or corn oil)
- » Eat wild-caught fish several times a week
- » Bone broth soups and whey protein in smoothies for glutamine to feed your gut cells and quench inflammation.
- » Get any red meat, fowl or eggs from pastured or wild animals; for now, limit number of weekly servings

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