

## Leaky Gut Syndrome

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The surface area of your intestines is the size of a tennis court if you opened it up and laid it out. This is a lot of intestinal lining! Every day you bring in the outside world into your mouth, and your intestines need to have a good barrier to make sure harmful bacteria, yeast, or other food particles or toxins aren't absorbed directly into the blood stream. The barrier, which is the healthy intestinal lining, prevents this from happening.

Normally, the cells that line your intestines are tightly stuck together. They have a "glue" that keeps the spaces between the cells very secure, and makes sure that the barrier function of the intestines is working properly. The good bacteria that fill up your intestinal lining (100 trillion of them) help make sure the glue is good and the barrier function working.

### **Your gut flora has several important functions:**

- » Supports the immune system
- » Metabolizes vitamins and digest food
- » Keeps away harmful yeast and bacteria
- » Keeps the barrier working properly by making sure the glue is healthy

Under certain conditions, the glue between the cells break down, causing openings between the cells, and this allows bacteria, yeast, and undigested food particles to creep and leak into the blood stream, and to be "seen" by the immune system which lies right beneath the surface of the intestinal lining. This situation is called "leaky gut syndrome".

If you have overgrowth of harmful bacteria, yeast or parasites, or if you don't have enough good bacteria, you have a condition called dysbiosis, and this can lead to leaky gut syndrome.

## Leaky Gut Syndrome

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When you have leaky gut, you are prone to developing many food sensitivities because all the food you eat leaks below the intestinal lining and is seen by the immune system, which reacts to these particles because they see them as foreign. This also causes systemic inflammation and can be at the root of fibromyalgia, autoimmune disease or arthritis.

In order to fix this, we need to treat the dysbiosis first, and then give you lots of glutamine and other repair nutrients which will restore the function of the lining barrier. This process normally takes 3-6 months. After that time, it is possible to try to reintroduce any foods you have removed, because were sensitive or had high IgG levels, to see if the reaction has gone away

## Self-Assessment: Do You Have Dysbiosis?

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Dysbiosis is an imbalance in the normal flora of the intestines caused by too little beneficial bacteria or an overgrowth of harmful bacteria, yeast, or parasites. The following self-assessment will help determine if you need to restore the proper balance of beneficial bacteria in your gut.

**Give yourself one point for each question you answer with a “yes.”**

Do you get “stomach bugs” a lot?	
Do you have chronic diarrhea?	
Do you have cramps, urgency, or mucus and blood in your stool at least once/week?	
Do you have chronic constipation?	
Do you notice that you have decreased cognitive function or brain fog most days?	
Do you have gas, bloating, and abdominal discomfort most days?	
Do you notice that you have intolerance to carbohydrates, especially beans and fiber?	
Do you have fatigue and/or low energy most days?	
Do you feel depressed or anxious most days?	
Do you have chronic sinus congestion?	
Do you have itching in the vagina, anus, or in other mucosal membranes most days?	
Do you have chronic bad breath?	
Have you used antacids daily for more than 30 days in the past 2 years?	
Have you taken antibiotics more than three times in the past year?	
Do you have a history of traveler’s diarrhea or foreign travel?	

Have you been diagnosed with a Vitamin D deficiency?	
Do you have any food sensitivities?	
Have you been diagnosed with an autoimmune disease or condition?	
Have you been diagnosed with arthritis or fibromyalgia?	
Do you experience severe chronic stress?	
Have you been diagnosed with reflux, heartburn or a hiatal hernia?	
Total:	

## SCORING

**0 to 7 points:** Good news! You don't need the Dysbiosis Treatment Program. However, you should take a probiotic daily to protect and support your digestive health and immune system. A probiotic is a supplement that supplies live beneficial bacteria that help improve your own intestinal flora when you take it. (There's more on probiotics below).

**8 to 14 points:** You have dysbiosis. To remedy this condition, do Tier 1 and Tier 2 of the Dysbiosis Treatment Program for three weeks.

**15 to 20 points:** You have severe dysbiosis. To remedy this condition, do Tier 1 and Tier 2 of Dysbiosis Treatment Program for six weeks.