Hey, guys, Dr. Axe here. Today, for your daily healing tip, I want to talk about food sensitivities and food allergies, as well as the five biggest triggers you have that are going to cause leaky gut. Part of healing is reducing inflammation of your intestine, and one of the greatest things you can do to heal, and probably the number one thing, realistically, you can do to heal is to get rid of all of the foods that are causing constant inflammation in your gut, the first one being grain products, if you’re consuming too many grains, especially gluten, that can cause leaky gut.

Now let me say, if you’re consuming a properly prepared grain like an ancient sourdough bread or sprouted bread, for some people without any gut issues, that’s not really going to bother them or if they’re on more of a mild scale. But, if you have a more moderate to severe form of leaky gut, typically you’ll want to go completely grain free. The reason being is gluten, that protein that’s found in so many grains today, can actually, when it’s brought into your body it’s digested down to your small intestine, it’s much harder to break down than most other proteins. And so what it will do, it won’t be fully digested. It will then leak into your bloodstream and then it’s going to cause that systemic inflammation. It can even lead to autoimmune disease over time.

So, again, the number one food you should really be careful of, listen to your body with, or get out of your diet, is gluten and just in general, grains. And the reason I say all grains is this. It’s not just gluten. There are other proteins that have what’s called gluten cross-reactivity, which means that they’re so similar to gluten that your body recognizes it like that. That’s why even things sometimes, like rice or corn, can also cause issues, even coffee. A lot of those grains you want to get out of your diet completely. That really would be step number one, I would say, of the biggest trigger is grains, especially gluten is the food you want to get out first.

The number two food that’s a big trigger for leaky gut is excess sugar. Here’s the reason why: Microbes in your gut feed off of fermentable fibers and sugar. Now, fermentable fiber, good soluble fiber, you’re going to find in things like flax and chia seeds, are great, or even foods and vegetables, so certain microbes, really all microbes can feed off of those, but yeast and Candida prefer sugar compared to other microbes. So, if you consume too much sugar, that causes an imbalance of having too much bad bacteria or Candida and yeast in your system and creates an overgrowth. It’s not that you shouldn’t have any yeast in your body. You should
have some. But you don’t want an overgrowth. And, so, sugar causes this major overgrowth, which then over time can cause more issues with leaky gut, because certain types of yeast and bad bacteria actually produce poisons that will eat a hole in your small intestine and really damage and cause inflammation of those tight junctions, which will cause leaky gut.

Basically, number two is sugar. Eating a handful of blueberries, that’s absolutely fine. That’s balanced. But consuming any type of excess sugar, and I would say anything that’s beyond a tablespoon of raw honey a day, is typically going to be too much. Again, if you’re going to use an at-home natural sweetener, use stevia, real stevia. Use raw local honey, again, local and raw. Aside from that, there should really be no added sweeteners into your diet. It should be just full fruits and things along that line. And, again, I wouldn’t do any other excess sugar because sugar is a big trigger for leaky gut.

The number three food that can cause leaky gut is hydrogenated oils. Get soybean oil, canola oil, any of those bad fats, completely out. Those will cause inflammation throughout your entire body, especially your intestines.

The fourth food you need to be really careful of is of course any type of fast food or packaged foods. Again, as they say in the grocery store, shop on the outside. Don’t go in those inside aisles. No packaged foods. It should be produce, it should be fruits, vegetables, sprouted nuts and seeds, organic meats, fermented dairy products, things like that, especially fruits, vegetables and meats. Those are the ideal food for you to be consuming, but again, staying away from all packaged foods. Because even if it’s a healthier packaged food, it’s still somewhat processed, it’s not as easily recognized by the body. Even that I would stay completely away from any type of even natural packaged food.

And, the number five thing you need to be aware of, in terms of triggers, is going to be things that are specific to you. I want to encourage you. One of the things you can do is get an IGG antibody test done and actually test your body to see if you do have a food sensitivity. And, for this, it’s different for everybody. I know that I’ve personally done tests myself where I don’t do well with eggs, typically. And so I did fine. In fact, when I took the test, I had zero issues with gluten, I had zero issues with a lot. In fact, I have issues with dairy, regular dairy, cow’s milk, but I have almost no issue with
goat’s milk. My wife, Chelsea, did one different.

I’ve had thousands of patients take these tests over the years and everybody is different. So, know that you have a unique biochemistry of your body and really one of the only ways to know is you can follow an elimination diet and really start to chart off how you do with specific foods. But, one of the best ways to know is to take a simple IGG antibody test and actually be able to see yourself if you do have an allergy to a specific food, and it’s good to know.

You can actually go and get an at home test — it’s very, very simple and easy — and see, or you can go to a local lab and get the testing done as well. But again, for many people, getting an IGG food sensitivity test, or food intolerance test, is a great way to know what you have.

So, again, you can go and get that test done, or the other thing you can do is sort of journal and see if you have a reaction to a certain food after you eat it, it could be certain nuts like tree nuts or citrus fruits or other foods you just don’t know exactly what you might be allergic to.

So, again, food triggers, get rid of those obvious four. Listen to your body or get testing done for number five. And if you do that, you’re going to see great results and your leaky gut healing, your body being completely restored. So guys, this has been Dr. Axe. I hope you’ve appreciated this daily health tip on removing food triggers to heal leaky gut.