



Digestion Protocols: Leaky Gut Syndrome



Leaky gut syndrome (also known as intestinal hyperpermeability), is the result of a compromise to the intestinal lining.

During the normal digestion process the tight junctions stay closed, forcing all molecules to effectively be screened and only pass into the blood stream through the mucosal cells. For a number of reasons, these tight junctions can become “open,” or permeable, allowing bacteria, toxins, incompletely digested proteins, fats, and waste into the bloodstream.

Once these toxins are in the blood, they flow throughout the body, which can trigger an autoimmune reaction. Because of this systemic problem, the list of conditions linked to intestinal hyperpermeability is far reaching. Arthritis, asthma, autism, autoimmune

diseases, chronic fatigue syndrome, depression, type I diabetes, type II diabetes, skin disorders, thyroid disorders, and weight loss resistance have all been linked to gut health issues.

Evaluation

- ☐ Symptom survey
- ☐ Intestinal Permeability Assessment test
- ☐ Comprehensive Stool Analysis (CSA) for candida and parasites
- ☐ Organic Acid Test (OAT) profile
- ☐ Polyethylene Glycol (PEG) Test
- ☐ Small Intestinal Bacterial Overgrowth (SIBO) hydrogen breath test
- ☐ IgG and IgE food sensitivity and food intolerance testing
- ☐ Tongue and facial markings diagnosis



Common Causes of Leaky Gut

- ☐ Food allergies, insensitivities, and intolerances
- ☐ Stress
- ☐ Incomplete chewing
- ☐ Diet high in fat, low in fiber
- ☐ Microbial imbalances
- ☐ Large meals
- ☐ Low levels of stomach acid
- ☐ Low levels of pancreatic enzymes
- ☐ Alcohol
- ☐ Medications, such as antibiotics, NSAIDs, and birth control
- ☐ Parasites, yeasts, and fungal infections
- ☐ Nutritional deficiencies, such as zinc and omega-3s
- ☐ Deficient secretory IgA
- ☐ Environmental toxins

Lifestyle Habits to Improve Leaky Gut

- ☐ Increase exercise
- ☐ Take a daily walk or do yoga
- ☐ Stress management techniques; consider biofeedback techniques
- ☐ Acupuncture
- ☐ Lymphatic drainage massage
- ☐ Follow good hygiene practices
- ☐ Eliminate unnecessary medications (check with doctor for prescriptions)
- ☐ Proper breathing technique
- ☐ Breathing and appreciation before each meal
- ☐ Proper chewing
- ☐ Eating slowly
- ☐ Drink your liquids either before or after your meals



Dietary Habits That Can Improve Leaky Gut

- ☐ Increase fiber intake
- ☐ Avoid hydrogenated and processed foods
- ☐ Eliminate dairy
- ☐ Eliminate gluten
- ☐ Avoid sugar and sugar substitutes
- ☐ Avoid known allergens
- ☐ Increase green juices and vegetables
- ☐ Increase sprouted foods
- ☐ Avoid caffeine
- ☐ Eat more garlic
- ☐ Increase probiotic foods like sauerkraut, kefir, and cultured vegetables

Herbs and Nutrients to Improve Leaky Gut

- | | |
|---|--|
| <input type="checkbox"/> Aloe vera juice | <input type="checkbox"/> N-Acetyl Cystein |
| <input type="checkbox"/> Arabinogalactans | <input type="checkbox"/> N-Acetyl Glucosamine |
| <input type="checkbox"/> Betaine HCl as indicated | <input type="checkbox"/> Oregano oil |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Pau d'Arco |
| <input type="checkbox"/> Coconut and coconut oil | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Dandelion root | <input type="checkbox"/> Prebiotics, i.e., artichoke and chicory root |
| <input type="checkbox"/> Digestive enzymes | <input type="checkbox"/> Probiotics, i.e., fermented foods such as sauerkraut, kefir, kimchi |
| <input type="checkbox"/> Fennel seed | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Serotonin precursors 5-HTP |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Slippery elm |
| <input type="checkbox"/> Ginseng | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Vitamin B1 |
| <input type="checkbox"/> L-glutamine | |
| <input type="checkbox"/> Licorice root | |
| <input type="checkbox"/> Marshmallow root | |
| <input type="checkbox"/> Milk thistle | |