

FREEDOM TO HEAL THE GOLDIN PATH

CHAPTERS FOUR & FIVE

*The starting point
for chronic health issues
when the medical
community fails and you've
tried everything else*

TARA SKYE GOLDIN, ND



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Due to my own health issues that I have had in my life, I have experienced major transformation through naturopathic medicine. Proper diet, healthy thought patterns, fresh air, exercise and the correct nutritional supplements when needed can strongly influence one's health once the right terrain for healing exists. I am passionate about transforming health and enjoy sharing my knowledge and experience with others so that they can live their best and most vibrant lives.

Dr. Tara Skye Goldin is a Naturopathic Doctor in the state of Colorado. She is an expert in functional and naturopathic medicine with an emphasis on gut health and digestion. Her gut health practice focuses on Autoimmune, Inflammatory and Digestive Disorders such as Celiac, SIBO, Inflammatory Bowel Disease, Irritable Bowel Syndrome, Bloating and Cramping. She also works extensively with Adrenal Health Issues, Thyroid Imbalances, HPV and Hormonal balancing.

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INTRODUCTION

If you're like many of my clients, they've made the rounds to doctor after doctor for years suffering from everything from bloating, fatigue, brain fog and many other symptoms too numerous to mention. But instead of getting answers, they get a "clean bill of health" and told to get more fiber and exercise more.

I know just how frustrating not being able to get solutions to your health issues so I wanted to get you some help with these two chapters from my book.

Gut health is the first step to healing your body. In these chapters, I explain why you're having these symptoms and how you can begin the healing process right away.

CHAPTER FOUR

Food Allergies and Leaky Gut Syndrome

Food allergies and leaky gut syndrome often go hand-in-hand, but it is not always easy to identify either one. You can easily get caught up in finding ways to deal with your symptoms and trying to live your life without realizing how everything is connected.

Personally, I grew up having to swig Pepto-Bismol in order to stop my digestive problems long enough to go to a slumber party with my friends without having excruciating stomach cramping, bloating, and all-around feeling sick, but I didn't realize I was reacting to certain foods until I was much older.

Because my immune system was so weakened from having so many unidentified food reactions, I caught every cold, viral infection, and bacterial infection that went around. And our family doctor always prescribed antibiotics which almost always caused diarrhea.

As I got older, I did the usual stuff such as taking probiotics, not eating wheat and dairy, etc. Then at some point, the horrible bloating and stomach cramping started up again, brain fog set in, and the fatigue hit me big time. But now, I was a busy woman with a family and I had so much to do. I would try to push and muscle my way through the fatigue but eventually, I would just have to go to my bed and crash for an afternoon. Then a routine blood test showed that my serum protein levels were low. No wonder I was so tired!

Then it dawned on me - it was time for me to do a food allergy test on myself. You know - the same test that I have many of my patients take for their digestive issues. So I did, and wow! The results were really bad! I was reacting to almost everything!!!! I had a severe case of "leaky gut" and because my gut was so inflamed I wasn't absorbing proteins. Even though I was eating meat again, I was pretty protein deficient.

So, I changed my diet and began taking the same supplements for a leaky gut that I prescribed to many of my patients to heal my own GI tract. Slowly my energy started to come back. I no longer had energy crashes, and the next (and subsequent) blood tests came back with perfectly normal levels of serum protein. As a bonus, those weird bloated stomach aches went away too. Amazing!

CHAPTER FOUR

Leaky Gut Syndrome

So how does leaky gut happen? Leaky gut occurs when there is damage or inflammation of the gut lining stemming from an infection or inflammation from chronic exposure to a major allergen such as gluten. When the gut becomes chronically inflamed, it becomes a bit porous, allowing tiny macromolecules to pass through the gut lining and into the bloodstream. The immune system begins to recognize these macromolecules as “non-self” and forms antigen-antibody complexes to that food. The next time you eat that food, not only will it cause more inflammation in the gut, but it will generate more antigen-antibody complexes.

To heal leaky gut requires a concerted effort as it doesn't heal on its own. Various supplements can help with this effort. This is why a leaky gut protocol of mine often includes diet changes as well as targeted supplements.

Food Allergies

When most people think about food allergies, they think of the person they read about in the news who ate a peanut accidentally and died. Or you may know somebody who needs to carry an EpiPen with them at all times in order to avoid having a life-threatening, or potentially, fatal reaction to a certain food. These can be very serious conditions where people need to have the full avoidance of a certain type of food and for whom always carrying an EpiPen is a necessity.

Many more people actually have a type of food allergy which is not immediately life-threatening, but which causes chronic symptoms, either inflammatory, digestive or both. These allergies are known as IgG or IgA antibody responses to foods and they cause a delayed reaction, whereas an IgE antibody reaction is much more severe. These allergies mean that the person has a slower, less severe onset, but after chronic exposure, they may have digestive issues or other more severe inflammatory reactions. The antigen/antibody complexes which form upon exposure may lodge in the joints, the kidneys, the colon, the brain, the lungs, the thyroid, or really anywhere in the body and can cause pain, inflammation, and sub-functioning in that organ system.

Have you ever heard someone say that they used to have an allergy to eggs or dairy (or some other food) and used to get a rash or asthma, but now they have “gotten over” that reaction and don't have problems anymore? Oh, but then a little later in the conversation, they say that they now get migraines and joint pain and can't really understand the randomness of it all? Well, newsflash! They are still having an allergic reaction, though it merely shifted its place of reactivity in the body. A common reaction is a skin rash that later becomes asthma or joint pain. Basically, they are transferring one problem to another, often deeper, area of the body!

CHAPTER FOUR

How do food allergies happen?

Some food allergies are ones we are born with, but as we age, if we do not keep our digestive system healthy, we can more easily develop new allergies. This is due to a phenomenon called “leaky gut”, which I mentioned earlier.

Since leaky gut can occur due to an infection or inflammation of the gut lining from chronic exposure to a major allergen, then if you continue to eat the food allergen you will become even more sensitive and more reactive to the allergen. This will mean that the antigen-antibody complexes deposit in your lungs, your joints, your kidneys, your thyroid gland, basically they can deposit anywhere in your body wreaking pain, fatigue, and havoc! A lot of my chronic fatigue and joint pain cases really begin to improve once allergens have been identified and eliminated.

The way to heal leaky gut involves targeted supplements that repair and restore the gut lining, basically sealing up the little “holes” in the intestines. The “holes” are not huge gaping holes but a porous sponginess to the intestine due to chronic inflammation. This condition can take some time to heal but it can be healed with professional guidance.

CHAPTER FIVE

Gut Troubles

Celiac disease

Celiac disease is a severe autoimmune reaction to gluten that wears down the fingerlike villi in the large intestine. It is one of the main causes of leaky gut syndrome. Celiac disease eventually causes severe malabsorption of nutrients and a general wasting away, often accompanied by fatigue, brain fog and inflammation.

Many of my patients with celiac disease become very ill over time since their body has long been depleted of vital nutrients. Some celiac patients come to me having lost a lot of weight and become cachexic and skeletal. Often their initial symptom is not gastrointestinal at all, but a severe intractable case of anemia, brain fog, joint pain, fatigue or anxiety or sleeplessness. Other times symptoms are more centered on the gastrointestinal system with chronic diarrhea, gas, bloating and/or chronic constipation.

Testing for celiac disease can be tricky. If you have already eliminated gluten from your diet and have been gluten-free for a while, your test results may come back with a **false negative** result. This means that you do actually have celiac disease, but the testing won't detect it. In cases like these, testing for genetic markers HLA DQ2 and/or DQ8 is the best way to go since the test results don't change based upon dietary modifications. The genetic markers only measure your inherited predisposition to developing celiac disease, but if you are symptomatic, and you have these markers, but you have been avoiding gluten, you can put these pieces of information together and it can reinforce adherence to the gluten-free diet and encourage you to embark on a program for gut repair.

Avoiding gluten if you have celiac disease is only the tip of the iceberg. Often there is a cross-reactivity with other non-glutenous grains such as corn, rice, etc. Many patients begin to feel better when they avoid all grains and earnestly adopt the Paleo diet. There is information on the Paleo diet, as well as other nutritional diets which may be a help to you, later in the book.

Diet alone won't fix a leaky gut, but it is a crucial and necessary step. You also will need to be on the targeted supplements for 6-24 months with a possible ongoing maintenance dose to close the leaky gaps in your gut. The timeline always depends upon your individual response to the protocol and the severity of the progression of leaky gut.

CHAPTER FIVE

Parasitic Infections

It can happen. You travel outside of the country. You eat unwashed lettuce. You get food poisoning. You go camping and don't purify your water. You have animals. Your city's water supply is compromised... and on and on and on. Eventually, you find that you are having cyclical gas, bloating and/or diarrhea that doesn't easily go away on its own. Standard parasite tests may be inconclusive. Or you had parasites and were treated with medication, but perhaps its effects were incomplete and now you have symptoms again. Parasitic infections can be notoriously difficult to eradicate even with the strong, often toxic, medications that are available and liberally prescribed.

Often more intractable, difficult, and prolonged digestive issues crop up after attempted parasitic treatment. Many of my SIBO patients recall the onset of their condition after a treated parasitic infection, either as a reaction to the antibiotic treatments or due to a recurring recalcitrant parasitic infection.

Some of the more common parasitic infections that I see clinically upon testing are *Blastocystis hominus*, *Giardia lamblia*, *Entamoeba histolytica*. These can vary in their difficulty to eradicate depending upon the host and the susceptibility.

Dysbiosis

Dysbiosis is defined as an imbalance in the gut flora or the microbiome. There has been more and more research about the microbiome. Research institutions such as Harvard are leading the way in conducting compelling research on the microbiome and its major contribution to health. What we **have** known for decades is that an imbalance in the gut flora, or the microbiome, can contribute to ailments related to the immune system including autoimmunity and inflammatory disorders.

Research is even making correlations between a disrupted microbiome and mental health conditions as the health of the gut is connected to neurotransmitter production. So, conditions such as anxiety, sleeplessness, and depression, as well as the worsening of autistic conditions and brain fog are connected to dysbiosis in the microbiome.

Much of my work with patients is connected to researching and discovering the exact imbalances in the microbiome and trying to correct it. Probiotics and prebiotics can be very useful, and historically, every ancient food tradition has its version of a fermented food (yogurt, sauerkraut, kombucha) that was used to promote health and well-being. This tradition was lost due to the increased availability of processed foods and the advent of increased antibiotic use, at until the recent resurgence of health food trends.

CHAPTER FIVE

Antibiotics have been a game-changer in modern healthcare. They have decreased mortality rates due to being able to cure bacterial infections which used to be a major cause of death. Along with this benefit though, we are seeing an increase in chronic diseases such as autoimmune diseases and inflammatory diseases which are increasingly connected to heart (cardiovascular) disease, cancer, and diabetes. This is because while the antibiotic can wipe out the infectious bacteria, it also wipes out the beneficial gut bacteria. This is often at our peril since without the beneficial flora our immune systems can go haywire.

I am not alone in the belief that the change in gut flora is occurring over generations as we get our initial round of healthy gut flora from our mothers during a vaginal birth. With 1/3 of all American births now occurring via C-section, it is no surprise that we are seeing worsening overall health in our population!

So, in a case of bacterial food poisonings such as salmonella, a virulent E. coli strain or other bacterial strain, treating it with antibiotics is useful, but neglecting the subsequent steps of inoculating with healthy gut flora is compromising the health of our entire population.

Bloating and Cramping

Bloating and cramping is that moment when your belly blows up like a balloon. You are wondering what the heck you ate that is causing you to look 5 months pregnant, whatever your gender.

Bloating and cramping have numerous causes. They can be caused by a bacterial infection, a food allergy reaction, a bacterial overgrowth of the small intestine (SIBO), Candidiasis (yeast overgrowth), a parasitic infection, celiac disease, or a response to the high FODMAPS diet (more on this later). Whatever the cause, they can be painful and a nuisance as well as being life-disrupting.

There have been times in my own personal health journey where I felt fine one minute, ate some food, and within minutes had to go lie down and retreat from the world until whatever caused the bloating and cramping passed through my system. Bloating and cramping are often the initial symptoms that cause people to seek professional help.

Inflammation

Many chronic diseases have inflammation at their roots. Cardiovascular diseases, cancer, and diabetes are each, at their roots, inflammatory. Autoimmune diseases also have inflammation at their root. This covers a large percentage of inflammatory disorders in the modern world and a large percentage of the modern day causes of death not due to accidents or violence.

CHAPTER FIVE

Currently, the top two causes of mortality in the United States are cardiovascular diseases and cancer (according to CDC data for 2015-2016). Diabetes is also right in there and contributes significantly to cardiovascular disease. This makes it clear that getting inflammation under control is crucial for good health.

So what causes inflammation? Lots of things contribute to it. Increased stress and lack of sleep in our modern day lives is a big contributor. In the past, we evolved to have our adrenaline response in order to outrun a predator or to deal with a life or death emergency.

We have all heard the anecdote of the guy who was suddenly able to lift a car off someone in an accident. This is due to adrenaline, which is a hormone that is produced by the adrenal glands. In our modern-day lives, we are not so much outrunning predators, as we are dealing with psychological stresses such as deadlines, interpersonal stresses, and financial stresses. These stresses produce a hormone called cortisol which initially helps us to deal with the stress. But, with prolonged stress, we will have an increase in sleep disruption, other endocrine (hormonal) disruptions, and inflammation, as well as other chronic illnesses. With prolonged stress, there will also be mood disruption which has an impact on inflammation.

Changes in the modern-day food supply can also increase inflammation. Unlike our ancestors, we are now dealing with increased pesticide and herbicide usage which the body reads as a form of estrogen. This increased use of pesticides and herbicides means that they are endocrine disruptors. The pesticide Roundup (glyphosate) is regularly used to manage GMO crops. Roundup has been determined to be a carcinogen by the WHO (World Health Organization). So, before we even get into the possible health effects of the GMO crops themselves, there is a definite correlation between the products used in agriculture and inflammation and cancer. Many people find relief from inflammation by eliminating all grains from their diet, not just gluten.

Processed foods have also been found to increase levels of inflammation. This can be due to fatty acids produced by trans and polyunsaturated fats. Some fatty acids, such as omega-3 fatty acids, can decrease inflammation and some increase it. It is good to include healthy fats in your diet and stay clear of the hydrogenated and trans fats.

Sugar also increases levels of a compound called NF-kappaB in the body. NF-kappaB has been known to increase cancerous cell growth as well as inflammation. Sugar feeds cancer and inflammation so it is a very good idea to adopt a low sugar and processed foods diet.

CHAPTER FIVE

Many of my patients have found the Ketogenic diet helps them with inflammation. It also helps patients who often have difficulty losing weight to finally begin to lose weight. The Ketogenic diet is based upon the concept that when you consume a diet high in carbohydrates and sugars, you tend to gain weight and increase the levels of NF-kappaB, which in turn increases inflammation. By decreasing carbs in the diet to a very low level, you lower your serum glucose levels and burn fat instead of muscle. Thus, you have ketones in your blood which are metabolites of fat burning. These metabolites can also indicate that you are in an anti-inflammatory state which helps people feel a lot better.



I know sticking with a restricted diet is difficult. But there are ways to make it (and your whole life) easier and more fun. Get practical, emotional, and social tools to stick with the right diet for YOU - and to feed your health.

DO YOU HAVE CHRONIC HEALTH ISSUES?

It's time to make a sustainable change in your diet. It doesn't matter what therapeutic diet you want to stick with: Paleo, Keto, SCD, or the unicorn-and-rainbows cleanse, if you constantly sabotage your eating plan, you'll never heal. Introducing a revolutionary new program:

Freedom to Heal

The Goldin Path

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