

DO YOU HAVE "LEAKY GUT"?

"Leaky Gut" occurs when the lining of the digestive tract erodes and becomes overly permeable, allowing large molecules and food particles to enter the bloodstream. This gut permeability can be a result of damage directly to the intestinal lining, or it can be a result of a lack of healthy gut flora, the beneficial bacteria that typically line the digestive tract and aid in both digestion and assimilation of nutrients (a.k.a. "gut dysbiosis"). The intestinal lining and beneficial gut flora can become damaged by a number of different things: overgrowth of yeast or pathogenic bacteria, chemical exposures, exposures to specific foods, or poor overall dietary habits. "Leaky Gut" is what might be called an 'upstream' problem – meaning that it is an underlying cause of a vast array of different 'downstream' symptoms or effects. Often, if you can identify and correct the gut dysbiosis, the associated symptoms can be greatly alleviated or eliminated. Here is a list of common symptoms that may result from "Leaky Gut":

SKIN:

- Rashes
- Eczema
- Pale Complexion
- Dark Circles around Eyes

MUSCLES:

- Aches
- Weakness

BRAIN:

- Depression
- Anxiety
- Attention Issues
- Behavioral Issues
- Sleep Disturbances

RESPIRATORY:

- Allergies
- Asthma

DIGESTIVE:

- Stomache "Aches"
- Constipation
- Diarrhea
- Food Allergies
- Bloating

OTHER:

- Inflammatory Conditions
- Autoimmune Conditions
- Blood Sugar Issues
- Frequent Infections
- Poor Nutrient Status
 - Slow growth/failure to thrive
- Toxicity
- Environmental or Chemical Sensitivities
- Lethargy/Chronic Fatigue