

## CAUSES OF LEAKY GUT SYNDROME

The overuse and misuse of antibiotics is considered a major cause of leaky gut syndrome. Broad spectrum antibiotics can kill all the friendly as well as the bad bacteria in the intestinal tract. This can lower the capacity to fight fungus such as CANDIDA ALBICANS and CLOSTRIDIA DIFFICILE that are often associated with colitis. Antibiotics can also kill the bacteria that break down complex foods and synthesize essential vitamins. (See Primal Defense A "Pro" biotic, not "Anti".) The friendly bacteria help to fight infection and defend the body to keep parasites and fungi under control.

A poor diet high in carbohydrates, sugar, alcohol and caffeine can irritate the lining of the gut. This can cause inflammation leading to hyperpermeability (leaky gut syndrome.)

A deficiency in enzymes can also lead to leaky gut syndrome. Enzymes help to break down, digest, and assimilate nutrients. Cooked and processed foods are depleted of essential enzymes. Raw foods such as fruits and vegetables contain enzymes. A poor diet lacking of enzymes can impair digestion and cause inflammation of the gut lining. If adequate amounts of enzymes are not available in the body, leaky gut syndrome may develop.

Non-steroidal anti-inflammatory drugs (NSAIDS) also contribute to leaky gut syndrome. Some NSAIDS include ibuprofen, ASA, indomethacin, aspirin, and naproxen sodium. Problems occur as these drugs cause irritation and inflammation in the intestinal lining which in turn causes hyperpermeability between the cells.

Other contributors to the syndrome are chemicals, heavy metals, pesticides and other toxins that can damage the digestive tract. These foreign materials can cause inflammation and hyperpermeability between cells in the gut lining. Organisms such as GIARDIA LAMBLIA or KLEBSIELLA CTROBACTER can also compromise the gut lining and contribute to leaky gut syndrome.

SYMPTOMS OF LEAKY GUT SYNDROME	DISEASES ASSOCIATED WITH LEAKY GUT SYNDROME
Frequent colds, infections	
Fungal disease	IBS
Food intolerances / allergies	Eczema
Chemical sensitivities	Food sensitivities
Abdominal distention	Liver disease
Toxic feelings	Asthma
Cognitive memory deficits	Lupus
Shortness of breath	Chronic fatigue syndrome
Aches and pains	Acne
Nausea after eating	Psoriasis
Diarrhea	Cystic fibrosis
Abdominal pain	Rheumatoid arthritis
Skin rashes	Celiac disease
Difficulty exercising	Fibromyalgia
Fatigue	Autism
Low-grade fever	

## DIETARY GUIDELINES

The intestinal tract can be healed by adding more raw food to the diet, especially fresh vegetable juices. Fasting on vegetable juices will help to repair and provide enzymes necessary for health and digestion. A diet consisting of 60-70 per cent raw food will help to reverse the degeneration that has occurred in the gut lining, as well as improve energy and vitality.

Cleansing the digestive tract and the colon will help assure that the body is digesting and assimilating essential nutrients for healing and restoring health. Avoid low-fiber foods, cooked foods, white flour products, sugar, fried foods and processed foods. Eat a diet rich in fiber, fruits and vegetables, fiber formulas.