

LEAKY GUT SYNDROME



Leaky gut syndrome (LGS) is a poorly recognised but extremely common problem and it is rarely tested for. Essentially, it represents a hyper-permeable intestinal lining. In other words, spaces develop between the cells of the gut wall, and bacteria, toxins and food leak through. The official definition is “an increase in permeability of the intestinal mucosa to luminal macromolecules, antigens and toxins associated with inflammatory degenerative and/or atrophic mucosal damage”.

When the gut wall or intestinal lining is damaged due to leaky gut syndrome, damaged cells called microvilli become unable to do their job properly. Therefore, they can not manufacture the enzymes that are vital to good digestion. Digestion is impaired, absorption of nutrients is affected, and damaging substances are able to invade the bloodstream. The body responds to the “foreign invaders” that have entered the bloodstream with inflammation, allergic reactions, and other unpleasant symptoms.

It may appear as though minor inflammation and some allergic reactions are not serious symptoms. This may sound relatively harmless but this condition can contribute to numerous serious diseases. Since the immune system becomes overburdened by toxins that enter the liver, the toxins are flushed back into the blood where they are sent to connective tissues and muscles. Leaky gut syndrome may have a hand in the following conditions: allergies, inflammatory bowel, Crohn’s disease, fibromyalgia, chronic fatigue syndrome, diabetes, arthritis, pancreatic dysfunction, giardia, irritable bowel syndrome, and lupus.

SYMPTOMS OF LEAKY GUT SYNDROME

Whether or not leaky gut is the cause of various states of disease or whether it indirectly aggravates those conditions, a variety of symptoms are associated with intestinal permeability. These leaky gut syndrome symptoms include:

- Nutritional deficiencies
- Candidiasis
- Allergies
- Anxiety
- Skin rashes
- Impaired memory
- Moodiness or irritability
- Bloating or flatulence
- Diarrhea and constipation
- Fatigue
- Headaches

MANAGEMENT OF LEAKY GUT SYNDROME

Temporary treatment with corticosteroids, prescription antibiotics and immunosuppressive drugs may be beneficial for an acute episode of pain, bleeding or severe inflammation. In the long run, however, none of these treatments do anything to heal the leaky gut problem. To reverse leaky gut syndrome, the diet must be completely changed to one which is as hypoallergenic as possible. Sugar, white flour products, all gluten containing grains (especially wheat, barley, oats and rye), milk and dairy products, high fat foods, caffeine products, alcohol and hidden food allergies must all be eliminated for long periods of time.

Treatment might also include the use of natural antibiotics: (echinacea, colloidal silver, garlic), antiparasitics: (cloves, wormwood, black walnut) and antifungal (taheebo, caplytic acid, grapefruit seed extract) depending on the type of infection. It is rare that prescription drugs are needed for these infections. Leaky gut syndrome patients can help themselves by chewing food more thoroughly, following the basic rules of food combining, eating frequent small meals rather than three large ones and taking more time with their meals. Gastrointestinal function can be improved with a juice fast or a hypoallergenic diet and supplements like lactobacillus acidophilus and bifidus as well as natural FOS (fructooligosaccharides) derived from artichoke, chicory, the dahlia plant or burdock root.

WHERE SCIENCE MEETS NUTRITION®

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LEAKY GUT SYNDROME PROTOCOL

Rather than treating the superficial symptoms associated with leaky gut syndrome, it is more important to choose a course of treatment that will focus on healing the gut. There are several different paths to healing a leaky gut. Some of the primary ones are as follows: removing candida yeast and parasites, the use of digestive enzymes, using probiotics, proper diet, and nutritional supplements. Below is a protocol for nutritional supplements that can be used:

SUPPLEMENT	DOSAGE
Mixed Carotenoids	5000 IU
Vitamin C (Ascorbic acid)	500 mg
Vitamin E (Natural – Succinate)	400 IU
Thiamin (Vitamin B1)	30 mg
Riboflavin (Vitamin B2)	30 mg
Niacin (Niacinamide) (Vitamin B3)	30 mg
Pyridoxine hydrochloride (Vitamin B6)	30 mg
Folic Acid	400 IU
Methylcobolamin (Vitamin B12)	100 mcg
Biotin	200 mcg
Pantothenic Acid (Vitamin B5)	30 mg
Chlorella regularis	250 mg
Spirulina (blue-green algae)	250 mg
Bilberry	30 mg
Garlic Powder	100 mg
Ginger Root Extract	100 mg
Grapeseed Extract	25 mg
Licorice	100 mg
Betaine HCl	500 mg
Borage Oil	1000 mg
Bromelain	500 mg
L. Acidophilus	2 billion
Digestive Enzyme Blend	500 mg
L-Glutamine	500 mg
Citrus Bioflavonoids	200 mg
Phosphatidylserine	200 mg
Fish Oil	1000 mg
MSM (Methylsufonyl-methane)	1000 mg
NAC (N-acetylcysteine)	500 mg
Quercetin	300 mg

RECOMMENDATIONS

The supplements in the above listed protocol are a general recommendation with an average dosage. By using the CustomVite program, our team of nutritionists have the ability to customize each supplement (or even add/delete) to a patients' unique nutritional requirements. In the case of Leaky Gut Syndrome, the CustomVite program can help improve your patients overall nutritional status by providing them with optimal dosages. This recommendation does not take into account drug-nutrient interactions. By having the patient provide us with their current prescriptions and supplements through our Lifestyle and Medical History Questionnaire, we can cross reference their information to determine if there are any interactions for their personalized formulation.