

LEAKY GUT 101

*A Simple Guide to Supporting Your Gut
By Terri Herring*





LEAKY GUT 101

WHAT IS LEAKY GUT?

If you have had ongoing stomach and intestinal issues, you may have heard your doctor or someone online mention leaky gut. This may sound like something that you think you don't have or you may have misconception of what leaky gut actually is. Before you move on from this as a possible issue you are having, that could explain other related issues you are having, consider the basics of what leaky gut is and what it could mean for your body.

PORES CAN BE THE ISSUE

One factor related to leaky gut can be the pores of your intestinal lining. Overtime, with strain and other issues like diet, your intestinal tract can become more porous. This means that the tiny pores throughout the lining are now becoming more open. This is referred to medically as Hyperpermeable Intestines or leaky gut.

IMMUNE SYSTEM ISSUES

One of the first things that may clue you into have leaky gut issues is actually your immune system. You may find yourself getting sick more often, reacting to more foods, having bowel issues, or having ongoing issues with digestion. The reason for this is due to how your intestines work. The lining actually provides a barrier to keep your immune system safe from toxins as they exit the body. If the toxins and undigested food particles are able to get through porous areas of the lining, then your immune system can respond. This can contribute to you to be ill more often or find yourself reacting to foods you used to be able to eat with no problem.

© 2022 Terri Hirning

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.



FOODS MAY NOT BE THE ONLY CAUSE



You may be under the misconception that it is just the foods you are eating that are causing all the intestinal problems. The truth is that this isn't always the case. Undigested food proteins may get through the intestinal lining and your body is reacting to that.

Dysbiosis can also be a contributor. Dysbiosis is when there is an imbalance in the microorganisms of the gut. This could be candida/yeast overgrowth,

bacterial overgrowth, or parasitic infection. The good gut bug (our microbiome) may be outnumbered by the bad bugs and that can contribute to leaky gut.

Genetically-modified foods (GMO) especially those high in glyphosate have also been suspected to contribute to leaky gut. That's why eating organic or non-GMO foods can be helpful.

If you are thinking about diet change then know that the diet changes you can make to improve the issues but there may still be additional things – like supplements or even prescription medications – that your healthcare professional may also recommend to achieve true healing. But, the foods you choose to consume can either hurt or help.

These are only three of the major key points regarding what leaky gut is and how it can affect your overall health. If this sounds like what you are going through, consider contacting your physician to find out more and to see what can be done about your overall situation. Always consult with a qualified healthcare professional.



SIGNS YOU HAVE LEAKY GUT

If you have been reading up on leaky gut, and you think you may have it, then you may want to start narrowing down the signs. There are several signs of leaky gut that can lead you to your doctor and to a proper treatment plan. You may also find that you can manage the signs and symptoms and work towards handling it on your own natural, at least for a time. If you are wondering if your issues are actually signs, then here are a few to consider.

INFLAMED BOWEL SYNDROME

One of the first signs that you have leaky gut is inflammation in the bowel. This inflammation can first be misdiagnosed as a symptom of Crohn's Disease. You will notice that you are having some pain in your bowels, sensitivity to the area, and overall pain and discomfort. If you are having this symptom it can be a sign that something is wrong, regardless of it being leaky gut or not. If it is related to leaky gut you will have other symptoms alongside this and all of them are due to the leaking of the toxins into your system causing havoc on the rest of your body.

INCREASED FOOD SENSITIVITY

Everyone has some type of food sensitivity. They may not like hot foods, overly spicy foods, certain flavors, and certain textures. This becomes a sign of leaky gut when you start noticing it isn't just your personal likes and dislikes and it is overall affecting your body as a whole. You may start noticing that pizza, for example, is irritating your stomach to a drastic level. That means you may be having adverse bowel issues such as constipation lasting more than one day or loose stools after eating certain foods. These are signs that something is not processing right with your intestines and could be related to leaky gut issues.



MALABSORPTION

If you take supplements or vitamins daily and you have noticed that you are not getting the same benefit or feeling from them, this could be a sign of leaky gut. What this means is that the vitamins and supplements you are taking are actually not being processed properly. Your body isn't being given the chance to absorb them properly and therefore it may seem like you need to take more or change brands. When you do this often, you may start thinking they aren't working anymore. This is usually referred to as malabsorption and can be directly related to leaky gut.

Undigested food in your stool can be another sign of malabsorption. Paying attention to our bowel movements can give us some great insight on our overall health and wellness, even if it isn't pleasant to talk about!

These are the three key signs that may indicate leaky gut. If you find that these signs sound like your issues, then contact a physician to help with your treatment plan. You can also consider using natural ways to improve your gut health or supplements that may help with specific leaky gut issues.



EASY WAYS TO SUPPORT GUT HEALTH

Having gut health issues can be contributed to a number of different things. Your gut health can also contribute to several problems in your overall health as well. If you have been having gut issues, as well as related health issues, then you may be wondering how you can easily support your overall gut health. Here are a few of the easiest ways you can support your gut and help with your overall daily wellness.

CHANGE YOUR DIET

You don't have to make drastic changes to your diet. But you can start by keep a food log and noting when you have digestive challenges. Then you can review the foods you are eating and look for clues as to which foods or food compounds may be the issue. Also, choosing the cleanest foods possible and avoiding GMO foods and foods high in glyphosate can help your overall and GI health.

DRINK MORE WATER

The truth is, simply drinking more water can help. It won't cure the gut health issues but water offers several benefits. It can help with the breakdown of the food you are eating which makes it easier to digest and easier to move out of your system. It makes absorption of minerals and supplements easier by allowing your system to be hydrated and ready to absorb nutrients. It also helps you keep hydrated which can help with overall health and reducing constipation. That being said, remember this is pure water. This is not water that has been added to a drink like coffee or tea.



ADD PROBIOTICS

Sometimes your system needs a little boost to help things along. Though you can do this with foods and water, you may need more than that. Even supplements may not do what you need. One thing that will help your digestion and gut health, especially with leaky gut, is adding probiotics. You can find these in tasteless powder blends that can be added to everything from water to coffee. You can also find them in daily chewables, easy to swallow capsules, or even yogurt.

There are other ways to improve your gut health, but these are the most common and easiest to put into effect into your life. By putting these three ways into action, you can see a quick improvement in your gut health and an ongoing improvement in your overall wellness.



© 2022 Terri Hirning

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.



HEALTHY FOODS FOR LEAKY GUT

When you start dealing with a treatment plan for your leaky gut issues, you may be looking at various options. One of the options may be supplements. In many cases, these supplements work best with a diet change in your life. If you are wondering how to change your diet to help the supplements work as well as give you healthy food options for your leaky gut, then here are some options.

FERMENTED FOODS

One of the ways that you can help your leaky gut is to start adding fermented foods to your diet. These foods can be something as simple as Kombucha tea. They can also include foods like sauerkraut, kimchi, and pickles. The reason you want to add these foods into your diet is because of the cultures that develop during the fermentation process. These cultures will help aid your system in digestion. They also support a healthy microbiome which supports overall health and wellness. Again, if you have a sensitive system, start slow and increase your consumption at a pace that feels right for your body.



LOWER-STARCH VEGETABLES

When people say eat more vegetables, you may think adding potatoes or high starch easy to find vegetables are a good idea. The truth is that the high starch vegetables will not help. You need high fiber low starch vegetables that help breakdown your food and move it through your system. Fiber based vegetables offer you a wide variety of minerals and vitamins as well. If you are not used to high fiber vegetables, you may want to start out slow and work your way up

© 2022 Terri Hirning

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.



slowly. If you introduce too many at once, you can find that you are getting bloated and causing more digestion issues than helping.

Some of my favorites include:

- Asparagus
- Bamboo shoots
- Brussels sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Cucumber
- Jicama
- Mushrooms
- Onions
- Peppers
- Radishes
- Rutabaga
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Squash
- Tomato
- Water chestnuts

COCONUT OIL

It can seem like coconut oil is the cure all, but it isn't however for some individuals, it can be a great option to support wellness. By using this in place of butter and other cooking oils you may find that you are promoting a healthy balance of oils in your diet. This can help to not build up blockages and move your food through your system easily.

These healthy food options for leaky gut are easy to find, easy to prepare, and can be easily put into your daily diet routine. Though these foods won't solve the issue, they will help alongside a treatment plan that can lead you to better gut health as well as leaky gut being reduced or reversed.



MY TOP SUPPLEMENTS FOR LEAKY GUT

If you are having issues with leaky gut, you may have already tried to change your diet or make some changes to improve your gut health. This can work out fairly well for a time, but you may find that you need a boost in your gut health to improve your leaky gut issues. If this sounds like the stage you're in with your health, then you may be considering supplements. Here are a few of the top supplements for leaky gut and how to take them for optimal help.

PROBIOTICS

Probiotics are very easy to find and even easier to add to your diet for your digestive support. There are a wide variety of products on the market and many options to choose from depending on your needs. There are different strains that all have their unique benefits. There are even probiotics for your dog! The key is finding strains that work best for your system. If you need support on where to find reputable brands, you can see a list of my favorites [here](#).

FIBER

Fiber is something that most people think must come from fruits or vegetables. Though these are great sources, they are not something that someone can get enough of daily to help with their leaky gut issues. That being said you can find fiber in powder form that can be easily added to water or juice once a day. Fiber helps break down your foods and helps reduce blockages in your system. Blockages can cause more strain on your intestines and cause issues. And fiber helps our body detox by carrying away waste and toxins that we can eliminate! Getting enough fiber is important!



COLLAGEN POWDER

Collagen powder is something that many people may not be aware of. This powder is what is contained in bone broth that makes it so effective in overall health and immune issues that occur during cold and flu season. The trick to this powder is that it is important to get a high-quality form. This is not vegan, so keep that in mind if you are living a vegan lifestyle. But, it also is one of the essential building blocks for healthy hair, skin, and nails and our own collagen production can slow down as we age.

GLUTAMINE

In terms of my favorite products for leaky gut, glutamine has to be at the top. Glutamine is an amino acids and studies have shown that it is most beneficial in strengthening and rebuilding the intestinal lining. It supports and helps to maintain a healthy gut barrier which is essential for repairing leaky gut.



If you want to see my favorite gut support products – yes, even ones that I use daily, click [here](#).

By putting one or a combination of these three supplements into action, you will see a benefit to your leaky gut issue and your overall gut health. Remember, you can add these supplements in your juicing or your smoothies as well as capsule options.

This guide was meant to inspire you and to give you hope that improved digestive wellness is possible! Remember, always work with a qualified healthcare professional if you feel leaky gut is an issue for you.

To your health!

Terri

© 2022 Terri Hirning

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.