



## Got Leaky Gut?

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We are currently seeing more folks with chronic issues such as cancer, lupus, fibromyalgia, arthritis, chronic fatigue, and other auto-immune disorders. We continue to have success with these clients because we address all the pieces of the puzzle. Although each of these issues has different symptoms, all share an imbalance in the digestion system often referred to as leaky gut. **We have heard that we are what we eat, but more accurately, we are what we *assimilate*.**

### What is Leaky gut?

It is estimated that we have 750 trillion different bacteria, yeast and other micro-organisms colonizing the gastro-intestinal tract. These micro-flora make up three to five pounds of your total body weight. These bacteria are important for healthy metabolism and immune response. Our nutrients are absorbed through the small intestine. Leaky gut occurs when the mucus lining of the small intestine becomes too porous, allowing toxins, food particles and pathogens to enter the blood stream. When there is leakage, **First, body loses its ability to absorb nutrients and malnutrition and mineral deficiency occurs, Secondly, toxins and proteins leak out into the blood stream and cause the body to trigger the auto-immune response. Healthy tissue gets inflamed and food allergies result. Thirdly, the lining is not protected by the good bacteria--probiotics and the bad bacteria and viruses invade.**

### Symptoms:

- Bloating and/or gas
- Poor concentration, brain fog
- Candida
- Anxiety
- Skin rashes
- Impaired immune function
- Indigestion
- Moodiness, irritability
- Fatigue after eating
- Diarrhea and constipation
- Headaches
- Arthritis
- Allergies and many more...

### What causes leaky gut?

- **Medications: NSAIDS, Antibiotics-main culprits**
- **Steroids such as prednisone, hydrocortisone and corticosteroids**
- **Alcohol**
- **Viral, fungal and bacterial infections. (Stomach flu and traveler's diarrhea can damage the stomach lining)**

- **Parasites (intestinal flukes, liver flukes, tapeworm etc.)**
- **Stress Chemicals- high levels of cortisol and other chemicals lead to leaky gut.**
- **Food allergies milk, wheat and gluten foods. (Wheat, rye, oats, barley), corn, sugar.**
- **Processed foods- sugar and high fructose corn syrup, diets high in starches.**
- **Chemical burden of heavy metals, chemicals, food additives, chlorine, fluoride, plastics, etc.**
- **Emotional trauma like a death, divorce, loss of a job.**
- **Surgery.**

### **Endotoxins**

When the gut bacteria act on undigested food particles they make toxic gases and chemicals (endotoxins). These endotoxins damage the mucosal lining, causing increased intestinal permeability. With repeated attacks the gut lining continues to erode. The pathways in the gut meant to detoxify the chemicals and environmental influences fail to do so. The liver and kidneys can be over burdened and the toxins can accumulate in the organs.

### **Auto-Immune Response**

When the lining gets holes in it, these pathogens, food articles and endotoxins end up in the blood stream and the body gets confused and attacks its own cells making antibodies against the invaders - auto-immune response.

There are about 80 recognized auto-immune disorders including:

- Alternative Medicine Review article, Vol 2 Number 5 lists conditions/symptoms associated with Leaky Gut ( not limited to the below).
- Lupus
- Arthritis
- Food allergies
- Fibromyalgia
- Multiple Sclerosis
- Chronic Fatigue
- Sluggish Thyroid
- Acid reflux
- Symptoms in the autistic spectrum
- Brain Fog
- IBS
- Crohn's
- Ulcerative Colitis
- Skin Eruptions, Psoriasis
- Candida
- Celiac Disease
- Eczema
- Food and Chemical Sensitivities
- Abdominal pain and distension

### **What About Food Allergies?**

When an allergenic food is eaten repeatedly—causes an inflammatory immune response and further damaging the intestinal tissue. Yeast (fungus) is also involved and in order to heal completely, it is important to refrain from eating the allergenic food. The most common food allergies are dairy, wheat (gluten), eggs, corn (including corn syrup, pop corn, and corn sugar), sugar, beans (soy, lentils, kidney).

### **Healing Leaky Gut**

- Eat a healthy diet of organic foods- 5-8 servings of fresh vegetables and fruits per day. Do not consume allergenic foods.
- Use specific supplements to rebuild the intestinal lining.
- Decrease the toxic load on the body- detox heavy metals, chemicals and pathogens.

### Specific Steps in Healing Leaky Gut

- **Candida diet.** Candida is an overgrowth of yeast that grows in the intestines. It can cause thrush, vaginitis, bladder problems, fatigue, brain fog, virtually any thing when it is out of balance.
- **Avoid Allergenic Foods- very important.**
- **Probiotic** such as Nature's Way Reuteri or ProDophilus 50. refrigerated acidophilus is better. Eat plain yogurt, kefir or cultured vegetables.
- **HCL/Pepsin** supplements before meals if the stomach acid is low.
- **Digestive enzyme** including protease, amylase and lipase. Other herbs can be soothing such as slippery elm and marshmallow.
- **Fish Oil Omega 3's** to lubricate the digestive tract. A combination of fish, flax and borage oil will reduce inflammation
- **L-glutamine powder** or tablets 500-2,000 mg
- **Fiber supplement** with a combo of the following: flax/borage seed, watermelon seed, FOS, slippery elm bark, fennel seed, and marshmallow and bladder whack leaf. Kroeger Herb's **Environmental Cleanse** is a good combo.
- **Metal chelators-** Metal X, chlorella, NAC, Clay baths
- (EBN Bentonite clay)
- **B-complex** and **Vit C -3000 mg.** or more per day. ( B-complex may make parasites worse)
- **Liquid Minerals** or green drinks
- **Filtered water** –both drinking and showering

### Other Helpful Herbs, Supplements

- Caprylic Acid
- Pau'd-Arco tea
- Oil of oregano
- Fresh Garlic
- Grapefruit Seed extract
- Borage oil, flax oil, evening primrose oil
- Olive leaf extract
- Stevia leaf
- Digestive enzymes – Serrapeptase, others
- Vitamin C
- Fiber supplements
- B 12 and Folic Acid
- Vitamin D 3 2,000 daily
- Co Q10
- Ginger, tumeric

### What are Probiotics?

The good bacteria that inhabit the gastro-intestinal tract are called probiotics and are available in capsules and powder. Also in plain organic yogurt, kefir, cultured veggies. **Lactobacillus Acidophilus** inhabits the small intestine and inhibits the growth of toxic substances as well as deters tumor growth. **Bifidobacteria bifidus** inhabits the large intestine and consumes old fecal matter and protects against mammary tumors. The best

**general** purpose probiotic supplements combine several beneficial bacteria. Look for supplements that contain **Lactobacillus acidophilus** and **bifidobacteria** in the billions.

### **Benefits of Probiotics**

- 1 Aids in digestion and elimination-heals leaky gut
- 2 Increases absorption of minerals, especially calcium
- 3 Lowers cholesterol
- 4 Destroys free radicals with its antioxidant properties
- 5 Acts against h pylori, a bacteria related to stomach ulcers
- 6 Controls yeast overgrowth -very important in healing  
Candida
- 7 Produces natural antibiotics
- 8 Produces B vitamins
- 9 Aids immune response
- 10 Controls the PH of the intestines

**NOTE Most people will not take enough probiotics to completely repair and inhabit the small and large intestine.**

### **Emotions We digest life or it digests us**

- Flower remedies
- Biofeedback balances the emotions and the whole body
- Gratitude -Keep a grateful journal 3 things every night
- Release anger and resentments and guilt. "No more shoulding!"
- Forgive those who have hurt you.
- Forgive yourself for all your errors.
- Mind Gems, EFT, Geotran work

### **Thank you for YOU!**

### **New, New, New! Cellular Retraining Therapy, CRT**

**Cellular Retraining Therapy** helps the body energetically overcome intolerances, sensitivities, allergies and blockages. CRT retrains the cells, organs and glands of the body to react in a positive manner to stimuli by releasing "energetic memories" stored within the body. CRT **Activates the hypothalamus** through the use of a specific frequency light. Once these "memories" are released, the body is freed up to utilize its healing energy in more productive ways.

*CRT is great for Candida and fungus issues in the sinuses and body. Candida was coupled with frustration on a young woman with chronic sinus issues. As she walked out the door she said, "I feel better already! Thank you!" SS Albuquerque*

*Dear Louise,*

*Well it wasn't my intention to attend your group in order to join it, but considering the results I felt I'd be a fool not to join. I really did feel balanced, focused, clear, and productive today, on a much higher level than I have been functioning. I went to see my core practitioner today and she said, "Wow, everything energetically was in line today." In 4 months of seeing her regularly she has never said that. PF Albuquerque*