

Leaky Gut Syndrome

It's Not Like You Thought!

Leaky Gut Syndrome

Even I didn't realize that was coming down the turnpike!

Orthodox medicine has taken us rapidly forward on the theme of leaky gut, with the discovery of "tight junctions"

Leaky Gut Syndrome

First the “traditional” story...

Our guts are inflamed by food allergies, dysbiosis, parasites, heavy metal poisoning etc.

Leaky Gut Syndrome

This results in 2 adverse effects:

Malabsorption, so we don't get the best nutrients from our food

Leaky gut, so that complex molecules sneak through the gut lining

Leaky Gut Syndrome

Food molecules are absorbed in identifiable format, so they can set up allergic reactions in the blood.

Thus wheat, corn, milk, egg, banana, etc. appears in our bloodstream.

Leaky Gut Syndrome

We used to teach 2 useful strategies:

Cleaning up bowel inflammation, by avoiding allergens, heavy metals, dysbiosis, Candida, etc.

Digestive enzyme stimulation

Leaky Gut Syndrome

Stimulated gastric and pancreatic secretions with so-called "bitters":

Dandelion, Yarrow, Mugwort, Chamomile
(mild)

Wormwood (as in Absinthe), Barberry,
Gentian, Rue and Tansy (very strong)

Leaky Gut Syndrome

Enzyme supplementation is given in another segment, based on the work of William Phillipott MD.

Multiple enzyme formulas are available plus saliva pH test strips

Leaky Gut Syndrome

Tests For Malabsorption:

D-xylose sugar test...

Patient drinks the xylose, urine or blood are collected. Low urinary xylose suggests poor absorption.

Leaky Gut Syndrome

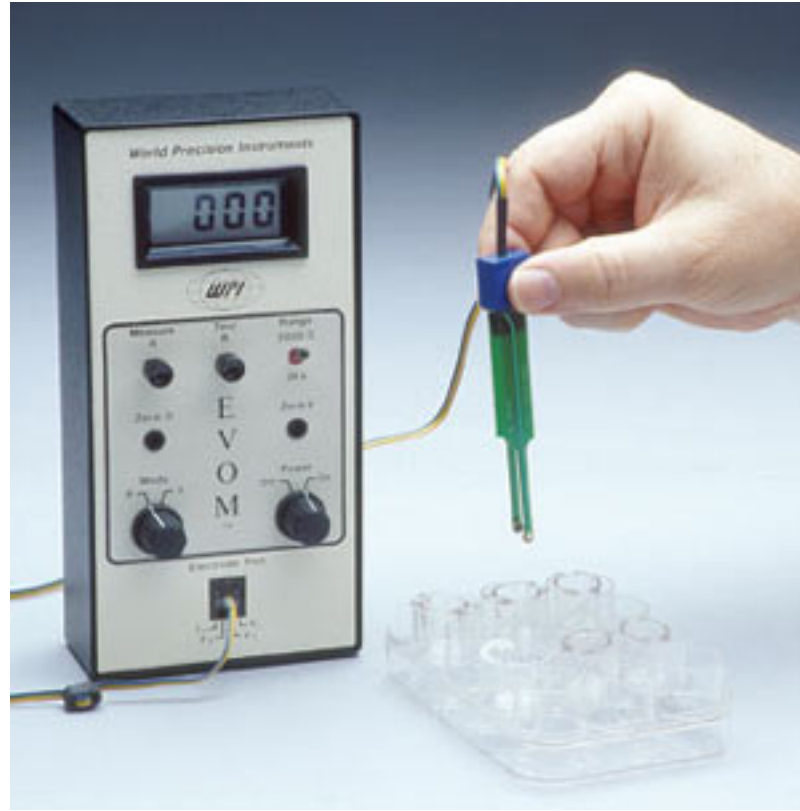
Tests For Leaky Gut:

Mannitol sugar test...

Patient drinks the mannitol, urine or blood are collected. Urinary mannitol tells us that large molecules are coming through

Leaky Gut Syndrome

Worth mentioning here the TEER test for cellular penetration (trans-epithelial electrical resistance test).
Electrically measures leakyness



TEER Tester apparatus

Leaky Gut Syndrome

Solutions:

We look for causes and eradicate those. In Diet Wise I featured the work of Dr. William Stuppy, from Los Angeles.

Leaky Gut Syndrome

But today, the whole story has changed dramatically:

Leaky gut is not a result of “wear and tear” and inflammatory erosion at all...

You need to know about “tight junctions”

Leaky Gut Syndrome

Tight junctions are created by protein complexes that work like a glue.

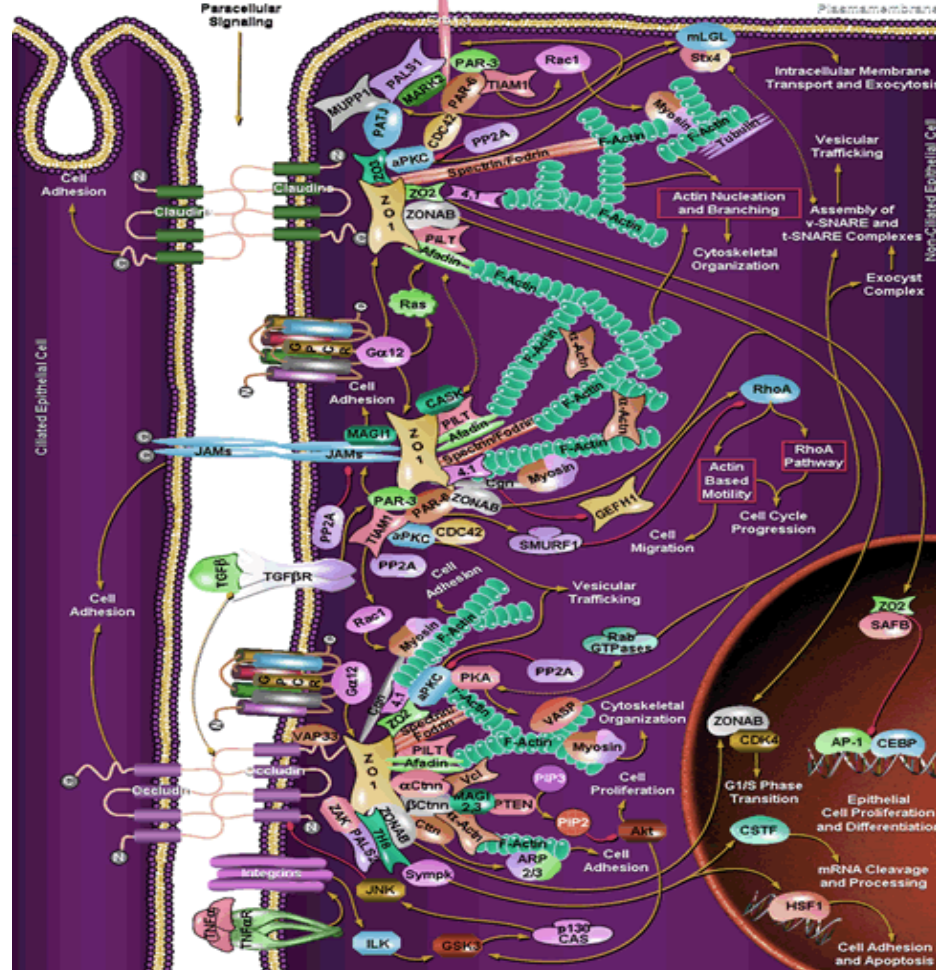
Their control is complex and uses
signallers and the so-called "Gut Brain"
or second brain

Leaky Gut Syndrome

When closed, tight junctions prevent molecules above a certain size from passing through.

But in minutes, a nerve signal can open them wide, letting everything through!

Control is complex!



Leaky Gut Syndrome

The point is that nobody ever saw the fact that opening of otherwise “tight junctions” directly caused leaky gut. Now even orthodox medicine is on the case!

Leaky Gut Syndrome

What can we do?

Keep the gut brain happy!

Colostrum

Probiotics

Pre-biotics

Leaky Gut Syndrome

What can we do?

Reduce inflammatory foods

Clean up heavy metal poisoning

Eliminate parasites

Detox and cleansing homeopathics

Leaky Gut Syndrome

And now the zonulin story:

Zonulin is a signalling molecule that blows tight junctions wide open.

It appears to be triggered by gluten and is raised in celiacs

Leaky Gut Syndrome

But, and this is a real BUT:

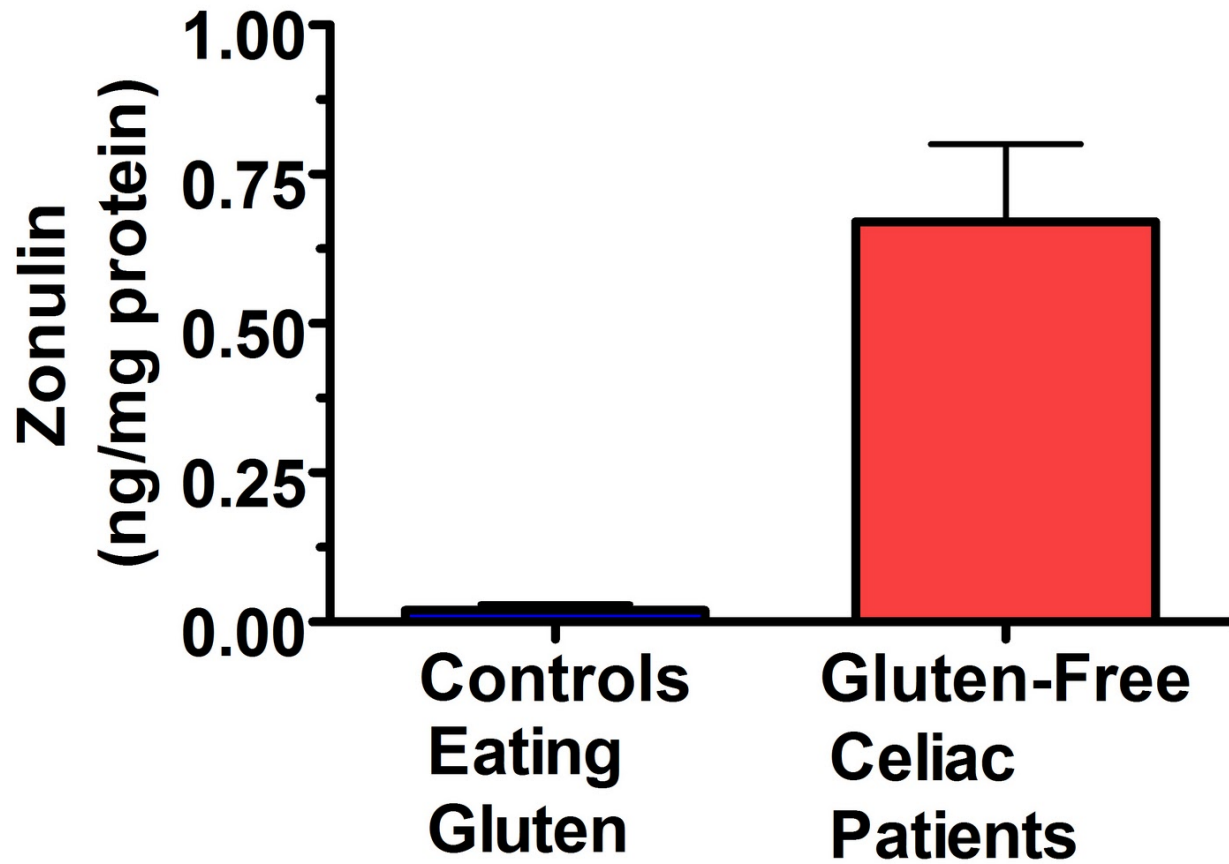
When celiac patients go gluten-free, even for years, their zonulin levels remain high. This suggests that gluten is only a small part of the story...

Leaky Gut Syndrome

A study by Dr Alessio Fasano in 2006:

Celiacs produce 30 times as much zonulin as non-celiacs

But: non-celiacs were not gluten-free; celiacs had been off gluten for 2 years



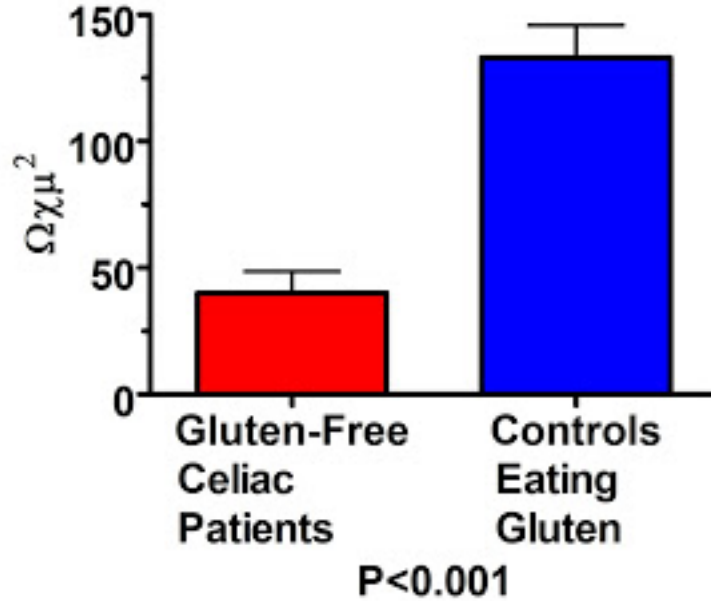
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Leaky Gut Syndrome

A study by Dr Alessio Fasano in 2006:

He also showed tissues taken from controls (eating gluten) had 3-fold less leakiness compared to celiacs who had been off gluten for over 2 years.

**Intestinal Barrier Integrity Is
Higher in Controls Than Celiacs
Who Have Been Gluten-Free
More Than Two Years**



Leaky Gut Syndrome

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It's epigenetic. Zonulin is the mediator

Leaky Gut Syndrome

What can we do? There are several other sections to cover these topics.

Pro and pre-biotics

Enzyme supplements

Heavy metal chelation