

Leaky Gut

Leaky Gut is a term used to describe intestinal permeability – where the lining of the digestive tract becomes damaged and allows undigested food, toxins and bacteria to “leak” into the bloodstream. This can cause systemic inflammation and causes the body to have abnormal immune responses. Leaky Gut is probably the root cause behind many conditions such as ADHD, depression, adrenal and thyroid issues as well as being the cause of many other health concerns like sinusitis, migraines and fibromyalgia. Some of the initial symptoms of leaky gut include food sensitivities and allergies, brain fog, joint pain, skin issues such as eczema and acne as well as digestive issues like bloating, constipation or diarrhoea.



What Can We Do?

- Eliminate the usual suspects – gluten, dairy, soy, sugar, caffeine and alcohol
- Take probiotics to replenish the beneficial bacteria in your gut
- Use L-glutamine – an amino acid that may help rejuvenate the lining of the intestines
- Reduce stress – this can contribute to worsening a Leaky Gut
- Include fermented foods in your diet – these are a great source of beneficial bacteria
- Maintain a good level of Omega 3's
- Try sulforaphane (found in broccoli sprouts) which may protect the intestines
- Get good quality sleep
- Exercise moderately
- Make sure you have good levels of B vitamins, Vitamin D and Zinc
- Test for any underlying infections which may be increasing gut permeability
- Supplement with Turmeric

Effective Essential Oils to support a Leaky Gut

- Ginger – helps relieve nausea, bloating and digestive distress
- Peppermint – helps to relax the muscles in the intestines and reduce bloating, gas and nausea
- Roman Chamomile – calming and cooling for inflammation
- Thyme – may help support healthy microbial levels
- Cardamom – calms and promotes healthy digestion and relieves discomfort from digestive conditions
- Grapefruit – has a positive effect on digestion and helps fight unwanted microbes in the intestines
- Fennel – promotes healthy digestion, balances pH level in stomach and can be used to fight intestinal parasites

For further information feel free to contact me - kris@krisbarrett.com.au

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I am not a Medical Practitioner. All information provided is my opinion and is purely for educational purposes only. Please consult a Medical professional before you make any changes to your diet or use any supplements or oils.