



Diet:
Leaky Gut

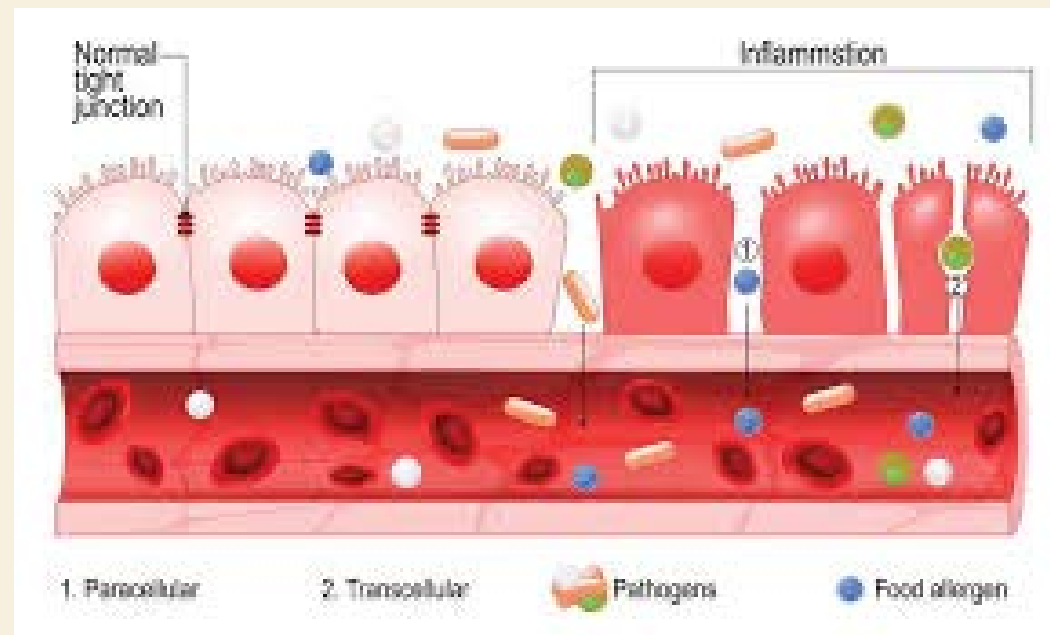
WHAT I WILL DISCUSS

- What a Leaky Gut is
- Holistic Healing: How to prevent a Leaky Gut



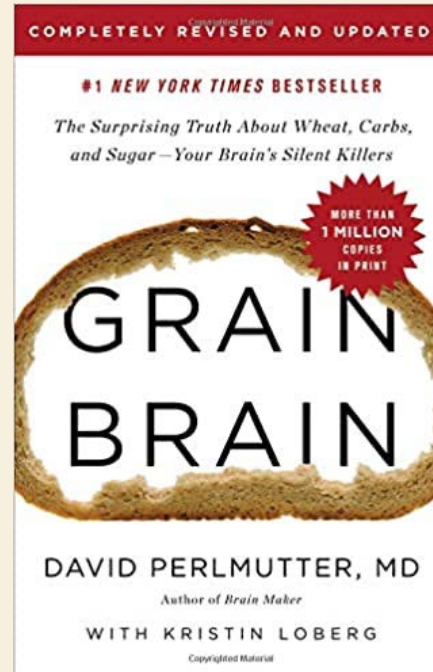
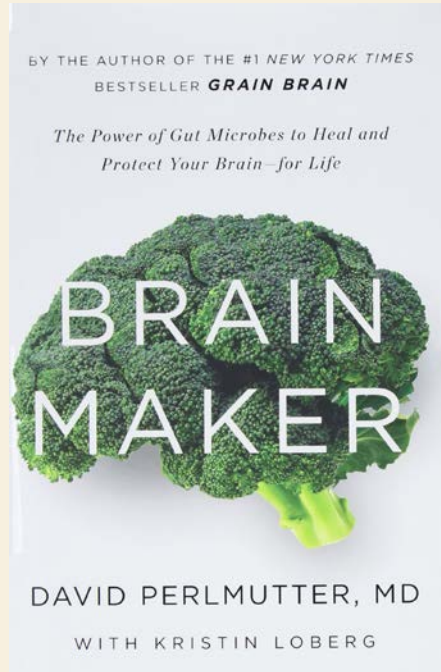
LEAKY GUT

- A leaky gut is a when bacteria and toxins are able to "leak" from the intestinal wall into the bloodstream.
- If this occurs bloating, fatigue, and many other negative reactions from the immune system can occur.
- I was diagnosed with an autoimmune disease at a young age and some doctors hypothesize this is the reason.



GOING GLUTEN-FREE?

- Gluten can initiate an inflammatory response, especially with those who have a reaction to the protein gluten can create.
- Gluten can also be a culprit to a leaky gut
- Fun Fact: Dr. David Perlmutter states in his book he has found hundreds of proteins in gluten meaning a typical gluten allergy test could not suffice.



HOW DO I FIX MY LEAKY GUT?

- Cut out foods: gluten, dairy, and sugar.
- **Reduce stress.**
- **Get more sleep.**
- ALSO eat more fermented foods (kimchi, sauerkraut, tempeh).

