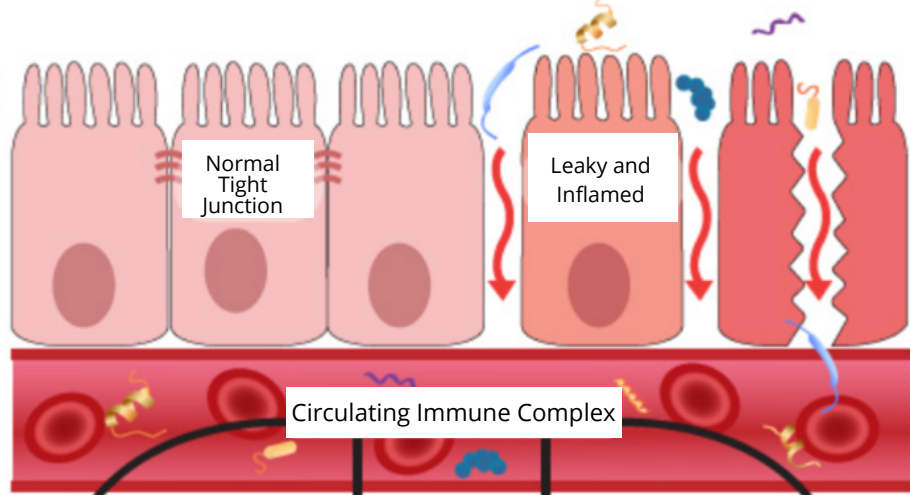


Leaky Gut Syndrome

Triggers causing intestinal damage



Intestinal Mucosal Cells



Blood Stream

Blood Brain Barrier Breach Inflammation Autoimmunity Malabsorption & Nutrient Deficiency

Leaky gut - sounds lovely, doesn't it? How about intestinal permeability? More lovely words that mean the same thing. Bottom line - something has happened - some sort of trigger - caused the previously tight junctions between the cells lining your intestines to be come less tight, aka leaky.

Some people can pinpoint the cause of their leaky gut (a particularly bad bout of food poisoning perhaps), but most people will never know what truly kicked off their disease. It may have even happened when you were a child. The fact is, it doesn't matter. What matters is what you do moving forward to heal your leaky gut and then keep it in tip top shape. It is possible.

It starts with eliminating as many of the potential triggers as possible.