

# Leaky Gut Syndrome

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.  
 This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

Nutrient	Product	Quan/Day
High Essential Fatty Acids	Ultra Omega-Linic	8
A good multiple vitamin mineral**	Ultra Vites*	2
	Spirulina capsules	4-6
Vitamin E, mixed tocopherols	Vitamin E-400	1
Digestive Aids with meals	Enzymes Plus	1-3 w/meals
Fiber, high fiber foods	Atkins Muffin	
Probiotic	Ultra 4x6 Probiotic	1-2
Vitamin D3 5000 IU Consider vitamin K	Vitamin D3 5000 or	1
	Vitamins D3 5000 + K	
Calcium and Magnesium 2:1 or 1:1 ratio	Calcium D chelate	3
	Ultra Magnesium chelate	1-2
Vitamin A with caution	Vitamin A	1-2
<i>If the patient is quite ill from this syndrome:</i>		
Increase Vitamin C	Ultra C-1000	1-4
Improve liver function	Milk Thistle	1-3
	HepaCleanse	4
<b>Extra support to heal the GI tract</b>		
green clay + peppermint essential oil	Argiletz® French Green Illite Clay	1 tbs
Alpha Lipoic Acid, Cinnamon & GTF chromium	Ultra-DM Complex	2, 2 x daily
<b>GERDS</b>		
Ginger with meals	Ginger	1-2
* Use a multi without Iron unless there is a known need for Iron		

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## Definition

Leaky Gut is defined as increased intestinal permeability of the GUT lining, allowing for the abnormal absorption of certain toxic substances such as improperly-digested food particles, bacteria, viruses and/or metabolic byproducts of the intestinal ecology.

*Increased GUT permeability leads to malnutrition.*

Mannutrition creates a need for high B vitamin levels, anti oxidants and other nutrients, use **Ultra Vites**. Do not supplement iron unless there is a known need for iron. An additional consideration: Spirulina capsules are an excellent source of amino acids and proteins, antioxidants and phytonutrients.

The long chain preformed polyunsaturated *essential* fatty acids in **Ultra Omega-Linic** contribute to the restoration and integrity of the GI tract mucus membranes. In addition, it is a superb anti inflammatory nutritional supplement.

### CAUSES OF LEAKY GUT

Leaky Gut has many causes:

- dysbiosis,
- a course of antibiotics,
- alcoholism,
- heavy intake of nonsteroidal anti-inflammatory medications (see NSAIDs complications),
- untreated IgE-mediated hypersensitivity,
- continued ingestion of foods to which high IgG antibody titers exists,
- deficiencies of IgA,
- heavy exposure to hydrocarbons,
- extremes of age (either prematurity or old age) and pancreatic insufficiency.

For this reason, consider digestive enzymes with meals to more completely digest the protein in the diet, thus reducing the body's response to the larger polypeptides. **Enzymes Plus**, an effective proteolytic enzyme digestant, is very useful for this purpose.

### Related Problems

A leaky gut is often related to myalgias, arthralgias, headaches and other chronic complaints. Improving liver function and GUT function are important to improving the person with chronic multisystem complaints. The use of **Milk Thistle** (Silymarin) can markedly improve liver function. **HepaCleanse** may be useful for liver protection, liver support, decongestion, allergies and skin conditions.

The symptoms of Leaky Gut can also be caused by, or aggravated by, vitamin D deficiency. Vitamin K is often deficient in leaky GUT syndrome, also, so consider **Vitamins D3 5000 + K**. Since vitamin K is involved in blood clotting, it should only be used under the direction of a health care provider if you are taking anti coagulant drugs. The use of **Vitamin D3** alone has been helpful in resolving many of these Leaky GUT complaints.

Use **Calcium 280 D chelate** and **Ultra Magnesium chelate** at high levels when using the recommended amount of vitamin D.

The use of **Vitamin C-1000, Vitamin A, Vitamin D3 5000 +K** together contribute to the restoration and integrity of the gastro intestinal mucus membrane.

Except under the supervision of a health care professional, **Vitamin A** should be limited to 25,000 IU per day. *Caution:* vitamin A should not exceed 5000 IU from all sources in women who are or might become pregnant.

**Argiltetz® French green Illite clay** is adsorbent, absorbant, purifying and calming to the GUT. It travels along the digestive tract, eliminating toxic agents and bacteria. Essential oil of Peppermint, which has long been used for colic and other GI problems, can be added to the clay solution.

**Ultra DM Complex**.: If there is insulin resistance or diabetes, consider Ultra-DM Complex for the added benefit of glucose regulation.

### Medication

Some of the medications used to treat gastro intestinal problems delay the emptying time of the stomach, thus making GERDS a real problem. **Ginger**, one or two with meals, can be quite helpful because it causes an increase in peristalsis and a decrease in bowel transit time, thus it decreases the absorption of toxic products from the intestine.

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