10 Baffling Symptoms of Leaky Gut That Cause Low Energy Transcript

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Introduction to Leaky Gut Symptoms

Welcome to today's lineup of incredible speakers on the Mitochondrial Energy Summit. I'm your host, Laura Frontiero. Today, I'm going to do a quick talk on the ten baffling symptoms of leaky gut that all lead to low energy.

Now, the reason that these symptoms are baffling is because none of them are actually related to digestive symptoms. The thing is, most people think that they don't have a gut microbiome problem if they don't have issues like indigestion, bloating, abdominal pain, diarrhea, constipation.

I hear all the time from my clients. You know, Laura, those digestive problems aren't really my symptoms, so I'm not really sure that I have a gut problem.

And the truth is that most symptoms of leaky gut aren't even gut related problems. So let me say that again. See, wrap your mind around it. Most symptoms of leaky gut aren't even gut related problems.

Meaning the symptom doesn't come from a gut thing that you would automatically recognize. And I'm going to unpack the top ten of these symptoms for you today.

So have a pen and paper handy to take notes. Now, if you're watching this video, then I bet I know how you're feeling at the end of the week. Like your energy and your health are going, you know, backwards and maybe your joints are aching all over or you're breaking out with acne like a hormonal teenager.

Again, I hear that a lot. Or maybe you've got debility, headaches, or even anxiety that seems to come out of nowhere.

How Leaky Gut Affects the Body

And your family is really starting to notice that you're moody and, you know, maybe you're maybe your spouse or your significant other is starting to say, hey, you know, that was kind of an unusual reaction to the situation.

Is everything okay? I mean, I hear this a lot. So here's the crazy thing. All those symptoms could be caused by leaky gut, even though those aren't typical gut symptoms like abdominal pain or bloating.

It's anxiety or it's a headache or it's a skin flare. So that's why today I'm going to help you navigate through the top ten symptoms of leaky gut that really do relate and cause, you know, low energy and have absolutely nothing to do with your digestion of food or your elimination.

Part of, you know, everything that we excrete out of ourselves when we're done digesting and processing food. So really, you can you know, you can poop like a champ and have, honestly, a stomach of steel.

People always say to me, I can eat anything and you can still have a gut microbiome problem. And that's what I really want to get through today, is that most gut symptoms are not digestive tract symptoms.

Now, what I'm going to do next here is I'm going to drop some knowledge bombs on you now. Leaky gut happens when your gut lining becomes damaged or weak and things like toxins from your deodorant or, you know, your toothpaste or your other personal hygiene products, or maybe it's undigested food particles in your gut, or maybe it's infections like parasites or bacteria, or maybe it's a fungus or maybe it's a toxin like a pesticide or chemical, you know, from your food or from your water.

They are in your you're ingesting them into your digestive tract. And what happens is it leaks out into the bloodstream because there's a really thin barrier between your gut intestinal wall and your actual bloodstream.

And what happens when those toxins and infections and undigested food, when they leak into your bloodstream, it triggers an immune function. So what happens is your mitochondria shut down.

Your immune system goes crazy and it launches an inflammation attack throughout your body, which leads to a whole bunch of symptoms that you might not even realize or connect with your gut health.

So all the time I give you example with food intolerances, people say to me, I don't really think I'm intolerant to let's just pick on eggs. And the reason I'm picking on eggs is because when I run a food intolerance test, some people, like 90% of people, have an intolerance to either yolks or whites.

Usually the whites and people may say, I feel fine when I eat eggs. I don't have a digestive symptom. But what they're not connecting is that 48 hours later, they have, you know, a skin irritation or a migraine headache or achy joints.

But the food was eaten, you know, 48 hours ago, and lots of other food has been eaten since then. And they're not connecting that the egg is what causes that irritating symptom.

Everybody's always looking for the last thing I ate. But the truth of the matter is, with a food intolerance, it's usually 48 to even 72 hours down the road that we have the actual symptom which may not be bloating or diarrhea or constipation or something like that. So what I'm going to do next here is go over the top ten symptoms that might be plaguing you.

This is how you might know that you have a gut problem. And I'm going to go through them real quick for you. So make sure you write down, you know, pen and paper that you have these.

So the first one is fatigue. So since you're on the Mitochondria Energy Summit here, I'm guessing that low energy or fatigue or feeling tired is one of the main reasons that you're here watching this now.

So you can blame fatigue in many cases on leaky gut, because all that inflammation and immune response is just wearing you out.

Top Symptoms: Fatigue, Joint Pain, Skin Issues, and Brain Fog

And it takes a lot of mitochondria energy production for your body to deal with inflammation. It's a lot a huge energy expenditure to deal with inflammation.

And so you can feel tired, fatigued. Number two is joint pain. I in people all the time tell me I feel like an old creaky door that needs some WD 40. It cracks me up because we always gave my dad WD 40 for Christmas in his stocking.

Always. He's a he's a general contractor. And we always thought that was the funniest gift because you always need WD 40. Anyway, aside, I digress. They're side note, but I bet I bet your family might have a WD 40 story too, but it might just be that leaky gut is causing all that inflammation in your joints.

So joint pain can mean leaky gut. Okay. The next thing I alluded to already is skin issues. So, so many people who come to me saying I feel like my face looks like I'm 15 again.

What is all this acne? What's going on? Or even if you are like if your grandkids or your kids are breaking out, oftentimes it's a leaky gut. It's a gut issue.

So that could be leaky gut causing inflammation in your skin and leading to conditions like eczema, like acne. Your skin is, you know, this big detox organ.

We want your toxins to not come out the skin. We want everything to funnel through to the bowels and out that way. But oftentimes, toxins do come through the skin and oftentimes those toxins are a result of leaky gut and all

those things I just mentioned that leak into the bloodstream and get into the body and start to cause irritation.

Also gut infections, bacteria, fungus, parasites, they each of those organisms has its own life process and lifecycle and metabolism and byproducts and of metabolism.

And they excrete this into your body and that's irritating to you. So that could be a bacteria overgrowth that's causing that. The fourth thing is brain fog.

So, you know, funny, not funny, but if you're having trouble remembering, you know, simple things like like names of people who are close to you or, you know, I can't remember my name.

That's unlikely. Most of you are probably here remembering your name. But do you have a hard time multitasking? Or maybe you maybe you've caught yourself, you know, driving down the road and passing right by your exit and that or maybe you you don't load too much into your day because you just don't have the brainpower to keep it going anymore, to keep processing all that information and keep multitasking.

Or maybe you've kind of downregulated at work where you don't you're not the first person to raise your hand and say, I'll take that extra project. I'll take on you know, this thing at work.

Or maybe you're not seeking the promotion anymore because you just don't feel like you have the brainpower to keep it up anymore. A lot of times my clients tell me that they stop doing their hobbies.

They just don't have the brainpower for it anymore. So that kind of brain fogginess of not being able to stay on task or do multiple things at once or remember what you were doing that could be leaky gut, completely influencing your cognitive abilities and giving you some serious brain fog.

Okay. Number five is also happening in the brain and this is headaches.

More Symptoms: Headaches, Autoimmune Issues, Mood, and Food Sensitivities

And, you know, I often see that migraines and chronic headaches clear up as we start to solve gut problems. So leaky gut again, headaches, migraines could be a sign of leaky gut.

And number six is autoimmune conditions. So common ones would be, you know, Grave's Disease, type one, diabetes, lupus, rheumatoid arthritis, celiac disease.

So certain hair loss is like alopecia areata, a skin condition like vitiligo. Those are really common autoimmune conditions. And, you know, autoimmune conditions seem to be on the rise.

We more and more autoimmune conditions are being discovered. Some are very rare, some are more common. But if you have any of these, it means your body is attacking itself.

And it very well could be. I mean, there are experts who would argue that it is 100% means that you have leaky gut, even if you don't have a symptom like bloating, indigestion, heartburn, abdominal pain, diarrhea, constipation.

It means that you have leaky gut contributing to the development of an autoimmune disorder and number seven is moodiness. So if you're feeling like like you're this hot mess emotionally that just you know, can't respond to situations in a way that you used to or you feel like you get, you know, you're up and down with your feelings or your family may be telling you they're kind of getting sick of it.

It may be time to consider that leaky gut is really influencing your gut brain connection and contributing to real disorders like panic, anxiety, anger, depression.

Oftentimes we find that when we start to solve the gut issue, these mood issues starts to resolve. And number eight is food sensitivities. I already alluded to this earlier in this talk feeling like you're allergic to everything under

the sun.

Well, leaky gut might just be letting undigested food particles and other irritants into your bloodstream, triggering that reaction and sensitivity and delayed reaction, even an allergic reaction.

So there's a difference between a food allergy and a food sensitivity. Food sensitivity is more of a delayed experience that's happening 2448, you know, 72 hours after you eat something, whereas an allergic reaction is immediate.

So that's the person where when they eat shrimp or when they eat strawberries or they eat peanuts, they have an immediate reaction. Throat feels like it closes up.

Hives can't breathe well. Itchy all over. You know, that's an allergic reaction. A delayed reaction is more like joint pain, headaches, maybe, you know, rashes and itching and bloating later on, like some other thing.

That's not an immediate what would be almost like a medical emergency. That's a true allergy. Okay. Number nine would be hormone imbalances. So if your hormones are out of whack and they're causing issues, like if you're still if you're a female of menstruation age and you're having irregular periods or maybe you're having fertility problems, you can't get pregnant.

And we do know that infertility is on the rise or maybe it's a maybe it's a low libido issue or an in about inability to orgasm, or maybe you're having crazy cravings or explosive moods, and that's male or female all along the spectrum there, obviously males can have fertility problems, low libido, inability to orgasm, cravings and moodiness.

So it may be time to take a closer look at what's happening from a gut perspective as we go into trying to solve hormones. Hopefully what you're getting from me here as I talk about this is that underneath all of these conditions and issues that many of us suffer from, you know, myself included at some point in my life, underneath it is often a gut problem.

So I'll use hormones as an example. So one way to deal with low libido or inability to orgasm cravings, explosive moods would be to test hormones and prescribe hormones.

That's more of a downstream solution to solve that kind of that symptom right away.

Hormone Imbalances and Chronic Inflammation

But what I like to do with my clients in my practice is to go upstream and look for the root cause of why hormone imbalances are happening. And can we solve that?

Can we solve a gut problem? Can we solve a mitochondrial problem? Can be solved an immune system problem? Can we solve a, you know, a nutrition problem, a nutrient problem, and can we get that solved so that your body can make and adjust hormones in the amounts that you need to feel good?

So doesn't mean that you don't need both. Some people need the gut balancing piece, the mitochondria support piece and a hormone prescription as well.

Everybody is unique. And you know, there's great talks on this summit covering all of us as well. So make sure you tune into those. Okay. Number ten is chronic inflammation.

So leaky gut is itself a cause of chronic inflammation, which can lead to a whole bunch of chronic health issues, you know, left unchecked, left untreated and not dealt with.

Then we're dealing with things like cancer, heart disease, Parkinson's, Alzheimer, Alzheimer's, and more so chronic inflammation turns into major chronic diseases if if left to go on and on.

So that is my list of top ten non digestive symptoms that help, you know, if you have leaky gut and all of these contribute to low energy in one way or another.

And remember that there is a and we have talks on this. I did a talk so I did a talk on data about the gut mitochondria connection. So make sure you connect with that.

And then we have a couple of people on this summit connecting the mitochondria gut connection for you and explaining the connection there. So that's why I'm talking about leaky gut on a mitochondria energy summit because you cannot solve one without solving the other, which is why I like to start all my clients with a gut protocol.

Let's get that cleaned up as we work on the other things so that you get lasting, lasting results. Now, during this summit, you're learning all kinds of new tools to help you solve your symptoms.

And you're also learning from experts all over the world who have the ability to help you. So while you're viewing the summit, look for the practitioners you resonate with and be sure to connect with them, you know, afterwards, you know, during the summit, after the summit, connect with people.

Summit Resources and Closing Remarks

So you get the help that you need. Also, I'll be hosting a Live Easy Energy Reset three week journey in a few weeks, and I'll be going live on Zoom with participants each week and it's available for you to purchase when you get your all access pass to the summit. So if you purchase the summit, you will also see the ability to get the easy energy reset with me.

Now, if you already purchased the summit and you're thinking, Oh, I didn't get a chance to get that, it's okay. If you want more information on how to get easy energy reset, just email support at Dr.

Talk, WSJ.com and the HELP team there will get you sorted out and get you what you need if you want to join me on that journey where I'll be live on Zoom with everyone teaching and guiding people through more advanced steps to deal with gut and toxins and mitochondria and all this.

All these concepts that are related. Also, after the summit finishes airing, I'll be hosting a series of masterclasses to get you more information on your favorite topics from the summit, including how to get functional lab testing, also how to work with me from nearly anywhere in the world.

You can find me at Laura French TerraCom and there's a clickable link to my website near the bottom of the page where you're watching this video. And until next time, take good care.

By now.