Exploring the Impact of Leaky Gut on Whole Body Health Transcript

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Everyone. Great to be with you. I'm doctor Mark Stengler and I'm the host of the Gut Whole Body Connection Integrative Approaches to Holistic Health Summit.

And in this video, I want to talk to you more about the connection between the digestive system and the whole body. A lot of people understand how when you have digestive problems, say like ass reflux, heartburn, irritable bowel syndrome, planetary bowel disease, constipation.

There are problems within the digestive system, within the digestive tract. But what a lot of people don't understand is how does the digestive system affect all the other organs and cells in the body?

So in this video I'm going to review all that because it's integral to having good health. You see, so many people suffer from health problems because the core of their health or digestive system has problems.

It has issues, it has imbalances. And that's why I cover with all the experts in this summit series. So in this video, I want you to understand how the digestive tract affects all the organ systems of the body.

What is the mechanism, what's going on in a way that's easy to understand. And then once you understand this, you're going to see why it's so important to create good digestive health.

All the recommendations from the experts in the series. Because again, if you want to have a healthy skin, you have chronic skin condition. If you have cognitive problems, you got to improve your digestion and absorption.

If you have problems with your immune system, autoimmune or weak immune system, maybe have long Covid syndrome or you are several to infections, or maybe you have cancer.

You've got to improve your digestive health. What's going on there? All the organ systems bites from the eyes to your muscles and joints to your heart.

Everything. So we're going to talk more about that. So let me show you a few slides here where we can understand better what's going on with some of the things with digestive health.

And I think it'll make more sense to you. Let's just start by talking about looking at the digestive system. Obviously we eat food goes to our mouth and we should with our teeth.

Hopefully your junior food thoroughly enough so you can break it down. If I can't, helps move the food back. It doesn't mix with us with saliva, which breaks down carbohydrates and fats especially, and then goes through our pharynx, down through the glass, into the esophagus, and in a tour stomach where it's broken down further with stomach acids.

And then it goes into our small test and long run to talk about today. There are problems occurring in the small intestine. You've heard of leaky gut syndrome.

So we're going to talk about that. The very real and problematic issue with most Americans, especially if you have chronic illness where you have chronic digestive problems, you likely have the key syndrome.

Anyways, in the small test, our liver reduces bile stored in gallbladder, goes into the small test and help break down fats. Also our pancreas. It releases enzymes which break down fats, carbs and proteins that occurs in the small tests as well.

And that's where the absorption should take place. Now if you have problems in the small testing, the have issues, you get malabsorption or you can absorb a bacteria, particles, toxins that you shouldn't be into the body into the

bloodstream.

And we'll talk about that. And then next the food goes through the large intestine. Bacteria work on it in large intestine. And then it's limited through the rectum and anus.

So that's just kind of a brief overview of the digestive system. Now here we have a picture. The highlighted kind of pretty kind of picture there in the middle is the small test represents the small intestine.

You realize that's over 25ft of tubing there in the small test. And now surrounding the small test we have the large intestine. That's about 5 to 6ft in most people.

So in that small intestine, look at the 25ft of tubing we have. There's a lot of stuff going on in there. On our lifetime, we have to absorb more than 60 times or break down and absorb probably 60 tons of food.

So it's quite an amazing organ. And so this is where a lot of problems occur right in the small intestine. It has a surface area of about two tennis courts because of the valley.

These projections, these folds and projections which are involved in absorption. It's a surface area about two tennis courts. So quite an amazing organ system.

Obviously throughout the digestive system we have the microbiome. We have the bacteria in the mouth, the throat throughout the whole digestive system, pulling a small test in the corner.

And our experts talk about the microbiome quite a bit in this series. And you know how Inter relates to the rest of the body. So here's a diagram. We're going down now into the small testing.

So the small test and we have we're called aligning called the epithelial cell. So this is a one layer of cell specialized cells which line is found tested.

But what I want to show you in here which is very interesting. You look down further further into the into the small intestine. There you see stem cells.

Our body actually produces stem cells to help regenerate the small intestine. So if we're not injuring it all the time from the foods, lead or toxins we get or handling stress from properly, or maybe even musculoskeletal problems or breathing problems with your spine, your posture.

I can disrupt the health of your small testing fat. These these cells can regenerate the small destiny 2 to 3 days. Especially given the right environment.

So we have the cell killing system that we want to tap into. Now, this is a very important diagram. I look there to the part where it says normal. But so normally we have, you know, bacteria, viruses, fungi, parasites and stuff.

We don't want to be absorbed for our gut. And we have immune system protectors, if you will, in our gut. That protects us from that. And in our small testing, it helps to discriminate what can be absorbed through and what's not.

And of course, food particles, since that should be absorbed through. Now look down cells in between. You can see these. You can see between the cells what we call the tight junctions.

So these proteins that connect the cells together okay. And so that again regulates what gets in through the the digestive system into the bloodstream down below.

Now let's go to the right. Let's look at leaky gut. What's happening with leaky gut. Well between the cells you can see there's damage there. It's more chorus.

And so you get you get microbes and particles that shouldn't be absorbed between the cells. That's called the cellular area. And that means, you know between the cells.

And so that's one place where you can have problems. Normally it's regulated. What can be absorbed are cellular. But there's another issue that goes on.

Look at the cell beside it. It says transducer. So we absorb through these belie the nutrients and things we should absorb translator as well. So there's two areas of absorption.

And it was leaky gut that becomes damaged as well. So things are being absorbed through the cell translator as well. And then that's causing problems.

So when these particles and these pathogens get into the bloodstream it causes inflammation and an abnormal immune reaction. And that's not good because that's damaging right in the digestive system itself.

But more than that, that then causes the response immune system to other parts of the body. And it's known as translocation. So for example, if bacteria gets absorbed through your small intestine, it shouldn't be and gets into your bloodstream.

That can go to your brain, that can go to your joints, to your muscles, to any of the other organs, and then your immune system responds with an inflammatory response.

And that causes disease, that causes problems. We don't want that to happen. Now, a lot of people say this leaky gut syndrome, maybe your regular doctor said, hey, this isn't real.

This is something that happens in very sick people with very serious digestive issues. And that really isn't true at all. When you've examined the medical literature, like I have, and I wrote a whole book on this, The Holistic Guide to Get Health, it's all over the medical literature in the mainstream journals.

For example. Let's look at this one quote here from a doctor, an article I wrote for Harvard Health. This is in 2021. He said the life of the intestine has made of millions and millions of cells.

Now that's true. These cells join to create a tight barrier that acts like a security system. It decides what gets absorbed into the bloodstream and what stays out.

However, when they get becomes unhealthy, the lining can weaken. So cool. Unquote developed in the barrier. This is the leaky gut. I'm talking about the result.

The result is that toxins and bacteria can leak into the bloodstream. And then it goes on to say this can trigger inflammation in the gut and throughout the body and cause a chain reaction or problem such as bloating, gas cramps, food sensitivities.

And then we get into the systemic things the Teague headaches and joint pain, to name a few, unquote. Okay. And so this was in the Harvard Health publication.

Let's look at an article that was published in the Journal of the Endocrine Society in very Main Street. They say intestinal barrier function is critical for normal homeostasis or regulation of the gut.

And the breakdown or dysfunction of this barrier is associated with local as well as systemic consequences largely related to direct contact of bacteria.

Bacterial products with the cells, the cells that line the small intestine, and translocation of these two systemic circulation. So, as I said before, this is well recognized.

You have the leaky gag you're getting in these bacterial products, which go to other parts of the body trading

inflammatory response in those organs, which is not good.

Let's look at frontiers and immunology very mainstream. Again. They say quote, disruption of the epithelial barrier increases intestinal permeability resulting in leaky Dat syndrome unquote.

Okay. So this this isn't something just holistic doctors believe. And this is in the mainstream literature. Doctors, practitioners who aren't aware of this are really ten, 15 years behind what the medical literature shows.

Now, why do people get leaky gut? I can't go through all of them, but I go through a lot of the main ones right here in this diagram starting at the top, this by Osis.

This is where we talk about the microbiome. And now I'm referring to mainly in the gut because the microbiome actually is all over the place including on your skin.

This also in the balance between the bacteria and the gut. So we have these trillions of bacteria and we have ones which should normally inhabit the god others that shouldn't.

We also have ones that normally have the gut, but because of imbalances with the good flora, good bacteria, the overgrowth and they can become disease positive.

And because of the standard American diet, use of antibiotics, all these types of things, a lot of people have this our brand, thousands of stool tests were almost, almost 30 years of practice.

And it's just very, very common. Aging currently can lead to leaky gut. It says in a medical literature, if you have hormone and neurotransmitter balance, that can lead to leaky gut chemicals that were exposed to in environments and or foods, that leads to leaky gut, it can be genetically more susceptible to other people by chronic illness.

For sure. Almost everyone who has a chronic illness, they have some degree of getting the stress of the chronic illness the medications are on that contributes to leaky gut, disrupted disruptive nerve and blood flow.

So if you like spinal issues, muscle problems, chiropractic problems, this can lead to problems in the cat because the both the blood and the nerve flow is going to be dysregulated to the small testing, a lack of exercise and poor circulation is an issue.

People who are overweight have insulin resistance like diabetes and diabetes. That's been shown to be a contributor to leaky gut and then nutritional deficiencies.

You require a host of different nutrients for healthy small tests and lining, to name a few, like vitamin A, for example, zinc, vitamin D. These are some of the ones who lived here shown to cause or contribute to leaky gut if you're deficient in them.

What about chronic inflammatory diseases related to leaky gut? I'm not going to go through all of them, but I have the references down here at the bottom.

And again, the mainstream literature is showing all sorts of chronic inflammatory conditions related to leaky gut. So let's look at a few. We've got attention deficit hyperactivity disorder that can be connected to leaky gut.

People with chronic fatigue syndrome, people with irritable bowel syndrome. That's definitely been studied. People with mood disorders, anxiety and depression.

Lots of literature now starting to get connections between leaky gut or imbalances in the microbiome, causing problems with the brain. You have conditions like obesity could be more problematic in terms of a connection with leaky gut, diabetes, eczema, chronic sinusitis, and then a whole host of different autoimmune conditions.

Some listed here a room to arthritis, lupus, and many, many others are typically have some degree of leaky gut

occurring with them. So why don't you just give you a little bit of a background on what's going on in the small intestine with leaky gut?

So what we've seen is that it acts as a gatekeeper, and if it's healthy, it'll regulate what gets in and out of the body. Also, make sure you absorb the nutrients that all your cells need to function properly.

But if it's unhealthy, which is a large segment of the American population, then you can see how you're going to end up with nutritional deficiencies.

You're going to end up with digestive problems, and you end up with systemic inflammatory problems. And remember, chronic disease is a condition of chronic inflammation.

So how does this connect to the whole body. Well, in the literature basically they have found that gut access between the gut and virtually every organ system of the body.

Believe it or not. They've shown there's an access to in the gut and the eyes and I help. There's a connection between the gut and the mouth that's been very well established.

Dentists are very much up on this because they know if you have oral health, that can lead to problems in the gut and vice versa, the brain cognitive problems.

You have leaky gut. You're more likely to have a cognitive issues memory, for example, focus things of this issue to improve. There is medical literature on heart disease.

You have leaky gut and these toxins that are circulating, creating inflammation in the heart and the blood vessels. That is not a good thing. Lots of good literature showing a connection between leaky gut and your joints and your muscles, for example.

So if you have, say, chronic arthritis, you definitely need to likely work on your gut to improve long term the health of your arthritis and your muscle problems. Mood problems.

Just a tremendous amount of literature coming out now on mood related to leaky gut and microbiome balance. Again, I mentioned before the immune system, you're a person who's been having problems since Covid.

If you get infections easy, you have cancer. If you have autoimmune disease, you have to make sure that you address the gut health, the leaky gut, and getting the microbiome imbalance critical, critical to being healthy.

In other words, what we have established and what the medical literature is established, there's this got access between all the different systems of the body, and there's many I'm not going to go into.

There's been studies done on bone health, for example. And so it just goes on and on. So we want you to feel healthy. We want you to prevent disease. And if you have a chronic illness then one of the things you really need to focus on is your gut health.

So I think you're really going to enjoy all the information you get. The experts in this series, and I think I've demonstrated today the critical connection between that health and whole body health.

And so I think you'll find it very exciting, very rewarding and very helpful. By listening to all the experts I interviewed from around the country, experts in gut health and different boarding systems for the body, and how you can personally be helped in your journey towards better health.

Thank you so much for watching.