Leaky Gut Causing Your Skin Issues? Here's What to Do Transcript

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What Leaky Gut Is

Hey everybody, today I wanna tell you about leaky gut. I'm gonna tell about what it is, how it starts, How to test for it, and how to treat it. So, we'll start with what on earth is leakey gut?

You might have heard of it before, And you might know already that it's a whole body issue. It's not just in the gut, So what's going on here is we've got one type of cell in the intestines called the epithelial cell.

And with those epiphyllial cells, they are held together by something called tight junctions. These look like a zipper. They're called type junctions because they're meant to be tight.

When leaky gut happens, these tight junction and epiphelio cells create more space between them. So that creates some leaks in the system. Those leaks and that space is where undigested food can come through, any undi-digested food particles or excess hormones and toxins can leak through and can then more easily connect to the blood brain barrier.

So obviously we don't want this to happen. This does affect more than just the gut alone. The gut can cause symptoms like bloating and digestive concerns, but because the leaks go through the blood-brain barrier, we can also experience brain symptoms too.

So one of the things that people will notice if they have intestinal hyperchromiability is they feel brain fog or they don't feel as cognitively sharp as they used to.

Anxiety or mood destruction can with the whole body, you might also notice changes in skin.

Symptoms Beyond Digestion

So especially if you have chronic skin issues like acne that just won't go away, eczema, even rosacea, which is rosiness around the cheeks and even a little on the nose, there's also a correlation from the skin to the liver, liver being part of the gut system, but the lever uses the scan as its exit route.

So we can see symptoms in the brain. We can say symptoms of the skin. And we could also see some symptoms and hormones. Now, in some other videos, you'll see the strobilome.

The strobalome is part of a microbiome where estrogen is related and estrogen as processed. Now, if there's leaky gut, If there was hyperpermeability in the intestines, this can cause issues with menstrual cycle.

This can caused issues, with the way that we process estrogen, but we can also see issues but cortisol and cortisol is our main stress hormone. When we see a lot of cortisol, when we stress on top of a stress, top of a stress for many days in a row, or weeks in row.

I think chronic stress now, this can affect the hormones. This can effect the immune system. And the immunity system, 70% of it is housed in the gut or starts in my gut.

Cortisol is known to decrease immune function. So we're seeing this confluence of hormones and immune systems and it all starts Why does the gut get deaky or why did the intestines get permeable in the first place?

There are a few reasons. Today we'll talk about five. The first reason is chronic stress.

Common Causes of Intestinal Permeability

That cortisol that keeps on layering in, that can cause the permeability all by itself. I don't wanna blame stress on everything on stress because it's not the end all be all, but it is a component.

And that's one of the reasons in our program that we have this laid out as five pillars, the first pillar being gut health, then nutrition, hormones are the third and last physical piece, and stress reduction is the fourth.

The fifth one is venturing so that you don't have to do this by yourself. But all that to say, stress is a huge important part of health. Stress reduction so we don' have too much cortisol leading to leaky gut.

The second piece is food. Ultra-processed foods are known to cause hyperpermeability in the intestines and are know to caused leakiness. This can disrupt the gut bacteria and can also cause inflammation in lining.

Third piece, NSAIDs. This is nonsteroidal anti-inflammatory drugs. We think about these non-stereoidal anti inflammatory drugs as gut disruptors when they're used a long time.

So there are other medications that can disrupt the gut, but NSAIDS are definitely one of them. Fourth, environmental toxins. I've been touching on this a little bit in my program, we talk about it a lot, But there are things like phthalates, glyphosates and synthetic fragrances that are known to disrupt hormones, but they are also known too disrupt the gut.

Usually they disrupt their gut when they're consumed and that can lead to more hormone disruption. Fifth and probably most important is dysbiosis. Now, dysbiosis is a fancy word for anything that is off balance in the microbiome.

This can mean too much bacteria, too muc fungus, yeast, to much virus. When there is this biosis, this can cause a stress response in a gut and the body says something's going wrong, there's an imbalance here.

That imbalance alone can be caused by one of these first four things, the stress, food, medications, or environmental toxins. When dysbiosis happens, I always want to think about why did this start in the first place?

What's at the root cause here? So ways that we can look, ways we that can test. There are three different tests that I'd like to highlight on why we can, where we figure out what's causing this.

Why are these intestinal permeabilities starting? One of them is called the lactulose test. Now this is usually a breath test, lactilose is a solution, so a liquid that humans can't digest, but bacteria can.

How Leaky Gut Is Tested

So the way that we test for this, is we do a specialized eating plan for two days to starve any bacteria. Then you take the Lactulos solution And because bacteria can digest it and they haven't been eating on anything for two days, they go to town.

So the bacteria go brunch on this lactulose and then you breathe into a tube and you're measuring the off gas of this bacteria that are present. So that's one way to test for dysbiosis.

The second way that we can look for a dysbiosis and then subsequently look at the leaky gut is through a test called zonulin. Zonuline is a scaffolding protein.

So think about in the gut, when you're having these leaks, These tight junctions are causing more space. And the body sends a signal, saying, I can help.

I could patch those up. So it creates more zonulin. Zonulin comes in as a scaffolding protein to patch up these leaks. What we can measure, we measure in the stool, but we also measure it in blood as well, is zomulin to see if it's at higher levels than normal.

That's the bodies trying to help out, trying patching up the leaks And the third way that we can test is for a more comprehensive stool analysis. So this can look at good bacteria, bad bacteria.

Yeasts, funguses, viruses. It can also look inflammatory proteins. This takes a wider lens on what's going on in the gut and how can we rebalance. Usually leaky gut does not just happen.

Leaky got happens because of something that triggered it. Dysbiosis is one of the main things that triggers it And then what triggered the dysbiosis? That's when we get to do the digging after we test results.

So something that you might see in your own body or some symptoms that people often miss is you think, if I have leaky gut, I'd have to be having digestive symptoms.

While digestive systems do happen, bloating, just feeling an upset stomach, that can be from the immune response in the gut lining. But we can also look for these brain symptoms like brain fog and low mood.

That's because those inflammatory signals cross the blood-brain barrier. Also look at skin outbreaks, especially acne, eczema, rosacea. This is systemic inflammation, so whole body inflammation reaching the skin.

Lastly, hormone imbalances.

Healing With the Four Rs

If you have cycle issues or have too much estrogen or feel like you're chronically stressed out or always in that fight or flight zone, this can be related to the gut because of the systemic presentation of what you got.

So last piece, how do we heal this? I like to use the four Rs. The four R's are remove, replace, reinoculate, and repair. So we first start with remove.

Remove any of those triggers that can be causing inflammation. Second, replace. We want the good bugs to come in and we want to replace the foods or triggers that are causing this leaky gut in the first place.

Re-inoculate is the order we get to replenish the bacteria. This can be with things like probiotics, but I love using food as medicine. And then repair.

we repair the gut lining. So those zonulins, those scaffolding proteins, they're doing such great work to help heal up those guts. We help it along the way.

we can use things like colostrum or zinc to repair gut linings. One thing I want to leave you with are some common myths that you might hear about leaky gut or intestinal hyperpermeability.

The first thing is you may hear Leukiga is not a real diagnosis. And while I agree it is NOT a scientific term, look in the literature under intestinal permeability and you will see tons of well-documented, peer-reviewed research on intestinol permeabilty.

So, if ever you want to impress your friends, just say intestino-hypopermiability, and It's just a digestive issue. Leaky gut only happens in the gut.

Not true. Licky gut, while it may start in a gut because all health begins in that gut and all disease begins on the cut, it is a systemic whole body condition.

So thinking of it as purely a got issue is really doing you a big disservice as a human. I wanna look at the whole picture. And then lastly, an elimination diet will fix it.

It did an illumination diet and it fixed everything.

Myths and Next Steps

Elimination diets can be helpful. I hope that you know that. But when you think about the four Rs, remove is the first R. There's three more Rs to really heal the whole issue.

So an elimination diet can excellent for that first r of eliminating the triggers and what could be causing it. They also need to look at environment and make sure that there's not any other triggers coming in too.

But then the real healing happens with the rest of repairing, re-inoculating, and rebalancing, making sure that the body is well-healed so that this doesn't come back in the future.

I hope this is helpful. If you think that you have leaky gut or you know somebody that has some gut issues that want to help them get this figured out, in comments below, I have put a link to my gut root cause quiz.

It takes about two minutes and it will help to steer us on, is it in the gut? Is it related to stress? is related it to hormones? So we can start to deduce what's going on in that gut and what is really at the root cause here so we start digging a little bit more.

So it's in comments, please take it, share it with your friends. I hope this is helpful and I cannot wait to hear your quiz results.