Provoking Inflammation: The 10 Obscure Symptoms Of Leaky Gut Transcript

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Introduction to Leaky Gut Symptoms

Welcome to the Silent Killers Summit, where my guests and I are uncovering the root causes and giving you solutions for chronic inflammatory symptoms and diseases.

I'm your host, Laura Frontiero. Today, I'm going to give you a super quick talk on the ten baffling symptoms of leaky gut that all lead to inflammation, low energy, brain fog, pain, rapid aging, weight gain and more.

I call this cluster of symptoms meds middle-aged deficiency syndrome because they tend to show up in middle age and carry on throughout life. And I'm mad about it, and I hope you're mad about it, too, because we should not be dealing with this.

And there are solutions. So the reason these gut symptoms are baffling is because none of them none of them are actually digestive symptoms. So most people think they don't have a gut microbiome problem if they don't have issues like indigestion, bloating, abdominal pain, diarrhea, constipation.

So I want you to hear what I'm saying there.

How Leaky Gut Causes Inflammation

And what I'm suggesting to you is that there are symptoms of leaky gut and gut microbiome disruption that are not related to gut symptoms at all. The truth is that actually most symptoms of leaky gut aren't even gut related problems.

So I'm going to unpack the top ten of these symptoms for you today. So have a pen and paper handy to take all the notes. So if you're watching this video, then I bet I know how you're feeling at the end of the week because you wouldn't be here listening if you weren't searching for answers.

So you probably have something like low energy. You probably feel like your health is going backwards. You probably feel like your brain isn't reliable as it used to, used to be.

Or maybe your joints are aching all over, or you're breaking out with acne like a hormonal teenager. Or maybe you've got debilitating headaches or anxiety that seems to come out of nowhere. Or here's the crazy thing.

All those symptoms could actually be caused by leaky gut. And that's why today I'm going to help you navigate through the top ten symptoms of leaky gut that cause inflammation and have absolutely nothing to do with your digestion or elimination.

You don't have to have constipation, diarrhea, bloating, indigestion, heartburn, abdominal pain to have leaky gut.

1-5: Fatigue Through Headaches

You can totally poop like a champion every day and have a stomach of steel and still have a gut microbiome problem. Now I'm going to break some myths and I'm going to drop some knowledge bombs on you.

So here we go. Leaky gut happens when your gut lining becomes damaged, weak when things like toxins from your deodorant or other personal hygiene products or undigested food particles or parasites and fungus and bacteria and pesticides and chemicals from your food and water start leaking into your bloodstream.

And yes, I said parasites and bacteria leaking into your bloodstream because they go right through that gut barrier wall as well. So this triggers your mitochondria energy production to slow down.

It triggers your immune system to go crazy. It triggers you to launch an inflammation attack throughout your body, which then leads to a whole bunch of symptoms that you might not even realize are related to your gut health.

So here's the top ten symptoms that could be plaguing you. You could be experiencing this, and I'm going to go through them pretty quick. So number one is fatigue, tired, feeling tired, mid-day energy crash, waking up, feeling tired.

You can totally blame it on the leaky gut and all that inflammation and immune response is just wearing you out. And it takes a lot of mitochondrial energy production for your body to deal with inflammation.

Number two is joint pain. If you're feeling like an old creaky door that needs some WD 40, I can remember my dad. We always gave him WD 40 at Christmas and it's always a stocking stuffer for him.

It might just be that leaky gut is causing inflammation in your joints. And come to think of it, that WD 40 is probably very, very toxic. So probably wasn't good that we were giving him that every year.

Number three is skin issues. You might be thinking, why do I feel like my face looks like I'm 15 again? Well, it could be that leaky gut is causing inflammation in your skin and leading to conditions like eczema and acne.

Number four is brain fog. Are you having trouble remembering your own name?

6-10: Autoimmune, Mood, and Sleep Issues

That's a joke because I think most of you remember your name or do you have a hard time multitasking because that is no joke Or do you have a hard time concentrating?

Or maybe you've been driving down the road and passed right past your exit. You know, it could be that you were just having a busy day and you were thinking of a million things, or maybe you were paying attention and you still miss that exit.

The leaky gut might be messing with your cognitive ability and giving you some serious brain fog. Number five is headaches and the pounding headaches that strike you, you know, at an inconvenient time or migraines at an inconvenient time.

For me, it used to be I'd get a migraine right in the middle of my workday. I'd be seeing a patient and the ocular, you know, aura would come and I'd lose vision in one eye, and then I'd have this debilitating headache pain the rest of the day like you got.

One of the main reasons. The sixth thing here is autoimmune conditions like thyroiditis Grave's Disease, Type 1 diabetes, lupus, rheumatoid arthritis, celiac disease, alopecia areata, vitiligo.

If you have any of these or any of the others, I haven't mentioned, it means your body is attacking itself. Well, it could be that leaky gut is contributing to the development of those autoimmune disorders.

In fact, we could probably say 100% of people with an autoimmune disorder has leaky gut. Number seven is moodiness. If you feel like a hot mess emotionally, if you feel like you're up and down with your feelings and your family is frustrated with you, they're getting sick of you.

It might be time to consider that leaky gut is affecting messing with your gut brain connection and contributing to disorders like panic, anxiety, anger and depression.

Because remember, neurotransmitters are made in your gut and sent to your brain. And if you have a lack of those, you're going to feel it in your brain.

The eighth thing is food sensitivities. If you feel like you're allergic to everything, leaky gut could be letting

undigested food particles and other irritants into the bloodstream and triggering an allergic reaction and sensitivities.

Number nine is hormonal imbalances. If your hormones are out of whack and causing issues like irregular periods, fertility problems, low libido, inability to orgasm cravings, moodiness or explosive moods, it could be time to take a look at your leaky gut.

And number ten is sleep disorders. So inability to fall asleep, stay asleep. It's directly related to your gut health. Now, there's many reasons for this, including decreased serotonin production, which I just mentioned, affects your brain.

It's mainly produced in the gut. Also circadian rhythm and gut are closely connected, and a disruption in the gut is a disruption in the rhythm. So there's ten things, ten leaky gut, non digestive symptoms.

Next Steps and Summit Resources

None of those were bloating, constipation, diarrhea, abdominal pain, indigestion, heartburn. All of those can lead you to feeling like you've got low energy, like you've got this middle-aged deficiency syndrome I talked about.

And that syndrome in my community, middle-aged deficiency syndrome hits, it sets in somewhere in your forties and just keeps going all the way through life.

And that is characterized by low energy brain symptoms, digestive symptoms like a digestive cluster and the mood cluster, anxiety, depression, anger up and down.

So if that's you, I would really consider getting your gut checked out. Getting to the root root cause of this, getting down to the bottom of it. And during the summit, you're learning all kinds of new tools to help you solve your symptoms.

You're hearing from experts all over the world who have the ability to help you, myself included. While you're viewing the summit, look for the practitioners you resonate with, connect with them afterwards to get the help you need.

If you want to know more about how to get permanent access to the summit, email support@drtalks.com, the team will help you get all sorted out, get everything you need.

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 Gut Microbiome Lab testing.

We do that. We run thousands of these tests per year. We'll show you how to work with me from many countries around the world. So be sure to add laura@laurafrontiero.com Come to your safe email list and I'll be in touch.

We don't want you to my emails to go to your spam or your promotion, so make sure you add that to your email. Right now you can find me at laurafrontiero.com There's a clickable link to my Bio-Radiant Health website near the bottom of this page where you're watching the video.

Until next time, take good care. Bye now.