Why Immune Suppression Isn't Enough (The Leaky Gut Reality) Transcript

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The Hidden Link Between Your Gut and Immunity

What if the immune condition you've been What if the immune condition you've been fighting for years didn't start in your fighting for years didn't start in your joints?

joints? joints? Didn't start in your thyroid? Didn't Didn't start in your thyroid? Didn't start in your skin? start in your skin? What if it started in your gut? Today, What if it started in your gut? Today, I'm going to show you how a compromised I'm going to show you how a compromised gut lining can confuse your immune gut lining can confuse your immune system into attacking your own body.

system into attacking your own body. And why the doctors that's treating your And why the doctors that's treating your autoimmune condition may have never once autoimmune condition may have never once looked at your gut. I'm Dr. Myra Reed. I looked at your gut. I'm Dr. Myra Reed. I practice functional and internal practice functional and internal medicine. I've had over 35 years of medicine. I've had over 35 years of experience and I practice early experience and I practice early detection longevity medicine. I help detection longevity medicine. I help people find what others miss before the people find what others miss before the symptoms become disease. Everything I do symptoms become disease. Everything I do runs through my four pillars. Hormones, runs through my four pillars. Hormones, gut, gut, gut, lifestyle, environment. I am helping you lifestyle, environment. I am helping you to live smarter, stronger, longer.

to live smarter, stronger, longer. Because I don't want your first symptoms Because I don't want your first symptoms be in your last. This is week two of my be in your last. This is week two of my gut health series. Last week we talked gut health series. Last week we talked about what leaky gut actually is. Today, about what leaky gut actually is.

The Rising Tide of Autoimmune Disease

Today, what happens when leaky gut triggers what happens when leaky gut triggers your immune system to turn on you. your immune system to turn on you.

Autoimmune conditions are not rare Autoimmune conditions are not rare anymore. They're one of the fastest anymore. They're one of the fastest growing categories of chronic diseases.

growing categories of chronic diseases. Hashimoto's thyroiditis, rheumatoid Hashimoto's thyroiditis, rheumatoid arthritis, lupus, multiple sclerosis, arthritis, lupus, multiple sclerosis, psoriasis, type 1 diabetes, celiac psoriasis, type 1 diabetes, celiac disease, just to name a few. More than disease, just to name a few. More than 80 autoimmune conditions are identified 80 autoimmune conditions are identified and they are affecting roughly one in and they are affecting roughly one in five Americans and the majority of them five Americans and the majority of them are women. The conventional approach, are women. The conventional approach, which is identifying which tissue is which is identifying which tissue is being attacked, suppress the immune being attacked, suppress the immune system, and manage the symptoms. And system, and manage the symptoms. And sometimes that is necessary, but the sometimes that is necessary, but the question I always ask is, why is the question I always ask is, why is the immune system confused in the first immune system confused in the first place?

place? place? Because your immune system didn't just Because your immune system didn't just wake up one day and decide I'm going to wake up one day and decide I'm going to attack you for no reason. Something attack you for no reason. Something triggered it, and more often than you'd triggered it, and more often than you'd think, that trigger is in the gut.

think, that trigger is in the gut. Remember from last week, your gut lining Remember from last week, your gut lining is one cell layer thick. There is these is one cell layer thick. There is these tight junctions that hold the cells tight

junctions that hold the cells together, and when those junctions break together, and when those junctions break apart or break down, you get that leaky apart or break down, you get that leaky gut. And when the gut is leaky, things gut. And when the gut is leaky, things cross into the bloodstream that they cross into the bloodstream that they were never supposed to have gotten there were never supposed to have gotten there in the first place.

in the first place. Undigested food particles, bacterial Undigested food particles, bacterial fragments, toxins, viruses, your immune fragments, toxins, viruses, your immune system sees these and does exactly what system sees these and does exactly what it's designed to do, is to attack these it's designed to do, is to attack these foreign bodies. But here's the problem.

foreign bodies. But here's the problem. Some of these particles look similar to Some of these particles look similar to your own tissues on the molecular level.

your own tissues on the molecular level. This is called molecular mimicry. Your This is called molecular mimicry. Your immune system attacks the foreign immune system attacks the foreign particles, and then the attacks look particles, and then the attacks look similar to some parts of your tissues, similar to some parts of your tissues, and so it attacks these tissues because and so it attacks these tissues because they're confused on what they really they're confused on what they really look like. They can't tell the look like. They can't tell the difference. And it's not that your difference. And it's not that your immune system is broken, it's that your immune system is broken, it's that your immune system is confused, and the immune system is confused, and the confusion started when the gut lining confusion started when the gut lining broke down. Let me give you a specific broke down.

Molecular Mimicry and the Role of Zonulin

Let me give you a specific example, because this is well example, because this is well researched. Gluten stimulates the researched. Gluten stimulates the release of a protein called zonulin.

release of a protein called zonulin. Zonulin opens up the tight junctions. It Zonulin opens up the tight junctions. It literally unlocks the seals that are literally unlocks the seals that are between the little gut cells. It breaks between the little gut cells. It breaks those cells apart. And in some people, those cells apart. And in some people, especially those genetically especially those genetically susceptible, this creates a cycle.

susceptible, this creates a cycle. The gluten attacks the zonulin, the The gluten attacks the zonulin, the zonulin, which holds the tight junctions zonulin, which holds the tight junctions of the cells together, get broken open, of the cells together, get broken open, the particles leak through the cells the particles leak through the cells into the bloodstream, triggering your into the bloodstream, triggering your immune system, activating it, causing immune system, activating it, causing this inflammation in the body, and the this inflammation in the body, and the tissue gets damaged. This has been tissue gets damaged. This has been studied extensively in Hashimoto's studied extensively in Hashimoto's thyroiditis, celiac disease, type 1 thyroiditis, celiac disease, type 1 diabetes, rheumatoid arthritis, lupus.

diabetes, rheumatoid arthritis, lupus. The research shows that the connecting The research shows that the connecting intestinal permeability is activating intestinal permeability is activating the autoimmune activation is not a the autoimmune activation is not a fringe. This is actually published in fringe. This is actually published in major journals. But most rheumatologist, major journals. But most rheumatologist, even endocrinologist, and most primary even endocrinologist, and most primary care doctors have never evaluated their care doctors have never evaluated their immune patients' gut. Don't let your immune patients' gut. Don't let your first symptom be your last. In an first symptom be your last.

A Case Study: Solving the Puzzle of Chronic Symptoms

In an autoimmune disease, the first symptom autoimmune disease, the first symptom may have started in your gut years may have started in your gut years before you've ever gotten a diagnosis. I before you've ever gotten a diagnosis. I want to tell you about a patient. I'm want to tell you about a patient. I'm going to call her Michelle.

going to call her Michelle. She's in her mid-40s, diagnosed with She's in her mid-40s, diagnosed with Hashimoto's in her late 30s, on thyroid Hashimoto's in her late 30s, on thyroid medication, antibodies are still medication, antibodies are still elevated. She also had bloating after elevated. She also had bloating after each meal. She's had some joint pain, each meal. She's had some joint pain, brain fog, fatigue, just feeling achy.

brain fog, fatigue, just feeling achy. She's getting these skin rashes that She's getting these skin rashes that would come and go, and they would just would come and go, and they would just flare up, and she just didn't even know flare up, and she just didn't even know why, what was triggering them. Her why, what was triggering them. Her endocrinologist had managed her thyroid endocrinologist had managed her thyroid with medication, her rheumatologist with medication, her rheumatologist monitored her joints, gave her some monitored her joints, gave her some medications that peeled for an eel, her medications that peeled for an eel, her dermatologist gave her cream. She'd been dermatologist gave her cream. She'd been to three doctors, three separate to three doctors, three separate problems. Nobody connected the dots.

problems. Nobody connected the dots. Nobody looked at her gut. When I Nobody looked at her gut. When I evaluated Michelle, she had significant evaluated Michelle, she had significant intestinal permeability problems, gut intestinal permeability problems, gut inflammation, bloating, indigestion, inflammation, bloating, indigestion, food sensitivities she didn't even know food sensitivities she didn't even know about, a disrupted microbiome in her about, a disrupted microbiome in her gut. We addressed the gut first, removed gut. We addressed the gut first, removed the inflammatory triggers, repaired the the inflammatory triggers, repaired the lining, and supported her microbiome.

lining, and supported her microbiome. Six months later, thyroid antibodies Six months later, thyroid antibodies really dropped, bloating resolved, joint really dropped, bloating resolved, joint pain significantly improved, brain fog pain significantly improved, brain fog lifted, and her skin cleared up.

lifted, and her skin cleared up. She didn't need three doctors for three She didn't need three doctors for three different problems. She needed one different problems. She needed one doctor who looked at the root cause.

doctor who looked at the root cause. Looking at her gut and what she was Looking at her gut and what she was eating, what she was exposed to. If you eating, what she was exposed to. If you have an autoimmune condition, here's have an autoimmune condition, here's what I want to know.

what I want to know. What is the state of your gut lining? What is the state of your gut lining? Is there intestinal permeability? Is there intestinal permeability?

What does your microbiome look like? Are What does your microbiome look like? Are there any food sensitivities driving there any food sensitivities driving this inflammation? What's your zonulin this inflammation? What's your zonulin level? What are your inflammatory level? What are your inflammatory markers doing or showing? And markers doing or showing? And critically, has anyone ever asked these critically, has anyone ever asked these questions? Because you cannot calm an questions? Because you cannot calm an immune system that's being immune system that's being constantly triggered by a gut that is constantly triggered by a gut that is constantly leaking.

leaking. leaking. Immune suppression without gut repair is Immune suppression without gut repair is treating the lawn while the fire keeps treating the lawn while the fire keeps burning. So, what can you do?

burning. So, what can you do? If you have an autoimmune disease and If you have an autoimmune disease and your gut has never been evaluated, ask. your gut has never been evaluated, ask.

Ask your doctor for the gut-specific Ask your doctor for the gut-specific testing, the comprehensive stool testing, the comprehensive stool analysis that I like to do. Look at some analysis that I like to do. Look at some food sensitivity panels, those IGG, food sensitivity panels, those IGG, those delayed food onsets, the zonulin those delayed food onsets, the zonulin level, your inflammatory markers. And if level, your inflammatory markers. And if they won't order them, then find someone they won't order them, then find someone who will. In the meantime, consider who

will. In the meantime, consider removing the most common gut irritants removing the most common gut irritants for 30 days. I always start with these for 30 days. I always start with these in my patients. Gluten, dairy, in my patients. Gluten, dairy, processed food, refined sugar, processed food, refined sugar, alcohol, sometimes eggs. See how you alcohol, sometimes eggs. See how you feel. Your body will tell you everything feel. Your body will tell you everything you need to know. Next week, I'm going you need to know. Next week, I'm going to be talking on stuff if you're still to be talking on stuff if you're still having bloating after eating clean. I'm having bloating after eating clean. I'm going to go to explain what your doctor going to go to explain what your doctor is missing. We're going to talk about is missing. We're going to talk about SIBO, SIBO, SIBO, SIBO, low stomach acid, bile insufficiency, low stomach acid, bile insufficiency, and why eating cleaner doesn't fix the and why eating cleaner doesn't fix the real problem, then there may be some real problem, then there may be some other clues that we need to look into.

other clues that we need to look into. If you or someone you love has an If you or someone you love has an autoimmune condition, then please share autoimmune condition, then please share this video with them because the gut this video with them because the gut connection could change everything. Take connection could change everything. Take my free assessment. The link is in the my free assessment. The link is in the description. Everything I do, description. Everything I do, every protocol, every patient, every every protocol, every patient, every video video video runs through my one belief. I'm Dr. Myra runs through my one belief. I'm Dr. Myra Reed, helping you live smarter, Reed, helping you live smarter, stronger, longer. I don't want your stronger, longer. I don't want your