Why Your Doctor Misses Leaky Gut (And How to Fix It) Transcript

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The Hidden Root of Chronic Health Issues

80% of your immune system lives in your 80% of your immune system lives in your gut. Let that sink in. It's not your gut. Let that sink in. It's not your lymph nodes, not your bone marrow, it's lymph nodes, not your bone marrow, it's your gut. So, when the lining of your your gut. So, when the lining of your gut starts breaking down, when it gut starts breaking down, when it becomes leaky, it's not just a digestive becomes leaky, it's not just a digestive problem, it's an everything problem.

problem, it's an everything problem. Here's what frustrates me as a Here's what frustrates me as a physician. Most doctors aren't even physician. Most doctors aren't even testing for it. They don't even believe testing for it. They don't even believe it exists. Today, I'm going to explain it exists. Today, I'm going to explain exactly what leaky gut is, what causes exactly what leaky gut is, what causes it, and how to know if you have it, and it, and how to know if you have it, and why conventional medicine is 20 years why conventional medicine is 20 years behind all of this. I'm Dr. Myra Reed, a behind all of this. I'm Dr. Myra Reed, a functional and internal medicine functional and internal medicine specialist. I have 35-plus years of specialist. I have 35-plus 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 a disease. Everything I symptoms become a disease. Everything I do runs through my four pillars.

do runs through my four pillars. Hormones, gut, lifestyle, environment. Hormones, gut, lifestyle, environment. Helping you live smarter, stronger, Helping you live smarter, stronger, longer. I always say, don't let your longer. I always say, don't let your first symptom be your last. This is week first symptom be your last. This is week one of my gut health series. Today is one of my gut health series.

Understanding the Mechanics of Intestinal Walls

Today is the foundations of what leaky gut is, the foundations of what leaky gut is, and why your doctor has probably never and why your doctor has probably never even mentioned it.

even mentioned it. So, let's talk about what leaky gut is. So, let's talk about what leaky gut is. Your gut lining is one cell layer thick. Your gut lining is one cell layer thick.

I say it's a tube like this, and one I say it's a tube like this, and one little bitty cell, that's the thing that little bitty cell, that's the thing that separates what the food and everything separates what the food and everything that's going in your mouth and through that's going in your mouth and through your intestines, of what you're eating, your intestines, of what you're eating, that one cell is what keeps it from your that one cell is what keeps it from your bloodstream versus the lining of the bloodstream versus the lining of the inside of your gut. So, that one little inside of your gut. So, that one little cell is separating things like bacteria, cell is separating things like bacteria, toxins, viruses, or things that are toxins, viruses, or things that are going in your gut from getting into your going in your gut from getting into your bloodstream. These cells are held bloodstream. These cells are held together by tight junctions. Think of it together by tight junctions. Think of it like the mortar between your tiles in like the mortar between your tiles in your shower. If that mortar is there, your shower. If that mortar is there, it's keeping it sealing the water out it's keeping it sealing the water out and it's keeping things from going to and it's keeping things from going to the other side of that wall. But what the other side of that wall. But what happens if it starts cracking? Well, happens if it starts cracking? Well, that water will start getting behind the that water will start getting behind the wall and that's when the damage starts.

wall and that's when the damage starts. That's what we call leaky gut. Between That's what we call leaky gut. Between the cells, the little gates break open the cells, the little gates break open and the food and the toxins and things and the food and the toxins and things that you're putting into your gut can that you're putting into your gut can easily pass through those little gates easily pass through those little gates and go into your bloodstream. Then

what and go into your bloodstream. Then what happens is it starts going through your happens is it starts going through your body having certain things like immune body having certain things like immune complexes that will go and set up shop complexes that will go and set up shop in places around your body which causes in places around your body which causes inflammation and other things to happen.

inflammation and other things to happen. So, leaky gut is actually termed So, leaky gut is actually termed intestinal permeability problems. The intestinal permeability problems. The seals between those cells will break seals between those cells will break open and that's when the problem starts open and that's when the problem starts happening that I just mentioned. So, happening that I just mentioned. So, when it starts getting into your when it starts getting into your bloodstream, then your immune system bloodstream, then your immune system will start attacking it. It goes on high will start attacking it. It goes on high alert because those things are not alert because those things are not supposed to be getting into your blood supposed to be getting into your blood that way. So, the body treats them like that way. So, the body treats them like invaders and that triggers those immune invaders and that triggers those immune complexes that I was talking about that complexes that I was talking about that causes the inflammation in other parts causes the inflammation in other parts of your body. It's not the kind that you of your body. It's not the kind that you see or feel right away. It's kind of a see or feel right away.

Why Conventional Medicine Often Misses the Mark

It's kind of a chronic low-grade problem that drives chronic low-grade problem that drives almost every disease that I see in my almost every disease that I see in my practice. So, let's talk about why maybe practice. So, let's talk about why maybe your doctor's not testing for it. If your doctor's not testing for it. If leaky gut is this common and it's this leaky gut is this common and it's this impractical, why isn't your doctor impractical, why isn't your doctor testing for it? Well, here's a few testing for it? Well, here's a few reasons. Reason one, it wasn't taught.

reasons. Reason one, it wasn't taught. It's not taught in medical school. I It's not taught in medical school. I went through medical school and went through medical school and residency and leaky gut was never a term residency and leaky gut was never a term that was ever mentioned, not once. The that was ever mentioned, not once. The concept of intestinal permeability concept of intestinal permeability exists in the research of several exists in the research of several thousands of publications now. But it thousands of publications now. But it still hasn't made it to the standard still hasn't made it to the standard clinical practice yet, even despite all clinical practice yet, even despite all this research.

this research. And reason two, there's no drug for it. And reason two, there's no drug for it. I say that not to be cynical, but I say that not to be cynical, but because that's how medicine works right because that's how medicine works right now. If there's no pharmaceutical now. If there's no pharmaceutical solution, there's no incentive to solution, there's no incentive to diagnose it. No drug company is funding diagnose it. No drug company is funding leaky gut awareness campaigns. And leaky gut awareness campaigns. And reason three, the testing isn't reason three, the testing isn't standard. There are tests, you know, you standard. There are tests, you know, you can do zonulin levels, lactulose can do zonulin levels, lactulose mannitol challenge test, but that's not mannitol challenge test, but that's not part of a routine blood work or routine part of a routine blood work or routine testing. Your annual physical won't testing. Your annual physical won't catch this. Your doctor would have to catch this. Your doctor would have to specifically order these tests, and most specifically order these tests, and most doctors don't even know this exists. So doctors don't even know this exists.

Five Common Triggers of Gut Damage

So if you've gone to your doctor with if you've gone to your doctor with bloating, fatigue, brain fog, joint bloating, fatigue, brain fog, joint pain, skin issues or rashes, and then pain, skin issues or rashes, and then they're told everything looks normal, they're told everything looks normal, well, your labs are probably are looking well, your labs are probably are looking normal, but that's because they're not normal, but that's because they're not running the right labs. The five causes running the right labs. The five causes that I want to go through, what is that I want to go through, what is actually causing the gut lining to break actually causing the gut lining to break down. It's not just one thing. It's down. It's not just one thing. It's usually a combination, and that's what usually a combination, and that's what makes it tricky. Cause number one, makes it tricky. Cause number one, processed food and sugar.

processed food and sugar. Highly processed foods creates Highly processed foods creates inflammation in the gut lining. Sugar inflammation in the gut lining. Sugar feeds the wrong bacteria. Even alcohol feeds the wrong bacteria. Even alcohol can contribute to this. And over time, can contribute to this. And over time, this shifts your entire microbiome and this shifts your entire microbiome and weakens those tight junctions. Cause weakens those tight junctions. Cause number two, chronic stress. When your number two, chronic stress. When your body is stuck in fight or flight, blood body is stuck in fight or flight, blood flow gets diverted away from your flow gets diverted away from your digestive system. Your gut literally digestive system. Your gut literally stops healing itself, because your body stops healing itself, because your body thinks it's in survival mode, and it's thinks it's in survival mode, and it's more important to bring blood flow to more important to bring blood flow to other parts of the body like the heart other parts of the body like the heart and the muscle than digestion. In the and the muscle than digestion. In the short term that may be okay, but when it short term that may be okay, but when it stress is never stopping all the time, stress is never stopping all the time, your gut will pay the price for this your gut will pay the price for this chronic stress. Cause number three, chronic stress. Cause number three, medications. Those NSAIDs like ibuprofen medications. Those NSAIDs like ibuprofen and naproxen, those are and naproxen, those are anti-inflammatory drugs and are one of anti-inflammatory drugs and are one of the most common causes of leaky gut.

the most common causes of leaky gut. Antibiotics wipe out your protective gut Antibiotics wipe out your protective gut bacteria. Even long-term acid blockers bacteria. Even long-term acid blockers can contribute to this like those proton can contribute to this like those proton pump inhibitors. These are medications pump inhibitors. These are medications millions of people are taking every millions of people are taking every single day. Cause number four, single day. Cause number four, environmental toxins like pesticides, environmental toxins like pesticides, heavy metals, mold exposure from water heavy metals, mold exposure from water damaged buildings. These are direct damaged buildings. These are direct irritants to the gut lining and most irritants to the gut lining and most people have no idea how much exposure people have no idea how much exposure they're getting. Cause number five, they're getting. Cause number five, infections and dysbiosis. An overgrowth infections and dysbiosis. An overgrowth of bad bacteria like yeast, like of bad bacteria like yeast, like candida, even parasites. Even all these candida, even parasites. Even all these bacteria cause an imbalance of the gut bacteria cause an imbalance of the gut bacteria in the gut lining and they keep bacteria in the gut lining and they keep the gut from healing. Here's the the gut from healing. Here's the important thing. It's almost never just important thing. It's almost never just one of these. It's usually accumulation one of these. It's usually accumulation of things. Years of processed food plus of things. Years of processed food plus chronic stress plus rounds of chronic stress plus rounds of antibiotics plus those environmental antibiotics plus those environmental exposures and those medications. That's exposures and those medications. That's how the gut breaks down over time. If how the gut breaks down over time. If you're watching this and you're you're watching this and you're thinking, well, that's basically my thinking, well, that's basically my whole life, you're not alone. So how do whole life, you're not alone. So how do you know if you have leaky gut? Here are you know if you have leaky gut? Here are the signs that I look for. The obvious the signs that I look for. The obvious ones are digestive. Bloating, gas, ones are digestive. Bloating, gas, diarrhea, constipation, reflux, or diarrhea, constipation, reflux, or alternating between some of these.

alternating between some of these. You're having food sensitivities that You're having food sensitivities that keep multiplying. You used to be fine keep multiplying. You used to be fine with dairy, but now you can't tolerate with dairy, but now you can't tolerate it. Even gluten and then eggs. The list it. Even gluten and then eggs. The list keeps going on.

keeps going on. But here's what most people miss. Leaky But here's what most people miss. Leaky gut doesn't just cause gut symptoms. It gut doesn't just cause gut symptoms. It causes things especially like brain fog, causes things especially like brain fog, fatigue that sleep just doesn't fix, fatigue that sleep just doesn't fix, joint pain without any injury, skin joint pain without any injury, skin issues like acne, eczema, rosacea, issues like acne, eczema, rosacea, autoimmune conditions, Hashimoto's, autoimmune conditions, Hashimoto's, rheumatoid arthritis, lupus, mood issues rheumatoid arthritis, lupus, mood issues like anxiety and depression. If you're like anxiety and depression. If you're dealing with three or more of these, dealing with three or more of these, there's a good chance that your gut is there's a good chance that your gut is involved, even if your doctor says your involved, even if your doctor says your labs are normal. There's something that labs are normal. There's something that I like to tell my patients, every one of I like to tell my patients, every one of them who walks through my door. I like them who walks through my door. I like to mention this. Don't let your first to mention this.

The Path to Healing Your Digestive System

Don't let your first symptom be your last. symptom be your last. Because we can find the basis of things. Because we can find the basis of things. So what can you do? There is hope.

So what can you do? There is hope. Here's the good news. The gut lining can Here's the good news. The gut lining can heal. It's one of the fastest heal. It's one of the fastest regenerative tissues in your entire regenerative tissues in your entire body. The cells in your gut lining body. The cells in your gut lining replace themselves about every three to replace themselves about every three to five days. The problem was never that five days. The problem was never that your gut can't heal. The problem is that your gut can't heal. The problem is that most people never remove the things that most people never remove the things that keep damaging it.

keep damaging it. In my practice, I use a framework that's In my practice, I use a framework that's called the five R approach. Remove, called the five R approach. Remove, replace, replace, replace, reinoculate, reinoculate, reinoculate, repair, and rebalance. I'm going to do a repair, and rebalance. I'm going to do a full deep dive on each of these steps full deep dive on each of these steps later in this series. So make sure that later in this series. So make sure that you subscribe because you don't want to you subscribe because you don't want to miss these each weekly videos that I'll miss these each weekly videos that I'll be making about the gut. But if you want be making about the gut. But if you want to start right now today, here's the to start right now today, here's the single most impactful thing that you can single most impactful thing that you can do. Start removing those biggest gut do. Start removing those biggest gut irritants from your diet for 30 days.

irritants from your diet for 30 days. The processed food, the refined sugar, The processed food, the refined sugar, the alcohol, and for most people gluten the alcohol, and for most people gluten and dairy to name a few. Just 30 days and dairy to name a few. Just 30 days and see how you feel. Your body will and see how you feel. Your body will tell you everything you need to know.

tell you everything you need to know. Next week, we're going to go into how Next week, we're going to go into how your gut is triggering your autoimmune your gut is triggering your autoimmune disease and why your doctor treating disease and why your doctor treating your autoimmune conditions may have your autoimmune conditions may have never once looked at your gut. If this never once looked at your gut. If this is resonating with you, I have a is resonating with you, I have a detailed video on exactly how to heal detailed video on exactly how to heal leaky gut step by step. I'll link it leaky gut step by step. I'll link it right here in the description so you can right here in the description so you can go and look at that video as well. If go and look at that video as well. If you want to find out where your gut you want to find out where your gut stands right now, take my free stands right now, take my free assessment. The link is in the assessment. The link is in the description. And if you want to work description. And if you want to work with someone who actually looks at the with someone who actually looks at the full picture, someone like me that does full picture, someone like me that does functional internal medicine, not just functional internal medicine, not just looking at your symptoms, there's a link looking at your symptoms, there's a link in the description for that, too.

in the description for that, too. Everything I do, every protocol, every Everything I do, every protocol, every patient, every video runs through my one patient, every video runs through my one belief.

belief. belief. I'm Dr. Myer Reed. I'm helping you to I'm Dr. Myer Reed. I'm helping you to live smarter, stronger, longer because I live smarter, stronger, longer because I don't want your first symptom being your don't want your first symptom being your last.