HEALTHY TIPS

10 Signs of Leaky Gut Syndrome & Tips to Relieve It Naturally

By bestfolkmedicine · 11/04/2019 · 2 min read



Did you know that in order to keep your overall health optimal, you need to take care of your gut health? Believe it or not, more than 60 percent of chronic diseases may be treated if people would pay the needed attention to their gut well-being.

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When talking about gut health, one specific gut disease known as leaky gut syndrome has reached epidemic proportions, mostly because of our unhealthy diets, chronic stress, excessive toxins, and bacterial imbalance.

What Is a Leaky Gut Syndrome?

Leaky gut syndrome, as its name says, happens when the gut begins to leak due to holes in the intestinal lining. These holes allow the passing of undigested food particles, bacteria, and other substances into the blood where they should not be.

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This condition happens as a result of intestinal tight junction malfunctions. The tight junctions are the gateway between the intestines and what needs to go into the blood.

Their purpose is to keep a balance between nutrients entering in the blood and preventing illness-causing substances from going into the digestive tract, blood, and the rest of the body.

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When unhealthy substances go into the blood, they can cause chronic inflammation which is the main reason for most diseases.

Leaky gut disease has therefore been linked to allergies, celiac disease, arthritis, gastric ulcers, IBS, obesity, Parkinson's, esophageal and colorectal cancer, autoimmune illness, bowel disease, and respiratory infections.

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Leaky gut is also known to trigger symptoms like anxiety, depression, eczema, and migraines.

To learn more details about the signs of leaky gut, check out the list below. If you happen to notice one or more of these symptoms, consult your physician.

10 Major Signs of Leaky Gut Syndrome

- *Digestive problems like bloating, diarrhea, constipation, gas, IBS, IBD*
- *Inflammatory skin problems like eczema, dermatitis, psoriasis, and acne*
- *Autoimmune illnesses like Hashimoto's or rheumatoid arthritis*

- *Food intolerance, particularly to gluten and dairy*
- *Thyroid issues like hypothyroidism*
- *Excessive tiredness*
- *Loss of memory, brain fog, and headaches*
- *Candida overgrowth*
- *Hormonal imbalance manifested by severe PMS symptoms, estrogen dominance, polycystic ovaries, etc.*
- *Nutritional deficiencies*

What Are the Major Contributing Factors of Leaky Gut?

- **Overconsumption of inflammatory foods**
- **Overuse of antibiotics and NSAIDs**
- **Gluten sensitivity**
- **Recurrent infections like candida and intestinal parasites**
- **Chronic stress**
- **Insufficient good gut bacteria**

Tips to Heal Leaky Gut Naturally

- Minimize the intake of inflammatory foods like sugary treats, fast foods, prepackaged foods, fried foods, refined sugar, red meat, processed vegetable oils, additives, alcohol, wheat, GMOs, and dairy
- Find a way to cope with the stress in your life whether through exercise, yoga, meditation, breathing exercises, etc. Also, make sure you better your diet, go to bed in the same time every night, spend more time in nature, and stretch daily
- Increase good gut bacteria by consuming more probiotics, whether in supplement form or through raw foods like apple cider vinegar, kimchi, coconut yogurt, kefir, sauerkraut, etc.

Sources:

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