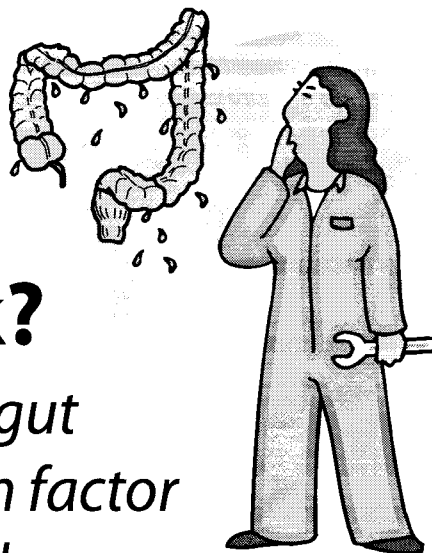


Have Your Intestines Sprung a Leak?

We're serious! Leaky gut syndrome is a hidden factor in many health problems...



Just imagine for a minute that your sewer or septic system started backing up into your kitchen. It's not a pleasant thought, is it? Yet, many people have a similar problem happening right inside their own bodies—they have Leaky Gut Syndrome.

Leaky gut syndrome occurs when the intestinal membranes have lost structural integrity. This causes them to become excessively porous, which allows toxic material and large molecules of unprocessed foodstuffs to pass into the body. Numerous physical and "mental" health problems have been linked with this leakage in the intestines, including ADHD, autism, depression, allergies, asthma and skin diseases like eczema and psoriasis. Leaky gut syndrome may also be a factor in autoimmune diseases like arthritis, chronic fatigue and fibromyalgia.

What Causes Leaky Gut?

Leaky gut starts with intestinal inflammation, which is brought on by a combination of factors. For instance, a number of drugs are known to contribute to intestinal inflammation, including antibiotics, corticosteroids (Prednisone, etc.), NSAIDs (ibuprofen, indomethacin, etc.), aspirin and birth control pills. Infections from yeast, parasites like giardia and cryptosporidium, and bacteria like *Helicobacter pylori* (*H. pylori*), klebsiella and citrobacter will also cause intestinal inflammation and leaky gut.

Dietary considerations are also a factor. Alcohol and caffeine contribute to intestinal inflammation, as do many chemical additives in fermented and processed food (dyes, preservatives, peroxidized fats, etc). Enzyme deficiencies and a high carbohydrate diet are culprits as well.

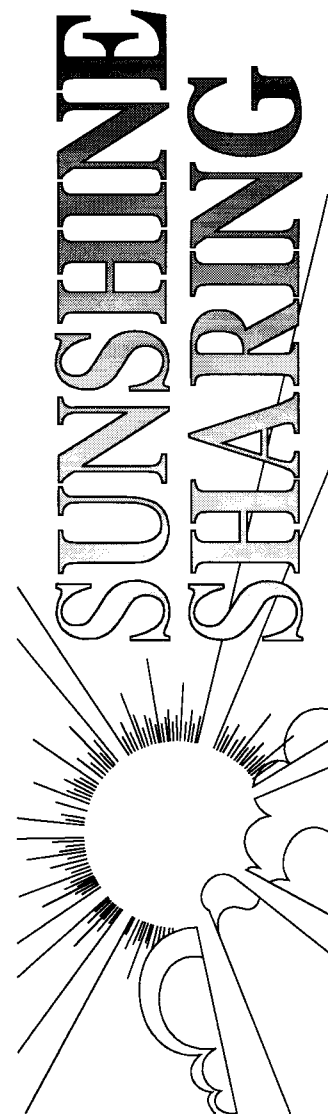
What Happens When the Intestines "Leak"?

The intestines do not absorb nutrients correctly when they are inflamed, which can cause fatigue and bloating. When large, undigested food particles are absorbed because of the excessive porousness in the membranes, this contributes to allergic and autoimmune responses like asthma, hay fever, arthritis and fibromyalgia.

The inflammation damages carrier proteins that help nutrients to be assimilated. This can cause nutritional deficiencies. Leaking toxins also burden the liver and immune system. Finally, the damaged intestinal membranes also allow bacteria, viruses and yeast to pass more readily into the system to damage other organs and systems.

Reducing intestinal inflammation and rebuilding damaged intestinal membranes to stop gut leakage can help numerous health problems.

Turn the page to learn how to stop intestinal leakage....



Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Managing Editor/Writer: Steven Horne
Research: Kimberly Balas
Associate Editors: Carolyn & Hugh Hughes, Sharon Grimes