



# Meet Your Second Brain: The Gut

## I'VE GOT A "GUT-FEELING"

At some point in your life you've probably had butterflies in your stomach, or a visceral gut-wrenching feeling, followed your "gut-feeling" when making a decision, or had a nervous stomach. Science can now explain this connection!

The body is actually composed of more bacteria than cells. Most of these trillions of bacteria make up your gut microbiome. And about 80% of our immune system is in our gut. It's now clear that the brain and gut are so intimately connected they sometimes seem like one system, instead of two.

## MEET YOUR SECOND BRAIN

Meet the enteric nervous system (ENS), a complex system of about 100 million nerves found in the lining of the gut. The ENS is sometimes called the "second brain," and because it's made up of the same tissues as our central nervous system (CNS) it has many structural and chemical parallels to the brain.

Our ENS communicates with our brain through hormones, neurotransmitters, and nerves. And our brain communicates with our ENS. Our thoughts, emotions, and stressors are impacting our gut health. And our gut health is impacting our mental health. It's cyclical and we cannot treat one without addressing the other.

## WHERE THINGS BEGIN TO GO WRONG

When the integrity of the gut is compromised our second brain cannot function optimally. Digestion is compromised which means we aren't able to absorb the vitamins and minerals we're consuming, which leads to nutrient depletion.

Intestinal permeability or "leaky gut" is very common in today's modern world. There are many factors that lead to leaky gut and many symptoms of leaky gut. This guide isn't an all encompassing "Guide to Leaky Gut", but instead is covering many of the common causes and symptoms so you can identify if this is an area of concern.





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## WHAT IS LEAKY GUT?

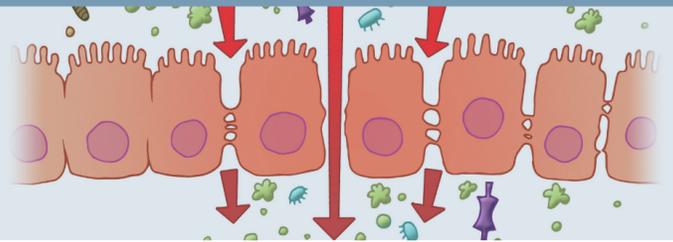
Leaky gut, or intestinal permeability, is when the tight junctions of your gastrointestinal system become compromised and incompletely digested nutrients, toxins, and bacteria enter your bloodstream.

The thin layer of epithelial cells typically keeps everything inside the GI tract. When these tight junctions are separated, and not functioning as they should, the compounds that are entering your bloodstream can begin to overwhelm your immune system.

Your immune system will begin to attack these foreign invaders and trigger food sensitivities, along with many of the symptoms you'll find on the right.

## SYMPTOMS OF LEAKY GUT

- FATIGUE
- FOOD SENSITIVITIES
- GI ISSUES
- AUTOIMMUNE CONDITIONS
- JOINT PAIN
- HEADACHES AND MIGRANES
- SKIN ISSUES
- CONCENTRATION ISSUES
- ASTHMA
- DEPRESSION
- ANXIETY
- ADHD
- AUTISM
- FERTILITY ISSUES
- WEIGHT ABNORMALITIES
- ADRENAL FATIGUE
- LIVER ISSUES
- NUTRITIONAL DEFICIENCIES



## HOW DO I KNOW FOR SURE?

If you're still unsure at this point, you can ask your doctor for a Lactulose-Mannitol Test. Because your body cannot absorb lactulose, the molecules will leave your intestines and be passed to your bloodstream. If so, your body will eliminate it through urine. Your urine will be collected and assessed to determine the degree of leaky gut.

Many people want to take food sensitivity tests or food allergy tests. If you have leaky gut, many, many foods will appear as an issue and the results will provide no value. This is simply because your body is seeing these foods as an invader because they are leaving the digestive system and entering the bloodstream.

If you suspect you do have leaky gut at this point, let's find the root cause so we can begin to address it.



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## COMMON CAUSES OF LEAKY GUT

- Chronic stress
- Inflammation
- Gluten
- Alcohol
- Sugar
- Antinutrients
- Toxins
- BPAs
- Smoking
- NSAIDs
- Parasites
- GI infections
- Bacterial overgrowth
- Food intolerances
- Antibiotics
- Trauma
- Adrenal Fatigue
- Lack of enzymes or HCl
- Dysbiosis
- Nutrient depletion

## GUT HEALING

While I believe in food first, when your gut health is compromised it's impossible for you to properly absorb nutrients.

Supplementation is always a piece of my gut healing protocol. I use them to both heal the gut, repopulate the gut flora, and to aid in digestion. They may also be required to aid in resolving the root cause.

## WHERE TO BEGIN

Healing your gut can be a lengthy process. As you can see there are many factors that impact gut health.

It's important to identify the factors contributing to your leaky gut so they can be properly addressed and the gut healing process can begin. This is why in my practice each client's protocol is customized to their specific circumstances.

My suggestion is to start with the items in the list that really resonate. Once you notice some of the symptoms improving, you can begin to nourish the gut to begin healing the intestinal permeability.

A few ways to nourish the gut are:

- drinking bone broth or using it in soups
- eating fermented foods
- eating a nutrient-dense diet
- having at least one bowel movement per day
- having adequate stomach acid to aid in digestion
- being in a "rest and digest" nervous system state when eating

If you're struggling to identify the root cause or aren't getting results after you've addressed the items that resonated you can book a free [Strategy Session](#). We'll discuss your symptoms and determine if one of my programs could be beneficial.