LEAKY GUT

An Essential Guide to Recovery

Dr. Peter Osborne, D.C., D.A.C.B.N., PSc.D.

www.GlutenFreeSociety.org
www.DrPeterOsborne.com
Examples of Primary and Secondary Effects of Gluten Exposure...

Primary Effects:
- Barrier Permeability
  - "Leaky gut"
- Autoimmune disease
- Dysbiosis
- Acute IgE response
- Delayed Antibody Response

Secondary Effects:
- Nutritional deficiencies
- Systemic inflammation
- Anemia...
- Organ & Tissue degradation

© www.GlutenFreeSociety.org
Gluten Sensitivity

Celiac Disease

Rheumatoid Arthritis

Bone Loss Osteoporosis

Cancer (Lymphoma)

Asthma

Psychological Disorders

Fibromyalgia & CFS

Thyroid Disease
Allergy = Immune Reaction

Acute

IgE = Antibody

Chemical Inflammation

This is what your allergy doctor measures with a skin prick test

T-Cell Reaction

Immune Complexes

Delayed Hypersensitivity

IgG, IgA, IgM, (IgD?) Antibodies

Chemical Inflammation

Tissue Damage

Disease
Allergy = Immune Reaction

Acute

IgE = Antibody

Chemical Inflammation

Tissue Damage

Disease

Delayed Hypersensitivity

T-Cell Reaction

IgG, IgA, IgM, (IgD?) Antibodies

Immune Complexes

Chemical Inflammation

This is what your GI doctor measures in your blood when testing for celiac disease.

What about these?
Gluten Intolerance

- Inability to Digest Gluten
- Gut Dysbiosis
- Leaky Gut/Intestinal Permeability
- Acquired Allergy

Production of immune system antibodies and inflammatory chemicals

Tissue Damage

Disease

Zonulin Production (a protein that dismantles tight junctions)
Perspective

- Disease is the accumulation of years of damage.
- The damage is a conglomeration of environmental *bludgeoning*.
- Repairing years of damage takes time.
- Removing gluten does not repair damage, it stops one of many poisons entering the body.
- Stopping the poison will certainly help, but it won’t address all of the other environmental factors that contributed to your poor health.
This is Your Gut After Years of Gluten....

This is YOU when you are first going gluten free
Undiagnosed – typically little symptoms...
- Gluten induced damage combined with other poor choices...

Progression to subclinical problems
- Intestinal permeability (Leaky gut)
- Acquired food and environmental allergies

Recognition of problem but not its origin
- Illness and disease
- Autoimmunity and inflammatory changes
Grain – 4 mechanisms of damage

- Damage to body directly
- Leads to changes in good bacteria

Inflammation

- Autoimmune diseases
- Increased food allergies

Leaky Gut

- Leads to nutritional deficiencies
- Symptoms of gas, bloating, and IBS

Digestive distress

- Chronic yeast overgrowth
- Immune system stress

Alter healthy gut bacteria
Once you become ill, healing may require more than removal of gluten/grains.

Toxic burden impacts the function of multiple tissues in the body.

- Liver
- Immune Function
- GI Tract
- Skin
- Lungs...
GERD and Acid Reflux

PubMed search results for "gluten and acid reflux".
Results: 1 to 20 of 58

1. [Importance of diet in irritable bowel syndrome.]
   Mearin F, Peña E, Balboa A.
   PMID: 24582764 [PubMed - as supplied by publisher] Related citations

2. Factors influencing the type, timing and severity of symptomatic responses to dietary gluten in patients with biopsy-proven coeliac disease.
   Barratt SM, Leeds JS, Sanders DS.
   J Gastroenterol Liver Dis. 2013 Dec;22(4):391-8

   Rodrigo L, Blanco I, Bobes J, de Serres FJ.

4. Use of fungal proteases and selected sourdough lactic acid bacteria for making wheat bread with an intermediate content of gluten.
   PMID: 24230474 [PubMed - in process] Related citations

5. Clinical impact of a gluten-free diet on health-related quality of life in seven fibromyalgia syndrome patients with associated celiac disease.
Toxic Exposures

- Food
- Medications
- Household Products/Indoor Air
- Water
- Heavy Metals & Bio toxins
LEAKY GUT
(Occurs when tight junctions are damaged)

TIGHT JUNCTIONS
(Prevents Leaky Gut)

Chemicals & Toxins Access Blood Stream

Immune Abnormalities

Increased Food Allergy

Autoimmune Pain

DrPeterOsborne.com
Environmental Factors

Gluten, allergies, pollution, stress, GMO foods, medication

Increase Gluten Sensitivity Symptoms
SAD

Sugar

Dairy

Grain
WHY DO WE EAT?

- Energy
- To promote normal tissue repair, growth, and balance.
- Maintain nourishment and Homeodynamics

For the healthy function of the body!
4 Horseman of the GI Apocalypse...

- Chemicals
- Gluten
- Infection
- GMO

GI Damage
Aside from the possibility of reacting to real food...
The FDA has approved approximately 3,000 food additives, preservatives, and colorings.
The average person ingests 150 lbs. of additives every year.
Many commonly eaten foods are genetically modified or contain genetically modified ingredients.
3 million tons of pesticides are used each year worldwide -- More than 1,600 chemicals are used in the production!

Most have not been tested for their toxic effects on humans. Exposure has been linked to:

- Nervous system disorders
- Immune system suppression
- Childhood Cancer
- Breast Cancer
- Diabetes
- Reproductive damage
- Hormone problems
- Asthma
- ADHD
- Autism
- Migraine Headaches
- Developmental delays
TOXINS IN FOOD - Herbicides, Pesticides, Steroids, Hormones, Antibiotics, and Excitotoxins

- It takes approximately 5 to 8 pounds of chemically sprayed grain to produce 1 pound of beef. Therefore you will ingest considerably more cancer causing chemicals from meat than from fruit and vegetables.

- On average, one glass of inorganic, store-bought milk contains the residue of about a hundred different antibiotics. Once in our bodies, these antibiotics ultimately weaken our immune system.
Excitotoxins – The Hidden Toxin in Packaged Food

- Excitotoxins are molecules, such as MSG that excite neurotransmitters in your brain making them addictive and toxic. Prolonged ingestion of excitotoxins produce endocrine disturbances like obesity and reproductive disorders.
Unintended consequences…

Symptoms - What doctors are obsessed with trying to artificially manipulate without ascertaining the causes and origins of disease.
Common Drugs That Impact Gastrointestinal Function

Antibiotics
- Destroy health gut bacteria
  - Increased risk of infection
- Hinder digestion and vitamin synthesis
  - IBS symptoms and nutritional diseases

Pain Relievers
- Erode mucus lining of the stomach and upper small intestine
  - Contribute to leaky gut (Intestinal Permeability)
  - Contribute to the development of autoimmune disease

Acid Reflux Medications
- Inhibit or lower stomach acid function
  - Leads to weakened immunity, depression, and bone loss

Anti-depressants
- Alter gut motility
  - Contribute to constipation
  - Altered gut flora and increased toxic colon burden
Top 10 Reasons People Visit the Doctor...

1. Skin disorders, including cysts, acne and dermatitis.
2. Joint disorders, including osteoarthritis.
5. Upper respiratory conditions.
6. Anxiety, bipolar disorder and depression.
7. Chronic neurologic disorders.
8. High blood pressure.
9. Headaches and migraines.
10. Diabetes.

Source: Mayo Clinic Proceedings
Volume 88, Issue 1, Pages 56-67, January 2013
Olmesartan is a prescription medication used to treat high blood pressure. A new study finds that the side effects of this drug can induce symptoms that mimic celiac disease...

A research study published in *Mayo Clinic Proceedings* this week disclosed a very alarming discovery. Researchers have found an association between the prescription drug olmesartan and severe gastrointestinal (GI) issues such as nausea, vomiting, diarrhea, weight loss, and electrolyte abnormalities.
“We thought these cases were celiac disease initially because their biopsies showed features very like celiac disease, such as inflammation,” said Dr. Murray. “What made them different was they didn’t have the antibodies in their blood that are typical for celiac disease.”
Top 5 Prescription Drugs Dispensed

1. Pain
2. Cholesterol
3. Blood Pressure
4. Hypothyroid
5. Acid Reflux
6. Antibiotics

Source: Prevention Magazine
Natural Alternatives To The Top 10 Most Prescribed Drugs
By Holly C. Corbett
The Gluten Sensitivity HYDRA

- Joint pain
- Bloating
- Acne
- Hormone Imbalance
- Fatigue
- Nausea
- Weight Gain

Treating these symptoms with medicine does not resolve the origin of a patient’s problem...
Consequences of Blocking Acid in the Stomach...

- Vitamin A deficiency
- Protein deficiency
- Calcium deficiency
- Iron deficiency
- Vitamin B12 deficiency
- Zinc deficiency
- Folate deficiency
4 billion prescription drugs are ingested in the U.S. each year.

70,000 chemicals are used commercially.

3,000+ chemicals are added to our food supply.

10,000+ chemicals are used in food processing, preserving, and storage.

The EPA Estimates that our homes are now 5 to 100 times more toxic than outdoor air.

"95% of all cancer is due to diet and the accumulation of toxins."
~ University of Columbia School of Public Health
You Have to Start With Fundamentals...

Existing Disease?

If yes, rule out the following...

- **Vitamin Deficiency**
  - Spectracell or other functional Testing
  - Address deficiencies with food and supplementation

- **Infectious Pathogens**
  - Check blood and GI tract
  - Treat appropriately if present

- **Gluten Sensitivity**
  - HLA-DQ Genetic Testing
  - If +, educate the patient on diet changes.

- **R/O Allergies**
  - Elisa/ACT Testing
  - Address diet and environmental changes prn.

- **Toxic Metals**
  - Porphyrin, Urine, Hair
  - If + consider chelation

- **Gut Integrity & Dysbiosis**
  - Origins GI
  - Gut sugar resorption
  - Pro, prebiotics & other support nutrients

No

Wellness & Prevention Care
It Requires More Than Gluten Removal to Heal...

Correct Nutritional Deficiencies

Identify adverse food and chemical reactions

Assess the status of the GI tract
The Five Critical Elements for Healthy Gut Function

- GALT Immune
- Tight Junctions
- Mucosal IgA
- Friendly Bacteria
- Stomach Acid
Healing Fully Can Take 3 years

Remove the Bad
- Food Allergies
- Toxins
- Infections
- GI Altering medications

Replace & Repair
- Calm inflammation
- Good Bacteria
- Food & Nutrients
- Environmental Nutrients

Restore & Maintain
- Healing Phase
- Work on Building solid foundation of health
- Exercise
- Rest
- Sunshine
- Stress Management
- Positive Thoughts
Grain – 4 mechanisms of damage

- Damage to body directly
- Leads to changes in good bacteria

Leaky Gut
- Autoimmune diseases
- Increased food allergies

Digestive distress
- Leads to nutritional deficiencies
- Symptoms of gas, bloating, and IBS

Alter healthy gut bacteria
- Chronic yeast overgrowth
- Immune system stress
Healing Essentials

- Test for specific food and environmental toxic exposures and REMOVE them.
- Test for and address underlying infection.
- Identify nutritional deficits - correct them.
- Perform a Detoxification, Repair, & Support Protocol Unique to You.
Known causes of leaky gut...

- Pesticides
- Aggressive Exercise
- Medications
- Infection
- GMO Foods
- Food Allergies
- Gluten
- Potatoes
Supporting the Gut “Biome”

- Yeast
  - Yeast Shield
  - Ultra Berberine
  - Biotic Defense with S. boulardii
  - Avoidance of:
    - Alcohol, sugar, dairy, processed fruit juice, dried fruits, foods prone to heavy mold exposure, excessive carbohydrate intake

- Parasite
  - Detox C flush
  - Parasite Defense
  - Ultra Berberine

- Bacteria
  - Ultra Garlic
  - Ultra Berberine
Helping Support Inflammation

- Healing Broths and organic foods
- Intermittent Fasting
- Supplements that clinically work on inflammation
  - **Detox C Cleanse** with maintenance dose of vitamin C (5-10 grams daily). Be aware that most vitamin C formulations are made from corn.
  - **Vitamin D** 5,000 - 10,000 IU per day plus sunshine exposure.
  - **Ultra Turmeric** (4-6 caps daily)
  - **Inflame Repair** (4-6 caps/daily)
  - **Ultralimmune IgG** (6 caps/daily)
  - **Ultra Biotic Defense** 200-400 billion CFU/day
It is Essential to Restore Gut Motility
- Fiber (beware of FODMAPS)
- Water
- Regular Bowel Movements -
  - **Ultra Mg** - 400-600 mg/day
  - **GI Restore** - 1-2 caps prior bedtime to support bowel movement (do not take if you are pregnant)

Supplements that clinically support the GI Tract
- **GI Soothe** - 2 caps four times daily for 30 days.
- Consider **L-Glutamine** - doses can vary greatly (start with 2-4 grams)
- Replace missing micronutrients (Spectracell)
- **Gluten Shield** or **Ultra Digest GB** - 2 caps prior each meal
- **Ultra Acid** - consider when highly constipated.
Leaky Gut Bonus

Use promo code “Leaky” and save 15% off your order
Dr. Peter Osborne
281-240-2229 for new patient inquiries

www.GlutenFreeSociety.org
www.DrPeterOsborne.com