



HEALTH-LETTER: DYSBIOSIS & LEAKY GUT

DYSBIOSIS – Imbalance Of Intestinal Microbes

- In a healthy state, beneficial bacteria such as acidophilus and bifidus are plentiful, limiting the population of harmful forms. Abundant stomach acid and pancreatic enzymes also control unfriendly microbes, such as Candida yeast.
- DYSBIOSIS involves the decline of beneficial bacteria, often caused by drugs such as steroids and antibiotics. When this happens, overpopulation occurs of harmful forms, such as Candida yeast. Chlorine in drinking water may also kill friendly bacteria, while sugar feeds yeasts.
- Symptoms include digestive distress such as bloating, diarrhea and inflammation, as well as yeast vaginitis.

LEAKY GUT SYNDROME and Food Allergy

- In a state of dysbiosis, the intestinal wall is inflamed and unable to perform its barrier function – prevention of incompletely digested food particles from entering the blood. This hyper-permeability promotes food allergy at distant sites. Harmful microbes may also gain access from the gut into the blood when hyper-permeability occurs.
- Distant allergic effects include sinusitis, asthma, headache, skin diseases, neurological problems, and much more. Food allergy appears to be a component of fibromyalgia. For more info see my previous *Health-Letter* on food allergy.

Causes of Leaky Gut -- Dysbiosis, Parasitosis Alcohol, Medications Environmental Chemicals, Heavy Metals Food Allergy Food Lectins, especially in grains Deficient stomach acid, pancreatic enzymes

CORRECTION OF LEAKY GUT in Two Stages

- First, anti-microbial herb extracts are taken for about a month. During the first week there may be minor discomfort as “die-off” of the harmful microbes begins. Reducing sugar and dairy foods in the diet is helpful, and allergic foods should be detected and eliminated.
- Then the beneficial bacteria are replenished by taking a probiotic. There are many available, and quality varies considerably.

Continued on next page.....

.....continued, *Health-Letter* – Dysbiosis & Leaky Gut

CASE STUDY – Dysbiosis and an Itchy Rash

- The patient was an otherwise healthy 59 year old man with patches of itchy rash on his arms, trunk, and especially legs; duration about 1 year.
- Food allergies were found to include milk products, oranges, and coffee.
- Testing suggested imbalance of intestinal microbes: “dysbiosis”
- In addition to dietary restrictions, the patient followed a course of anti-microbial herbal extracts, followed by probiotic beneficial bacteria. In this case, enzymes were also necessary, as well as an amino acid to nourish the intestinal lining.
- For symptom control, electro-therapy was applied once each week or two, with an anti-allergy frequency. After a few months, this was no longer necessary as the outbreaks decreased dramatically.
- This case illustrates how a condition which began as microbial imbalance (dysbiosis), led to degeneration in the digestive tract (leaky gut), and developed into symptoms in a different area. In my opinion, this rash had an auto-immune quality, with antibodies inflaming the skin.