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LEAKY GUT

Tips for Healing IBS, Crohn's, SIBO and Leaky Gut

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Hello!

Hey guys I just wanted to say hello and thanks for taking the time to read this eBook. Each and every patient I get to help means a lot to me and I consider myself honored to be able to help them and be part of their lives on their journey to recover their optimal health.

My practice is comprised of people looking for answers to difficult questions. If you read my website you will know that leaky gut is only one of the many conditions that my patients may suffer from, but it is a critical component to healing most of today's modern chronic illnesses. I wrote this eBook in an effort to help those of you that are truly searching for answers and don't know where to turn. You may be at the start of your journey or the end, but I hope that this information can contribute to your health in some meaningful way.

Once again I want to thank you for taking the time to read this eBook. If you have any questions, please don't hesitate to email or call my office. I return all of my phone calls and emails personally.

Sincerely,
Dr. Houston Anderson, DC, MS



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Pareto's Principle

Pareto's principle states that 80% of your results will come from 20% of your efforts. In this eBook I want to share with you that 20%. The 20% that I feel get the best results. These therapies have been the MOST EFFECTIVE therapies for my patients and hopefully can unlock your ability to heal and allow your body to restore its natural digestive health.

If you have ever researched leaky gut, IBS, SIBO, Crohn's, etc. you will realize that digestion can get pretty complicated. In fact it can get so complicated that even physicians don't know what to focus on. I wrote this eBook to simplify the information and address the major root causes of poor digestive health.

Before we start, we have to both agree that a short abbreviated eBook cannot provide the same results that an in-office visit can provide and I absolutely can't cover every detail or every exception. What it can do, is get you started on the right track and help you avoid pitfalls that waste your time and money and get you headed in the direction of recovery. I have only included the most important, most effective details from my professional experiences.

WARNING

This eBook is not intended to be a research manual or a compilation of how the "best" and "most popular" functional medicine doctors treat. While I enjoy reading research in my free time, my research lab is my treatment room. This is where on a daily basis I get to see individuals that are suffering from dysfunction and get to personally determine how to correct and improve their health faster than most people can believe.

LEAKY GUT

What You Will Learn

1. What common treatments seem to work in research, but not as well in patients.
2. The top reasons why patients coming to me have failed with various other treatments and what to do about it.
3. What I find most of my patients need before they can even think about healing a leaky gut.

Throughout this book I am going to use the word leaky gut because it is common in many patients regardless of symptoms. Leaky gut can lead to anything from hormone imbalances and depression to more common digestive issues like SIBO, Crohn's, IBS, IBD, etc. Regardless of your end symptom or pathological condition, leaky gut is often at the root. The goal again is to simplify, not complicate the pieces.

What is Leaky Gut?

As food we eat passes through the stomach and into the gut (small intestines and large intestines), the gut or more specifically the gut lining is designed to absorb certain nutrients into the bloodstream. At the same time the lining of the gut is responsible for protecting your bloodstream from dangerous toxins, viruses, parasites, bacteria and also from undigested foods.

In leaky gut syndrome, the lining of the gut becomes too permeable and doesn't do its job of keeping toxins, microorganisms and food from entering the bloodstream. Once the gut is too permeable, it now allows too many toxins, viruses, bacteria, parasites and whole food particles into the bloodstream. This is bad for many reasons, but definitely takes a toll on the immune system by not protecting the bloodstream from many harmful substances.

LEAKY GUT

The Leaky Gut Repair Problem

There are many things that contribute to leaky gut, but the process of developing a leaky gut usually occurs over time. Rarely can a patient pinpoint the exact day that their leaky gut started or when the digestive complaints all began.

Usually these are things that develop over time and unfortunately progressively get worse as the gut gets more and more “leaky”. The good news is that the lining of the gut is restored every 3 to 5 days, so your chances of recovery are high and fast. If the gut lining repairs itself in days then why are most recovery plans 6 months to multiple years long?

Is it not a fair question to ask that if the gut lining replaces itself every 3 to 5 days, then why does it take so long to heal a leaky gut?

The answer is, it shouldn't have to!

The 80/20 principles I share in this eBook are how I help my patients decrease their healing time from months and years to days and weeks. I have shown this repeatedly in my practice and while I can't guarantee the same results at home or with every patient, by focusing on the 80/20 principles, you have my personal tips, tricks and secrets that I used to help speed my patients' recovery.

Symptoms You Might Have Leaky Gut

- Abdominal pain or cramps
- Anxiety/Nervousness
- Chronic Fatigue
- Constipation
- Depression
- Diarrhea after eating
- Gas and bloating
- Indigestion
- Joint pain and stiffness
- Liver dysfunction
- Malnutrition
- Muscle aches and pains



Dangers of Leaky Gut

The short-term effects of leaky gut can range from minor discomfort to excruciating pain but the long term effects of leaky gut can lead to many of today's chronic diseases that are more and more prevalent. Some more common chronic inflammatory diseases and autoimmune diseases include:

- Thyroiditis (Hashimoto's)
- Chronic fatigue
- Rheumatoid arthritis
- Fibromyalgia
- Lupus
- Alopecia areata
- Polymyalgia
- Multiple sclerosis rheumatic
- Celiac disease
- Crohn's disease
- Ulcerative colitis
- Urticaria or hives
- Diabetes
- Psoriasis

It has been well documented that people who acquire a single autoimmune disease are prone to getting more. Some reports say that individuals that acquire a single autoimmune disease are likely to develop up to 7 different autoimmune conditions in their lifetime!



What Really Causes Leaky Gut?

It is impossible to list everything that contributes to leaky gut, but this eBook isn't about the scientific details of proteins and such, but rather how to get you feeling better fast. I wouldn't put myself on the line in a downloadable eBook if I didn't see it work well in over 80% of patients. The following list comprises what I find as the most common root causes of leaky gut.

Alcohol

Alcohol acts as a gut irritant. For that matter it acts as an irritant to every organ in the body. Regardless of whether you drink paleo beer, wine or hard cider, it is not a health food. In fact it isn't food at all. Anyway, while you may be able to consume some within reason, it is a causative factor in leaky gut.

Caffeine

Caffeine as well as its derivatives (paraxanthine, theobromine and theophylline) are part of the methylxanthine family and can be labeled as psychoactive stimulants. These substances can be found in coffee, tea, chocolate, cola, yerba mate and guarana. In the plant they act as a natural pesticide for the plant and even paralyze or kill certain insects. While many people use caffeine as a laxative to promote stool release, caffeine acts as a stimulant to the nervous system and thus decreases your overall "rest and digest" function. It is a general irritant to the gut lining.

Parasites, Bacteria, Virus, Fungi

Gut microbes are in my opinion the number one irritants to digestion. One reason is because the quantity of microbes in the body outnumbers the cells in our body. The unhealthy microbes that are housed primarily in the digestive tract create inflammation, impair liver function, reverse liver detoxification efforts and release hundreds of toxins into your circulatory system.

Candida

Chronic candida infections are often the result of using antibiotics or eating a high sugar or refined carbohydrate diet. Arguably candida and other fungal infections are some of the more difficult microbes to eliminate or properly balance.

Chemical Food Additives

Dyes, preservatives and artificial flavorings can all act as irritants and also activate the gut's innate immune system known as GALT (gut associated lymphoid tissue). In addition these are general toxins that should be avoided for overall health promotion.

Pesticides in Food

The body doesn't like GMO foods or foods covered in pesticide residues. Both significantly irritate the gut lining.

Refined Carbohydrates

Refined carbohydrates, sugary products and high fructose corn syrup feed the unhealthy gut bacteria and over time lead to an imbalance with the bad outnumbering the good.

NSAIDs

NSAIDs should be avoided at all costs. They not only create a leaky gut but can also block the body's ability to repair the damaged intestinal lining. As to not minimize the detrimental effects of NSAIDs, they also impair liver detoxification and you end up with more toxins circulating in your body and further perpetuating leaky gut.

Antacids

The need to take antacids or having gastric reflux is a sign that you probably already have a leaky gut. Harmful microbes in the gut serve to alter stomach acid production and actually decrease the level of stomach acid, which then leads to reflux. It is important to know that in most instances, insufficient stomach acid, not excessive stomach acid is the real reason why most people get reflux. Antacids further perpetuate this problem, as the stomach acid is one of the first mechanisms the body uses to protect your internal environment from outside attacks.

Antibiotics

Antibiotics destroy too many beneficial microorganisms. This means that whichever organism can replicate the fastest, ends up occupying your gut after a standard antibiotic treatment. Many (maybe most) people develop fungal or viral infections after antibiotic usage. Repeated antibiotic use is the most common reason I find that promotes the initiation of fungal overgrowth. Chronic antibiotic use is common in people that have suffered with recurrent UTI infections or chronic childhood ear infections.

Others

Prescription hormones or hormone imbalances, mold, environmental toxins,

Leaky Gut and Your Brain

Leaky gut has been associated with many cognitive issues including memory loss, poor concentration and even common dysfunctions seen in autism. Inflammation from any toxic source (see list above) leads to leaky gut and toxins entering the bloodstream and eventually reaching the brain. Possibly more important is that anything foreign that enters the bloodstream activates the immune system, which is highly active in the brain resulting in excessive activation and resultant symptoms. Many experts in the field are confirming that most people with leaky gut end up with “leaky brain”. What this means is that the barrier to the brain that is supposed to keep everything out is letting unwanted things in, just like the gut.

Diagnosis

The most popular test used by functional medicine practitioners is the lactulose and mannose test. It measures the absorption of the two non-metabolized sugars.

Manual muscle testing by a professional Applied Kinesiologist is another tool that can be used to screen for imbalances. I personally prefer manual muscle testing as an in-office assessment in addition to clinical history and symptoms due to its ability to give me immediate feedback.

Standard Medical Treatment

Most traditional allopathic physicians don't accept leaky gut as a causative factor in disease. While there are many physicians that are familiar with leaky gut (aka intestinal permeability), even gastroenterologists don't seem to give it much attention. Their main tool for digestive health is prescribing antibiotics, which can help in many cases, but unfortunately those promote leaky gut, fungal overgrowth and even viral infection.



Natural Treatment for Leaky Gut

This section is based upon observations I have made over time. If it seems controversial it is only because not enough of us have stopped to look at what is really going on.

I feel that the real reason so many people struggle to heal leaky gut is due to not properly treating the #1 cause of leaky gut.

What I mean is that most people have tried to treat it and think they have that piece of the puzzle solved, but really they didn't adequately solve the problem.

So what is the #1 cause of leaky gut? The #1 cause of leaky gut from my personal in-office experience is stealth infection.

Stealth infection is the #1 cause of poor digestive health.

I feel that without properly addressing stealth infections like bacteria, parasites, fungi and viruses, recovery times from leaky gut end up being drastically prolonged and people struggle to get better. I regularly see people that are on extremely restrictive diets for months or years only to have mild relief from symptoms. This seems to be a lot of effort for very little reward.

How common is infection?

Based on the patients that come into my office, I would guess that nearly 90% of patients with digestive concerns still have an infection problem that needs to be resolved. It could be argued that stealth infections are the most mismanaged component of natural healthcare. Nearly every one of my patients regardless of their symptoms or presentation will get put on 1 or 2 natural antimicrobials during their course of treatment to help with these stealth infections.

While most people fully understand the importance of eliminating infections and that is why antibiotics are so frequently used, somehow we seem to have lost the concept of fighting infection in natural medicine.

It seems that we focus so much on providing health-promoting supplements that we may be forgetting to focus enough on natural antimicrobials to eliminate unhealthy infections. We hear a lot about prebiotics, probiotics, healthy fermented foods, etc., but not enough about ways to remove the stealth infections.

A common example I use is a lawn with weeds. If your lawn is overgrown with weeds there are numerous ways to get rid of the weeds, but the fastest is going to be to kill the weeds while preserving the grass. If you just water the grass and hope that it will grow only grass and not weeds, it won't work. What if you put fertilizer on the grass? It may promote the growth of the healthy grass, but it may also promote weeds. Now this isn't a perfect comparison, but you get the point. Weeding before feeding is the best way to quickly eliminate the weeds.

As a general rule, if you want to heal your leaky gut or any digestive complaint for that matter, you need to do more removing of the stealth infections and other causes of leaky gut rather than take something to support the good bacteria and promote healthy organisms.

What & Why Some Treatments Don't Work?

At the beginning I mentioned I wanted to cover things that seem to work in research or in theory, but their clinical application provides less effective results. Maybe even better stated is that many of these will support your more effective efforts and can actually be used simultaneously if you are addressing the #1 root cause first.

Some of these may be controversial, but the goal isn't to contradict any specific physician, person or research, but rather to show what the clinical evidence from my personal office shows. What you will find with all of the items below is that they work sometimes or work a little or work as long as you take the supplement forever. I tell each patient that my goal is not to have you take supplements forever, but rather that we eliminate the need for supplementation altogether.

Some of the items I will mention might be healthy in their own respect, but we are talking about healing a leaky gut or eliminating symptoms of unhealthy digestion in days to weeks, not over the course of years. As far as treatments for leaky gut, I am trying to share with you the treatments that I have had rapid success with and that work for the majority of my patients. These are my real-life best tips for restoring a healthy gut.

The Wrong Antimicrobial

Unfortunately many antimicrobials don't effectively eliminate the "bad" bugs or unhealthy flora. With choosing an antimicrobial supplement, it is important not to compromise quality for convenience. The more pure the product, the better results you will get.

It is also important to be very specific with antimicrobials. In-office I use manual muscle testing to improve specificity, but if you are treating yourself at home, then it is harder to be specific.

Commonly used antimicrobials such as garlic, grapefruit seed extract, oregano, goldenseal, etc. don't seem to be enough to fix many stealth infections. From my observations they may not be strong enough, they may be too specific or it may be something else, but when people enter my office begging for help, most have already tried the mainstream products and still aren't feeling much better.

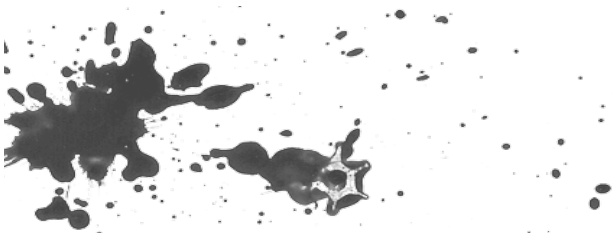
Any natural antimicrobial should provide some benefit and so they all fit somewhere on the therapy list, but honestly most of the ones listed above don't work well enough for me to even stock them in my office.

Other than the fact that most Internet gurus are researchers not clinicians and many don't even write their own articles, I don't know why many common therapies still keep showing up as novel treatments. Many Internet gurus use ghostwriters (someone else writing articles for them), so many of the articles have absolutely no clinical basis.

I have included my top 5 antimicrobial supplements in a list below. You may or may not have heard of them, but you should get to know them well.

Glutamine

Glutamine is great for the health of the gut lining, but if the #1 reason for not healing is that you still have an infection destroying your gut lining, then no matter how much glutamine you take, the new lining will be destroyed each time.



Probiotics

Probiotics probably have some of the best research behind them when it comes to improving gut health, but if you are like any of my patients, you tried those first and you still have problems. My personal opinion is that no matter how many probiotics you take, it just doesn't seem to be enough.

Once again this takes me back to the idea that before you try and support the healthy gut bacteria you need to do your best to eliminate the unhealthy flora. If you do choose to take a probiotic, taking the right single strand seems to work better than taking a probiotic with many different strands. Being specific seems to provide the most significant changes in patients.

Digestive Enzymes

"What do you mean digestive enzymes don't work? If I don't take them I have awful digestive symptoms!" Whenever I tell a patient that digestive enzymes don't work sparks start flying! So, the truth is that I agree that digestive enzymes can provide a great deal of relief, but the true test for a supplement and whether you really got to the root cause is if you can stop taking it and still experience relief.

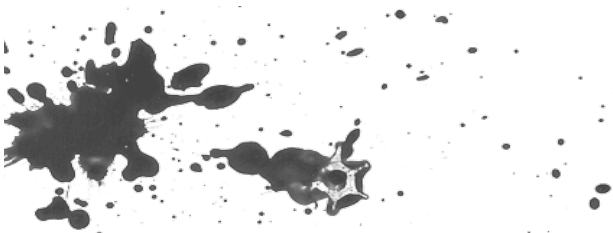
From my experience, most people have to continue taking enzymes forever or they will have a complete return of their symptoms. It's important to remember that the body at some point in time was supposed to create those enzymes all by itself and that is our ultimate health goal.

Fiber

Fiber promotes healthy gut flora, but unfortunately like probiotics it doesn't seem to be strong enough to amount to significant change once disease has been developed. A healthy diet that is high in fiber is beneficial and fiber supplementation can help the body deal with die-off reactions.

Omega-3 Fatty Acids

Omega-3 fatty acids support a health inflammatory response. In addition there is some research that supports the idea of taking omega-3s with your probiotics helps to improve absorption and utilization of probiotics. Omega-3s are great for your health, but not great warriors when it comes to the gut.



Vitamin D

I like Vitamin D for overall health promotion. It won't clear up your gut infection but it will support your immune system so that once your infection is eliminated, your body can take over and maintain balance. Even in Arizona patients can be significantly deficient in Vitamin D.

Natural Antimicrobials to Treat the #1 Cause of Leaky Gut

My top supplements for leaky gut come from thousands and thousands of in-office tests. They have shown time and time again to provide elimination of unhealthy microbes and the resolution of symptoms. There are many antimicrobials available, but these are my favorite supplements because they work consistently even with the most difficult cases I see.

These 5 have helped me in nearly every condition from ear infections and herpes to leaky gut and Lyme disease.

Morinda Citrifolia

Morinda is an excellent broad spectrum antimicrobial that is effective against many viral, bacterial, fungal and parasitic infections.

A high quality Morinda supplement should not be compared to commercially available noni juice. Most noni juice on the market is diluted and combined with other sugary fruit juices to mask the bitter taste of noni. In addition most noni is fermented and/or highly pasteurized, which destroys much of its natural benefits. I only use the raw powdered fruit without the leaves, as it appears to be the most effective and broad spectrum.

Another benefit of Morinda is that it supports the body's natural use of white blood cells. By strengthening the immune system the body is more likely to be able to fight off any future infection and maintain a healthy immune response.

Melia Azadirachta

Melia Azadirachta or neem leaf is another great broad spectrum antimicrobial. It has been effective in treating viral, bacterial, fungal, parasitic and even spirochetes. (*Borrelia Burgdorferi* often found in Lyme disease is a spirochete.)

Melia has been reported to be able to preserve beneficial gut flora while eliminating the bad. Melia also has immune stimulating properties that stimulate t-cell production in times of infection.

Melia has the side benefit of containing small amounts of quercetin, quercetin has a natural anti-histamine and mast cell stabilization effect. Excess histamine, what some people are calling histamine intolerance is a common side effect of having leaky gut.

Coptis Chinensis

Coptis contains many beneficial plant alkaloids that are becoming more popular in current research. The most well known component of coptis is berberine. Berberine is the same component that gives goldenseal and Oregon grape root their yellow color, bitter taste and some of their therapeutic effects, although I as I mentioned before, clinically it doesn't appear to be all due to the berberine as goldenseal and grape root do not seem to perform as well as coptis does clinically.

Coptis has been used in traditional Chinese medicine for thousands of years specifically for gastrointestinal disorders, specifically microbe/infection related. It has been shown to be effective against fungi, bacteria (staph aureus, h. pylori, strep pneumonia, salmonella, etc.), parasites (giardia, ameba, trichomonas, etc.) and viruses including influenza. Some emerging research also supports the use of coptis enemas specifically for treatment of ulcerative colitis.

BFB-1 & BFB-2

BFB-1 & BFB-2 are two separate essential oil blends that were created, designed and tested in order to combat the ever increasing prevalence of biofilms. Biofilms can be an obstacle in healing leaky gut if you don't know how to break them open and treat what is inside.

BFB-1 consists of a proprietary blend of the following essential oils: Piper nigrum, Rosmarinus officinalis, Syzygium aromaticum l., and Origanum compactum benth.

BFB-2 consists of a proprietary blend of the following essential oils: Eucalyptus globules, Citrus reticulata blanco var tangerina, Boswellia carterii, and Thymus vulgaris.

To keep it simple, biofilms are colonies of microbes that create a protective barrier to avoid destruction from the immune system. Various microbes from fungi to bacteria can actually “team up” in order to synergistically preserve their existence. These biofilms store nutrients they may need in order to survive, thrive and replicate in times of famine and in cases of antimicrobial or antibiotic attack.

While candida is likely the most well-known biofilm producer, almost all bacteria, virus, parasite and fungi have been found either to create or reside within biofilms. These biofilms can also harbor many heavy metals and create long-term fatigue and mitochondrial dysfunction.

How To Buy an Antimicrobial Supplement

Buying supplements can get as complicated as buying healthy food. So the keys to buying a good supplement could go on and on, but here are some of my top suggestions.

- I. Minimal processing. The best supplements are in their natural form. They don't have fillers or binders. I also recommend avoiding against tinctures as a general rule. You don't want extracts or concentrated formulas. You want the product just as it would appear in nature.
- II. Know your source. If the supplement you buy is organic, but is grown next to a nuclear plant, it likely won't work very well.
- III. Single substance. I like products that contain a single product not a “one-size fits all” magical pill that is designed for leaky gut or whatever your ailment is. It makes it get the proper dose but more importantly it lets you know if that specific product is helping you.

My top 5 antimicrobials I listed above all come from the same company, [Supreme Nutrition](#). I don't make any money by telling you that. Other than carrying their products in my office I have no affiliation. I use their products because they have no binders/fillers and are minimally processed. Their selection criterion is also stringent. I am sure there are other brands that are great, but Supreme Nutrition has been consistently effective for my patients. They have been especially reliable for patients that are prone to adverse reactions to most supplements and medications.

A Note on Diet

I have found that the most difficult, yet common microbe to eradicate specifically for leaky gut is fungal infection. While all infections thrive on sugars and even more so on processed sugars, fungi are almost impossible to eliminate without a specialized diet.

Regardless of whether you think you have a fungal infection or bacterial or viral infection, etc., a restricted and healthy dietary regimen will always help to amplify your results. While the proper diet for infection could fill an entirely separate book, my recommendations for most people are to follow a grain-free anti-fungal diet. This covers the broadest base for fighting infection.

There are more restrictive diets such as a Paleo Autoimmune Diet, GAPS diet, Wahl's protocol or SCD diet that all may benefit you while you heal your gut, but for most people they aren't necessary. That doesn't mean that I would never recommend them, it just isn't the starting point for fighting infection in the majority of my patients.

3 Ways to Find the Right Supplement for You

1. Find the Right Doctor

I personally recommend finding a Professional Applied Kinesiologist in your area that is familiar with leaky gut and specifically stealth infections. As my top 5 supplement recommendations all come from Supreme Nutrition, that is an easy way to screen for the right doctor. Simply call and ask if they carry products from Supreme Nutrition. (Yes, this is biased and discriminatory and excludes many doctors, but I'm not here to help doctors, I'm here to help the "average Joe/Jane".)

Professional muscle testing by a knowledgeable and trained professional is in my opinion the best way to determine your specific and individual supplement needs. Also, in the long run it is much more cost effective than guessing. If you are like me you have tried 50 or more supplements with only 1 or 2 actually making you feel any different. Those 50 purchases that gave you very little results would have covered at least 10 in-office visits with me at my current rates.

If you would like a recommendation for a doctor in your area, you can [email me](#) directly for a personal recommendation as to a doctor that I feel

2. Rotating Supplements

I have listed the top 5 supplements I use in my office. They cover over 95% of all of the various needs of my patients with regards to most common digestive health complaints. If you are going to treat yourself at home, then this option allows you to have a higher probability of getting the same results I might get in my office.

The process would be simply to purchase all 5 and use them in a rotating cycle. The most common method for doing this is to take each supplement for 2 weeks and then rotate to the following supplement. I highly recommend working with your healthcare practitioner to make sure the supplements are safe for you to use.

Dosing can make the difference between success and failure in any treatment plan. While I can't offer recommended doses online, you can schedule a phone call or in-office consult in order to go over what doses I commonly use.

3. The Flexibility Test. (aka Indicator Test)

The easiest way to do this test is to stand against a wall and then try and touch your toes. Then, measure how far you can reach. Repeat this 5 times to make sure you have warmed up the muscles involved. Next you take the supplement and open the capsule and put some on your tongue until you can taste it. You now repeat the flexibility test that you performed previously in the same fashion.

*For the essential oils I recommend sniffing the essence for a brief moment and then retesting your flexibility. A diffuser is not required for this test.

**All supplements may not be safe to put on your tongue so please consult a professional regarding safety.

The reason the flexibility test works is due to the fact that most items that promote health have a relaxing or parasympathetic effect. This will immediately allow your nervous system to relax and as a result you may see an increase in your range of motion when you find the appropriate supplement.

You can use any flexibility test (sit and reach, splits, unilateral leg raise, etc.) or use multiple flexibility tests together to help you know which produces the most significant increases. The way this test works is if you don't increase in your flexibility after placing the supplement in your mouth, then you wouldn't take that supplement.

If you have symptoms of pain, achy joints, headaches, decreased range of motion or anything else, you can also use these as indicators to know if you will respond favorably to a supplement. If the supplement provides a decrease in pain or any symptom, then it is more likely that it will benefit you if taken.

DISCLAIMER: Just a reminder that these methods do not guarantee safety or efficacy of a product. These are just ways that can give you more information or useful methods that when deemed safe by your physician, may be useful to the individual consumer.

Frequently Asked Questions

What about _____?

If you have any specific questions regarding your individual circumstances or complicating factors, please don't hesitate to schedule a free consult or email me. My personal email is doc@drhoustonanderson.com. I return most emails within 24 hours. (Yes, this is almost unheard of in the medical community today)

Aren't antibiotics stronger than herbs?

As I briefly mentioned above, antibiotics are not beneficial for most of the chronic gut microbes that many people are dealing with. In addition I have found that many people are antibiotic resistant but not antimicrobial resistant. In addition antibiotics are specific usually to either gram-negative or gram-positive bacteria, while herbs are mostly broad spectrum. Antibiotics are also not designed to combat fungi, viruses or parasites. In fact they often promote viral and fungal overgrowth. The herbs that I have listed have more of a balancing effect than are able to treat multiple infectious components while promoting health. There is no drug that can promote health; they are all chemical toxins to the body.

Frequently Asked Questions Continued

I've tried antimicrobials before, now what?

There are 3 main things to consider here. First, many of my patients have tried antimicrobials before without much success; yet find success with my specific treatment protocols. The specific antimicrobial used is important as well as the quality of the supplement.

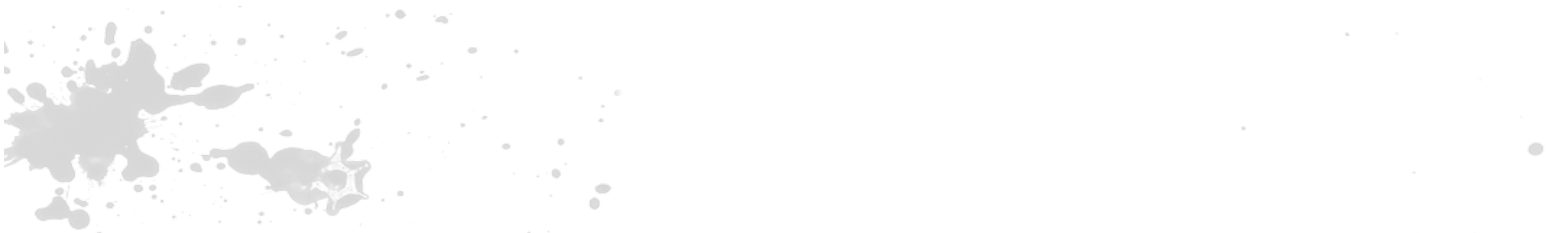
Second, just because it's a trusted brand doesn't mean it is an awesome product. I carry multiple product lines in my office, only using the best of each brand. I have no brand affiliation, I don't care how cool the company is; I only care which ones pass the in-office test and which ones help patients to heal quickly.

Lastly, if you have other processes going on in the body that aren't up to par, you may need to support those processes as you heal your gut lining. A common example is that leaky gut and dysbiosis leads to accumulation of estrogen in both men and women. This accumulation can bog down the liver down so that the pathways that are supposed to detoxify environmental toxins can't do both. They usually end up detoxifying a little estrogen and detoxifying a few toxins. This means that the remaining toxins can still circulate in your gut and wreck havoc. In this example, very specific liver support is needed in addition to an antimicrobial protocol. (Not milk thistle, please no milk thistle 😊)

What types of things prolong healing from days to months?

The short answer is alcohol, allergies, previous injuries, current pain, caffeine, stress, food additives and preservatives, refined carbohydrates, missing organs (like gall bladder, appendix, uterus, etc.) and any prescription or over-the-counter medication.

The more complete answer is, any other part of your body that is not optimally functioning will predispose you to a longer recovery time. If you have developed autoimmune disease from leaky gut for example then you still should treat the infection in the gut first, but then you will need to balance the immune system in order to allow your immune system to maintain your gut health and keep leaky gut from returning.



Frequently Asked Questions Continued

How to find a physician?

This may be one of the hardest questions on the list. There are great doctors out there and they are worth their weight in gold if you can find someone that can help you to feel better quickly. If you would like a referral to a doctor in your area, please [contact me via email](#).

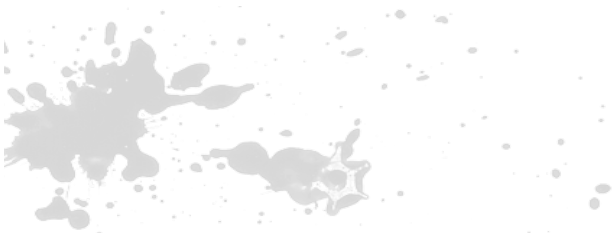
What lab testing should I get done?

My treatment room is my personal lab. I feel that manual muscle testing by a **certified and professional** Applied Kinesiologist is the most affordable and most effective means to finding the root cause of your leaky gut. That being said, I feel that I save patients hundreds to thousands of dollars on lab testing, as most traditional lab work is not usually required.

Lab testing provides some benefits in difficult cases but is expensive and if you are treating yourself at home, the money you save could be used on purchasing another antimicrobial or scheduling an office visit. I find symptom relief to be equally effective as lab testing because many times when lab testing comes back negative, symptoms still remain and infection still remains. In other words, currently lab testing doesn't catch everything.

That being said, it will depend on your exact symptoms. For assessing SIBO the most common test measures hydrogen and methane production. Good labs will do testing from 20 minutes through 180 minutes.

Remember that with all lab testing, the treatment protocol is more important than the actual lab results. The diagnosis matters little if you don't have a way to treat it effectively. As a side note, I don't find that the antimicrobials that are tested in the petri dish (in vitro) correlate with real patient results. (in vivo)



Frequently Asked Questions Continued

Should I use stool testing?

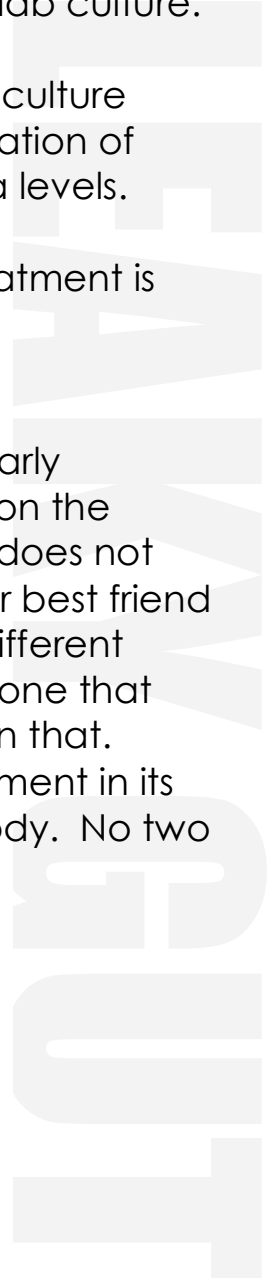
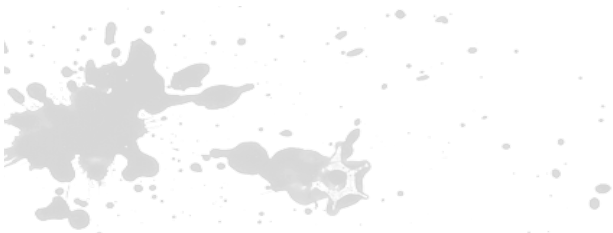
If you are working with a doctor, stool testing can be a helpful test to run, but it has some limitations. First, stool testing does not identify all species present in your stool. It also does not reflect the flora in the small intestine. Stool testing only identifies species that are able to grow robustly in the lab culture.

Lactobacillus for example does not grow well on a standard stool culture plate. Next, it cannot be used for monitoring the complete elimination of microbes from the gut; it can only indicate a reduction in bacteria levels.

Lastly, regardless of stool results, the clinical implementation of treatment is the most important part.

****IMPORTANT LAB TESTING INFORMATION****

It is not uncommon for two people to present to my office with nearly identical lab testing results. The same microbes, the same curves on the graphs, the same lack of beneficial bacteria, etc. This absolutely does not mean they will respond to the same antimicrobials. If you and your best friend have candida and you do the same protocols you will likely get different results. There isn't one supplement that works only for fungus and one that only works for bacteria, etc. The body is much more complex than that. Remember that your body has to process each and every supplement in its own unique way and it has to account for all organisms in your body. No two people are the same on the outside and even less on the inside.



Frequently Asked Questions Continued

Can leaky gut truly be healed or only controlled by diet?

This is somewhat of a trick question as leaky gut can absolutely be healed, but at least a moderate diet of healthy whole foods will be required to maintain it. Much of what leads people to develop leaky gut is associated with previous dietary choices. The second trick is that once you had a leaky gut and developed varying symptoms, you may have developed some sensitivities or allergies that will last for your lifetime. The more severe symptoms you develop while having a leaky gut, the more likely you will have to have at least some permanent dietary restrictions.

Should I take prebiotics too?

Prebiotics much like probiotics serve to promote healthy gut flora. A healthy diet is usually adequate to promote healthy gut flora once infection has been eliminated and overall health is restored. If you seem to be someone that bounces back and forth between symptom-free and leaky gut symptoms, then prebiotics can help to stabilize you while you keep searching for the real reason why you bounce back and forth.

What causes bloating?

Infection is the most common reason for bloating. Plain and simple if you still experience bloating when eating certain foods, especially carbohydrates, there is a high chance that you have a stealth infection problem. While allergies to foods create reactions, they don't seem to cause the traditional bloat that most people get with infection. Most bloating is produced as a byproduct released from unhealthy microbes that are living in your gut lumen.

Should I get food/allergy testing?

I find food and allergy testing to be the least reliable test as far what you can take from it. You may have seen a \$1,000 test from "abc" lab that "xyz" doctor uses, but if you have leaky gut they cannot be reliably counted on. The most useful food allergy testing results come from someone that has no signs or symptom of allergy. On the flip side, allergy testing can give you a list of foods to avoid until you can heal your leaky gut. Most people simply try the Paleo Diet, Autoimmune Paleo Diet (AIP) or Wahl's Protocol instead. A Paleo/Primal/Whole Foods-type diet is what you should be aiming for as a permanent health-promoting lifestyle, not a temporary diet for healing.

Frequently Asked Questions Continued

But how long does it really take to heal a leaky gut?

In my patients I have seen all signs and symptoms resolve without any return in as little as 1 day. On average I would say digestive symptoms resolve in 2 to 3 weeks. After the leaky gut is healed it is necessary to move on to treating the other sequela such as autoimmune disease, nutrient deficiencies, etc., which can take longer to restore back to a balanced state.

Without intestinal biopsies it is impossible to know if the gut is 100% healed or if only the symptoms are relieved and the less-invasive lab markers are normal.

Results vary between individuals because an 8 year old child that just got over the flu and has had stomach pain since, isn't the same as a 36 year old mother of 4 that is on 4 medications and has had Crohn's disease since the age of 18.

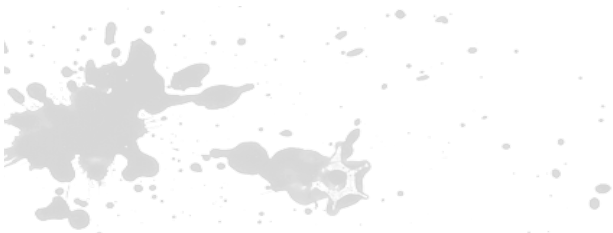
This is one reason why you should take care of your health as soon as possible, lingering health issues can lead to more serious health consequences in the future. As far as when leaky gut will return and if it is really "fixed", the status of the immune system plays the largest role in maintaining healthy gut flora. Obviously things that predisposed you to leaky gut initially should be avoided

How do I find out if I have a gut infection?

If you have digestive symptoms, anxiety, brain fog, fatigue or hormone imbalances you should assume you have an underlying infection or at a minimum an imbalance of your gut microbes. This is one reason why lab testing either isn't needed or can be done after treatment rather than before.

Why can't I eat high histamine foods?

Please see my histamine intolerance article [here](#).



Conclusion

This eBook is a very limited scope on what may help you to recover from your digestive disturbances, autoimmune disease or chronic pain. A holistic approach takes into consideration multiple body systems in order to address your entire health picture and should be the aim for all doctors and patients. If you have lost hope, this eBook was meant to be different than what you have read on other popular Internet sites so that you have more information to regain hope and continue the fight. I applaud you again for making the choice to take control of your own health and live a happy, healthy and fulfilling life.

If you enjoyed this eBook, please share it with a friend, post it on Facebook or Pin it on Pinterest for others that are suffering too.

Dr. Houston Anderson, DC, MS

Dr. Anderson is one of the few doctors left that allows patients direct access.

- If you call the office (480.242.2536) Dr. Anderson will return your phone call as soon as possible.
- For email correspondence contact Dr. Anderson directly at doc@drhoustonanderson.com

LEAKY GUT

Tips for Healing IBS, Crohn's, SIBO and Leaky Gut

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