

## Dysbiosis of the GUT

As of late, there has been an increased awareness of the **relationship between the gut flora (Intestinal bacteria and yeast) and leaky gut syndrome and the health of the immune system in general**. Once the gut flora is damaged (dysbiosis), your gut wall is leaky and your immune system is compromised and you are more susceptible to all manner of health issues. These health issues can include but are not limited to: digestive problems, bowel problems, menstrual problems, yeast infections, allergies, headaches, emotional issues, autism, ADD, ADHD, eczema, multiple infections, asthma, chronic sinus and/or ear infections, learning disabilities and more.

Obviously dysbiosis is very serious health issue the symptoms of which are usually treated with drugs. So what is the cause of dysbiosis and can it be corrected?

Dysbiosis can actually begin at birth. If the mother is dysbiotic then there is a significant chance that the newborn will also be dysbiotic. Disturbed flora will be passed on to the child and that child may grow up with many of the previously mentioned symptoms.

Probably the most common cause of dysbiosis is the use of antibiotics. These drugs destroy not only the bad bacteria but also the beneficial bacteria. They also can change good bacteria into disease causing bacteria, and their use contributes to growth of antibiotic resistant strains of bacteria.

Antifungal drugs, painkillers, aspirin, ibuprofen, prednisone, hydrocortisone, birth control pills, sleeping pills and drugs like Pepcid, Prilosec, and other “heartburn” drugs can cause damage to the gut.

The overuse of these and many other drugs actually contribute to gut dysbiosis and the host of seemingly unrelated health issues associates with a damaged gut lining.

Of course, we can't forget the **negative effect poor diet has on the gut dysbiosis**. The typical western diet of processed foods heavy on grains, starches and sweets is fuel to the fire of gut dysbiosis. These types of foods encourage the growth of streptococci, staphylococci and other harmful bacteria and yeast like candida. They also create an environment that encourages infestation by parasites and worms. A person with gut dysbiosis could actually harbor up to 500 different species of opportunistic organisms.

That certainly doesn't sound like something anyone would want to have to deal with does it? Mysteriously, the symptoms you experience from dysbiosis are often not directly related to the gut.

Often this patient is one that has a long history of frequent immune challenges that may be difficult to overcome. They seem to “catch” everything that comes along. They are still sick after others with same illness have gotten well.

These patients are also very sensitive to chemical toxicities. The abnormal bacteria and yeasts living in the bowel produce poisons that must be dealt with by the liver. Because the liver is overworked, environmental toxins are much more likely to produce symptoms.

Rest assured, we are always looking for solutions to the non-standard case, and we have recently discovered a non-invasive way to test for gut dysbiosis. Rather than having to use stool samples to test for dysbiosis, we are able, through the testing procedure of NRT, to determine if you have a dysbiotic gut and deal with it as a priority.

**Finding and correcting the dysbiotic gut will have a major impact on your recovery.**