



The Liker Health Report

Keeping People Focused on Staying Fit & Healthy

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The Liker Health Report is a quarterly publication intended to raise awareness of health-related issues and to encourage readers to take charge of their health and live healthier, more fulfilling lives.

The Heart of the Matter: LEAKY GUT SYNDROME

If you haven't heard of Leaky Gut Syndrome, you're not alone. It's somewhat of a medical mystery that has patients and practitioners searching for answers. Leaky Gut Syndrome (LGS), as the name implies, is characterized by an increase in intestinal permeability, which means that any undigested particles of food, drink, or oral medication may "leak" through the lining of the small intestine into the bloodstream. Once these particles are in the bloodstream, they may travel to the liver for detoxification or they may cause an autoimmune response. The body produces antibodies against the foreign material. (*Remember, these particles aren't supposed to be in the bloodstream.*) The antibodies may then attack other tissues and organs in the body.

Substances that Cause Gut Inflammation

- ✓ Oral antibiotics
- ✓ NSAIDS (aspirin, ibuprofen),
- ✓ Prescription pain medications (opiates)
- ✓ Alcohol
- ✓ Caffeine
- ✓ Gluten and other proteins in wheat
- ✓ Mold and fungal mycotoxins in stored grains, fruit and refined carbohydrates
- ✓ Foods & beverages contaminated by parasites
- ✓ Foods & beverages contaminated by bacteria
- ✓ Chemicals in fermented and processed food (dyes, preservatives, peroxidized fats)
- ✓ Highly refined carbohydrates (candy, cookies, soft drinks, white bread, white sugar)
- ✓ Prescription corticosteroids (prednisone)
- ✓ Prescription hormones (birth control pills)

All infants are born with leaky guts, but their mothers' colostrum closes the holes within a few days after birth. Beyond infancy, the lining of the small intestine becomes permeable as a result of irritation and inflammation. The most common irritants are antibiotics, over-the-counter pain medications, and prescription pain medications. Due to such pervasive overuse and misuse of antibiotics and pain medications, it stands to reason that LGS may be quite common. Antibiotics kill both good and bad bacteria, yet leave the strong and drug-resistant bad bacteria behind to colonize the intestinal lining, "eat through" the lining and spread their toxins to the bloodstream. NSAIDs and prescription pain medications are a double-edged sword because their intended muscle and joint pain relief only further perpetuates gut inflammation and LGS.

LGS is not a single disease; it is a pathological condition which occurs as part of other seemingly unrelated diseases, such as arthritis, food allergies, psoriasis, eczema, inflammatory bowel disease, chronic liver disease, Chronic Fatigue Syndrome, fibromyalgia, and depression, just to name a few. The one thing that these conditions have in common is that they are linked to allergies and autoimmunity. Five to eight percent of Americans has one of eighty autoimmune diseases recognized by the National Institutes of Health. LGS is often misunderstood and nearly always undiagnosed, so if you have chronic diarrhea, abdominal pain, chronic fatigue, pain in multiple joints, a chronic skin condition, or chronic depression, ask your physician if Leaky Gut Syndrome could be the cause.

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