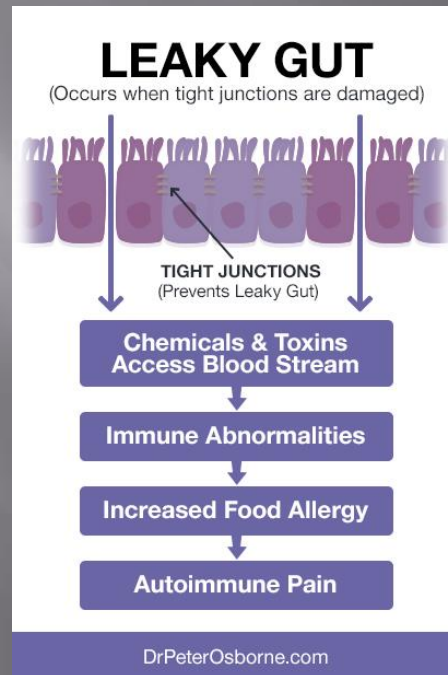


# LEAKY GUT



## An Essential Guide to Recovery

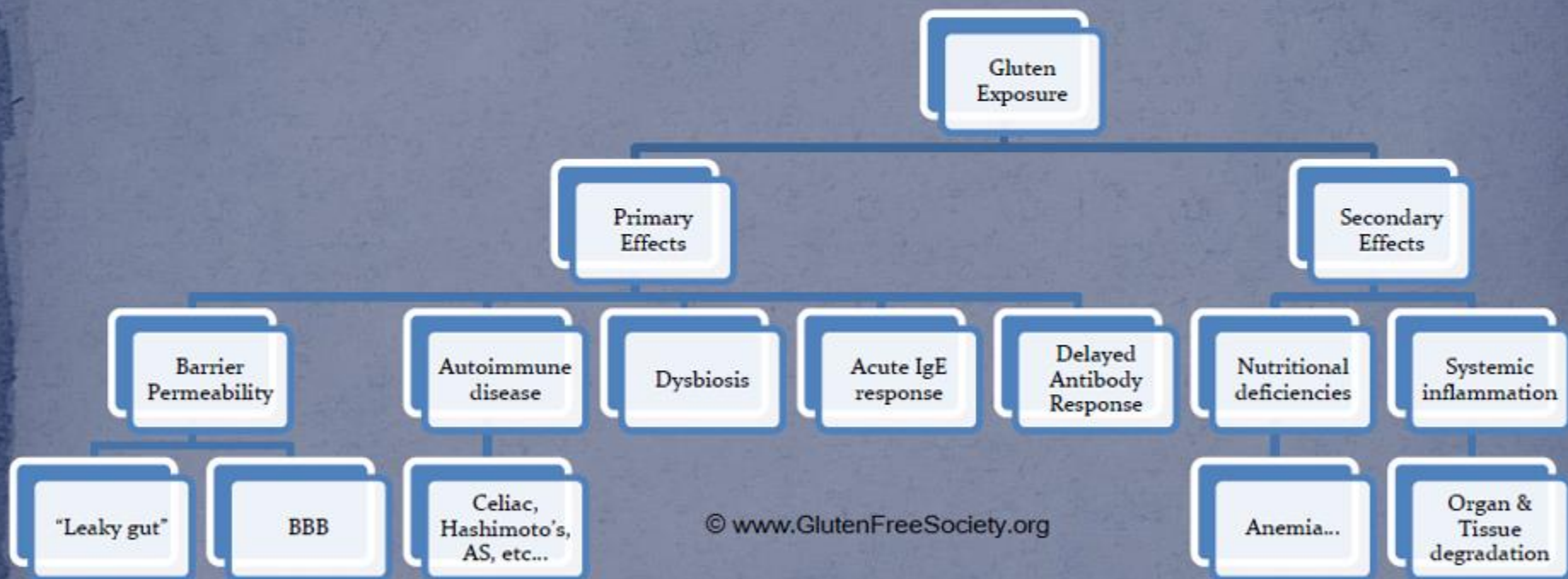
Dr. Peter Osborne, D.C., D.A.C.B.N., PSc.D.

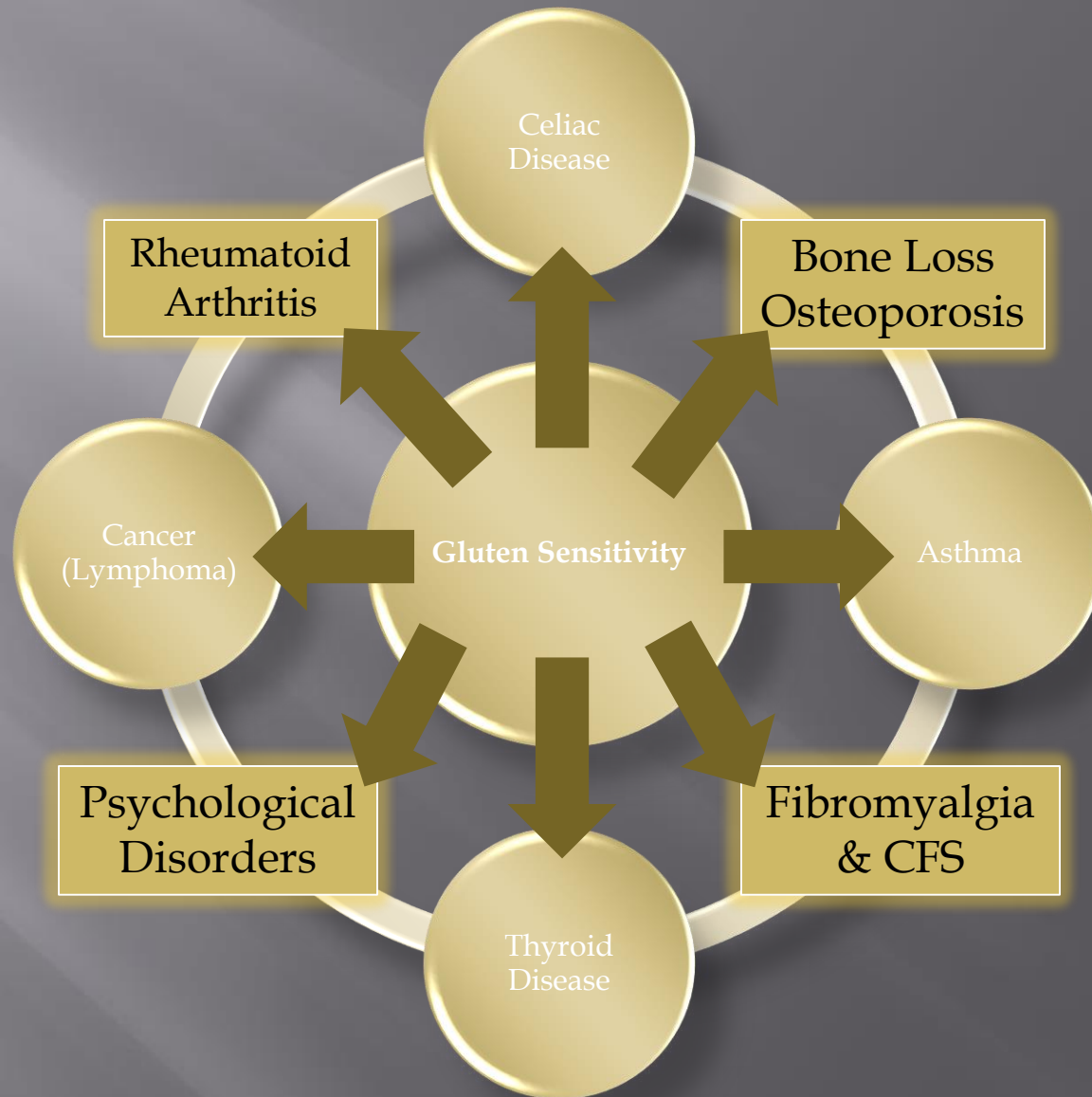
[www.GlutenFreeSociety.org](http://www.GlutenFreeSociety.org)

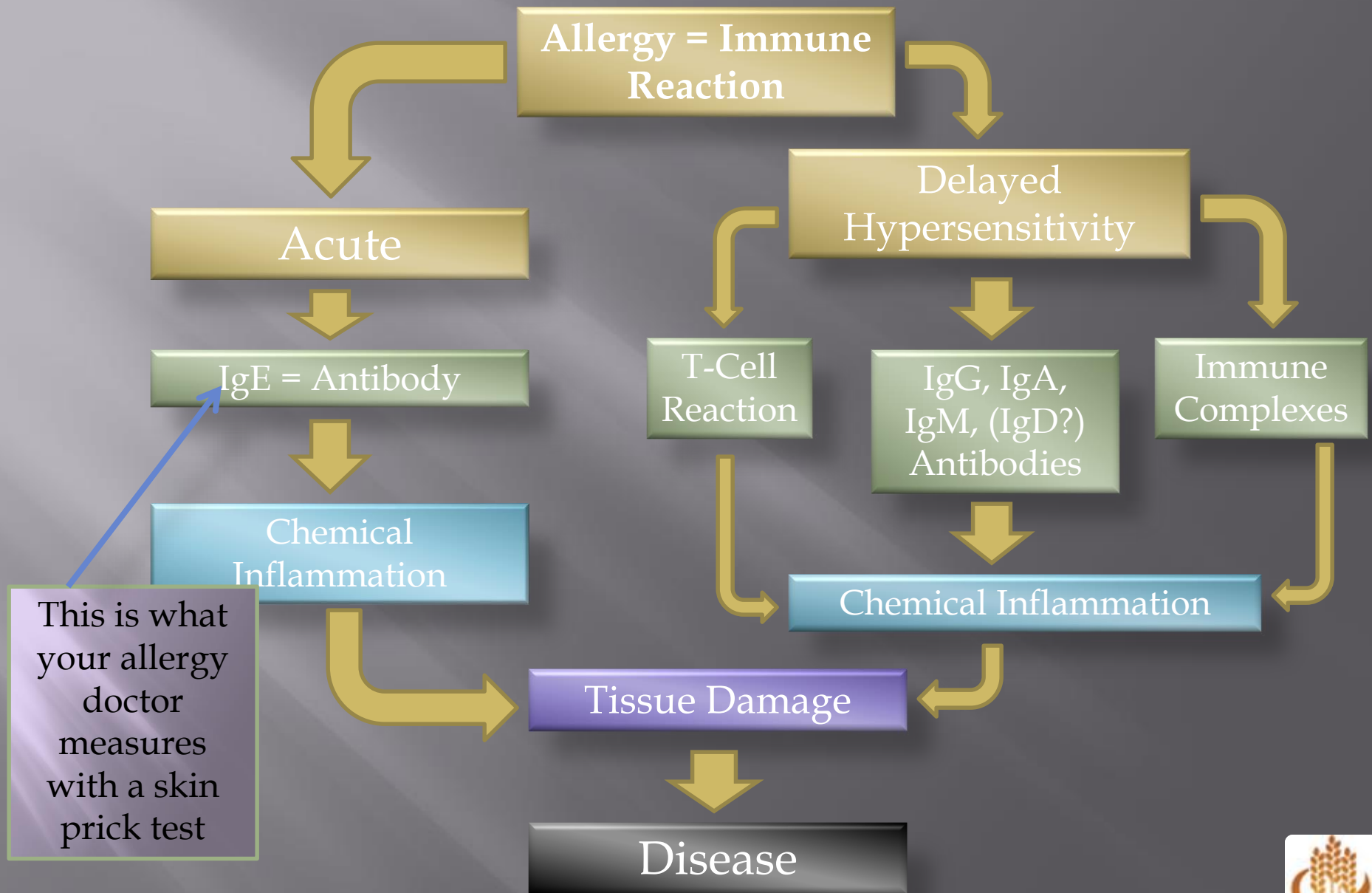
[www.DrPeterOsborne.com](http://www.DrPeterOsborne.com)



# Examples of Primary and Secondary Effects of Gluten Exposure...

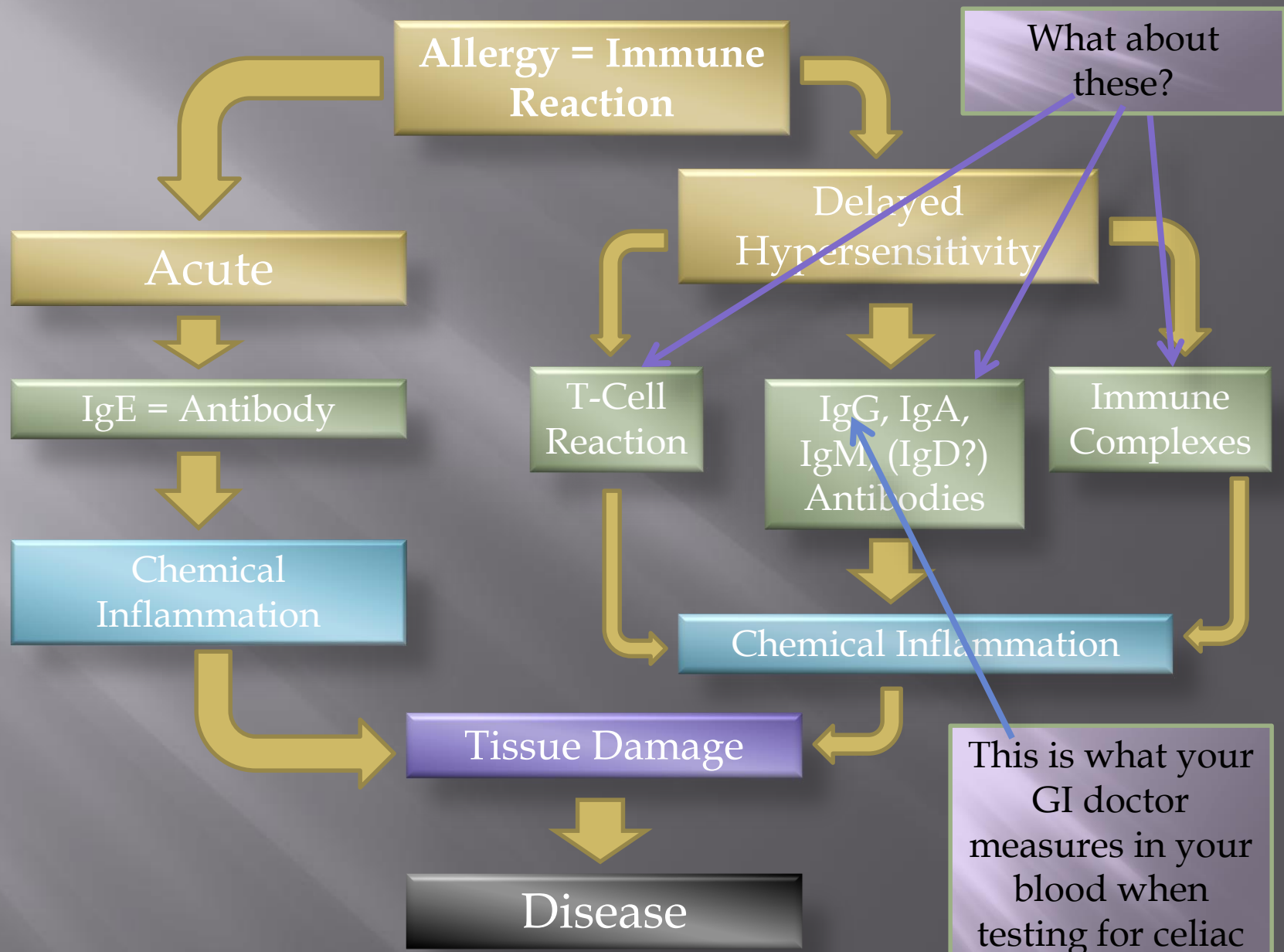






This is what your allergy doctor measures with a skin prick test

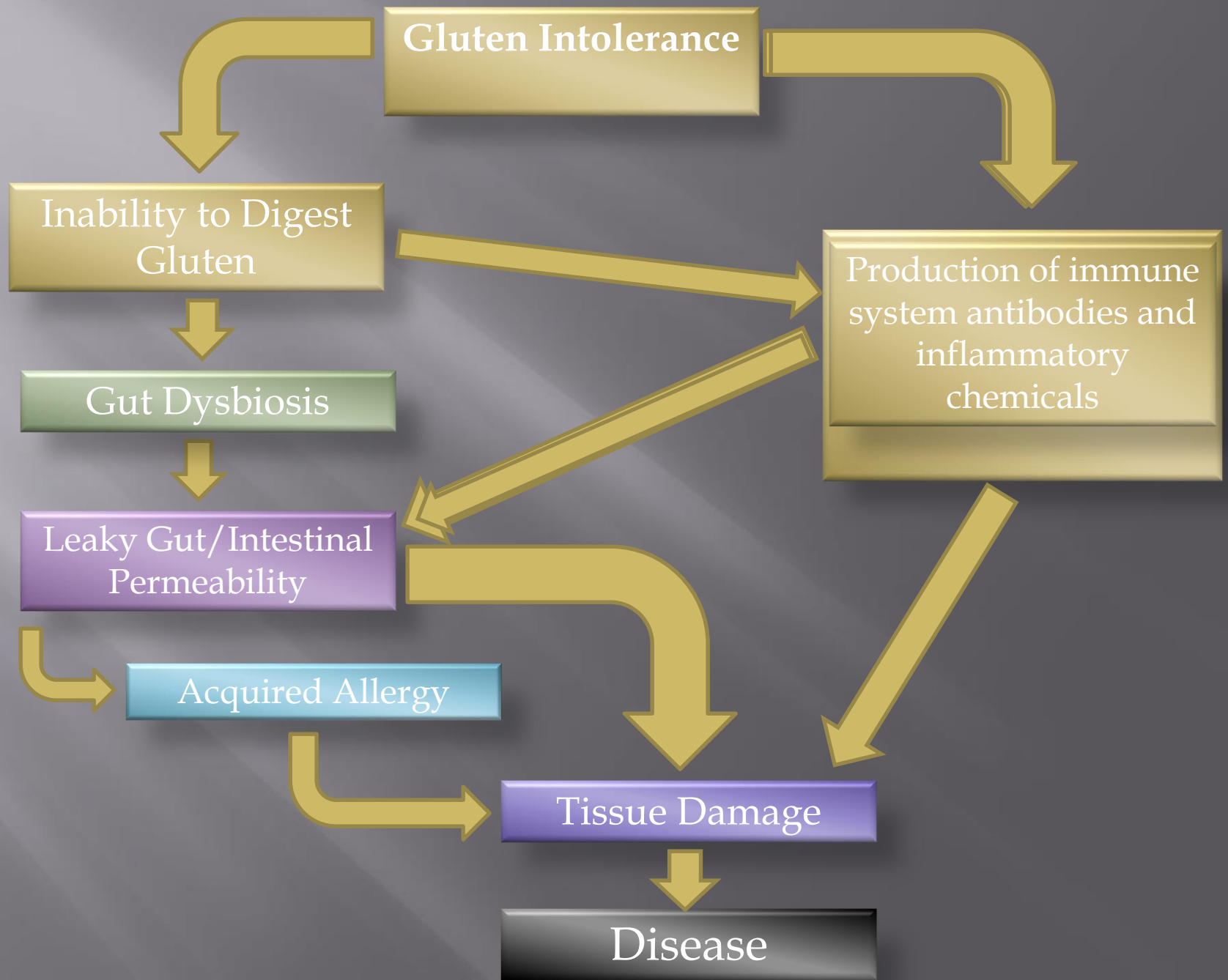




What about these?

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





# 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





# Gluten – The Path to Disease

## Undiagnosed – typically little symptoms...

- Gluten induced damage combined with other poor choices...

## Progression to subclinical problems

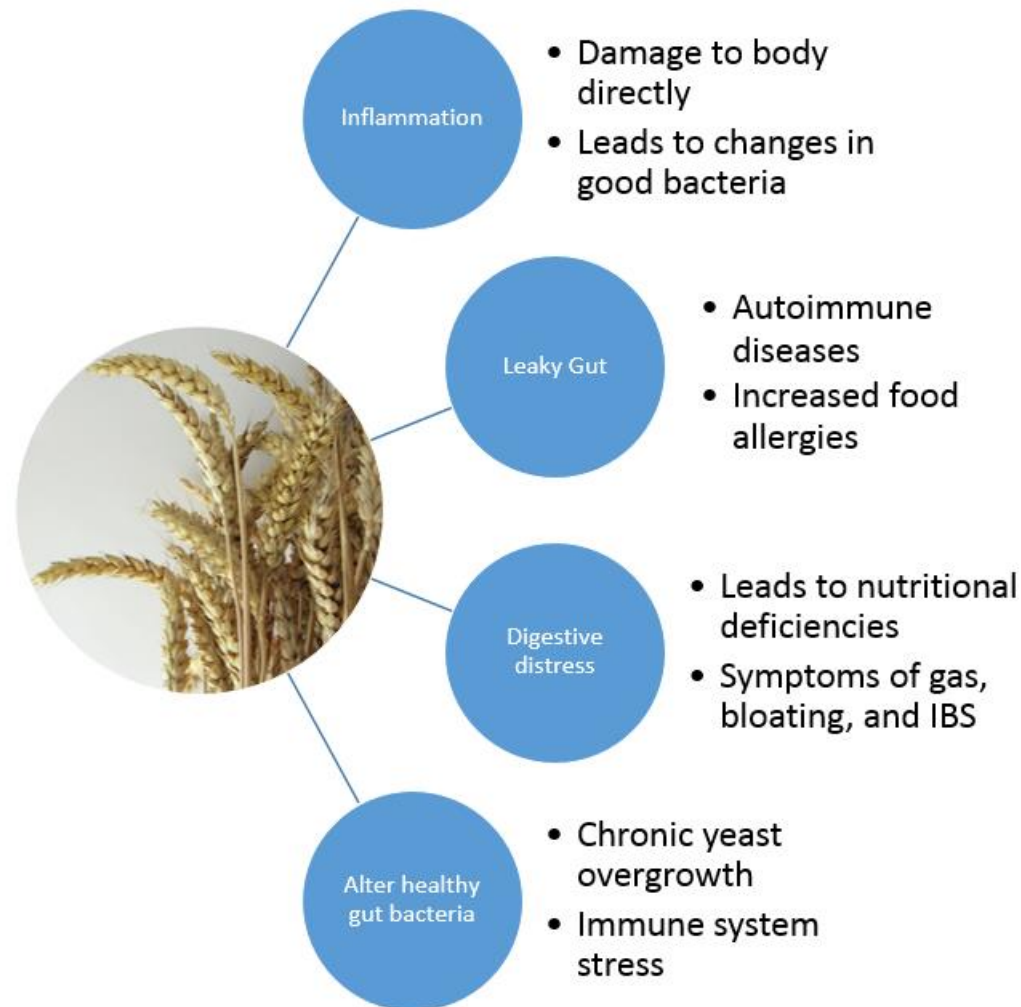
- Intestinal permeability (Leaky gut)
- Acquired food and environmental allergies

## Recognition of problem but not it's origin

- Illness and disease
- Autoimmunity and inflammatory changes



# Grain – 4 mechanisms of damage



# Disease is Always Multifactorial

- 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...

# National Library of Medicine Research on Gluten and “Leaky Gut”

NCBI Resources How To

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[Novel Role of the Serine Protease Inhibitor Elafin in Gluten-Related Disorders.](#)  
1. Galipeau HJ, Wiepjes M, Motta JP, Schulz JD, Jury J, Natividad JM, Pinto-Sanchez I, Sinclair D, Rousset P, Martin-Rosique R, Bermudez-Humaran L, Leroux JC, Murray JA, Smecuol E, Bai JC, Vergnolle N, Langella P, Verdu EF.  
Am J Gastroenterol. 2014 Apr 8. doi: 10.1038/ajg.2014.48. [Epub ahead of print]  
PMID: 24710505 [PubMed - as supplied by publisher]  
[Related citations](#)

[COLOSTRO NONI administration effects on epithelial cells turn-over, inflammatory events and integrity of intestinal mucosa junctional systems.](#)  
2. Cardani D.  
Minerva Gastroenterol Dietol. 2014 Mar;60(1):71-8.  
PMID: 24632769 [PubMed - in process]  
[Related citations](#)

[Are 'leaky gut' and behavior associated with gluten and dairy containing diet in children with autism spectrum disorders?](#)  
3. Navarro F, Pearson DA, Fatheree N, Mansour R, Hashmi SS, Rhoads JM.  
Nutr Neurosci. 2014 Feb 12. [Epub ahead of print]  
PMID: 24564346 [PubMed - as supplied by publisher]  
[Related citations](#)

[Alteration of Tight Junction Gene Expression in Celiac Disease.](#)  
4. Jauregi-Miguel A, Fernandez-Jimenez N, Irastorza I, Plaza-Izurieta L, Vitoria JC, Bilbao JR.  
J Pediatr Gastroenterol Nutr. 2014 Feb 14. [Epub ahead of print]  
PMID: 24552675 [PubMed - as supplied by publisher]  
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[Celiac disease: the search for adjunctive or alternative therapies.](#)

# GERD and Acid Reflux

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- [Atopy and the gastrointestinal tract--a review of a common association in unexplained gastrointestinal disease.](#)  
1. Walker MM, Powell N, Talley NJ.  
Expert Rev Gastroenterol Hepatol. 2014 Mar;8(3):289-99. doi: 10.1586/17474124.2014.881716. Epub 2014 Jan 22.  
PMID: 24450399 [PubMed - in process]  
[Related citations](#)
- [Gastrointestinal involvement in patients affected with 22q11.2 deletion syndrome.](#)  
2. Giardino G, Cirillo E, Maio F, Gallo V, Esposito T, Naddei R, Grasso F, Pignata C.  
Scand J Gastroenterol. 2014 Mar;49(3):274-9. doi: 10.3109/00365521.2013.855814. Epub 2013 Dec 18.  
PMID: 24344832 [PubMed - in process]  
[Related citations](#)
- [2013 update on celiac disease and eosinophilic esophagitis.](#)  
3. Pellicano R, De Angelis C, Ribaldone DG, Fagoonee S, Astegiano M.  
Nutrients. 2013 Aug 22;5(9):3329-36. doi: 10.3390/nu5093329. Review.  
PMID: 23974065 [PubMed - indexed for MEDLINE] **Free PMC Article**  
[Related citations](#)
- [Predictors of persistent symptoms and reduced quality of life in treated coeliac disease patients: a large cross-sectional study.](#)  
4. Paarlahti P, Kurppa K, Ukkola A, Collin P, Huhtala H, Mäki M, Kaukinen K.  
BMC Gastroenterol. 2013 Apr 30;13:75. doi: 10.1186/1471-230X-13-75.  
PMID: 23631482 [PubMed - indexed for MEDLINE] **Free PMC Article**  
[Related citations](#)
- [Dietary proteins and functional gastrointestinal disorders.](#)  
5. Boettcher E, Crowe SE.  
Am J Gastroenterol. 2013 May;108(5):728-36. doi: 10.1038/ajg.2013.97. Epub 2013 Apr 9. Review.



# IBS (Irritable Bowel)

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- [\[Importance of diet in irritable bowel syndrome.\]](#)  
1. Mearin F, Peña E, Balboa A.  
Gastroenterol Hepatol. 2014 Feb 27. pii: S0210-5705(14)00028-4. doi: 10.1016/j.gastrohep.2013.12.010. [Epub ahead of print] Spanish.  
PMID: 24582764 [PubMed - as supplied by publisher]  
[Related citations](#)
- [Factors influencing the type, timing and severity of symptomatic responses to dietary gluten in patients with biopsy-proven coeliac disease.](#)  
2. Barratt SM, Leeds JS, Sanders DS.  
J Gastrointestin Liver Dis. 2013 Dec;22(4):391-6.  
PMID: 24369320 [PubMed - in process] **Free Article**  
[Related citations](#)
- [Remarkable prevalence of coeliac disease in patients with irritable bowel syndrome plus fibromyalgia in comparison with those with isolated irritable bowel syndrome: a case-finding study.](#)  
3. Rodrigo L, Blanco I, Bobes J, de Serres FJ.  
Arthritis Res Ther. 2013;15(6):R201.  
PMID: 24283458 [PubMed - in process] **Free PMC Article**  
[Related citations](#)
- [Use of fungal proteases and selected sourdough lactic acid bacteria for making wheat bread with an intermediate content of gluten.](#)  
4. Rizzello CG, Curiel JA, Nionelli L, Vincentini O, Di Cagno R, Silano M, Gobbetti M, Coda R.  
Food Microbiol. 2014 Feb;37:59-68. doi: 10.1016/j.fm.2013.06.017. Epub 2013 Jul 5.  
PMID: 24230474 [PubMed - in process]  
[Related citations](#)
- [Clinical impact of a gluten-free diet on health-related quality of life in seven fibromyalgia syndrome patients with associated celiac disease.](#)  
5.

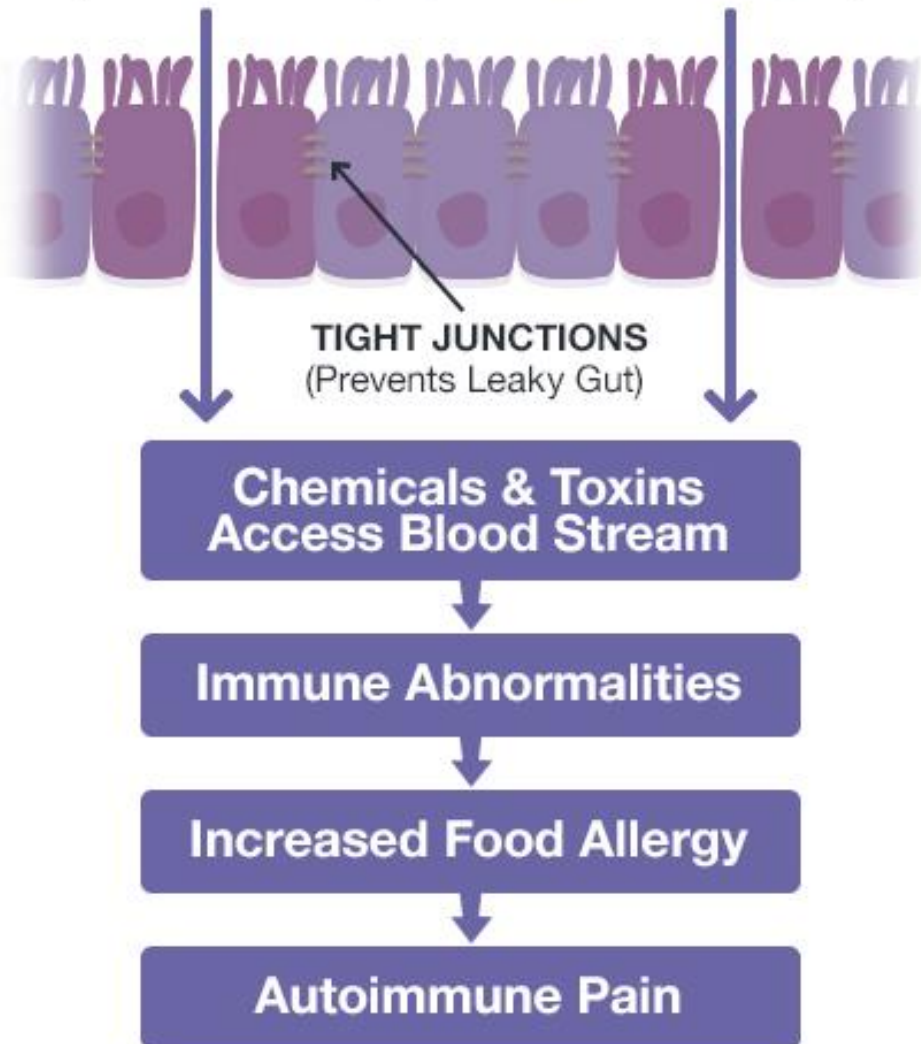
# Toxic Exposures

- Food
- Medications
- Household Products/Indoor Air
- Water
- Heavy Metals & Bio toxins



# LEAKY GUT

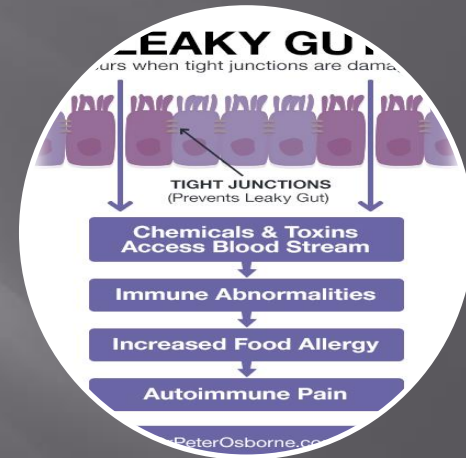
(Occurs when tight junctions are damaged)







Environmental  
Factors



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 Horsemen of the GI Apocolypse...

Chemicals



Gluten



Infection



GMO

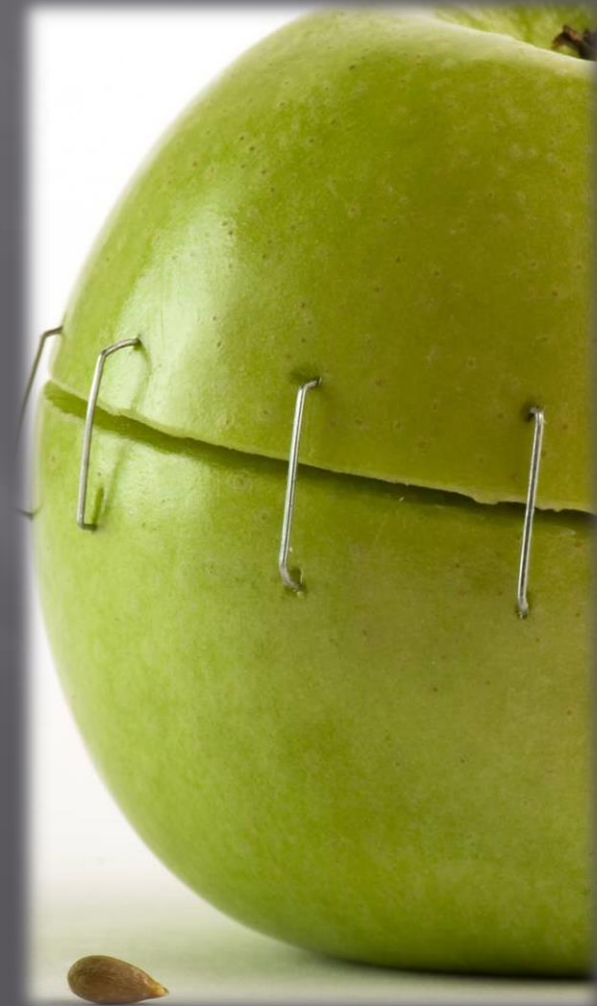


GI  
Damage

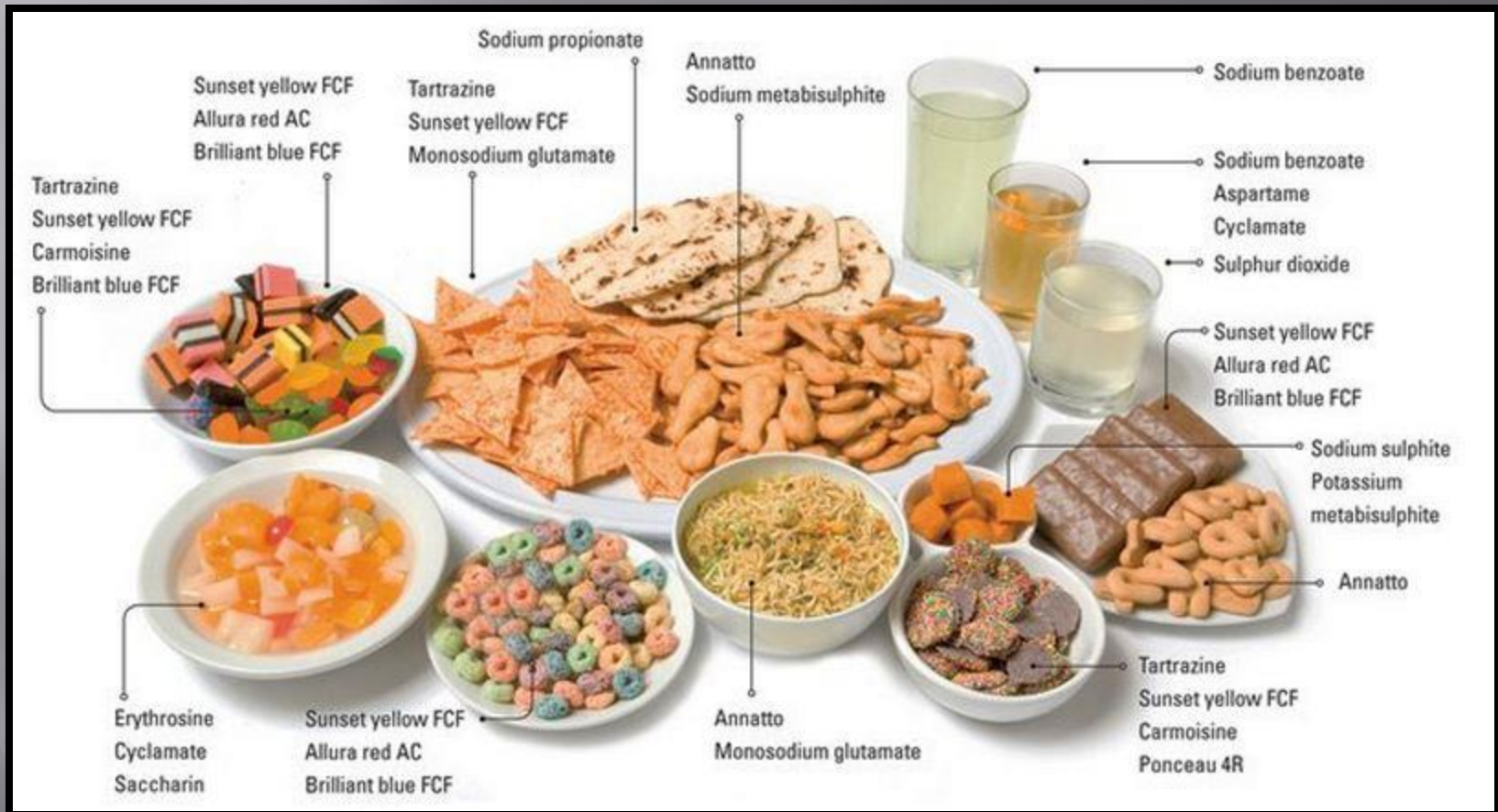


# Frood...

- 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.



# Frood...





# Pesticides

- **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.





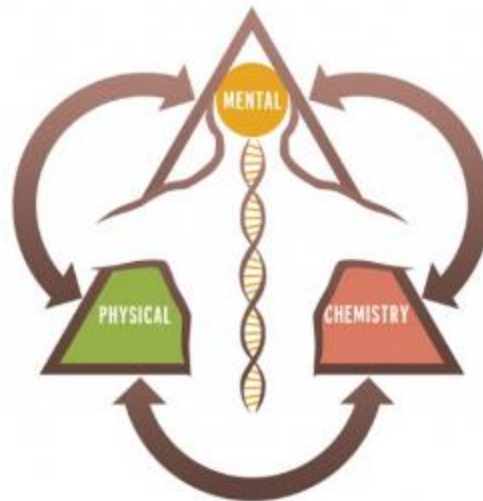
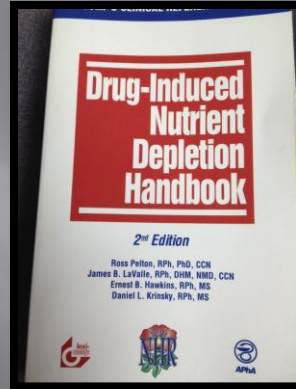
# TOXINS IN FOOD - Herbicides, Pesticides, Steroids, Hormones, Antibiotics, and Excitotoxins

## Excitotoxins – The Hidden Toxin in Packaged Food

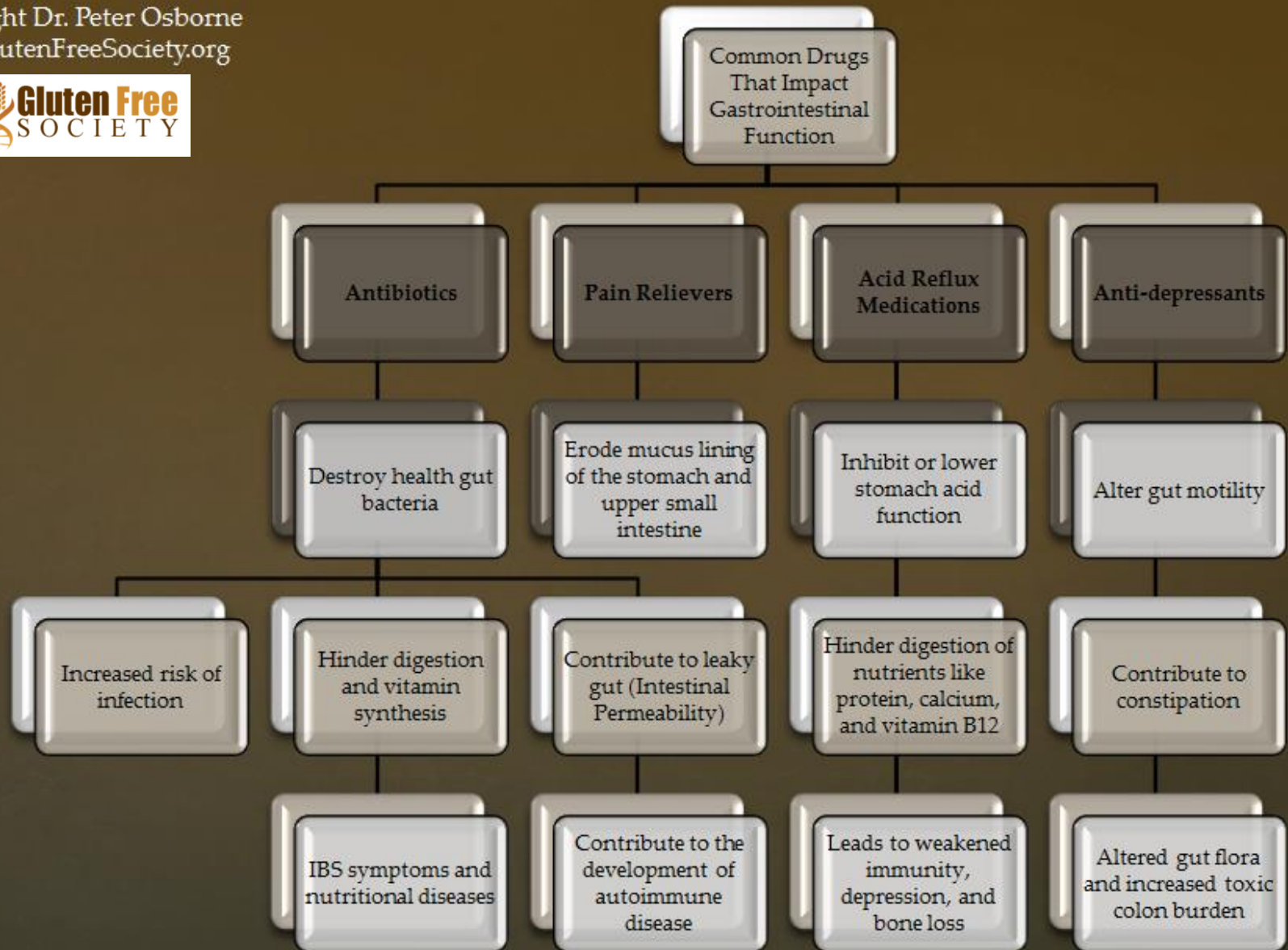
- Excitotoxins are molecules, such as MSG that excite neurotransmitters in your brain making them addictive and toxic. Prolonged ingestion of excitotoxins produce endocrine disturbances like obesity and reproductive disorders.

# Medications

Unintended  
consequences...



**Symptoms** - What doctors are obsessed with trying to artificially manipulate without ascertaining the causes and origins of disease.



# Top 10 Reasons People Visit the Doctor...

1. Skin disorders, including cysts, acne and dermatitis.
2. Joint disorders, including osteoarthritis.
3. Back problems.
4. Cholesterol problems.
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

# Blood Pressure Medication

- ▣ 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.



# Olmesartan For High Blood Pressure

“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.”

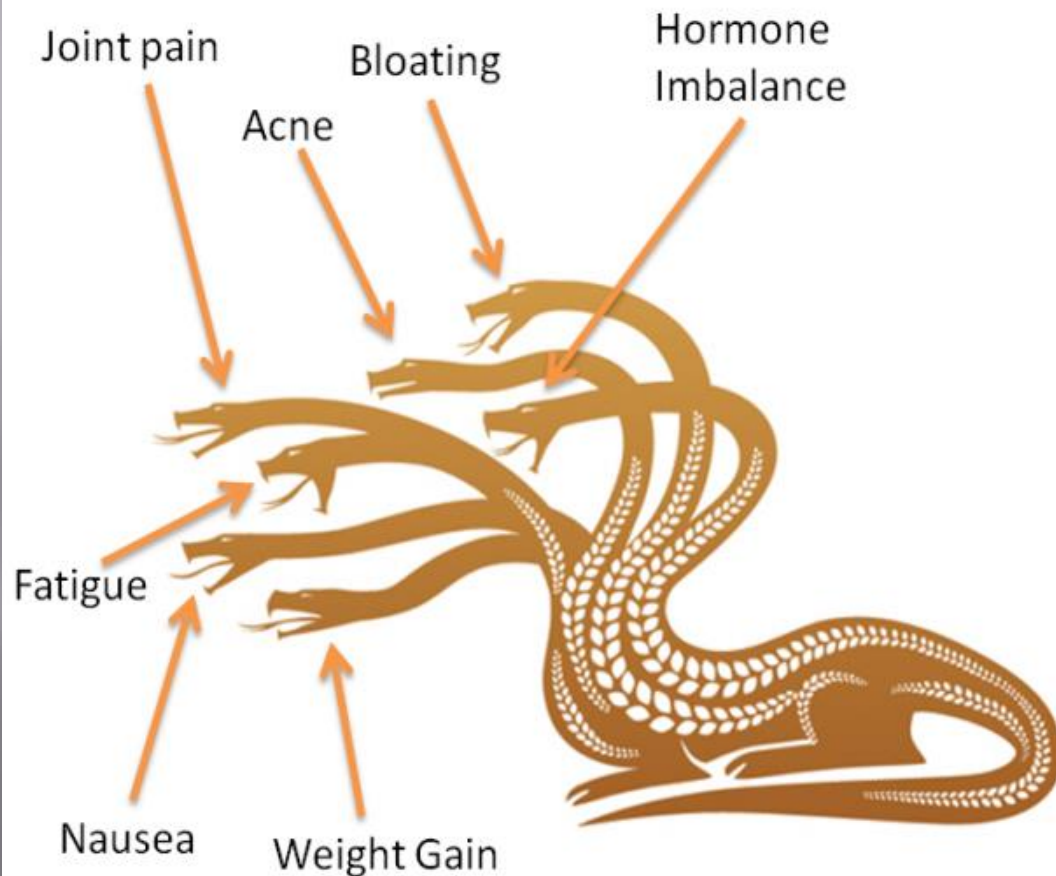
# Top 5 Prescription Drugs Dispensed

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



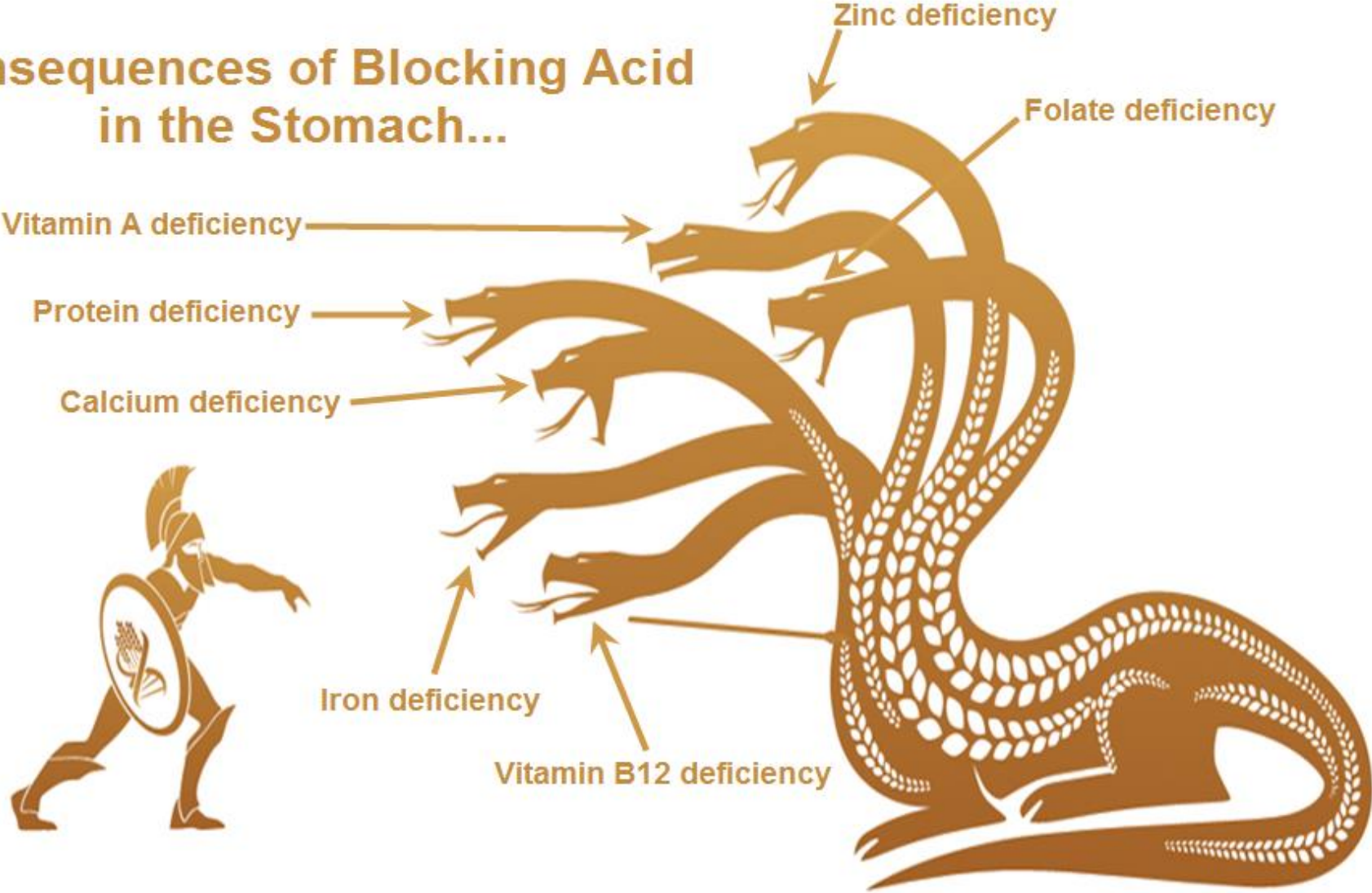
# The Gluten Sensitivity *HYDRA*



*Treating these symptoms with medicine does not resolve the origin of a patient's problem...*



# Consequences of Blocking Acid in the Stomach...



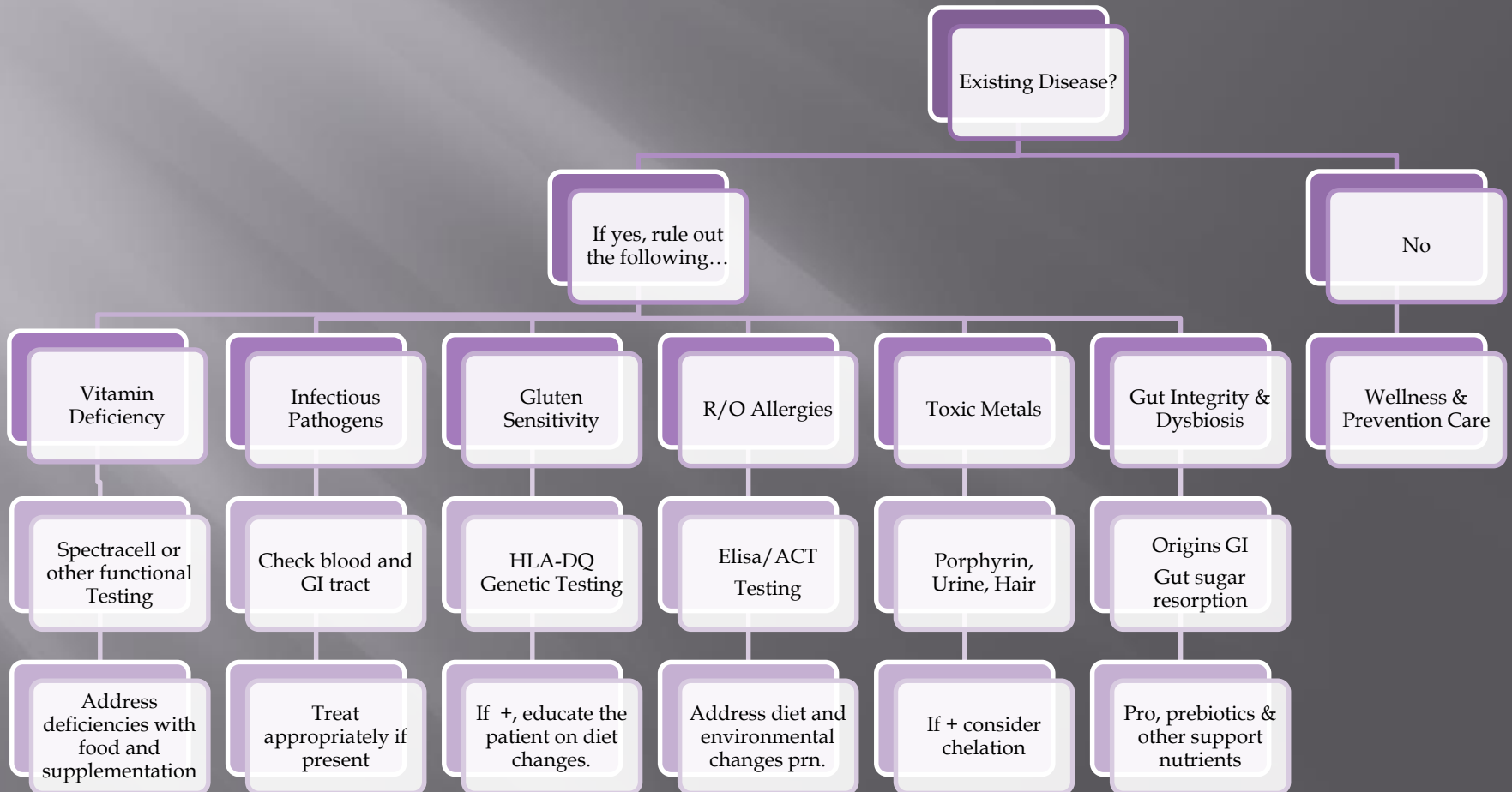


# Compounding Damage...

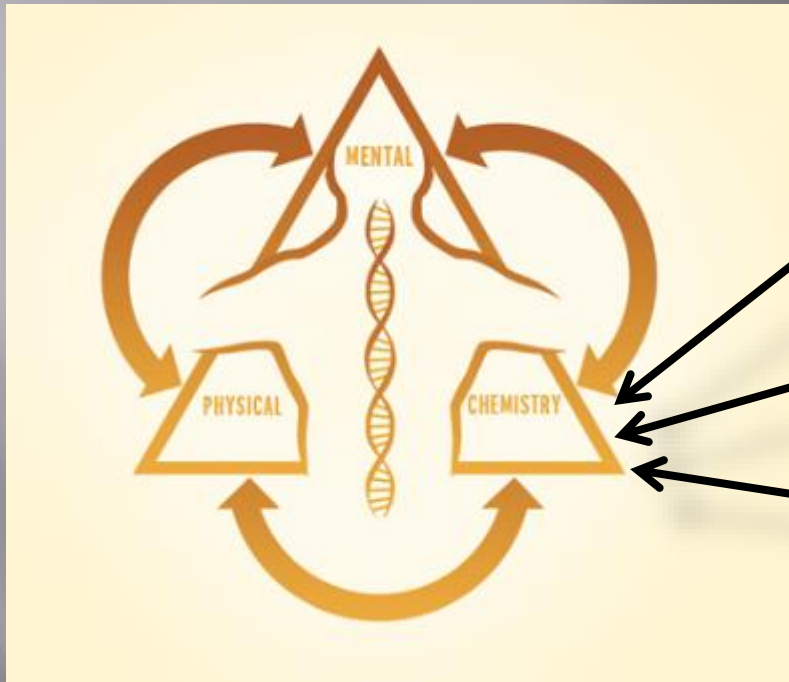
- 4 billion prescription drugs are ingested in the U.S. each year.
- 70,000 chemicals are used commercially.
- 3,000+ chemicals are added to our food supply.
- 10,000+ chemicals are used in food processing, preserving, and storage.
- The EPA Estimates that our homes are now 5 to 100 times more toxic 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...



# It Requires More Than Gluten Removal to Heal...

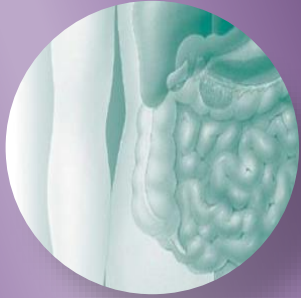


Correct Nutritional Deficiencies

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

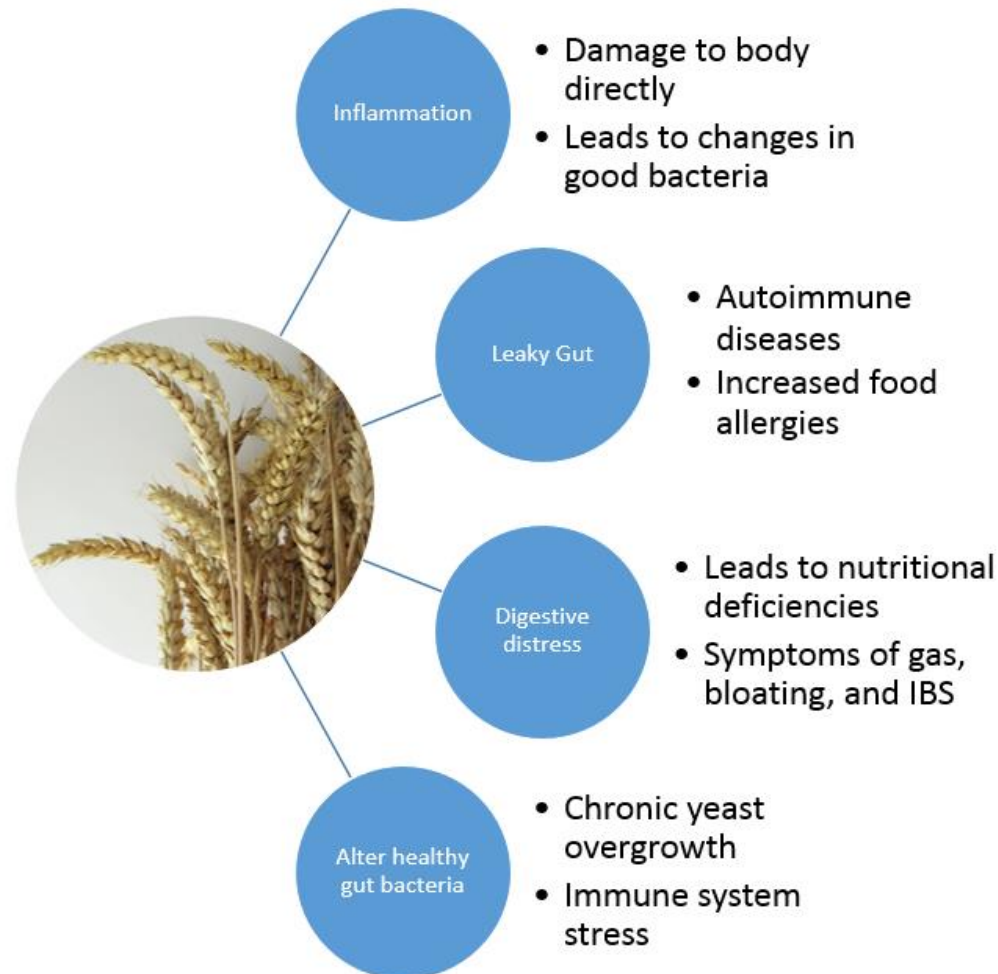
- Calm inflammation
- Good Bacteria
- Food & Nutrients
- Environmental Nutrients



## Restore & Maintain

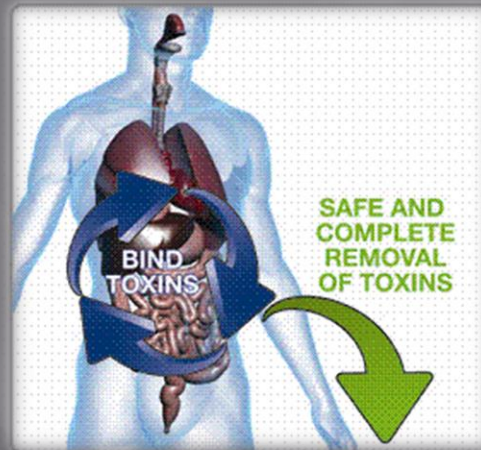
- Healing Phase
- Work on Building solid foundation of health
- Exercise
- Rest
- Sunshine
- Stress Management
- Positive Thoughts

# Grain – 4 mechanisms of damage



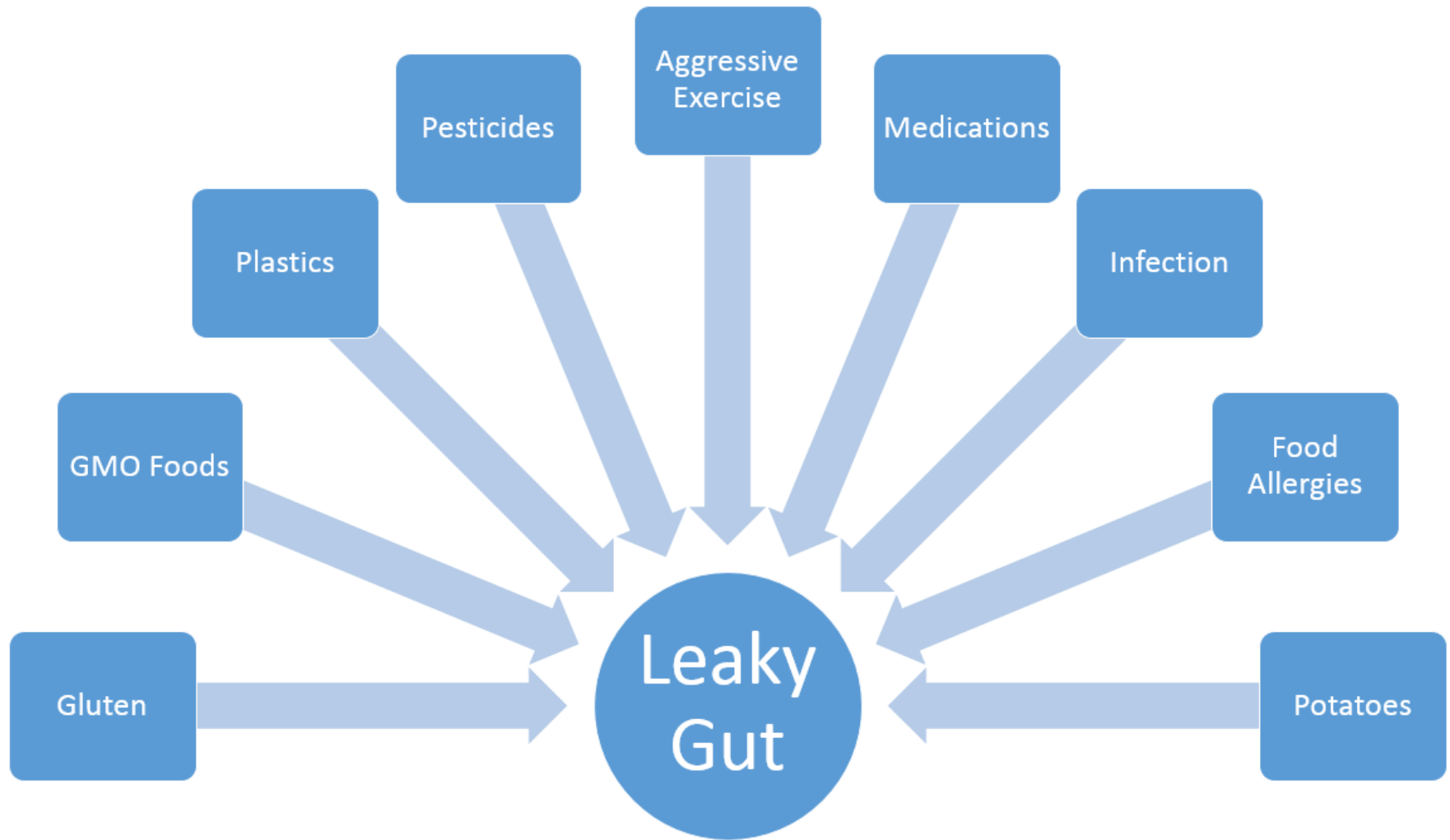
# Healing Essentials

- 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...



# 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)
  - [Ultrammune IgG](#) (6 caps/daily)
  - [Ultra Biotic Defense](#) 200-400 billion CFU/day

# Replacing and Repairing

- 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



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Meal Replacement



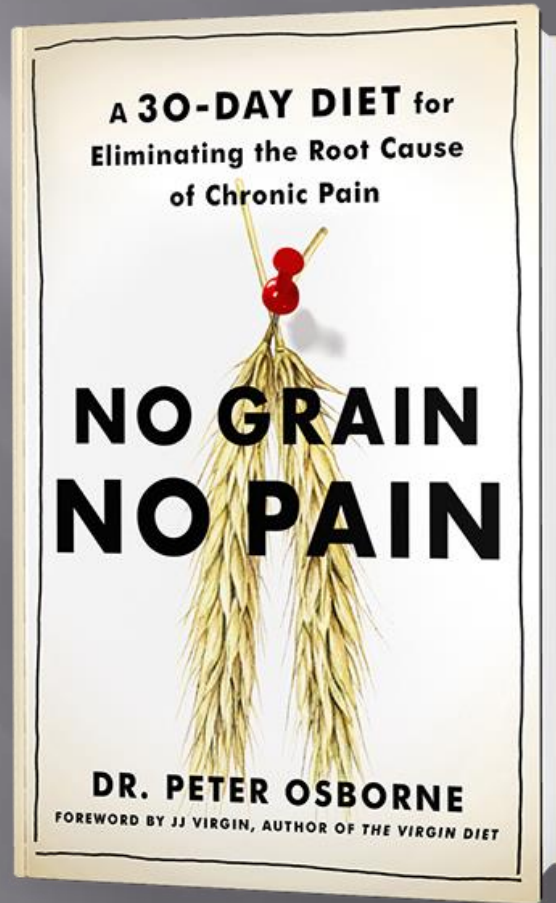
Vitamins and Minerals



Digestive Health



[www.NoGrainNoPainBook.com](http://www.NoGrainNoPainBook.com)



Dr. Peter Osborne

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