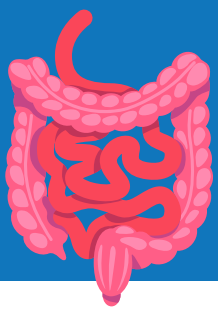
HEALING LEAKY GUT SUMMIT

SURPRISING ROOT CAUSES OF LEAKY GUT AND DIGESTIVE CONDITIONS

DR. JABAN MOORE

LEAKY GUT



Leaky gut syndrome is a condition where the intestinal lining becomes more permeable than normal. The intestinal lining serves as a barrier that prevents harmful substances from passing into the bloodstream.

However, when the intestinal lining becomes damaged or inflamed, gaps can form, which allow harmful substances such as toxins, undigested food particles, and bacteria to enter the bloodstream, leading to a range of symptoms including bloating, gas, cramps, fatigue, and food sensitivities.

LEAKY GUT SYNDROME IS CAUSED BY A COMBINATION OF FACTORS, INCLUDING...

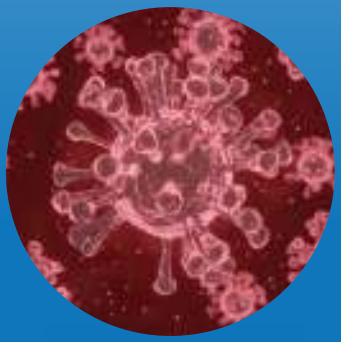
Parasites

Mold Toxicity

Chemicals

Trauma

Lyme & Co-infections

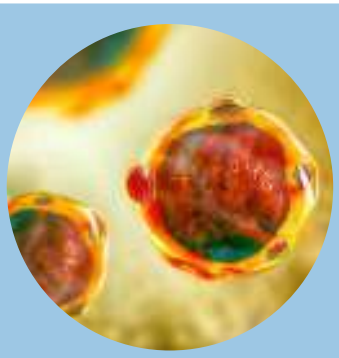


Bacteria

PARASITES

Parasites are organisms that live on or inside another organism, called the host, and feed off the host's nutrients. Some parasites can attach themselves to the lining of the intestine and cause damage, leading to inflammation and a breakdown of the intestinal barrier. This can make the lining of the intestine more permeable, allowing harmful substances to leak into the bloodstream.

Giardia lamblia is a parasite that can cause an infection that can damage the intestinal lining and cause diarrhea, abdominal cramps, and bloating. Giardia can increase the permeability of the intestinal lining, allowing toxins and undigested food particles to enter the bloodstream.



Blastocystis hominis is a parasite that has been associated with leaky gut syndrome. This parasite can attach itself to the intestinal lining and cause inflammation, which can lead to increased permeability and the leakage of harmful substances into the bloodstream.

In addition to causing direct damage to the intestinal lining, parasites can also release toxins that can further damage the intestinal lining and increase permeability. In some cases, parasites can also cause an immune response that can contribute to inflammation and damage to the intestinal lining!

PARASITES

1.5 billion people are infected with soil-transmitted helminths worldwide.

Trichuris infects 604-795 million people per year.

Strongyloides infect 100 million people per year.

Giardia infects 1 million people in the U.S. per year.

Cryptosporidium infects 748,000 people in the U.S. per year.

Hookworm infects 576-740 million people per year.

Trypanosoma (Chaga's Disease) infects more than 300,000 people in the United States.

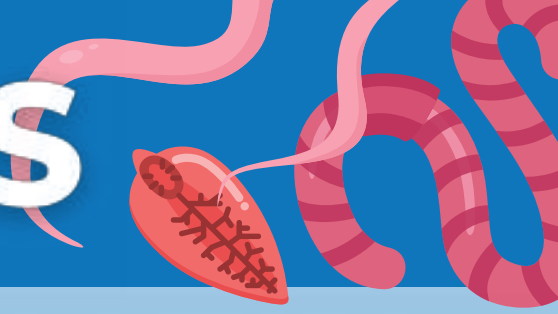
Toxoplasma infects 40 million people in the U.S per year.

You get parasitic infections from...

- Contaminated Water
- Animals
- Human-to-Human Contact
- Factory Farmed Meats / Undercooked or Raw Meat
- Fresh Foods
- Travel

Medical testing for parasites is inadequate. Plus, not all parasites are found in blood and stool!

PARASITES



SYMPTOMS OF A PARASITIC INFECTION:

- ☑ Gut Issues (food sensitivities, IBS, constipation/diarrhea, unexplained nausea)
- ☑ Muscle & Joint Pain
- ☑ Heart Palpitations / Chest Pain
- ☑ Insomnia / Grinding Teeth when Sleeping (bruxism)
- ☑ Iron-Deficiency Anemia
- ☑ Brain Fog
- ☑ Chronic Fatigue
- ☑ Anxiety / Depression
- ☑ Anal Itching Acne / Skin Irritation
- ☑ Unexplained Weight Gain / Difficulty Losing Weight
- ☑ Sugar Cravings / Increased Hunger
- ☑ Worsening Symptoms During the Full Moon
- ☑ Fatigue / Flu-like Symptoms
- ☑ Candida Overgrowth

Every aspect of the human body holds a defense mechanism to fight off invaders like parasites. For example, our stomach holds hydrochloric acid (HCL) that diminishes pathogens and protects the gut from microscopic invaders. If our body does not have sufficient HCL, the risk of getting a bacterial, viral, or parasitic infection is at a higher risk.

BACTERIA

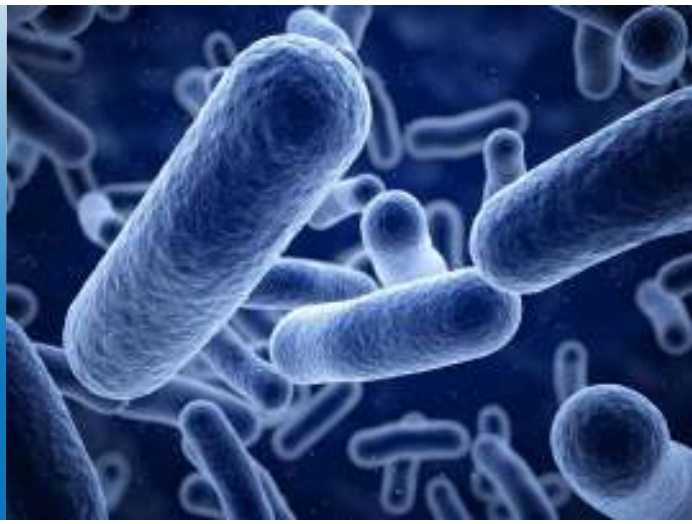
THE HUMAN GUT IS HOME TO TRILLIONS OF BACTERIA, COLLECTIVELY KNOWN AS THE GUT MICROBIOTA.

In a healthy gut, these bacteria contribute to various essential functions, such as digestion, immune system regulation, and nutrient absorption. However, an imbalance in the gut microbiota, known as dysbiosis, can lead to detrimental effects, including the disruption of the intestinal barrier and the development of leaky gut.

Certain bacteria in the gut produce substances called endotoxins, such as lipopolysaccharides (LPS). Endotoxins are components of the outer membranes of certain bacteria, particularly Gram-negative bacteria. When the gut microbiota is imbalanced, the levels of these endotoxins can increase.

In the context of leaky gut, elevated levels of endotoxins can contribute to inflammation and damage to the intestinal lining. Endotoxins can directly affect the tight junctions between the cells of the intestinal wall, compromising their integrity and leading to increased permeability. This allows harmful substances to pass through the intestinal barrier and enter the bloodstream, triggering immune responses and potentially contributing to systemic inflammation!

E. coli and H. pylori has been associated with increased intestinal permeability. E. coli produces LPS, which can be particularly damaging to the intestinal barrier when present in excessive amounts!



BACTERIA

- Salmonella
- Escherichia coli (E. coli)
- Campylobacter
- Shigella
- Klebsiella pneumoniae
- Helicobacter pylori (H. pylori)
- Clostridium difficile (C. difficile)
- and more!

SYMPTOMS OF PATHOGENIC BACTERIA AND BACTERIAL OVERGROWTH:

Digestive Issues
Bacterial overgrowth or imbalances in the gut can lead to digestive symptoms such as bloating, gas, abdominal pain, diarrhea, or constipation. Disruptions in the gut microbiota can affect proper digestion and nutrient absorption.

Food Sensitivities
Increased intestinal permeability can allow undigested food particles to enter the bloodstream, triggering an immune response. This immune response can lead to the development of food sensitivities or intolerances, resulting in symptoms like headaches, skin rashes, joint pain, or fatigue after consuming certain foods.

Skin Conditions
Bacterial imbalances in the gut can contribute to inflammation and immune dysregulation, which may manifest as skin conditions like acne, eczema, or psoriasis.

Fatigue and Low Energy
Bacterial imbalances in the gut can produce byproducts and toxins that can affect energy levels and overall well-being. This may lead to feelings of fatigue, low energy, and difficulty concentrating.

Autoimmune Symptoms
Leaky gut has been associated with autoimmune conditions, where the immune system mistakenly attacks the body's own tissues. Symptoms can vary depending on the specific autoimmune condition but may include joint pain, inflammation, skin issues, or thyroid dysfunction.

Mood Disorders
The gut and brain are closely connected through the gut-brain axis. Disruptions in the gut microbiota can influence neurotransmitter production and communication with the brain, leading to anxiety, depression, or irritability.

MOLD TOXICITY

Mold toxicity, also known as mold illness or mycotoxicosis, refers to the adverse health effects that can result from exposure to certain types of molds and their toxins (mycotoxins). Mold can grow in damp environments, such as buildings with water damage or high humidity levels. Inhalation or ingestion of mold spores or mycotoxins can lead to various symptoms, including respiratory issues, allergies, fatigue, headache, brain fog, and more.

Mold exposure can contribute to leaky gut by triggering inflammation in the gut lining. Mold toxins can disrupt the intestinal barrier function and promote intestinal inflammation, which may increase the likelihood of developing leaky gut.

Moreover, individuals with leaky gut may be more susceptible to the effects of mold toxins. A compromised gut barrier can allow mycotoxins to enter the bloodstream more easily, leading to systemic effects and worsening symptoms associated with mold toxicity.

You don't need to see or smell mold to have a hidden mold infestation.

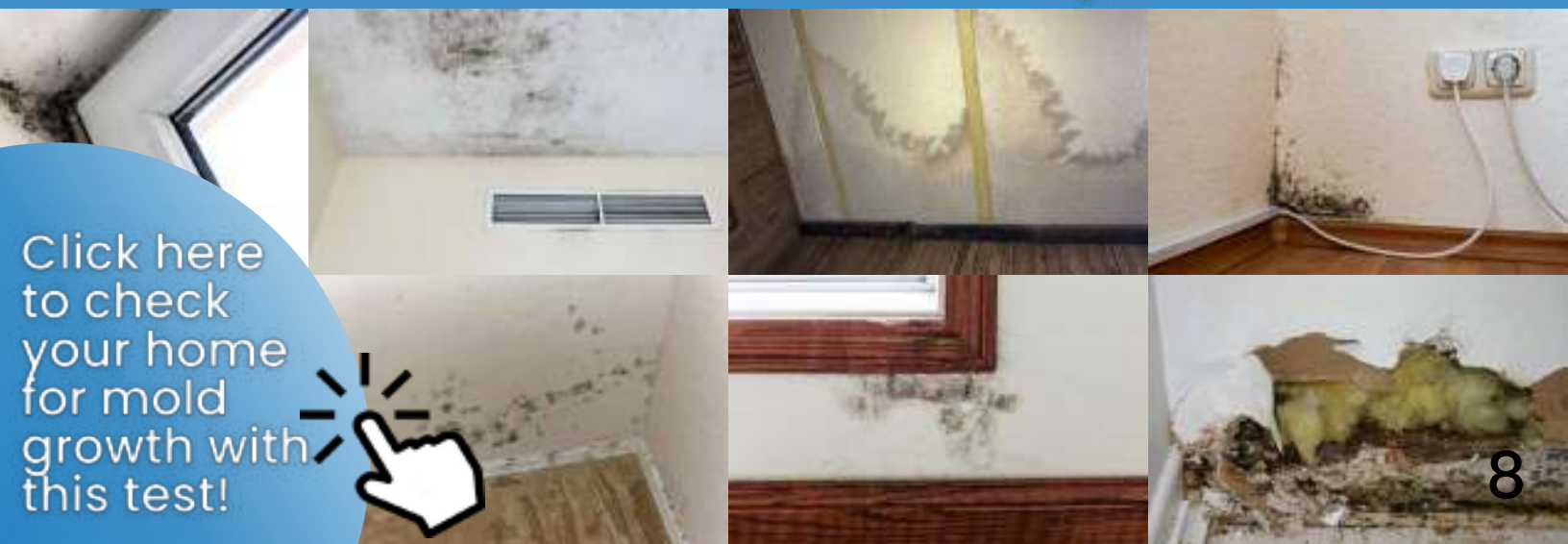
MOLD TOXICITY

COMMON MOLD TOXICITY SYMPTOMS:

- Chronic Fatigue
- Brain Fog
- Joint Pain
- Skin Rashes
- Sleep Issues
- Chronic Headaches
- Painful Bloating
- Food Sensitivities
- Dizziness
- Anxiety
- Mast Cell Reactions
- Respiratory Issues
- Frequent Urination
- Nausea

Test your body for mold!

Approximately 25% percent of the population has the HLA-DR genetic predisposition to become sick from mold exposure.



Click here to check your home for mold growth with this test!

CHEMICAL TOXICITY

CHEMICAL TOXICITY IS AN INCREASING HEALTH CRISIS ALL OVER THE WORLD, YET IT IS NOT BEING PAID ATTENTION TO.

Exposure to toxins from environmental pollutants, heavy metals, pesticides, food additives, medications, and other sources can contribute to leaky gut syndrome and chronic health problems. These toxins can accumulate in the body over time and disrupt normal cellular processes, leading to a wide range of symptoms and diseases.

COMMON CHEMICAL TOXINS

Heavy Metals:
- Lead
- Mercury
- Arsenic
- Cadmium
- Aluminum

Pesticides and Herbicides:
- Glyphosate (active ingredient in Roundup)
- Atrazine
- DDT (now banned in many countries)

Volatile Organic Compounds (VOCs):
- Benzene
- Xylene
- Formaldehyde
- Persistent Organic Pollutants

Household Chemicals:
- Ammonia
- Volatile cleaning solvents
- Air fresheners

Endocrine Disruptors:
- Bisphenol A (BPA)
- Phthalates
- Perfluorooctanoic acid (PFOA)
- Parabens
- Triclosan

Industrial Chemicals:
- Asbestos
- Vinyl chloride
- Formaldehyde
- Styrene

Food Additives and Preservatives:
- Monosodium glutamate (MSG)
- Artificial sweeteners
- Sodium nitrite
- BHA and BHT

Pharmaceutical Toxins:
- Acetaminophen (in high doses)
- NSAIDs
- Antibiotics (in certain cases)
- Opioids

CHEMICAL TOXICITY

SYMPTOMS OF CHEMICAL TOXICITY RANGE FROM DIGESTIVE ISSUES TO NEUROLOGICAL ISSUES TO CARDIOVASCULAR ISSUES TO.... MORE AND MORE!

Chemical toxins can trigger an inflammatory response in the body, including the gut. Chronic inflammation in the gut can disrupt the tight junctions between intestinal cells, which normally act as gatekeepers, regulating the passage of molecules into the bloodstream. Inflammation weakens these tight junctions, making the gut barrier more permeable and contributing to leaky gut.

Chemical toxins can also disrupt the balance of the gut microbiome, which refers to the diverse community of microorganisms residing in the digestive tract. Imbalances in the gut microbiome can promote intestinal inflammation and compromise the integrity of the gut barrier, contributing to leaky gut.

Some chemicals can overwhelm the body's detoxification pathways. When the detoxification systems, particularly in the liver and gut, become overwhelmed, toxins can accumulate in the body. This toxic burden can contribute to inflammation and oxidative stress, which can affect the integrity of the gut barrier!

REAL LIFE SCENARIO

A 2013 study glyphosate can inhibit the function of an enzyme called cytochrome P450, which plays a crucial role in detoxification. They suggested that the inhibition of this enzyme by glyphosate could result in the accumulation of toxic substances, disrupt the balance of gut bacteria, and lead to "leaky gut."

HEALING LEAKY GUT SUMMIT

LYME DISEASE & CO-INFECTIONS

Lyme disease is a tick-borne illness caused by the bacterium Borrelia burgdorferi. It is primarily transmitted to humans through the bite of infected black-legged ticks (also known as deer ticks) and, less commonly, western black-legged ticks. Lyme disease is prevalent in certain regions of the United States, Europe, and Asia - but it is becoming increasingly common even in non-endemic areas.

The CDC estimates that there are around 300,000 cases of Lyme disease each year in the United States!

Common symptoms of Lyme disease include a characteristic rash called erythema migrans (a bull's-eye pattern), but not everyone will develop or notice a rash!

LYME DISEASE SYMPTOMS:


Chronic Fatigue


Fevers

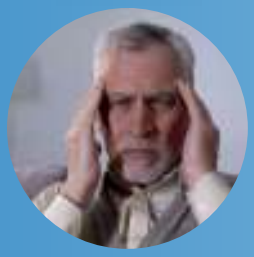

Joint Aches


Sleep Problems


Mood Changes


Swollen Lymph Nodes


Facial Paralysis


Neurological Problems


Heart Problems


Eye Inflammation

HEALING LEAKY GUT SUMMIT

LYME DISEASE & CO-INFECTIONS

Lyme disease is often accompanied by other tick-borne infections, known as co-infections. These co-infections can include Babesia, Bartonella, Mycoplasma, Rickettsia, Ehrlichia, etc. There are several potential ways in which co-infections may contribute to or exacerbate leaky gut!

You get get Lyme co-infections from the same tick bite you got Lyme disease from! You can also get infected with Lyme co-infections without having Lyme disease!

The 2 Lyme co-infections I see frequently in patients at my clinic are Babesia and Bartonella. These infections can impact the gut!

BABESIA

Babesia, also known as Babesiosis, is a tick-borne parasitic infection caused by the Babesia microorganisms. It primarily infects red blood cells and is transmitted to humans through the bite of infected ticks, primarily the Ixodes scapularis tick, which is the same tick that transmits Lyme disease.

- Enlarged Spleen
- Dark Urine
- No Appetite
- Anemia
- Flu-Like Symptoms
- Air Hunger
- Night Sweats
- Petechiae

BARTONELLA

Bartonella, also known as Bartonellosis or Cat-Scratch Disease, is a bacterial infection caused by various species of the Bartonella bacteria. Bartonella is primarily transmitted to humans through the scratch or bite of infected animals, especially cats. Fleas, ticks, and other arthropods can also transmit the bacteria.

- Rage
- Stretch-Mark Like Marks
- Swollen Lymph Nodes
- Pain in Shins & Feet
- Unexplained Cough
- Tooth Pain
- Eye Problems
- Anxiety

DIET & LIFESTYLE

LEAKY GUT CAN BE CAUSED OR WORSENED BY THESE THINGS:

Poor Dietary Choices

A diet high in processed foods, added sugars, unhealthy fats, and refined carbohydrates can promote inflammation and disrupt the balance of gut bacteria. These dietary choices can weaken the integrity of the gut barrier, making it more susceptible to increased permeability.

Food Sensitivities and Intolerances:

Certain individuals may have sensitivities or intolerances to specific foods, such as gluten or dairy products. Consumption of these trigger foods can trigger an immune response in the gut, leading to inflammation and damage to the gut lining, contributing to leaky gut.

Imbalance in Gut Microbiome

The gut microbiome refers to the trillions of bacteria and other microorganisms residing in the digestive tract. An imbalance in the gut microbiome can disrupt the gut barrier function. Poor dietary choices, such as a diet low in fiber and high in processed foods increases the risk of leaky gut.

Chronic Stress

Prolonged stress can disrupt the function of the gut and impair gut barrier integrity. Stress triggers the release of stress hormones, such as cortisol, which can affect the gut's nervous system and immune responses, contributing to gut inflammation and increased permeability.

Medications

Certain medications, such as nonsteroidal anti-inflammatory drugs (NSAIDs), proton pump inhibitors (PPIs), and antibiotics, can disrupt the gut microbiome, promote inflammation, and compromise gut barrier integrity.

STRESS & TRAUMA

CHRONIC STRESS AND TRAUMA CAN LEAD TO LEAKY GUT BY...

HPA-Axis Activation

Chronic stress triggers the activation of the hypothalamic-pituitary-adrenal (HPA) axis, leading to the release of stress hormones, particularly cortisol. Elevated cortisol levels can disrupt the balance of gut bacteria, increase gut permeability, and compromise the integrity of the gut.

Altered Gut Motility and Blood Flow

Chronic stress can lead to changes in the contractions of the digestive tract, slowing down or speeding up the movement of food through the gut. Additionally, stress-induced vasoconstriction (narrowing of blood vessels) can reduce blood flow to the gut.

Dysregulation of the Immune System

Chronic stress can dysregulate the immune system, leading to increased production of pro-inflammatory cytokines and other immune mediators. This immune activation and inflammation can promote gut permeability and compromise the gut barrier.

Impaired Mucus Production

Chronic stress can reduce the production of protective mucus in the gut. Mucus acts as a physical barrier, shielding the gut lining from harmful substances. Reduced mucus production can make the gut more vulnerable to damage and increased permeability.

Impaired Gut-Brain Communication

Chronic stress can disrupt the communication between the gut and the brain, affecting gut function and barrier integrity. This bidirectional communication can influence gut motility, secretion of digestive enzymes, and the maintenance of a healthy gut barrier.

HOW TO START HEALING THE GUT

YOU CAN'T DETOX WITHOUT DRAINAGE!

Drainage pathways in the body play an essential role in maintaining overall health, including the health of the gut. These pathways help remove waste products, toxins, and excess fluids from various tissues and organs, facilitating their elimination from the body!

THE PATHWAYS THAT SUPPORT THE GUT

1. **Lymphatic System**
   The lymphatic system is a network of vessels, lymph nodes, and organs that carry lymph fluid throughout the body. The lymphatic vessels transport lymph fluid, which contains cellular waste, toxins, and pathogens, away from the gut and other tissues. The lymphatic system helps maintain gut health by clearing waste products and preventing their accumulation.

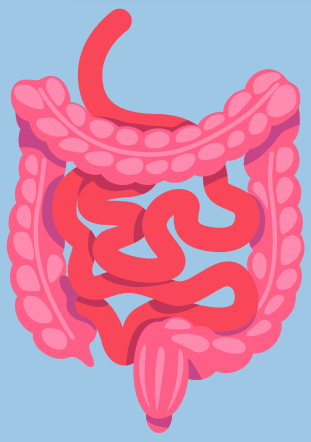
2. **Liver Detoxification**
   The liver is a major organ responsible for detoxification. It processes toxins and metabolic byproducts, transforming them into less harmful substances that can be eliminated from the body. A properly functioning liver is essential for maintaining gut health and preventing the accumulation of toxins that can contribute to leaky gut.

3. **Kidneys and Urinary System**
   The kidneys and urinary system help eliminate waste products and excess fluids from the body through urine. They filter the blood, removing metabolic waste, toxins, and excess water. Adequate hydration and proper kidney function are important for efficient waste elimination and maintaining overall health, including gut health.

4. **Sweat and Skin**
   The skin acts as a barrier and plays a role in waste elimination. Sweating helps remove toxins from the body, including those that can accumulate in the gut. Supporting healthy sweating through physical activity or saunas can aid in toxin removal.

5. **Respiratory System**
   The respiratory system is responsible for exchanging oxygen and carbon dioxide. It also plays a role in eliminating volatile compounds and airborne toxins. Breathing exercises, fresh air, and maintaining a clean indoor environment can support the respiratory system's detoxification function.

HOW TO START HEALING THE GUT



REDEFINING WELLNESS CENTER

Click here to book a free discovery call at my clinic!

HOW TO SUPPORT THE INTESTINAL DRAINAGE PATHWAY:

Hydration:
Water helps maintain proper bowel function and promotes the movement of waste through the intestines.

Consume Fiber:
Consume a diet rich in fiber from fruits, vegetables, whole grains, legumes, and nuts. Fiber adds bulk to the stool and promotes regular bowel movements, aiding in the elimination of waste from the intestines.

Adequate Digestive Enzymes:
Support digestion and nutrient absorption by ensuring adequate production and availability of digestive enzymes. These enzymes help break down food and facilitate nutrient absorption, reducing the likelihood of undigested particles causing gut inflammation.

Regular Physical Activity:
Engage in regular physical activity to promote healthy bowel function and intestinal motility. Exercise helps stimulate the muscles of the intestines, aiding in the movement of waste through the digestive tract.

Reduce Stress:
Chronic stress can affect digestive function. Practice stress management techniques such as meditation, deep breathing exercises, yoga, or engaging in activities that help you relax and unwind. Reducing stress can support optimal intestinal function.

Avoid Food Sensitivities:
Identify and eliminate any foods that you may be sensitive or intolerant to. Food sensitivities can cause inflammation in the gut and disrupt proper digestion and elimination.

Support Liver Function:
The liver plays a crucial role in detoxification. Support liver health by consuming a nutrient-rich diet, minimizing alcohol consumption, and avoiding exposure to environmental toxins.

HOW TO START HEALING THE GUT

Click the images to for the supplements (password: drjaban)

this is not medical advice

HEALING LEAKY GUT SUMMIT

GET YOUR BOWELS MOVING!

KILL THOSE INFECTIONS!

HEAL THE GUT!

DR. JABAN MOORE

If you need support when dealing with leaky gut or chronic illness

click this link to book a FREE discovery call to get your journey back to health started!

@drjabanmoore

Dr. Jaban Moore

Join my private Facebook group here!

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