

Leaky gut syndrom – The leaky gut: myth or reality?

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CASE 1

Yusuf P., 47-year-old male software engineer

Complaint: painful joints, rash in the joints

Story: 15 years of experiencing these troubles. Came to improve the quality of life and comfort.

Measles, mumps and chickenpox

Vaccines in full

Allergies: pollen, environmental dust

No Smoking, no alcohol

Drugs used: methotrexate, NSAID

In the family: Diabetes Mellitus, Hypertension

Systemic symptoms: Redness, rash, itching, joint problems

Amalgam

Drinking + 2 liters of water

Sleeping: poor

Mobile phone: ½ hour/day

Nutrition: protein-rich

WHAT IS YOUR DIAGNOSIS?

A: PSORIATIC ARTHRITIS

B: ROMATOID ARTHRITIS

C: OSTEOARTHRITIS

D: ...

CASE 2

Mehmet A., 59-years-old male retired operator

Complaint: redness, itching

Story: He has complaints for 3 years, he noticed that his complaints increased after some food.

Drugs used: antihistaminic, cortisone

Foods allergens: tomatoes, spices, zucchini, tahini, orange

Systemic symptoms: red skin, rash, itchy, flaky dandruff

No problem in other systems

Normal nutrition

Mobile phone: 1 hour/day

PC: 5-6 hours/day

Sleep is bad for 1 year

No features in the family

WHAT IS YOUR DIAGNOSIS?

A: PSORIASIS

B: DERMATITIS

C: URTICER

D: ALLERGY

E: ...

“Microorganisms have been ruling the planet since time immemorial, but for the first time in history.” This field was always in the back seat of science, but now in the driver's seat”, the biologist McFall said. The intestines are now in their golden age, and even they say that if there is an award ceremony for organs, the intestines, called the 2nd brain on the red carpet, will certainly get a lot of attention, even more than the brain.

Hippocrates says: “All diseases begin in the intestine, the intestine is sick, the back part of the body is sick.” Imagine that in 75 years, 30 tons of food and 50 thousand liters of liquid pass through our intestines. Vital nutrients are absorbed, substances that are considered harmful are thrown out. Even more so. It must be a perfect organization. Worth exploring and talking. Therefore, it is important to look closely at the intestine, to understand its structure and functions.

Intestine: SI (duodenum, jejunum, ileum), the junction point with the cecum, located in this region are usually infected when we are aware of the appendix, ascending colon, transverse colon, descending colon, rectum are found. The length of our intestines is about 7-8 meters, and about 4-6 m is SI and forms a long lumen for the absorption of food. Our intestines want to provide us with a very large area, and therefore gladly fold itself. This area is said to be 400-600 square meters, so a football field. But according to anatomists, this is 40 square meters. We call the folding shapes villi. If we look at Villus. There is a mucus layer on the villi, and these SI and LI are different. Thinner in SI, thicker in LI. The tissues of almost all living things that are open to the outside world are covered with mucus. The lungs, nose, uregenital organs and intestines ... They stand in the form of a great mucus wall against external dangers.

Looking at how the mucus is structured: mucus released from the goblet cells in the intestine; a protein-backed spine and thousands of sugar molecules from it is made of giant molecules called mucin. Thanks to these sugars, it forms a shrub that is almost impossible to populate. It is a viscous glycoprotein structure containing 80 % carbohydrate. Carbohydrate polymers in the mucus content prevent direct adhesion of bacteria to the epithelium and prevent ingestion of undigested food from damaging the mucosa. There are also sIGAs within the mucus. This makes the first immunological defense. M cells deliver antigen to macrophages, dendritic cells and secretion of sIgA through GALT (Intestinal-associated lymphoid tissue). Paneth cells secrete antimicrobial peptides (defensin) and lysozyme found only in SI. Bactericidal effect is reduced due to alkalization of the intestinal content. Lysozyme maintains this balance. These cells are rich in zinc.

Tight junction: As you can see, the intestinal layer is a layer-by-layer structure. Are the intestines a barrier or permeable? It makes you think. All these layers have additional tight links. Zonulin, occludin, our intestinal wall is composed of single row of cells, these cells are connected by very tight bonds. There are small passages that allow the passage of substances that need to pass, but it is also a barrier for toxic substances.

Enteroendocrine cells: An enteroendocrine system is involved in a wide variety of cell types, which are distributed throughout the mucosa of almost all parts of the gastrointestinal tract, producing different peptides. Numerous enterohormones secreted by various cells of this system also affect the secretion of the gastrointestinal mucosa, liver and exocrine pancreas, the mobility of the muscles in the intestinal wall and the blood supply to the mucosa. Enteroendocrine cells produce peptide hormones such as secretin, gastrin, cholecystokinin, serotonin, dopamine.

Appendix: As I said at the beginning, we notice the appendix when it is infected. It has very important tasks. One of them is the relationship with immunity. We can call it our tonsilla in the gut. There is also some endocrine hormone production here. But perhaps the most important task is that it is a safe harbor for beneficial bacteria. Otherwise, we could lose our microbiota in severe diarrhea or bowel disease. Useful bacteria take shelter here, and when the danger passes, they come out and multiply again.

Microbiota: Why are these important bacteria important, which we call microbiota. It is actually; this microbiota that has printed hundreds of books and publications about what makes the intestines so popular. Microbiota is called all of the microorganisms that are symbiotically related to humans that are located in different parts of the human body (skin, urogenital system, respiration, digestive system). Human GIS has a highly variable microbial population. There are many endogenous and exogenous factors such as genetics, mode of birth, nutrition, lifestyle, antibiotics use, diseases and geographical region. Intestinal microbiota is like a fingerprint and is unique to the individual. In fact, the number of microbiota is 10 times more than the human-forming cells (10 TRILLION): 100 TRILLION. This brings the following question to human mind: Who does this body that we think we actually have belong to?

Maybe even where these microbes came from. And these small organisms are known to have many functions in the organism. In fact, these functions may be more than we already know.

Function: digestion of foods, protection from pathogens, synthesis of some vitamins (B1, 2, 6, 12, folic acid, A, D, K2), energy metabolism, immune system modulation, endocrine functions. As well as its effects on bone, it has important effects on many metabolic functions as well as on behavior and motor system. Because of all these properties, microbiota works not as a single combined mass but rather as a secret organ composed of trillions of individual cells but at least as important as other organs.

Intestines-brain relationship: Recently we hear very often of the 2nd brain. Why is it called the 2nd brain? Because there are so many neurons in the intestine. The name of the nervous system in the intestine is the enteric nervous system. And it is in relationship with CNS. In fact, it is said that the brain does not dominate the intestine but the intestine dominates the brain.

The brain and digestive system are in direct communication with the vagus. Vagus is like a highway to the brain. Highway that gives way to many organs, heart, lungs, vocal cords on the way to the brain. For this reason, when we are stressed, our voice bifurcates, our heart beat increases, and when we get excited, butterflies fly in our belly. The intestine establishes a relationship not only with the vagus but also with the brain through hormones, cytokines, or microbiota. Warnings from the intestine mostly affect the limbic system. As you know, limbic system is effective on emotions. Therefore, our intestines are called emotional brains. In other words, we are emotionally attached to the microbiota in our gut because it communicates through the limbic system. It is even known that more stimuli go from the gut to the brain.

Short-chain fatty acids: Large intestine, unlike SI, makes their work slower, or even miserable, and one may also say skeptical. He always has doubts about IB and wants to secure his job. He checks to see if there is anything in the body that should be taken away and should not be discarded by SI. LI works on content come from SI for almost 1 day. So he's a little obsessive. The complex polysaccharides and complex glycans present in the dietary contents of the large intestine produce fermentation of the intestinal microbiota, resulting in SCFA's such as acetate, butyrate and propionate.

These fatty acids are a rich source of energy for the host. Colonocytes in particular. It is equivalent to hormones and has effects outside the system in which they are located. It can even reach the brain by crossing the blood-brain barrier.

Also, short-chain fatty acids inhibit Flaf (fasting induced adipose factor). Flaf is actually an inhibitor of lipoprotein lipase. When SCFA inhibits the flap, LPL (lipoprotein lipase) is not inhibited and energy is supplied from adipose tissue.

So how strong a barrier, such a perfectly prepared system, how to break. **With these:**

Foods rich in carbohydrates

Refined foods

Various toxins

Antibiotics

Caesarean section births

If the microbiological balance is impaired, the mucus layer is disrupted simultaneously, and the IgAs are unbalanced. Tight junction is opened and the cells begin to be damaged. This now returns to a colander mode rather than a barrier. Bacteria, viruses, toxins, undigested large nutrients, heavy metals are mixed with our blood. Of course, here comes the liver for detoxification. Protection by beneficial intestinal flora remains inadequate, pathogen attacks microbes and toxins enterocytes are degraded, closed joints are opened, inadequate digestion causes food allergies and intolerances. Damaged intestines allow toxins and microbes to enter into the blood immune system reacts with autoimmunity showing up:

WHAT DISEASES CAN BE LEAKY GUT RELATED?

AUTOIMMUNE DISEASES

DEGENERATIVE DISEASES

INFLAMMATORY DISEASES

ROMATOID ARTHRITIS – DIABETES MELLITUS – CEALIAK – MS – OTISM – MYASTENIAS
– HASIMATO – ULCERATIVE COLLIT – ASTHM – EKZEMA...

DEPRESSION – EPILEPSY – SCHIZOPHRENIA – EATING DISORDERS – OCD

HORMONAL PROBLEMS – SKIN PROBLEMS

CASE 1

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Complaint: painful joints, rash in the joints

Story: 15 years of living in these problems. Came to improve the quality of life and comfort.

Measles, mumps and chickenpox

Vaccines in full

Allergies he knows: pollen, environmental dust.

Smoking, no alcohol

Drugs used: methotrexate, NSAID

In the family: Diabetes Mellitus, Hypertension

Systemic symptoms: Redness, rash, itching, joint problems

Amalgam: +

2 liters of water drinking, sleeping is poor

Mobile phone: ½ hour/day

Nutrition: rich in protein

Classical examination: painful joints, rash joint lesions

Biophysical examination

Blockages: Sinuses, appendix, jaw, joints, teeth

Detox organs: KC, Bile, Kidney, KB, Lymph, AC

Meridians: AC, KC, Bile; Kidney, IB, Bladder, Lymph

Lab: Biophysical: Wheat, Milk, Eggs, Pollen, Environmental dust, Candida, Aspergillus, Madurella, Rye,

Coxsackie, Clostridium

Biochemistry: No hemogram feature.

Sedimentation: 32 / h CRP: 22.2 PA Lung: within normal limits

DIAGNOSIS: Psoriatic Arthritis

TREATMENT

Detox organs were supported (211.1, 430.1, 380.1, 220.1, 200.3, 565.0, 370.1).

Support for the meridians (210.1, 211.1, 310.1, 311.1, 3701.1, 371.1, 380.1, 381.1, 290.1, 291.1, 390.1, 391.1, 200.1, 201.1).

Food intolerances were treated (11313, 197.1, 191.0, 963.0, 944.0, 998.0) to switch to the appropriate frequency diet.

Leaky gut syndrome then the appropriate nutrition plan was passed.

Intestinal tissue disorders programs with bioresonance respectively (3040.0, 923.0, 925.0, 951.1, 610.8, 922.1, 927.0, 701.3),

Flora support programs (561.0, 562.0),

Stabilization programs were performed (from 1 Hz to 150 kHz, individual programs).

RESULT

CRP: 0.5

Methotrexate was reduced and discontinued.

Arthritis disappeared.

Psoriasis findings disappeared. The patient is still under follow-up.

CASE 2

Mehmet A., 59-year-old male retired operator

Complaint: redness, itching Story: 3 years He has complaints, he noticed that after some food complaints increased.

Drugs used: antihistaminic, cortisone

Foods it detects: tomatoes, spices, zucchini, tahini, oranges

Systemic symptoms: red skin, rash, itchy, flaking dandruff

No problems with other systems

Normal nutrition

Mobile phone: 1 hour/day

PC: 5-6 hours/day

Sleep is bad for 1 year

Classic in the family: widespread rash lesions all over the body

Biophysical examination:

Blockages: sinuses, chin, ears, lumbar, sacrum

Detox organ: Liver, lung, Li, lymph detoxification needs

Meridian: Li, lung, liver, bile, stomach, hormone, spleen/pancreas energy low

Lab: Biophysical: Wheat, milk, eggs, fructose, formaldehyde, candida, dermatomycosis

Biochemistry: LDL, cholesterol high. Iron binding low, iron high, D3 low

Antigliadin A (-), Anti endomysium ant. (-), CRP: 12.71 Skin Biopsy (Direct Immunofluorescence Method):

Fibrinogen: perivascular IgA: negative IgG: negative C3: Perivascular IGM: negative

DIAGNOSIS: Superficial and Perivascular Dermatitis

TREATMENT

Patient follow-up, especially in terms of biophysical integrity;

All blockages are unlocked (500.1, 998.0, 211.1, 915.1, 581.1)

Support for detox and meridians (10046.0, 430.1, 431.1, 310.1, 311.1, 201.1, 211.1, 220.1, 221.1, 330.1, 331.1, 270.1, 271.1, 300.1, 301.1, 830.1, 930.1, 370.1, 371.1)

Food intolerances were treated with bioresonance and intolerance was given.

Frequency programs supporting the intestinal tissue (10036, 10037, 10038, 10040)

Simultaneously, leaky gut was given an appropriate nutrition program and followed.

Vitamin and mineral supplements were recommended.

In summary

Our intestines are very important, absorption and digestion, as well as a structure that works as a secret organ with microbiota.

Although it is a very good organization due to the conditions we live in the structure of the deterioration and permeable bowel syndrome occurs.

This can be successfully treated by the individual's efforts and the bioresonance method.

LEAKY GUT AND NUTRITION PLAN BASIC FEATURES

The main problem in leaky gut; Toxins produced by pathogenic bacteria as a result of intestinal dysbiosis, cause undesirable food and heavy metals to pass through blood and cause many disease tables from autoimmune diseases to neurological diseases, as it is perceived as foreign by the body and reacts as inflammation.

Nutrition is very important in the treatment of leaky gut. In this case, our nutritional therapy is aimed at repairing the intestines and replacing the intestinal microbiota from dysbiosis and replacing the healthy microflora. For this reason, the first step in nutritional treatment is to remove packaged food, junk-food products that contain many additives such as sugar, preservatives, colors, flavors produced by the food industry. In addition, reaching organic food is important to avoid substances such as hormones, GMOs and antibiotics.

First of all, meat/chicken/fish and bone marrow broths are required to treat the intestinal lining in order to repair the intestines in the nutritional treatment plan. With these broths, soups can be made by adding vegetables without adding flour, or it can be started in this way by adding homemade vinegar/lemon. If the soups are seasoned with lemon and egg yolk, intestinal repair becomes faster as the protein ratio increases.

Again, the milk containing casein and wheat, barley, rye, oats, containing gluten, which is difficult to digest and turns into opiate substances (drugs), is removed from the diet and relaxation is provided.

Since sugar is toxic and inflammatory for the body, honey, molasses and fruit with high sugar content are also removed from the diet.

In nutrition treatment, we can list the allowed foodstuffs as follows;

Protein sources such as eggs, fish, chicken, turkey, meat vegetables (excluding potatoes)

Cold-pressed extra virgin olive oil, ghee (plain oil) as functional oils fats such as avocado oil, organic coconut, nuts (walnuts, hazelnuts, almonds etc.), avocado fruit, olives can be consumed.

Only milk such as almond/hazelnut/coconut, which are herbal milk, can be used as milk, while yogurt/kefir made from cow/sheep/goat milk can also be used. Homemade yogurt and kefir are important for correcting dysbiosis in the gut.

Leguminous seeds (because it is difficult to digest and contains lectin), it is not recommended at the beginning, but it can be included in the diet by evaluating and fermenting/sprouting according to the patient's progress.

Quinoa, buckwheat, black rice, which are cereal-like foods that do not contain gluten, can be consumed.

Gluten-free coconut flour, almond flour, hazelnut flour, buckwheat flour and leguminous flour can also be used as flour.

Another point to be considered in nutrition is good digestion. Good chewing is essential for this. According to the circadian rhythm of our body, digestion slows down in the evening after sunset, and food consumption is not recommended after 18-19:00 in the evening to relieve digestion and consequently organs such as the intestine, pancreas and liver.

Since eating frequently is triggering excess production of insulin and therefore inflammation, fasting can be initiated with a maximum of 4 (3 main-1 intermediate) meals and reduced to 2 according to the person's eating habits. In order to ease digestion, raw vegetables should be consumed mostly during the daytime, cooked vegetables and fermented vegetables (pickles) in the evening hours.

Since the water of pickles contains digestive enzymes, drinking 1 spoon of these waters before meals also supports digestion.

In this way, we apply a functional nutrition plan that is anti-inflammatory, anti-oxidant, that will remove the nutrients that create inflammation for the body without feeding and restore the body functions.

SAMPLE MENU

BREAKFAST

1 cup of meat/chicken/fish/turkey vs broth (1 tbsp lemon juice/homemade apple cider vinegar)

Poached egg/Vegetable omelette/Pancake made with coconut flour

Dark green leaves, pepper (seasonal tomato/cucumber)

10-15 olives, 2-3 walnuts

1-2 slices of bread made with buckwheat flour

LUNCH

1 glass homemade kefir

Beef/chicken/turkey meat and vegetable dish/1 bowl of avocado salad with plenty of olive oil

1 plate quinoa/buckwheat/black rice pilaf

SECOND (if hungry)

coconut fruit/1 dessert spoon India coconut oil coffee

10-15 nuts, almonds/1-2 handfuls of pumpkin seeds

EVENING

1 bowl of beef/chicken/fish/bone marrow soup with vegetables

Beef/chicken/fish/turkey (grilled/boiled/baked)

1 plate of vegetable oil with olive oil/pickles

1 bowl of yogurt

1 plate of quinoa/buckwheat/black rice pilaf

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