

Leaky Gut—Fact or Fiction?



The notion of “leaky gut” is no longer just a theory discussed quietly in alternative medicine corners and support websites, it is a concept that is becoming accepted in the mainstream. Many recent studies have illuminated the functional basis behind several ailments, including **asthma, diabetes, rheumatoid arthritis, irritable bowel, kidney disease, psoriasis, eczema, depression, chronic fatigue syndrome, and heart failure.**¹

Science now tells us we have a compound in our guts called **zollin**, that when activated essentially unzips our usually tightly-bonded gut cells. When we have inflammation, bacterial imbalance, or eat something we are sensitive to, our zollin goes into overdrive and our guts get more *permeable*, **allowing things through that our immune system sees as dangerous.** This in turn creates more inflammation and many of the disease states listed above (and more).

As Naturopaths, much of our training is focused on creating health by establishing a happy and health gut. We have several tools for testing as well as treating. Let us design a customized solution for you, one that fits your lifestyle and individual needs, and can get you back to feeling your best!

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¹<http://www.thedailybeast.com/articles/2014/03/27/new-research-shows-poorly-understood-leaky-gut-syndrome-is-real-may-be-the-cause-of-several-diseases.html>

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”

~Thomas Edison



Traveller’s Diarrhea/Constipation

Ready for your upcoming vacation? Often, a change in our surroundings, time zone, and eating habits can have bad side effects on our gut. Constipation and the other side of that coin, diarrhea are often our unwelcome traveling companions. Here are some tips to help you prevent GI issues while away from home.

- Eat close to your normal diet. One of the most enjoyable things about seeing other cultures is sampling the food they have to offer. Be sure to try and get your normal daily doses of fruits and veggies when traveling—all cultures have delightful vegetable and fruit dishes to offer (cooked is best when traveling).
- Stay hydrated. Especially when flying and in hot climates, it is vital to stay hydrated, as this is the #1 reason for constipation.
- Probiotics: Make sure you have lots of friendly flora in your gut when traveling—this will help you if you come in contact with some unsavory ones. There are several brands of probiotics that don’t require refrigeration, making them easier to travel with.
- Keep moving: exercise, even walking, is a key to keeping your bowels moving.
- When in doubt, don’t eat it. If the food looks sketchy, it probably is.



A Note About IV Nutrients

Many of us with GI issues are simply unable to absorb the nutrients in our foods. While you and your naturopathic doctor work on healing your gut, consider IV nutrient therapy. We can bathe your cells in vitamins and minerals, giving you more energy and vitality. For more information, check out our educational article on our website:

http://www.vitaehhealthcenter.com/library_ivtherapy.html

Find out how you can benefit from
IV Nutrient Therapy
Visit our IV Health Services Page: vitaehhealthcenter.com/ivtherapy

Basic Bone Broth From Bastyr Center for Health

For hundreds of years, people have been making broth from the bones and leftover parts of animals. When vinegar is added, the broth becomes medicinal as the acid releases minerals and proteins from within the bones and cartilage. This virtual liquid vitamin is especially beneficial for healing and nourishing the gastrointestinal tract.



Ingredients

Bones

- ✓ from poultry, beef, lamb, fish or shellfish
- ✓ Cooked remnants of a previous meal, with or without skin and meat
- ✓ Raw bones, with or without skin and meat (raw bones and meat may be browned first in the oven, or in the bottom of the stockpot to enhance flavor and color)
- ✓ Use a whole carcass or just parts (good choices include feet, ribs, necks and knuckles)

Vegetables

- ✓ peelings, ends, tops and skins or entire vegetables may be used
- ✓ celery, carrots, onions, garlic and parsley are most traditional, but any will do
- ✓ if added towards the end of cooking, mineral content will be higher

Vinegar

- ✓ any type, 2 tablespoons per 1 quart water

Water

- ✓ cold, filtered water to cover

'Basic Bone Broth' is continued in the next column

Basic Bone Broth, cont'd

Directions

Combine all ingredients in a large stainless steel pot or pressure cooker. Bring to a boil and remove any scum that has risen to the top. Reduce heat, cover and simmer 6–24 hours (3-12 hours if using a pressure cooker). To reduce cooking time, smash or cut bones into small pieces before cooking. If desired, add vegetables in last half hour of cooking. Strain through a colander or sieve lined with cheesecloth for a clearer broth. If uncooked meat was used to start with, reserve the meat for soup or salads.

If you wish to remove the fat, use a gravy separator while the broth is warm or skim the fat off the top once refrigerated. Cold broth will gel when sufficient gelatin is present. Broth may be frozen for months or kept in the refrigerator for about 5 days.

Uses

- As a base for making soup.
- Use broth in place of water to cook grains or beans.
- Simply add salt and sip broth like tea. This is especially nice in the winter or if you're feeling sick.



Adapted by Stephanie Maxson and Anne Buzzelli from **Traditional Bone Broth in Modern Health and Disease** by Allison Siebecker (The Townsend Letter, February/March 2005), and from **Nourishing Traditions** by Sally Fallon (New Trends, 1999).

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