

Leaky gut or Intestinal permeability

In a healthy small intestine the gaps in the cell wall open up to let nutrients through but otherwise they stay closed. When a person has leaky gut aka intestinal permeability these gaps can stay open and allow undigested food proteins, pathogens, bacteria into the bloodstream that can then cause an immune reaction in our body and inflammation.

There are many causes of leaky gut, here are some of them:

SIBO

Small intestine bacterial overgrowth, which is an overgrowth of bacteria in the wrong place, can damage the gut lining, and lead to increased permeability.

Food sensitivities

The inflammatory reaction caused by food sensitivities can make the gaps between cells stay open longer than they should.

Poor diet

High-fat, low-fibre diets have been associated with increased intestinal permeability.

High alcohol intake

Alcohol is a known irritant to the gut lining and can damage the cells.

Bacterial imbalance

Overgrowth or imbalance of certain bacteria can lead to inflammation, contributing to leaky gut.

Chronic stress

Studies show that stress encourages the overgrowth of bacteria and damages the intestinal lining.

Anxiety

This is really a type of chronic stress, and can be both a cause and a result of leaky gut.

Parasitic infections

Parasites damage your gut by causing an immune reaction. They also eat the nutrients you need for gut repair.

Excessive use of painkillers

Non-steroidal anti-inflammatory drugs, more commonly known as painkillers, have been found to damage the gut lining.