



**Balancing Nutrition**  
Tu cuerpo en Equilibrio

## **Gut health Rehabilitation**

### **Symptoms for a leaky gut:**

- Nasal congestion
- Irritable bowel (gas/bloating)
- Intermittent constipation
- Mood swings/mental confusion
- Coated tongue (Also appears in liver dysfunction)
- Smelly stool
- Bad breath
- Itching in the anus
- Blood or mucus in the stool
- Strong body odor
- Dark circles under the eyes

### **Possible causes for a leaky gut:**

- Gluten
- Imbalance in gut bacteria
- Environmental factors- food toxins, environmental toxins, frequent use of anti inflammatory medications
- Decreased stomach acidity- frequent use of antacids
- Stress, (physical, mental, speed of life..)
- Alcohol
- Chronic diseases
- Nutritional deficiencies- zinc, B12 and more.

- Antibiotics, steroids, pain killers

**In case of a leaky gut, what should we avoid:**

- Industrialised foods
- Food colourings and preservatives
- Genetically modified foods
- Gluten and industrialised dairy products from cow's milk
- Sugar
- Refined oils: canola, corn, sunflower, margarine, trans fats.
- Limit alcohol and medication consumption
- Limit use of antibiotics
- Try to avoid plastic packaging (toothpaste, water)

**Daily steps to balance and restore a leaky gut:**

In the first stage, we need to improve stomach acid:

- Using fresh food without chemicals
- Eating lots of green vegetables
- Using cold-pressed oils
- Adding home-pickled vegetables (in salt) to our daily diet (probiotics)
- Probiotic drinks such as kombucha or kefir
- Drinking bone broth daily
- Anti-inflammatory food supplements such as probiotics, Vitamins A+D (if deficient), Curcumin, and more
- Optional: Taking an amino acid called L-Glutamine, one teaspoon of powder per day in water (check with your doctor)
- Having a good source of drinking water (no fluoride, heavy metals)
- Take care to regulate your cortisol levels (good quality sleep, lower stress levels...)
- Tip: buy a good quality probiotic powder. Add a capsule to yoghurt and let stand in room temperature for an hour or two. Eat as a super gut rehabilitator.