

# Leaky Gut



## Leaky Gut

You may not have heard of “leaky gut” before, but it’s a condition that’s more common - and more impactful - than many people realize. In simple terms, your intestinal lining is supposed to act like a tightly woven net, letting nutrients through while keeping harmful things out. But when you have leaky gut (also called increased intestinal permeability), that lining becomes more like a worn-out sieve. Tiny holes or gaps allow undigested food particles, toxins, and bacteria to pass into your bloodstream, where they don’t belong. Your immune system sees these invaders and goes into defense mode, causing widespread inflammation that can affect everything from your digestion to your hormones, skin, mood, and even weight.

Leaky gut has two main parts: the leakiness of the intestinal lining itself, and imbalances in the microbiome - the ecosystem of good and bad bacteria that live in your gut. When beneficial bacteria are crowded out by harmful ones, the imbalance can worsen inflammation and affect how well your gut, immune system, and metabolism work together.

So how did this happen to you? Leaky gut doesn’t develop overnight. It’s usually the result of chronic stress, poor diet (think processed foods, sugar, gluten, and alcohol), overuse of medications like antibiotics or NSAIDs, gut infections, or even oral health issues. Over time, these factors wear down your gut lining and disrupt your microbiome.

It’s not just your digestion that suffers. The gut and brain are deeply connected, and when your gut is inflamed, the brain often feels the effects too. This “leaky brain” connection can show up as fatigue, brain fog, mood swings, hormone imbalances, and even stubborn weight issues. Over time, the ripple effect of gut dysfunction touches nearly every system in the body. The good news is, you can absolutely heal leaky gut with the right support.

We’ll focus on restoring your gut barrier, calming inflammation, and rebalancing your microbiome. That means removing inflammatory foods, eating nutrient-dense whole foods, prioritizing sleep, managing stress, and using targeted supplements that strengthen both the gut lining and the microbial balance. Healing takes time, but as your gut repairs, you’ll likely notice improvements across your digestion, energy, focus, skin, mood, and even cravings. When your gut thrives, your whole body begins to thrive with it.