



## Leaky gut, Inflammation, Autoimmune Issues and Cancer

The recent discovery of a protein called Zonulin is increasing our understanding of the links between many serious health problems. Zonulin controls the opening of the spaces between cells in the gut lining. When levels are high, these spaces can be opened too much or for too long, this is how “leaky gut” can occur. So far, the current triggers known to raise Zonulin levels are:

- 1) Overgrowth of harmful organisms such as bacteria, yeast or parasites
- 2) Gliadin a substance found in gluten

Gliadin can cause leaky gut even in people without celiac disease or gluten intolerance but levels of Zonulin are much higher in people who have problems with gluten.

When the gut is leaking harmful substances like pathogens and undigested proteins into the bloodstream, it creates inflammation and overstimulation of the immune system. Research has identified links to:

- 1) Autoimmune conditions
- 2) Diabetes
- 3) Crohn’s
- 4) Irritable bowel
- 5) Multiple Sclerosis

## 6) Asthma

This leads the health community to the conclusion that anyone with an autoimmune condition should be off gluten for at least a period of 6 months to a year until tissue can be repaired.

There are also indications that Zonulin can affect the permeability of the blood brain barrier. Current research has shown some evidence linking high Zonulin occurrence to Brain Cancer. This may be why we see the “brain fog” phenomenon all too often with people reacting to gluten in their diet and or have autoimmune issues.

Please Contact us if you have any questions about this. We order a Zonulin testing from the office and treat you accordingly!