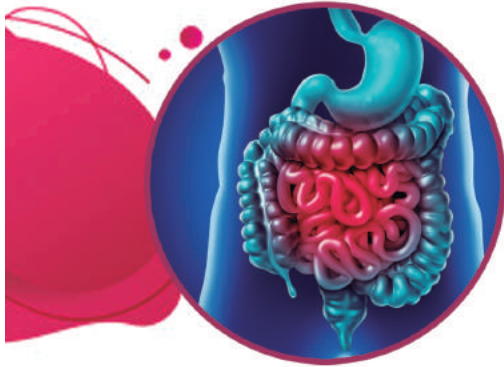


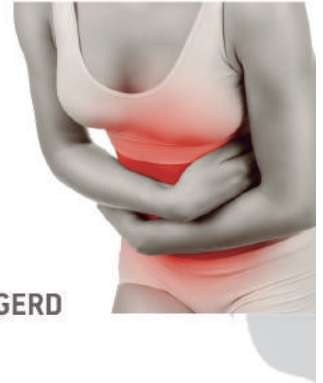
SYMPTOMS AND CAUSES OF

Leaky Gut



Physical

- Abdominal pain
- Bloating
- Diarrhea
- Constipation
- Gas
- Chronic joint pain
- Chronic muscle pain
- Heartburn/Acid reflux/GERD
- Fatigue
- Migraines



Emotional

- Anxiety
- Depression
- Confusion
- Fuzzy thinking
- Mood swings
- Nervousness
- Toxic feelings
- Trauma

Immune System

- Poor immunity
- Fevers of unknown origin
- Recurrent bladder infections
- Recurrent yeast infections
- Shortness of breath
- Asthma
- Eczema
- Acne
- Hives
- Arthritis
- Food allergies and sensitivities
- IBS
- Crohn's disease

Causes of Leaky Gut

- Chronic stress
- Unbalanced gut bacteria
- Environmental contaminants
- Gastrointestinal disease
- Immune system overload
- Overuse of alcohol
- Poor food choices
- Parasites
- Yeasts
- Prolonged use of NSAID's, Aspirin, and Tylenol

