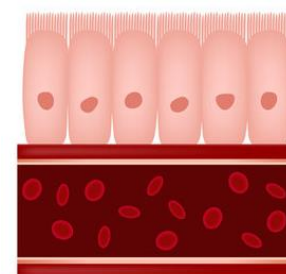


Is a 'Leaky Gut' The Reason For Your Health Problem?

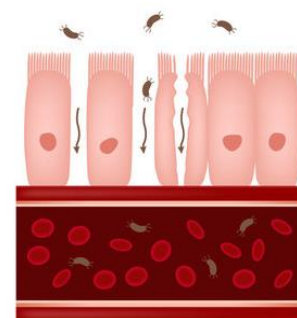
By Dr. Melissa Bennett

So what is a **Leaky Gut**? Well, imagine sitting outside on a porch with a nice cup of tea...you're on the inside, all the bugs, spiders and mosquitoes are on the outside and so you're quite comfortable. Next imagine that you're sitting on the same porch but your screened-in porch has morphed into a chain-link fence, all the bugs and creepy crawling things are coming in & out and now able to possibly hurt you ...you're no longer happy!

The intestinal lining of the gut can be compared to this analogy. When the junctions are **tight**, it allows only good substances to pass through. All nutrients are absorbed, giving your gut healthy bacteria and immune cells to prevent infections, bacteria, viruses, and fungi. A healthy gut also keeps you happy because many neurotransmitters are produced in the gut. It communicates with the brain through nerves and hormones which help maintain your overall wellbeing.

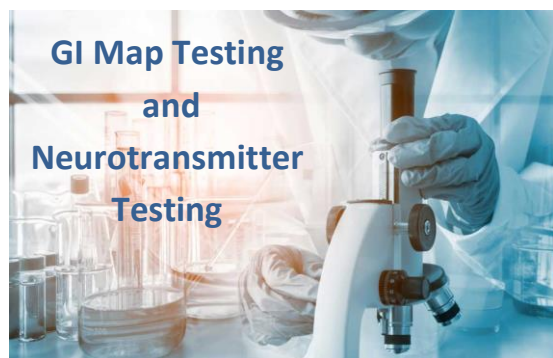


Normal Tight Junction



Leaky and Inflamed

Testing for leaky gut



One of the most popular tests we provide throughout the US at our practice, [The Olive Leaf, LLC](#), is the **GI map**. This test checks your gut for pathogens (bad guys), opportunistic organisms (more bad guys), normal flora (good guys), and GI markers like *zonulin*, which is a biomarker for increased intestinal permeability. GI map testing permits us to see the overall health of your gut microbiome and helps us find out if

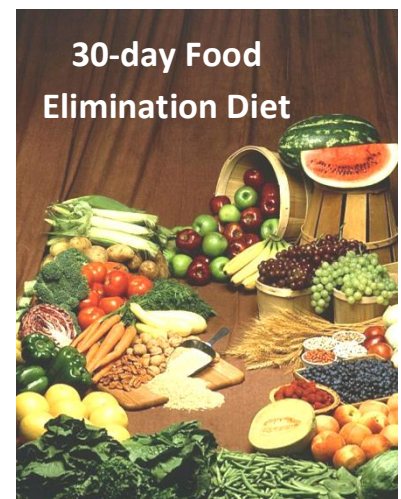
you have a condition known as "Leaky Gut Syndrome".

Several years ago, Leaky Gut Syndrome was not considered a true condition within the medical community primarily because medical experts found it difficult to isolate a specific diagnosis. This is understandable because patients experience various symptoms which could fall under many different health conditions. Their complaints include a multitude of digestive issues: bloating, gas, pain, inflammation, and chronic illnesses. These symptoms are not unique to Leaky Gut; therefore, Leaky Gut Syndrome is not a condition that is taught in medical school. However, in Functional Medicine as well as in Chiropractic, we are always searching for a cause. We believe that there are certain underlying conditions that are causative and that the symptoms are just the tip of the iceberg.

Another test we provide at The Olive Leaf is **neurotransmitter testing** to check the levels of excitatory & inhibitory neurotransmitters, cortisol, and hormones, especially if someone is having anxiety and depression. Having a leaky gut means that the intestinal lining has become more **permeable**, allowing unwanted particles and substances to enter the bloodstream and is usually a result of chronic inflammation. It can cause pain, bloating, gas, indigestion, fatigue, and food sensitivities. Also, it is important to remember that all these symptoms can be related to other GI conditions such as Crohn's disease, celiac disease, H. pylori (another bad guy), or other serious conditions so you should always have them evaluated by a gastroenterologist.

If you have been diagnosed

Once you have identified that you have a "Leaky Gut" there are lifestyle changes that can help repair your gut lining. Diet plays a big role, so it is good to figure out what can be contributing to your issues. The easiest and most cost-effective way to find out is to do a 'food elimination' diet for 30 days. You can find resources for this online. Or, if you would like free access to an elimination diet that I recommend, you can email patientsupport@theoliveleaf.com, mention 'Xooma Member' in your subject line, and we will send you a link to an app that will guide you through the process. You can also start consuming foods that promote the growth of beneficial gut bacteria, including certain fruits, cultured dairy products, healthy fats, lean meats, fibrous & fermented veggies (like sauerkraut), foods high in resistant starches, and pasture-raised eggs. Avoid processed and refined junk foods (the bad guy buddies).



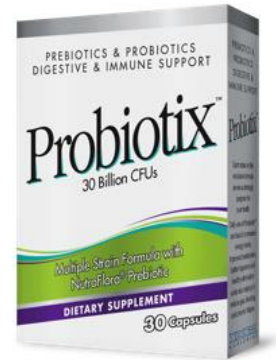
Finding top-quality nutritional health supplements can work wonders when given the potency of specific ingredients to help combat the challenging symptoms. There are several key elements that can make a supplement highly effective for treating leaky gut and in combatting the main issues that cause leaky gut such as inflammation, imbalance of bacteria, and a permeable intestinal lining.

Xooma carries a superb line of GI supplements that are designed to achieve the following:

- Restore a healthy balance of good bacteria.
- Repair and strengthen the intestinal wall.
- Promote normal digestive function.

Restore a healthy balance of good bacteria:

The first product I recommend is Xooma's "**Probiotix™**". I was honored to have taken part in the formulation of this product and can attest to the effectiveness of its ingredients. Probiotix contains 8 clinically researched strains to replenish your gut with beneficial bacteria (the good guys) and 30 billion CFUs per capsule. Probiotix also contains a prebiotic formula known as NutraFlora® which is unique to this specific probiotic.



Most of us are familiar with probiotics because they are spoken about in our favorite yogurt commercials. Their job is to populate and colonize the digestive tract with beneficial bacterial colonies. Unlike probiotics, prebiotics aren't as popular but are extremely important! They are the food and nutrients that feed probiotics in order to stimulate probiotic activity in your GI tract. Probiotics alone cannot keep up with the constant battle against opportunistic bacteria. So basically, the prebiotic is there to *encourage* the probiotic colonies to thrive, and to *promote* general well-being. Like Batman and Robin, they 'tag team' the bad guys to help keep your gut in good shape

Here's a tip:

You can add in artichokes, onions, chicory, garlic (raw rubbed on toast), and leeks to your food. They can provide a good foundation of prebiotics through food.

Repair and strengthen the intestinal wall:

I am also very excited about Xooma's newest product '**Xiome365™**' which is a comprehensive daily health beverage that not only tastes great, it will also make you feel great! I love how Xooma again focuses on the importance of probiotic nutrients along with a specific probiotic strain known as **Akkermansia**. If you're on social media, you see a lot of hype over this specific bacterium regarding gut health and GI permeability.



These super beneficial gut bacteria were originally identified in 2004 and are a species of bacteria that helps maintain the gut lining and possesses many other health benefits. Akkermansia (a really good guy) lives in harmony with you because its job is to strengthen your gut barrier and keep your immune system working well. It lives on the mucous layer of your gut lining, making it self-sufficient, and its presence is associated with healthy individuals. Patients who suffer from irritable bowel disease tend to have lower levels of these beneficial bacteria. In fact, if Akkermansia is low, you have an increased risk of developing 'Leaky Gut'. Xiome365 is an outstanding supportive product for Leaky Gut with lots of other benefits that can help you maintain healthy GI function.

Promote normal digestive function:

The optimal way to keep your digestive system, as well as total body function, at 100 percent is by **staying hydrated**. It does not matter how many supplements you take. If you are dehydrated and your PH is acidic, it will be very difficult to maintain wellness.



There is a free digital app I routinely recommend to my patients called 'Plant Nanny' to help remind them to drink their water throughout the day. Many try to drink tons of water all at once to hydrate but, our body can only absorb so much water every hour. Plant Nanny sends you a nice reminder to take a sip of water and in return, you grow a little virtual garden. If you do not drink, your app will show you skull and crossbones.



For those of us who **add X20™**, we know that it is a wonderful way of drinking healthy water that provides 70 trace minerals and alkalizes water to 9.5. You will never return to ordinary water again! I have had so many patients rave about how they have less pain and less constipation when they start drinking X2O on a regular basis.

On a Personal note

I feel honored to be part of Xooma's Scientific Advisory Board and always look forward to sharing health information with our listeners on their Health Education calls. Xooma's excellent reputation, high-quality products, external independent monitoring & testing, coupled with an incredible risk-free, money-back guarantee policy, make Xooma a company that you will want to purchase supplements from. If you aren't already, you may want to consider partnering with Xooma to help your family and friends stay healthy.

For additional health tips from The Olive Leaf, LLC, follow [theoliveleaf_naturalhealth](#) on Instagram. And, if you are interested in a more in-depth approach to finding the root of your health issues, you can schedule a remote or in-office appointment by visiting www.theoliveleaf.com and clicking on the Schedule tab.



Yours In Health,

Melissa Bennett, ND

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Dr. Melissa Bennett, ND is the owner of The Olive Leaf, LLC which is an integrated practice with two locations in Atlanta, Georgia. She is also the Naturopathic Director of New Vitality Medical Institute's age-management program.

Melissa Bennett, ND, CTN, CNW is Certified as a Traditional Naturopath through the American Naturopathic Certification Board. She is board certified in nutritional wellness and has completed her accreditation as a health partner in predictive medicine through Emory University. She is also a member of the American Association of Christian Counselors through Liberty University.

Dr. Bennett is a Certified Natural Health Practitioner and is skilled in the Zollinger method of reflexology from the Heal Center. A devotee of the science of blood type, she is an IfHI Master – earning her designation under the guidance of Dr. Peter D'Adamo. Melissa focuses on total wellness and prevention. Her mission is to help people achieve optimal health and Xooma's products help her fulfill that mission.

Melissa personally recognizes that all aspects of health care serve a constructive purpose. In 2000 she was diagnosed with breast cancer on her 33rd birthday. She underwent two years of chemotherapy and 46 radiation treatments. In part from this experience, Melissa is an advocate of integrated healthcare and knows what it feels like to be sick and also the blessing of being healthy. She believes true health is achieved when your Spiritual, Emotional and Physical states are in harmony. She also believes our Lord is the true Healer and He will direct you if you place your trust under His guidance.

Note: The statements in this publication have not been evaluated by the Food and Drug Administration and are not intended to replace the services of a qualified health professional, nor are they intended to prevent, cure or treat any illness or disease.