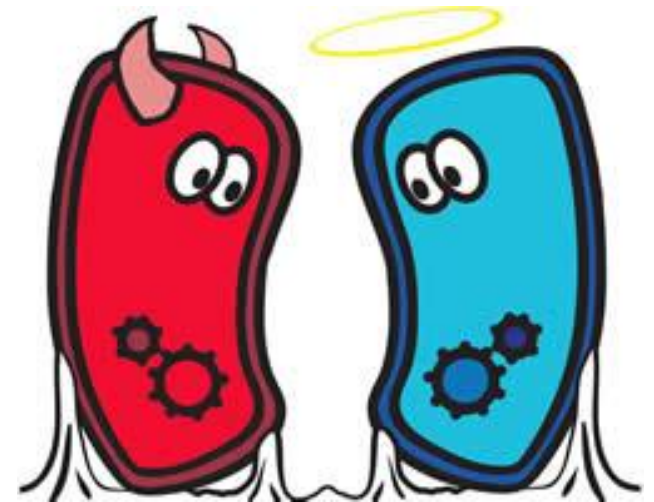


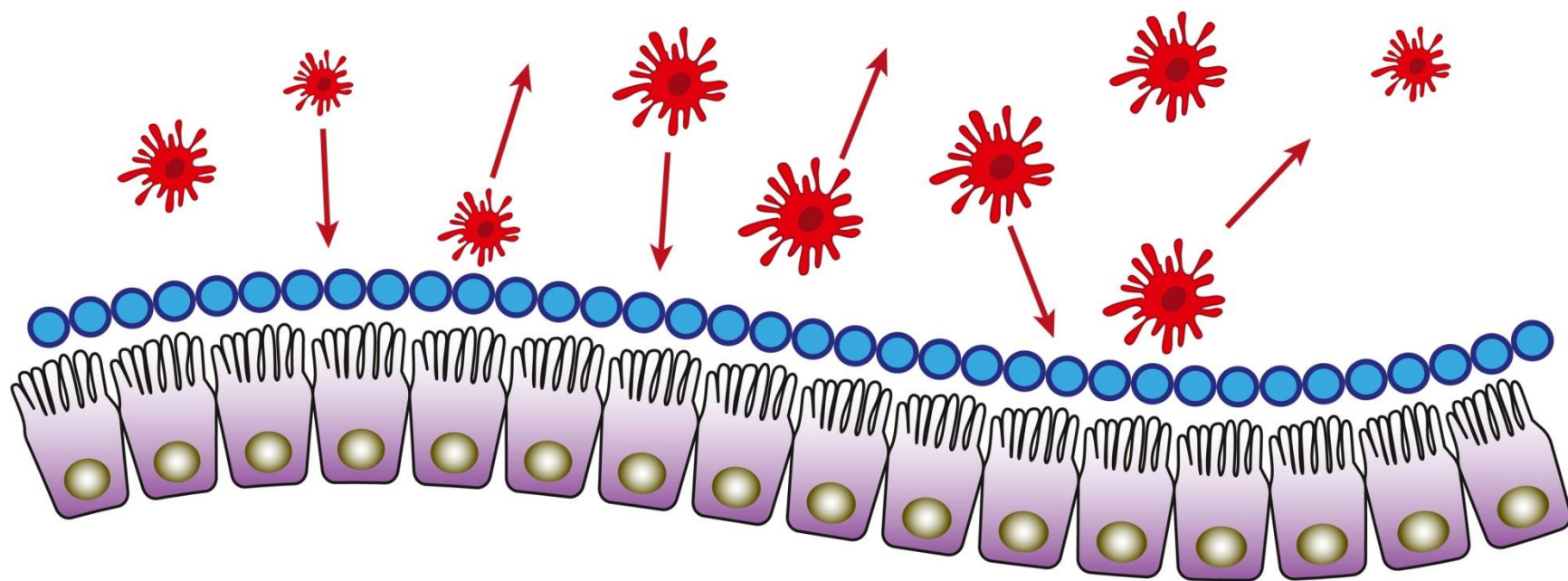
DYSBIOSIS, CANDIDIASIS AND LEAKY GUT

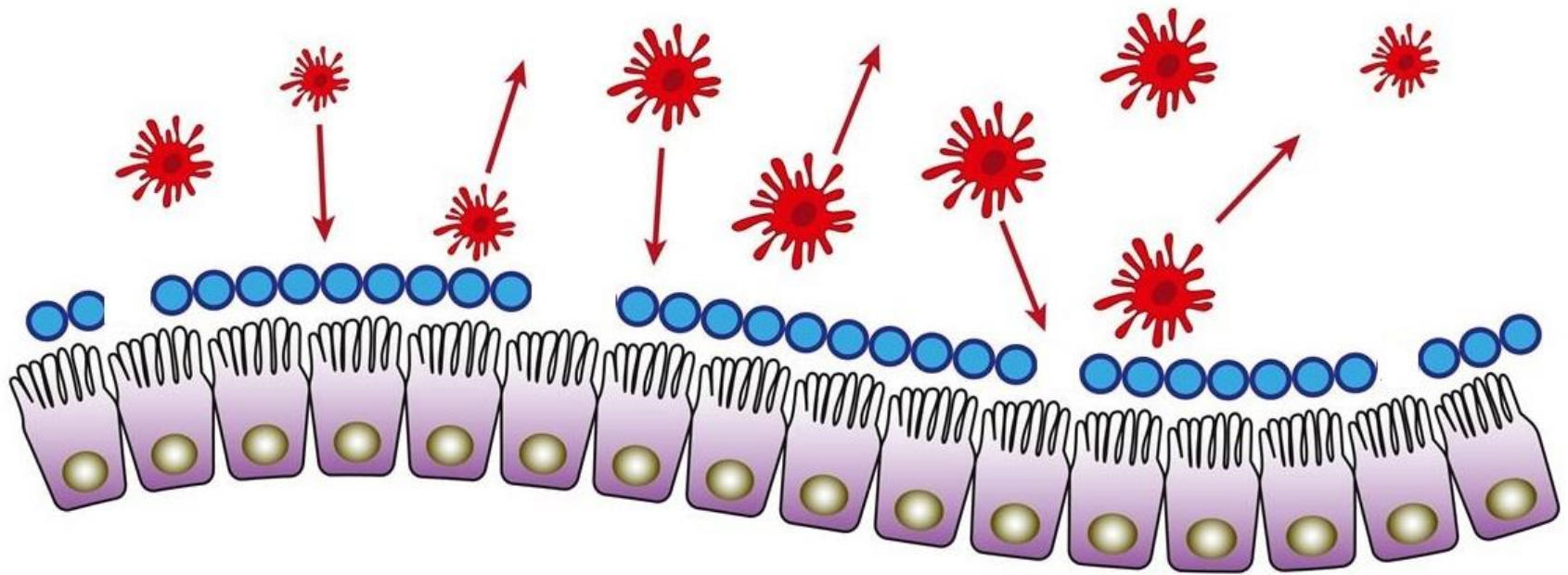


Dysbiosis

- Gut and digestive issues all starts with dysbiosis
- In our gut we naturally have good bacteria, bad bacteria, yeast, fungus and even parasites
- The good bacteria keeps everything in line so that we function properly
- If good bacteria levels go down and we start to feel the effects of too much bad bacteria – we have dysbiosis







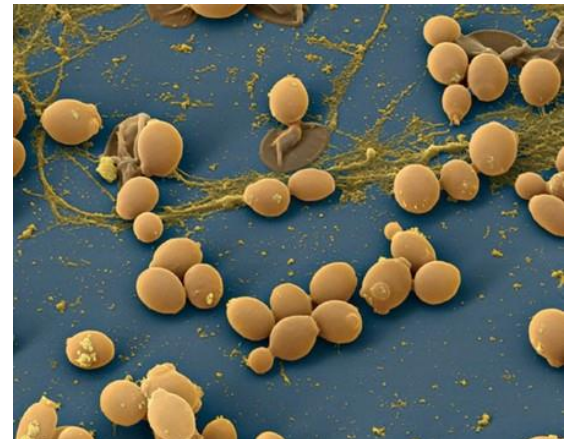
Cause of Dysbiosis

- Antibiotics is the most common cause
- NSAIDS (like Naproxin) aspirin and ibuprophen
- Corticosteroids and birth control pills
- Stress
- Bad quality diet (including excessive alcohol) can decrease diversity of strains
- Even flying in a plane, too much exercise and having surgery

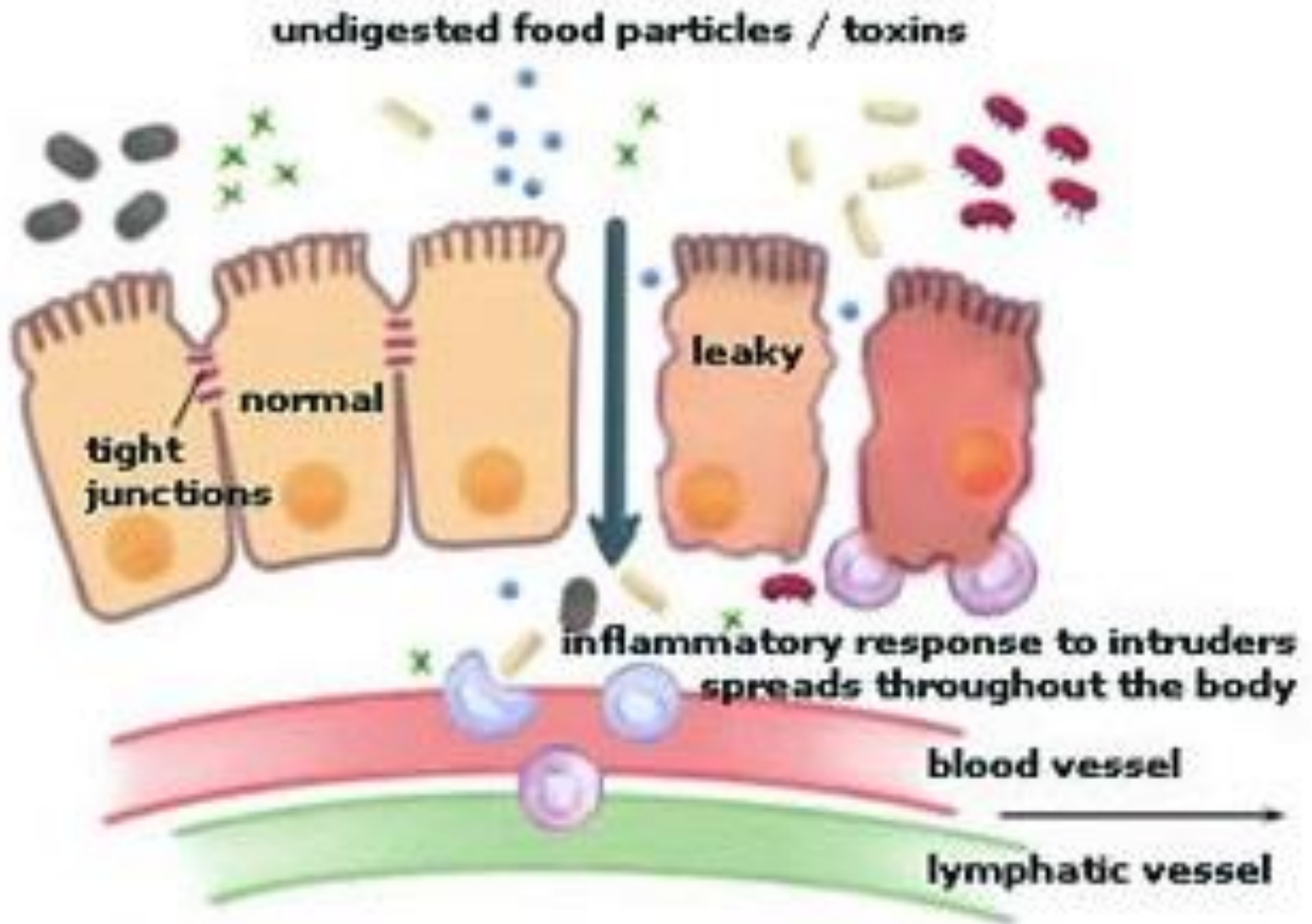


Candidiasis

- This is a name given to an issue where good bacteria levels are lower than they should be to keep naturally occurring yeast strain in check
- The yeast now has an opportunity to grow
- Too much and it becomes a fungal form and produces toxins that can cause a lot of intestinal upset
- If yeast has access to the gut lining, it can lock onto cell receptor sights and send toxins into the blood stream which can produce a lot of other symptoms such as brain fog, fatigue and headaches



Leaky Gut



Leaky Gut

- Good gut bacteria protects the gut lining
- Without the right amount the gut lining can open up – which is leaky gut
- We are born with leaky gut so the mother antibodies can be passed onto the baby
- Good bacteria as it develops in the baby closes the gut and should keep it shut
- All the same factors that cause dysbiosis have been implicated in leaky gut



Leaky Gut

- Food sensitivities and food allergies are also implicated but is it a chicken or an egg?
- Some people can have all 3 scenarios
- All that is known for sure is that if there is no dysbiosis then there is no leaky gut
- The good news is these can all be fixed
- The condition of the host is also important
- They take time and patience but they can be fixed

