

## **Treatment of Leaky-gut**

Disclaimer:

The information that follows was found to be effective for 1 individual but may not suit others. Those with maladies should take the advice of a qualified medical physician.

Leaky-gut affects an estimated 50% of the population, in the West, today. It can cause premature death. The disease is responsible for many of the ailments we see around us.

Early tell-tale signs of Leaky-gut are: Lower (muscular) back pain  
Bags beneath the eyes  
Xanthelasma (fatty lumps around eyelids)

Allergies  
Watery eyes, (especially after eating)  
Frequent headaches

And, during later stages: ‘flu-like symptoms (including delirium)  
Thyroid disorders  
Heart attack

This Paper should be read in conjunction with *Leaky-gut—the cause of Asthma, Allergies and Auto-immune disease* which can be downloaded for free from [www.MauriceCotterell.com](http://www.MauriceCotterell.com).

I have discovered that Leaky-gut can be caused in several different ways. The course of treatment to ameliorate the Condition depends upon the underlying cause.

*Leaky-gut—the cause of Asthma, Allergies and Auto-immune disease* explains how Leaky-gut is caused in several ways:

1. Diet (including chlorine in drinking-water)
2. Inhalers
3. Dieting
4. Stress
5. Candida

It can also be caused by other known diseases, like Crohn’s disease, Ulcerative Colitis, and Coeliac disease, but these are not covered by the Paper because their cause is, officially, unknown. [However, personal observation suggests that those who have had the gall-bladder removed suffer from Crohn’s as a result. (Bile acid, an alkaline produced by the gall-bladder is, normally, used to neutralise stomach acid before it passes into the gut. The intestines of those with no gall-bladder are thus exposed to stomach acid which causes the intestine to blister and leak)].

The following recommendations, therefore, refer to Leaky-gut caused by the above five antagonists.

### **Test for Leaky-gut**

The test for Leaky-gut [which occurs in the ‘small-intestine’—a part of the bowel] is a simple one: swallow one heaped teaspoonful of chopped fresh garlic with a glass or two of water, first thing in the morning, on an empty stomach. Do not eat for 2 hours.

If a migraine-like headache develops within 24 – 36 hours then it is likely that you have Leaky-gut. [The headache will last for around 3 days].

The garlic-test ‘mechanism’ is as follows:

The garlic immediately kills-off almost all of the bacteria in the gut. The bacteria then turn into endotoxins (poisons) within 24 hours. The wave of toxins, from the mass slaughter of bacteria, then leaks through the gut [if you have Leaky-gut] into the bloodstream. The toxins circulate through the body (this is known as ‘toxaemia’, blood-poisoning by toxins). The toxins attack the body. Sensitive organs suffer the most, soonest. The toxins attack brain cells causing pain in the brain, migraine. If untreated, Toxaemia can lead to organ failure, delirium and death. This can happen within 6 weeks from the onset of an attack, if the problem is not managed.

Note: The garlic test will not work if you do not have any bacteria in your gut to begin with. This can happen if you have recently taken antibiotics. The bacteria will re-establish themselves in the gut within 4 to 5 weeks of ceasing antibiotics, so the garlic test may be taken after that time. Note, also, that garlic may result in the loss of taste and smell.

Leaky-gut can be controlled in the long-term by taking raw garlic every 5 – 7 days, to keep-down the number of gut bacteria—normally, the bacteria defecate inside the gut and the droppings turn into toxins causing toxaemia. [Antibiotics work just as well, but irritate the gut lining, worsening Leaky-gut in the long run. Vitamin C also kills bacteria and hence may be used instead of garlic’. But Vitamin C, in large quantities, will cause diarrhoea, which will worsen Leaky-gut].

### **Symptoms of Leaky-gut**

Symptoms change over time, as the Condition worsens, over perhaps 10 years or longer (prior to premature death). They begin with headaches (caused by toxaemia), foggy-thinking, chronic fatigue, lower-back pain (in the muscles either-side of the spine—as the body dumps toxins in those muscles in an attempt to cleanse the blood)—watery eyes (allergies), frequent sore throats and, if allowed to progress to the final stages, to endocrine organ damage resulting in damage to the adrenals, thyroid, hypothalamus, pituitary and pineal glands (in the brain), ‘flu-like delirium, and death, if unattended. In the later stages, if the endocrine organs have been damaged by toxins, a fall in cortisol may be experienced. Cortisol is the ‘wake-me-up hormone’, a deficiency of which is synonymous with chronic fatigue. Cortisol is also the anti-inflammatory hormone, a deficiency of which leads to more inflammation in the gut and worse Leaky-gut. Cortisol deficiency leads to joint inflammation and arthritis. Cortisol deficiency can also cause extreme thirst. Cortisol can be tested-for in the blood, but such a blood-test is regarded as inaccurate. The only reliable cortisol test is the ‘24-hour Cortisol saliva test’ (available, privately, from Genova Diagnostics, in the UK. Tel. [00 44] (0)20 8336 7750, via your GP. The cost is around £150 per test). Cortisol is also used in the conversion of carbohydrates into sugars by the body. Those with a low cortisol level should avoid carbohydrates (bread, pasta, potatoes, rice etc) failing which they will fall asleep after they eat them, and may also experience thirst. Most Medical Doctors do not recognise the Condition of ‘low-cortisol’ and wait until it degenerates into the cortisol-deficient Addison’s disease, which leads to shakiness, and death (if not managed, with cortisol tablet supplementation). More progressive modern Doctors do recognise adrenal *fatigue*, before it gets to the Addison’s stage, and recommend cortisol supplementation [the rubbing-in of 2 blobs (the size of garden peas) of over-the-counter hydrocortisone

cream (available from Chemists) into the skin. Cortisol is usually made by the body from around 0400hrs to 0700hrs every day. Cortisol supplementation should only ever be taken, therefore, early in the morning. The body, though, also makes more cortisol in an emergency, for example when injured by a knife, or a bullet, or a virus or infection. This is for two reasons; to reduce inflammation (for potential wounds) and to activate the immune system (to attack virus's and infections). So, if *large quantities* of cortisol supplementation are taken (especially in the late afternoon, or evening), then the brain will question 'where the cortisol came from'. It will imagine it has been physically injured or attacked by a virus or infection, and will spontaneously activate the immune system.

A large overdose of cortisol supplementation will hence send the patient to bed with 'flu-like symptoms for 7 days because the body thinks it may have 'flu'. Use hydrocortisone supplementation sparingly. It also thins-out the skin and so should be applied to a different area of skin every day. The supplementation should help the Adrenals to rest and rejuvenate meaning that supplementation will no longer be needed, say, after 6 months, once the adrenals have recovered. If you experience a 'sore throat', after taking cortisol, it means that you do not need the cortisol supplementation. [The excess cortisol triggers the immune system which then attacks the throat].

More Cortisol is produced *to help the body relax* when it is under 'stress'. Thus, long periods of stress wear-out the adrenals, naturally (even without help from toxin damage). The '24-hour Cortisol saliva test' will show the amount of cortisol being produced. If it is too low it will show by how much. But it could also be too high, and that too is revealing: If it is *far too high*, then—just as driving a car, flat-out, at 150mph will cause the engine to blow-up—too much continuous stress will drain the adrenals of cortisol, causing them to fail completely and to stop producing any cortisol. The level of cortisol therefore often rises just before the adrenals fail.

### **Individual Treatments**

**1. Leaky-gut caused by diet:** This is the easiest to address.

**Avoid eating or drinking foods containing yeast or bacteria.** [Yeast and bacteria burrow-through a compromised (unbalanced) gut-wall causing the gut to leak]. These include: Yeast (in Bread), Beer, Wine, Vinegar, Cheese, Milk, Yoghurt [Note; natural yeast, a mould, is often found on the outside of fruit so peel and wash all fruit before eating (including strawberries)]. Note; it is O.K. to eat *cooked* foods (containing bacteria) mentioned above e.g. grilled cheese, boiled milk etc. because cooking kills the bacteria.

Also be mindful that contamination—by natural yeast—can occur in any 'grain' that has been stored without being fully dried first. Invisible yeast, and other Mycotoxins, especially Stachybotrus Atra, may cause internal bleeding and possibly death, especially in those with leaky-gut. So while one batch of oats may be safe to eat another batch may not if contaminated with natural yeast.

Boil eggs until hard, to kill bacteria.

**Avoid seeds and nuts of all kinds**, including; strawberry seeds, blackberry seeds, blackcurrant seeds. Seeds and nuts physically puncture a diseased/compromised gut,

and will remain lodged there until they rot, perhaps for 2 or 3 weeks, causing a long episode of pain. [Normally, the gut lining is renewed and replaced every 3 to 5 days. However, this new gut lining will be damaged by rotting seeds that are poking-through the gut lining—it is like trying to wrap a hedgehog in cling film; if this happens, raw garlic [or antibiotics] will be of no use. You will have to wait for as long as it takes for the seeds to rot-away, and put-up with the excruciating headaches for 2 to 3 weeks.

**Avoid gluten.** Gluten is a sticky protein found in most grains (wheat, barley, rye) but not rice or oats. It glues-down the velvet-like hairs inside the gut, trapping food particles and seeds, causing gut dysbiosis (inbalance and disease). **Avoid wheat**, which contains gluten, in bread, biscuits, and cakes. It is used in some Cadbury's milk chocolate, and many other foods, for example as a thickener in soups and gravies and stock cubes. Use rice-flour as an alternative. Whole maize, and corn on the cob, should be avoided because the kernel-casing is difficult to digest and irritates the gut. Wheat is also used as a coating in McCains's oven-ready chips (french-fries). It is also found in some prescription drugs, cosmetics (lipsticks), and toothpaste, and of course Communion bread. Use rice flour instead of wheat-flour for all baking. Avoid pasta made from wheat; use wheat-free (rice) pasta instead. Avoid cereals (except oats and rice-based ones).

**Avoid Histamine bearing foods.** Histamine dilates the gut causing it to leak more, and it makes the eyes water; so avoid citrus [orange, lemon, lime], pineapple, grape skin, plum skin, vinegar, wine, and beer, which all contain histamine. Conventional wisdom suggests that blue-cheese contains some histamine and should, therefore, be avoided (especially when the gut is very diseased). The hormone melatonin, and its pre-cursor serotonin, also act like histamine in the gut, so avoid jet-lag pills.

## **2. Leaky-gut caused by Inhalers**

Inhalers vasodilate (open-up) the lungs allowing them to take-in more air. Unfortunately, inhalers also vasodilate the gut causing it to leak more. In this way, inhalers actually cause leaky-gut and exacerbate allergies, asthma and auto-immune diseases.

## **3. Leaky-gut caused by dieting**

Circulating toxins—providing the patient survives—are, in the long-term, relegated to fatty tissue in the body, for long-term storage, where they cause no pain—because there are no nerves in the fat. This is fine until the patient embarks on a diet to lose weight. Then, the toxins are released as the body eats it's own fat. This releases a wave of previously stored toxins, causing excruciating pain (headache) from which there is no refuge. I have named this type of toxaemia 'metabolic toxaemia' because it results from second-hand toxins, stored in the body, not from real-time leaking gut toxins directly. The only way to avoid the pain from metabolic toxaemia is to regain weight quickly to provide new fat stores where the toxins can once again be stored, and to walk for 1-hour, a day, sweat, and immediately have a bath, to wash-away the toxins from the surface of the skin before they dry and are re-absorbed. Saunas may also help.

## **4. Leaky-gut caused by stress**

Stress is a form of fear, and fear stimulates the production of the hormone adrenaline. Adrenaline empties the bowel, to accommodate the ‘fight or flight’ response. Continuous stress causes continuous production of adrenaline [evidenced by frequent episodes of head-hair roots ‘standing on-end’ and a ‘creepy’ feeling sweeping up the spine and across the scalp] and Irritable Bowel disease. This is the most common form of Leaky-gut. The gut becomes unbalanced and a haven for bad bacteria. The hypothalamus [the ‘buildings management system’ in the brain] is controlled by an ‘adrenaline and histamine cycle’. When control of these is lost regulation of the body can go ‘haywire’, hot flushes, dry eyes, overactive thyroid [Grave’s disease—which causes the heart to race, and an increase in the production of white immune cells—damages sensitive tissue [like that around the eyes] leading to inflammation and bags beneath the eyes, and heart attack.]. Try to reduce the stress and change diet to (1), above.

### **5. Leaky-gut caused by Candida**

Candida is a fungus that thrives on sugars. It grows, like dry-rot, in an unhealthy gut. It sends-out roots, like tree roots, that cover the gut and puncture the gut lining, allowing the contents to leak into the blood stream. One symptom is a white furry tongue. Another, pain in the gut. It can be cleared with anti-fungal tablets (Diflucan) available on Prescription. The normal Candida infection takes around 42 days to clear. Leaky-gut of this type is insidious and the pain can be horrendous (it being unaffected by garlic or antibiotics). Stick to a low sugar diet to avoid a reoccurrence. Anti-fungals lose their effectiveness after 2 or 3 episodes and therefore should not be abused or relied-upon.