



Dr. Gabe

Functional Medicine and Applied Kinesiology

LEAKY GUT

A Guide to Healing IBS, SIBO,
and Leaky Gut

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Disclaimer

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LEAKY GUT

Hello!

Hey everyone! I just wanted to thank you for taking the time to read this eBook. My sincerest hope is that it will be helpful to you. I consider it a pleasure to serve others and help them get on the road to healing.

Over the years I have had the opportunity to work with many who were seeking help to difficult health issues. If you have read any of my articles you will see that leaky gut is one of the main topics. The gut itself is at the root of many of the chronic issues we deal with today. Leaky gut is by far one of the most common and at the root of many other issues. I wrote this eBook in hopes that you may find the specific answers to the things troubling you. Wherever you are at on your road to healing, I hope this will serve you well.

Once again, thanks for taking time to read this eBook. If you have any questions, please don't hesitate to reach out! I am fairly easy to get ahold of via email or phone. I am more than happy to help you handle your difficult gut issues.

Best Regards,

Dr. Gabe Ariciu, DC

LEAKY GUT

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An Effective Approach

If you have researched leaky gut, IBS, SIBO, IBD, or any other gut issue you know it can be quite difficult to treat. Some of these are often managed rather than treated. Sometimes the etiology (where it came from) is “unknown.” I wrote this eBook to make it easier to find out what is going on and get at the root of the gut issues.

As much as this will be helpful, please understand it is not the same as an in-office visit. I have many tools at my disposal in my office that make it far more effective. That being said, there is much you can learn and do on your own.

This eBook will help you get on the right track. I also hope it will help you avoid some of the issues my patients have ran into in the past. Issues that waste time and money. So I have included some of the important and effective approaches from my clinical experience.

As much as I love to read and learn, this will not cover every way the “top” functional medicine doctors treat. Rather, this will come from my clinical experience, from the trenches. What has worked time and time again for my patients. My most effective and efficient ways of looking at various gut issues.

The Why

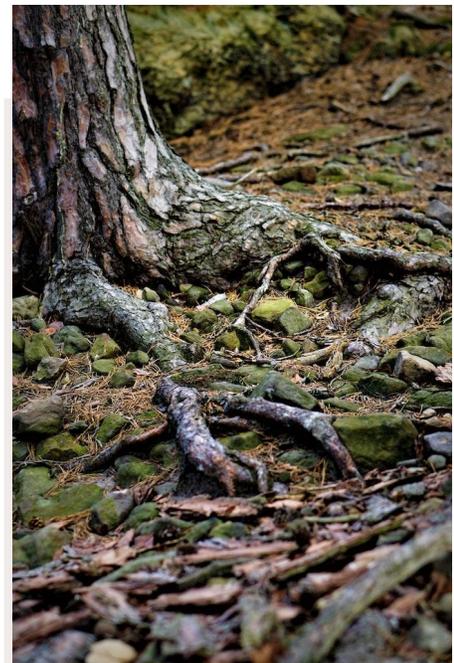
My expertise focuses on figuring out the **WHY**. Why is this happening, what is the root cause, and how to prevent it from happening again. In that way, it may be very different from your favorite influencers.

You will get a peak behind the curtain so to speak. I want to show you what often is not talked about or overlooked.

What You Will Learn

1. How research can differ from what really works
2. Top reasons why nothing has worked in the past with other treatments and what to do about it
3. What needs to be addressed first before addressing a leaky gut

Throughout this book I will be using the term leaky gut. It is much more common than its scientific name, **intestinal hyperpermeability**. Leaky gut leads to multiple chronic issues including autoimmune conditions such as Crohn's, but also SIBO, IBS, thyroid issues, hormone imbalances, and even mental health problems. Numerous issues can stem from it. So addressing leaky gut and what causes it is at the root of the others. And it is much less complicated than it sounds.



What is Leaky Gut?

I always start this off with an analogy. I like to compare the gut to a castle. Castles first and foremost have strong exterior walls with gates that can be opened and closed. Some also have a moat around them. The gut is similar. It is lined with cells, the wall. There is a mucus layer, the moat. We also have soldiers, the immune cells.

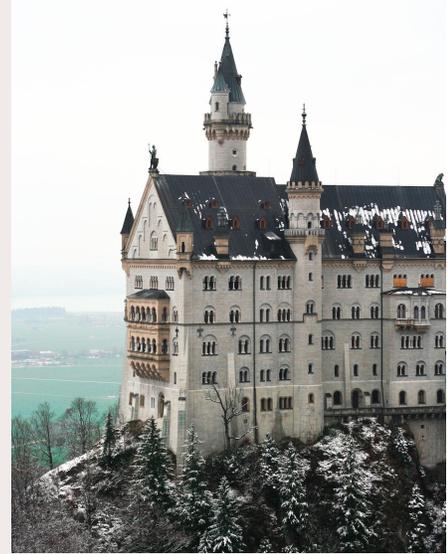
Of course, we want certain things in. Your gut is designed to digest food and absorb its nutrients.

But just like in a castle, breaches in the wall can happen. And what it was keeping out, now is being allowed in. These can be pathogens, toxins, and undigested foods. This is hyperpermeability otherwise known as leaky gut.

About 80% of your immune system lies in your gut. Its job is to keep track of what is going on and not allow foreign invaders in. When the gut leaks the immune system becomes alerted. This is a good thing, we need it to stop any damaging thing from entering in. However, if this is never resolved in can lead to many other things.

First of all, it takes a toll on the immune system. The immune system becomes taxed with the ongoing effort to keep this under control. This then leads to localized inflammation that if goes unchecked can lead to systemic inflammation resulting in many issues such as autoimmunity.

So you can see why this is important to address!



What Can Be Done?

The list of things that contribute to leaky gut are long and extensive. It is quite difficult to pinpoint what was the beginning culprit. That is one reason I will often say it is multifaceted and it requires a multifaceted approach. The same goes for SIBO and IBS.

The great news is that your gut can heal itself pretty quickly, the gut replaces itself essentially every 3 to 5 days! But wait....why do so many programs address this over several months even 6 months or longer? The gut is remarkably fast at healing.

So then why does it take so long to heal?

It shouldn't!

That is the purpose of this book. To explain what can be done and get you on the road to recovery as quick as possible. I have included some my personal tips, tricks, and secrets that help my patients.

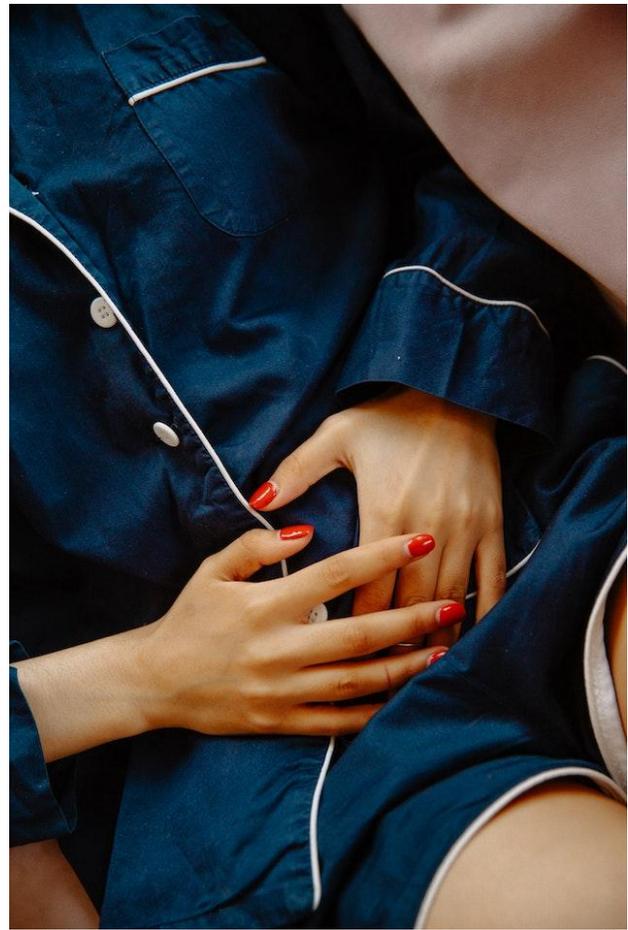
But first let me touch on leaky gut some more.

Leaky Gut Symptoms

These are varied. Some may not have any symptoms associated with the gut, so keep that in mind.

- Indigestion
- Bloating
- Diarrhea
- Constipation
- Food intolerances
- Eczema
- Pain
- Sick often
- Malabsorption
- Liver issues
- Fatigue
- Anxiety
- Depression
- Abdominal pain
- Headaches

Often those suffering from SIBO and IBS more than likely also have leaky gut. You will see a lot of overlap. Furthermore, the treatment will be relatively the same.



IBS and SIBO

Just like with leaky gut, I see IBS and SIBO frequently, even on a daily basis. Many are struggling with this. A good portion of my patients come to me after they have exhausted many other avenues including other functional medicine practitioners. Why include these with leaky gut? Not only is the treatment similar, but often patients have one or both together with leaky gut.

IBS is kind of a catch all diagnosis. Not that it doesn't exist, it is just typically diagnosed after other things are ruled out. It often presents with diarrhea or constipation. Sometimes it can be a mix. So you may get the designation IBS-D or IBS-C. But really it comes down to the fact the gut is irritated as it says in its name. The symptoms will overlap with SIBO and leaky gut too.

SIBO refers to the overgrowth of bacteria into the small intestine. Most of our bacteria reside in the large intestine. But due to a variety of reasons they overgrow into the small intestine causing several symptoms, symptoms that again overlap with the others here. Bloating, cramping, diarrhea, etc. Diagnosing is typically done via a breath test. However, treatment remains about the same.

SIFO is another common issue similar in nature only it is fungus that overgrows. This can be a bit more difficult to treat and there is not reliable lab test for it. Another great reason to use manual muscle testing. I cannot tell you how often I find this on patients.

Okay, now that we defined these, what are risk factors for leaky gut?

Risks of Leaky Gut

On a previous page, I detailed some of the symptoms, but leaky gut can lead to far worse things that I have already touched on. Some of the worst chronic conditions today are linked to leaky gut syndrome. These include:

- Hashimoto's Thyroiditis
- Fibromyalgia
- Chronic Fatigue
- Migraines
- Celiac Disease
- Multiple Sclerosis
- Lupus
- Psoriasis
- Rheumatoid arthritis
- Alopecia areata
- And many more!

Many of these are autoimmune conditions where the immune system is attacking your own tissue. It is important to remember that those with one autoimmune condition are likely to get another. I often liken it to a pack of wolves, each one representing a different autoimmune condition. Unless we get at the root of the problem, the likelihood of another wolf latching on is high.

What Causes Leaky Gut?

There are number of factors that can cause leaky gut or contribute to it. These factors can also contribute to IBS and SIBO. This will not be an exhaustive list but I will point to the big ones.

Alcohol

Alcohol has many downsides. It is the most abused drug in the world. It is a toxin that can affect many parts of the body making it difficult to heal. The gut is no exception. Books can be written and have been on the damage alcohol can do and has done.

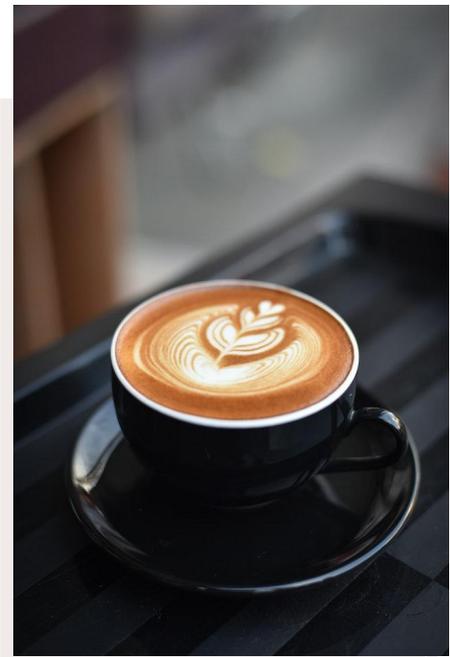
Caffeine

Caffeine is a gut irritant and we love it! It doesn't matter how clean the product is, it can cause issues. Caffeine is a natural pesticide plants use to ward off any bugs. So even though there is a nice benefit of it, it can cause issues to the gut.

Microbes

Gut microbes can cause a variety of issues including leaky gut. These include fungi, bacteria, parasites, and viruses. They can cause inflammation, severe illness, and release toxins into the body. This by far the number one issue.

In particular, Candida overgrowth is one of the most common due to overuse of antibiotics or the standard American diet. It can be difficult to balance.



What Causes Leaky Gut?

Additive Toxins

Whether it is pesticides or chemical additives, this list is long. We live a heavily processed food world. There are many additives like MSG and food dyes. There are also loads of pesticides added to our foods. Each of these contribute to leaky gut by activating our immune system.

GMO foods are another issue which are modified to withstand pesticide use. Glyphosate is one of the most common herbicides that is classified as a antibiotic. It doesn't necessarily harm us directly, though I think we can argue it does, but it destroys the gut microbiome.

Refined Carbs and Sugars

This is one of the biggest contributors to chronic illness. We eat an excess amount of carbs which damages our ability to heal, makes us insulin resistant, and feeds all the wrong microbes. Contributing to an imbalance in our microbiome.

NSAIDs

We overuse these oftentimes. They are well known to damage the stomach and cause ulcers, but they can also cause leaky gut. They impair the immune system as well. So not only are they damaging your gut, they are impairing your ability to heal as well.



What Causes Leaky Gut?

Acid-Reducers

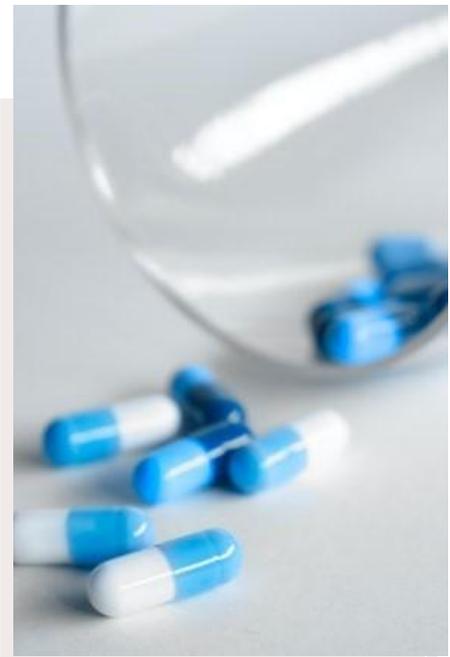
Antacids are among the most commonly used over the counter medications. They decrease the amount of acid in the stomach which contributes to long term issues. Most of the time our issue is we don't have enough acid. This is often due to stress or the presence of microbes that are decreasing our stomach acid. Sometimes nutrient issues. Either way, antacids worsen the problem over time and lead to gut issues.

Antibiotics

These are a life-saver when used correctly. But we have been overusing them for a long time. As much as they can help, they have some pretty negative side effects to your gut microbiome. They are designed to kill any bacteria in their path. Which leaves you wide open for fungal overgrowth or other infections.

Food Toxins

There are many foods that can contribute to leaky gut. Such as when we eat foods that have not been properly prepared such as wheat. Wheat contains many toxins. Traditionally we would sprout and ferment them. When this has not happened the toxins can cause inflammation and damage the gut. For more on this, check out my article, "[What Should Humans Eat?](#)"



Leaky Gut, Leaky Brain

The gut lining is not alone. The blood brain barrier is quite similar. It has been shown that almost always when someone has leaky gut they also have leaky brain. There is a strong connection between the gut and the brain called the gut-brain axis. In fact, the gut is known as the second brain.

The brain is rather important to me as I assume it is to you too. It is incredibly frustrating to not be able to think clearly and remember things. People who have leaky brain have many symptoms including:

- Brain fog
- Loss of focus
- Loss of concentration
- Depression
- Anxiety
- Memory loss
- Cognitive issues

The same toxins affecting the gut will also affect the brain. Giving us another reason to figure out what is going on with the gut so we can help the brain heal too.



Diagnosis and Conventional Treatment

Most functional medicine practitioners will diagnose via lactulose and mannose testing. There are some other markers that are indirect that can be screened for in the blood too. Sometimes you can miss it though. That goes for testing SIBO too.

Another way is through manual muscle testing by a professional Applied Kinesiologist. It is great way to screen for issues. This is what I prefer. I use this with a thorough health history. It allows me to give immediate feedback and put together an effective treatment plan on the first visit.

What about conventional treatment?

Even though leaky gut is becoming more widely known, most conventional doctors don't accept leaky gut. It is not hard to find an article saying it doesn't exist or doesn't matter, despite the mountains of research describing it. It is mostly ignored.

IBS tends to be managed by decreasing stress though there are some medications. For SIBO, it is usually antibiotics which as I already touched can cause other issues.

In the end, many are left still struggling and wondering why.

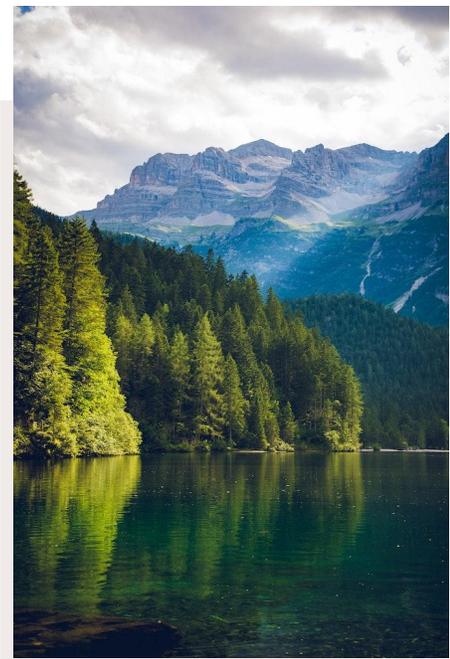
Natural and Functional Medicine Treatment

There are different perspectives in the arena. From my years of experience, it is a bit of a spectrum. Some rely heavily on blood tests and “evidence-based” treatment. Some natural doctors focus mostly on diet and herbs. I have seen many recommend prescriptions with diet and lifestyle modifications. But I would say there are some similarities between them all.

The overall goal of natural and functional approaches is to uncover the **root cause**. Whether they are using lab tests, muscle testing, or a neurofeedback device, they all are seeking the root cause of what is going on. Which is great! This is what we want! This is my approach too.

Most tend to be well versed in an anti-inflammatory or elimination diets. Supplementation varies between practitioners, however there are some common approaches. Many of these approaches are well and good, but oftentimes the underlying culprit is overlooked.

Just because the lab test improves or evidence supports this approach, it all falls apart when the patient’s symptoms are not improving. In other words, we missed something. And sometimes it is something **BIG!**



Why is it Not Working?

This is probably the most important part of this eBook. I have gone through hundreds of hours of functional medicine training. I have thousands of hours of clinical experience. There are many things that contribute to a treatment not working. And just because the treatment is popular or touted by all the popular gurus it doesn't mean it is effective or what you need.

Part of the issue is many of these gurus you may be listening to or reading are researchers not clinicians. Research is important but what happens in a laboratory is often different from a clinical setting. They have spent many hours researching but very few implementing. I have personally seen this. I have listened to gurus who are talking about the research, but yet when I use what they recommend I don't get the intended results. Or I attend seminars where they lecture only to hear recommendations that do not work clinically.

So I will detail what I have seen as stumbling blocks in treatment protocols and why. I hope it is not too controversial, I don't mean to step on anyone's toes. Rather, I hope this will help you avoid some of the pitfalls I have seen and find the resolution you are seeking.

Why is it Not Working?

Silent Infections

This is super important. I don't know how many times I have seen this ignored or overlooked. I have also seen others openly admit to not knowing what to do it about. Still others do their best, but ultimately wide up with a generic protocol meant to fit everyone. Nothing against them, it can be complicated, at least at first.

Why is this so important? **It is probably the number one reason behind leaky gut.**

This must be addressed. This is the number one reason people find themselves eating more and more restrictive diets and as soon as they start reincorporating foods the symptoms return. Or take probiotics only to mask the symptoms, once they stop taking them again the symptoms return.

Silent infections are really common too. Pretty much everyone walking into my office are dealing with these. The same could be said of leaky gut. Almost every patient will leave with one or two natural antimicrobials.

If these are not addressed, the underlying root cause is not addressed. So leaky gut will continue. Symptoms will continue. Restrictive diets and masking will continue.

The Wrong Antimicrobial

Another common issue is the wrong herb. Quality is very important here, not something we want to compromise on. Herbs, even the same herb, can have different sources. They need to be clean, high quality sources.

Why is it Not Working?

Further, just because it is an antimicrobial doesn't mean it is the one you need. I always use manual muscle testing to fine tune what herbs are needed. It is common for me to see patients who have tried herbs like garlic, oregano oil, elderberry, and others to no avail. Some of these are just not strong enough. So it is important to get properly tested on herbs strong enough to help.

Out of those I mentioned I keep elderberry in my office, but it is used for specific things usually to support the immune system. Oregano oil is in some of my essential oil products, but it is in conjunction with others, used for specific cases. I more often use other herbs more suited to the issue at hand..

Turmeric and Resveratrol

This is often a joke amongst my colleagues and I. Not that these don't work, they do! But you cannot go 10 seconds without hearing about these two supplements or the word "inflammation" which they are intended to treat.

Don't get me wrong, we need to deal with inflammation, however, your body is not inflamed for no reason. Inflammation is not the root cause. Something else is driving it. We must find the **DRIVER.**

That being said I commonly use curcumin (from turmeric) and resveratrol in my office when appropriate, but it is not part of a cookie cutter protocol. Rather, I specifically test it per individual to know if it is needed.

Why is it Not Working?

Anti-inflammatory diet

This is not a supplement obviously. However, it is strongly employed. If someone is still having symptoms or it is masking a symptom, meaning they start eating those foods again and the symptoms return, we missed something.

Nevertheless, an important and crucial tool. And a side note. Some foods will cause symptoms, period. These include food intolerances and foods that are not optimal for humans like nuts and legumes. The severity that they cause symptoms depends on the person. But if you are only eating meat because everything causes symptoms, something else is going on.

Glutamine

I don't typically use this in my office, however, I am perfectly comfortable recommending it because it can help the gut heal. That being said, glutamine is like the others, if the root cause is not discovered and dealt with, taking glutamine is like pouring water into a leaky barrel.

Probiotics

I already touched on these. Super common these days. Many think it healed their issues, but in reality it masked them. The underlying issue must be dealt with first and foremost.

However, afterwards they can help replenish the gut, but typically I recommend fermented foods, organic fruits and vegetables, and others.

Why is it Not Working?

Food Intolerances

I mentioned these earlier. If you have leaky gut, it is quite possible you have become intolerant or sensitive to certain foods like gluten or eggs. It is important to remove these and crucial to treatment. This is often looked at which is good, but it is looked at alone at the neglect of the silent infections.

Fiber and Prebiotics

This will be controversial. Fiber is not what it is cracked up to be. Humans do not have a large gut to deal with the amount that is recommended. Our gut microbiome does not need the amount that is recommended. In fact, many have an increase in symptoms including bloating and constipation when they consume large amounts of fiber.

Omega-3s and Vit D

These are fantastic. I use them frequently. However, again, if the underlying cause is not found and dealt with, it is again pouring water into a leaky barrel. That goes for many vitamins and minerals too.

There are many other supplements or treatments I can list that my patients have brought in or I have heard recommended. These are among the common ones.

Moral of the story is? The root cause must be addressed.

And what is the main root cause I am detailing? **Silent Infections.**

Natural Antimicrobials

How do you address silent infections? With natural antimicrobials. I have included five of my most common ones I use in hopes they may be helpful to you in your journey to health and healing. This is not an exhaustive list by any means either. Herbs are typically safe. I usually don't keep patients on them long, roughly 2 weeks, sometimes longer. But as always consult with your physician when using herbs. They can advise you on how long you can take them and which are needed.

Neem (*Melia azadirachta*) ([buy here](#))

Neem has been used for thousands of years. It is a broad-spectrum antimicrobial. It can even help against bacteria that are drug-resistant. It also has been shown to spare the good bacteria.

It has some anti-inflammatory and anti-histamine properties. Neem has been shown to help with serotonin, insulin, and cholesterol too. So it can help with a broad range of things.

Noni (*Morinda citrifolia*) ([buy here](#))

If you have ever visited the Pacific islands you may have heard of noni. It has frequently used often as juice. Noni can help with a variety of issues including supporting the immune system, cognition, and blood sugar issues.

I mainly use it for its broad spectrum antimicrobial properties. It has been shown to help against bacteria and fungi especially but can help against others too.

Natural Antimicrobials

Chinese Coptis ([buy here](#))

Chinese coptis, like the others, is a broad spectrum antimicrobial. It can help with a variety of infections. It also has been shown to help with biofilms, the fortress like structures microbes create.

It also contains berberine which has great therapeutic effects. It is anti-inflammatory and can help calm the sympathetic nervous system. It can assist with bile production helping with gallbladder issues.

Mimosa (*Mimosa pudica*) ([buy here](#))

Don't confuse it with the drink by the same name. Mimosa has been used for a very long time in Asia. It is also a broad spectrum antimicrobial but specifically against parasites. It is one of the most common I use for such issues.

It also has been shown to support the liver and blood sugar regulation. It has been shown to help with hemorrhoids, diarrhea, inflammation, and ulcers among other things.

Chinese Skullcap (*Scutellaria baicelensis*) ([buy here](#))

Like the others, Chinese skullcap is a broad spectrum antimicrobial. Among the safest I use, it can be used with pregnancy and breastfeeding. Has been shown to help against drug resistant microbes.

It has been shown to be cardioprotective, neuroprotective, hepatoprotective, anti-inflammatory, and kidney-protective.

A Note on Herbs and Supplements

I already mentioned quality. Some other things to look for are extra ingredients. For herbs, you want to make sure there is nothing extra added such as fillers or binders. Other supplements will have some of these added, though still good quality.

Along with sourcing well, herbs should also be organic. They also should not be grown next to an active volcano or a coal plant.

Lastly, single ingredients are best. Combo supplements rarely work well in my experience. I am often asked about B complexes or herb combos and I always point out that most of my supplements are single ingredients such as niacinamide (Vitamin B3).

Where to buy them?

Of course, I carry them in my office. Many of my supplements can be purchased through my [Fullscript account](#). The herbs can be found at the links above.

Appendix: Diet

For most patients, I recommend a modified Paleo diet. Which essentially means meat, fruit, and vegetables. This is closest we can mimic the diet of our ancestors. It doesn't mean you will be 100% Paleo the rest of your life. But during healing it is highly recommended. Thereafter, many find eating Paleo 80-90% of the time works well.

That being said, some patients need a stricter diet. Those with fungal infections especially need to be careful about certain foods. I often start off with an antifungal diet avoiding sweeteners and mold-fermented foods. Then if needed, and it often is, I will move towards FODMAPs. This excludes other carbohydrates that are likely to cause issues with fungal infections.

It is not the only time I use it, but it is common. It is also quite difficult, but can be a game changer on the road to healing.

For more information on Paleo, I recommend trying Whole30. It is essentially the same thing. You can find the program rules here:

[Whole30 Program Rules](#)

Appendix: The Right Approach

Finding the right supplement can be hard as I mentioned.

1. Trial and Error

In my experience, finding the right herb on your own can take time. I included 5 of my most common herbs I use in my office. Most patients do very well on them. However, with gut issues I often see two herbs being needed.

You may need to combine two of them and try them for 2 weeks.

2. Find the Right Doctor

Whatever route you choose, I highly recommend finding a skilled Professional Applied Kinesiologist who is familiar with silent infections. It will save you so much time and effort. Especially if they use Systems Health Care technique. It is much easier than trying a million supplements to no avail.

If you need a referral, don't hesitate to reach out at doc@drariciu.com. I don't know if there will be someone in your area, but I will do my best to help you find someone.

If there is not, I do offer virtual appointments. Though they are not the same as an in-office visit, it can still be very helpful.

Appendix: Disclaimer

As always and as already mentioned, this is meant for educational purposes only and is not intended to constitute (i) medical advice or counseling, (ii) the practice of medicine including psychiatry, psychology, psychotherapy or the provision of health care diagnosis or treatment, (iii) the creation of a physician patient or clinical relationship, or (iv) an endorsement, recommendation or sponsorship of any third party product or service by the Sponsor or any of the Sponsor's affiliates, agents, employees, consultants or service providers.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any diseases. If you have or suspect that you have a medical problem, contact your health care provider promptly.

As safe as herbs and supplements are, they can still cause issues. The safest way to determine this is by seeing your physician.

Frequently Asked Questions

What about _____?

I wish I could be more specific, but it is impossible to anticipate everyone's needs. Please don't hesitate to reach out, like I said I also do virtual appointments. Whatever works best for you. I am happy to help answer your specific questions if I can.

Of course, you can also schedule an [in-office appointment](#) too.

What about antibiotics?

As I said earlier, they can cause a lot of damage. I am not against them, they are a life-saving development. But they are indiscriminate on the bacteria they kill. And remember, they are designed to only kill bacteria. Which creates opportunities for other microbes to grow. Whereas, antimicrobial herbs are broad spectrum, can often kill not only bacteria but also fungi, parasites, and viruses. They also tend to balance rather than completely decimate your gut flora.

What if I have tried antimicrobial herbs before?

This goes back to what I said earlier. Quality and sourcing matter. So does the herb you specifically need. I use only the best. If a supplement does not test in my office, I do not use it. My patients often bring in herbs or supplements from other companies that just don't test well.

It could also be you have other issues going on that need to be addressed. The liver may need support or another organ. For example, aldehyde toxicity is common with fungal infections leading to further issues.

Frequently Asked Questions

What else can I do to support healing?

Diet is super important. I go into great detail about diet in my office. In addition to that, exercise and movement is super helpful. I have several optimizing strategies I recommend to patients.

But first is diet and movement. Start by walking and then progress to something more intense. Many need a program or a trainer. There are some good at home options too. Point is to get moving.

Then start slowly cleaning up your environment. Get a good water filter, change out hygiene products for cleaner ones, etc.

How can I find a physician?

Definitely hard, but they can be found. Once you find one, hold on to them! They are priceless. But all that is easier said than done. Feel free to reach out to me at doc@drariciu.com and maybe I can help you find someone in your area. Happy to help!

What about lab testing?

I love lab work. It is fascinating to read and understand. That being said, it can be very expensive and inconclusive. Don't get me wrong, I run them when needed especially to manage things like thyroid and other issues.

However, so often they are incredibly costly and you still do not have any great answers. That is why I use manual muscle testing and recommend finding a **skilled certified professional** Applied Kinesiologist. It can save you a lot of money and headaches.

Frequently Asked Questions

Why muscle testing?

It is the most effective and efficient means of finding the root cause. With Applied Kinesiology, specifically [Systems Health Care](#), the treatment can be fine tune and individualized. I am able to figure things out quite quickly with it.

So again, I highly recommend finding a skilled professional Applied Kinesiologist.

What about stool testing?

I have been asked this many times. It is not something I tend to do. Many microbes are missed. It can be inconclusive. If it finds what is going on, great! Hopefully the treatment will do the trick. But often thousands are spent on testing and the treatment is inadequate. I don't know how many patients I have seen that have spent thousands sometimes over ten thousand just to get a diagnosis, but the treatment was ineffective.

Stool testing falls under this, it could be helpful, but effective treatment is what matters most.

Do you have a protocol?

I do not. I have had patients test for and exhibit the exact same issues and they needed different herbs. Cookie-cutter protocols often do not work or are subpar.

Frequently Asked Questions

Can leaky gut be healed?

The gut can heal! But we need to remember how we got here. The same things that got us here can get us here again. That is why a good diet is important. Also, you may have developed a food sensitivity which means you need to be careful with it from here on.

I am still bloating, what should I do?

Likely there are still infections present and certain carbohydrates are still being fermented by them. You likely need to eliminate more carbs and continue treatment. You may consider FODMAPs, but more likely if this has been going on for awhile it may be time to find a practitioner to work with.

Should I get food sensitivity testing?

I find these to be extraordinarily expensive and not very reliable especially if they have leaky gut. Oftentimes, many foods will appear across a spectrum. It won't make much sense either. What to do instead? An elimination diet like Paleo or autoimmune protocol, which can be further modified with manual muscle testing of food sensitivities. I find this to be the most efficient way in figuring this out.

How long does it take to heal?

I have seen complete resolution of symptoms in as little as a few days, but typically 3-4 weeks. Sometimes shorter, sometimes longer. Depends on what all is going on. Typically I see people with multiple issues which just take some time to resolve.

Conclusion

Thanks for taking the time to read this eBook. I hope it helps. There is so much more detail to go into. I have several blog posts going into great detail on leaky gut. For those who want to take a deeper dive, please check this out: [Intestinal Permeability: Leaky Gut's Role in Autoimmune Disease](#).

Leaky gut is an important aspect to address when trying to heal, but it is not the only. A holistic approach is the what is needed. If you are still struggling please don't hesitate to reach out.

In the end, I hope this at the very least gives you hope. There is always hope. Don't give up. There is a light at the end of the tunnel.

If you found this helpful, please share it with a friend.

LEAKY GUT

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