



LANE COVE
CHIROPRACTIC

Leaky Gut Syndrome

When the Sympathetic Nervous System has been wound up or dominant for a long time it can cause a suppression of intestinal function and result in leaky gut syndrome.

The way this happens is that Sympathetic Dominance suppresses the digestive system by reducing the blood flow and nerve function to the gut and fires up the adrenal (stress) system.

Partially due to both factors the gut lining becomes increasingly porous (leaky), allowing toxins, waste and undigested food particles to slip through into the blood stream.

This can lead to an increase in inflammatory markers called 'cytokines'.

These inflammatory cytokines can cause a variety of reactions throughout the body. For example-

- Bloating and water retention
- Irritable Bowel Syndrome
- Diarrhoea or constipation
- Inflammation of the skin (such as psoriasis, eczema and dermatitis)
- Inflammation of the Nervous System
- ADD, ADHD
- Crohn's Disease
- And possibly linked to autoimmune disorders.

What can you do about this?

1. Management of sympathetic dominance through specific chiropractic adjustments and lifestyle advice.
2. Remove any offending foods from your diet. The treatment time frame may be 3-6 months depending on severity.
3. Treat the gut lining with a good quality lactose free probiotic and micronutrients to assist gut healing.
4. Use bone broth for its exceptional effects on gut healing.
5. After treatment undertake a staged reintroduction of foods starting with the lowest sensitivities. While there is no guarantee you'll be able to tolerate all of them, some may be successfully reintroduced.

What Is Sympathetic Dominance?

Our lives are moving faster than ever before. We're bombarded with information and there are seemingly constant demands on our minds and bodies.

Our nervous systems aren't set up to deal with it all - and our bodies are paying the price for constant exposure to this unnatural level of input.

YOUR NERVOUS SYSTEM

Your nervous system can be divided up into various parts. Your brain and spinal cord form your central nervous system. The nerves that branch off the central nervous system are divided into two types:

1. somatic nerves: which control conscious movement and sensation
2. autonomic nerves: which control the body's automated functions like digestion, sleep, immunity, reproductive capacity, etc.

The autonomic nervous system can be further divided into two parts:

- sympathetic nervous system, responsible for the fight/flight response, and
- parasympathetic nervous system, responsible for rest, digestion and relaxation.

The sympathetic and parasympathetic nervous systems should work in harmony to allow the body to respond appropriately to what goes on around it and inside it.

As a result of stress load and postural habits, we're seeing more and more cases of **sympathetic dominance** leading to a wide range of symptoms, such as:

- Rounded shoulders
- Forward head posture
- Tight shoulders
- Restless leg syndrome
- Difficulty getting to sleep or staying asleep
- Headaches that get worse over the day and decrease with rest
- Light and noise sensitivity
- Poor digestion: bloating, constipation and irritable bowel symptoms, etc.
- High blood pressure
- Increased perspiration
- High blood sugar
- Elevated heart rate
- Feelings of tension, depression, anxiety or sadness
- Altered thyroid function
- infertility, polycystic ovaries, uterine fibroids, etc.
- Precursors to auto-immune disorders such as psoriasis, lupus, rheumatoid arthritis, Parkinson's disease and other degenerative neurological conditions
- Symptoms of hormonal imbalance, such as endometriosis

If you've been noticing any of these or similar symptoms, talk with your chiropractor today about how we can help you and what you can do to help yourself. If you know someone experiencing these symptoms, please encourage them to talk with us too.

* Much of this information comes from Dr Wayne Todd, DACBN, chiropractor. Wayne is one of our great friends and mentors and we're grateful for his work in this area. It's no exaggeration to say that it really is life-changing.