



LIFESOURCE INSTITUTE NEWS

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Leaky Gut What Is It?

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ASK THE COACH?

STAY ON TRACK

- * **Antibiotics**, one of the many over-prescribed medication. According to the CDC, half of all the outpatient prescriptions are not necessary.
- * **NSAIDs** such as Motrin and Advil work by halting the body from producing a chemical called prostaglandins, promoting fever, pain and inflammation. If being treated for leaky gut this may set back your treatment drastically.
- * **Stay the course** if you are dedicated to continue your leaky gut treatment program, only to still have seasonal allergies, brain fog, eczema, and digestive issues, never give up!
- * **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- * **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind body and spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- * **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

Most all of us have some form of Leaky Gut. Note, this is not a barrier that cannot be penetrated. Instead, these 4000 square feet of the surface area form a barrier that controls what is absorbed in the bloodstream. When not working correctly, this unhealthy gut lining will have extra-large holes or cracks that allow partially digested foods, bugs, toxins to seep into the tissue beneath it. In addition, this unhealthy lining can trigger changes in the gut flora (normal bacteria) that can cause significant problems within your digestive system. Research in the world today suggests these modifications to the intestinal bacteria, along with inflammation, play a significant role in several common chronic diseases developing.

Dr. Amy Myers is a leaky gut expert who has a 4R approach that I highly recommend to all of my functional nutrition clients; this simple 4R method starts with "Removing" gastric irritants like medications, caffeine, alcohol, along with inflammatory, toxic foods. "Restoring" proper digestion and absorbable essential ingredients that get depleted from our diets, with aging, diseases, and medications. "Reinoculation" takes place in yourself with bacteria that benefits the establishment of a good healthy balance in your Gut. "Repairing" your gut lining by reducing inflammation by providing the proper nutrients through food and supplements daily. Dr. Myers 4R's approach

"Remove, Restore, Reinoculate, and Repair is proven to fix gut health by fixing leaky Gut.

Avoiding mistakes like not following the 4Rs, eating an overabundance of fermented foods, make sure you are taking the right probiotics, do not eat healthy foods that are genuinely not healthy, for women watch the use of oral contraceptives, avoid medications that cause significant damage to your gut, eating when you are going through significant stress, eating too many raw vegetables, not doing the proper elimination diet, finally do not cheat on your healing gut protocol, the truth is none of us are perfect! So with that being said, if you genuinely want to fix your leaky gut, this last step must be avoided at all costs.

Last, stay strong, stay the course, to a healthy gut.

MUST READ: DIET EVOLUTION BY DR. STEVEN GUNDRY

ASK THE COACH?

Q: COACH BERNARD: FEELING TIRED ALL THE TIME, CAN THIS BE ADRENAL FATIGUE AND MITOCHONDRIAL DYSFUNCTION? AS A FUNCTIONAL NUTRITION COACH WHAT

A; GREAT QUESTION: ANNIE, I FIND THIS QUESTION IS BETTER ANSWERED WITH FIRST SAYING IN THIS WORLD TODAY WE ALL HAVE VERY FULL PLATES, AND WEARING ALLOT OF HATS IS PART OF THE DELIMA. STRESS IS A BIG PART OF THESE TWO ENERGY GRABBING ISSUES. A LACK OF QUALITY SLEEP IS THE REASON FOR SOME PEOPLE, AND ARE NOT SO OBVIOUS FOR OTHERS. ALSO THESE ISSUES CAN BE DESEASES LIKE TYPE-2 DIABETES, AND OBESITY, NEURODEGENERATIVE DISEASES, CANCER, AND HEART DISEASE. DIET EXCERSISE AND PROPER SUPPLEMENTATION IS A MUST. COACHES AT LIFESOURCE INSTITUTE CAN LEAD YOU DOWN THE ROAD YOU ARE LOOKING TO TRAVEL DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY AND SPIRIT. PLEASE CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS AND KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.