



# Leaky Gut Cheat Sheet

1. What IS leaky gut?

2. Why it's BAD for our whole body  
+ brain if our gut is leaky

3. Things that make our gut leaky

4. Four easy steps to make our  
gut less leaky today

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# 1. What Is Leaky Gut?

## Our gut wall

is the barrier separating the contents our gut from the rest of our body. It's very thin and delicate, which also means it's vulnerable to damage.

## The main purpose of our gut wall

is to allow water to pass from our body into our gut to help digestion + digested food molecules to pass from our gut into our body to be used as fuel.

## Our gut wall relies on friendly bacteria

to function properly. Bacteria that live inside us are called our 'microbiome' and many of them are vital for the smooth running of our gut + body.

## Not enough friendly gut bugs

leads to our gut wall malfunctioning and becoming 'leaky'.

## Troublesome stuff then passes from our gut into our body

like toxins from bad bacteria or partially digested food particles. This is bad news for our entire body, including our brain.

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## 2. Why it's BAD for our whole body and brain if our gut is leaky

### Our immune system goes into action

to defend against the unexpected stuff passing into our body from our gut. It's as if the body were under attack.

**Chronic inflammation** is the result + it doesn't die down until the leaky gut is repaired.

**Nasty problems can show up all around our body** such as

- **DIGESTIVE SYSTEM:** diarrhea, constipation, Irritable Bowel Syndrome (IBS), Crohn's, colitis.
- **METABOLISM:** trouble shifting weight despite trying lots of different strategies, erratic energy levels.
- Type 2 diabetes, obesity.
- **SKIN:** rashes, eczema, acne, rosacea, psoriasis.
- **IMMUNE SYSTEM:** intolerances and allergies to certain foods or substances, like peanuts or pollen.
- Autoimmune conditions like lupus or rheumatoid arthritis, where our immune system attacks our own organs.
- **BRAIN:** brain fog, anxiety, depression, ADHD, addictions, autism spectrum, dementia.





### 3. Things That Make Our Gut Leaky

Anything that harms our friendly gut bugs can lead to our gut wall springing leaks, for example:

#### **Antibiotics**

are necessary and life-saving at times but they're also like a nuclear bomb causing catastrophic collateral damage to our inner cities of friendly microbes.

#### **Painkillers like aspirin, Advil, ibuprofen**

are known to damage our delicate gut wall and make it leaky.

#### **Eating processed food regularly**

because the nutrients have been stripped away and replaced with chemical additives.

#### **Eating lots of gluten**

as gluten directly increases gut leakiness, and some of us are more sensitive than others.

#### **Being bottle fed as a baby rather than breast-fed**

makes a difference because breast milk is full of amazing stuff that starts off baby's community of gut bugs in the best way.

PRINT  
OUT + STICK  
TO YOUR FRIDGE!



## 4. Four steps to make our gut less leaky today

Although things in our past may have badly damaged our gut, there is hope!

### Our friendly microbes will respond immediately

if we give them some tender loving care. In turn our gut lining will gradually heal and soon we'll be on the road to recovery!

#### 1. Cook some meals at home this week from scratch

with whole, fresh ingredients, no packaged sauces. Doesn't have to be complicated.

#### 2. Take a probiotic and eat live, fermented foods

to top up our friendly gut bugs, which will work their magic and gradually repair our gut wall.

#### 3. Cut back on stuff containing gluten, like bread and pasta

but also less obvious things like soy sauce and hot dogs. Almost all processed foods contain gluten.

#### 4. Don't take antibiotics unless really necessary

Allowing our immune system to beat the illness on its own can make us stronger in the long run. Check with your doctor!



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