



Leaky Gut

Modern diets, stress, toxins, medications, pathogens and lifestyle have increasingly contributed to our overall health by damaging our digestive systems leading to "intestinal permeability". AKA Leaky Gut Syndrome. The intestine is protected by a single layer of specialized epithelial cells that are linked together by tight junction proteins. When you have leaky gut, certain tiny particles that should never be able to enter your bloodstream start to make their way through the tight junction proteins. The presence of these proteins in the blood sets off an immune response as the body responds them as if they were a pathogen. This normal immune response leads to chronic inflammation, which is the root of most diseases.

The good Lord designed you so food would go in one end and out the other. It was never intended to leak into the blood stream.

The good news is that the body can heal. The first step is to remove the triggers (stressors) that are affecting the body. Next, we will work together to give the gut tools to restore the tight junction proteins so the proteins no longer leak into the blood stream.


Leaky Gut Progression


↪ **Stress** 

↪ **Toxins** 

↪ **Food Particles** 

↪ **Medications** 

↪ **Pathogens** 

Organ Malfunction 



AWAKENED WELLNESS LLC

IgE & IgG Allergic Reactions Why do we test?

Allergies occur as your immune system reacts to a substance, such as, pet dander, pollen, bee sting, or a food that typically does not cause a reaction in most people. When you have allergies, your immune system makes antibodies that identify a particular allergen as harmful, even though it isn't.

When you come into contact with that allergen your immune systems reaction can inflame your skin, sinus, tissues, or even the digestive system. In short, your immune system is responding in an exaggerated way. These reactions can be immediate or delayed, obvious or hidden to the naked eye.

Allergies are classified into 4 different types according to what the body uses to respond to it. Type 1 involves IgE antibodies, and the immune system responds immediately and severely (EMERGENT). Type 2 involves IgG antibodies of the immune system and creates inflammation in the body. The inflammation leads to oxidative stress, which leads to chronic health issues.

Both Allergies Are An Immune Response - IgG Reactions Are Allergies
Delayed IgG reactions do not have the potential to cause anaphylactic or deadly reactions. But, they cause inflammation that damages tissue and can worsen with constant exposure to the irritant.

When you are inflamed you can not heal!

Your IgG allergies will vary as the body heals and with changes in the immune system. Talk to Nurse Tanya about when you should retest.

IgE Immunoglobulin E

- **1% of the immune system**
- **Production of IgE antibodies**
- **Release of histamine mediated by IgE antibodies**
- **Immediate strong reaction: hives, rash, anaphylaxis, swelling of mucous membranes.**
- **tested by skin scratch. blood. food challenge**

IgG Immunoglobulin G

- **70% of the immune system**
- **Production of IgG antibodies**
- **Release of inflammatory mediators caused by binding of IgG antibodies**
- **Chronic, delayed inflammatory disease (3hrs- 3 days)**
- **tested by blood test**