

Leaky Gut Syndrome/Intestinal Permeability Self-Test

Leaky gut syndrome is intestinal permeability, which causes inflammation in the body and underlies many different health symptoms and illnesses. Complete the Leaky Gut Syndrome Self-Test to see if you are experiencing any of its most common symptoms.

Symptoms of Leaky Gut Syndrome

Below is a list of the most common symptoms that leaky gut syndrome is associated with: (Check all that may apply.)

<input type="checkbox"/> Gluten sensitivity	<input type="checkbox"/> Constipation	<input type="checkbox"/> Mood swings
<input type="checkbox"/> Dairy intolerance	<input type="checkbox"/> Depleted appetite	<input type="checkbox"/> Muscle cramps
<input type="checkbox"/> Food sensitivities	<input type="checkbox"/> Depression	<input type="checkbox"/> Muscle pain
<input type="checkbox"/> Chemical sensitivities	<input type="checkbox"/> Diarrhea	<input type="checkbox"/> Myofascial Pain Syndrome
<input type="checkbox"/> Abdominal pain (chronic)	<input type="checkbox"/> Excessive flatulence	<input type="checkbox"/> Poor exercise tolerance
<input type="checkbox"/> Abdominal spasms	<input type="checkbox"/> Fevers of unknown origin	<input type="checkbox"/> Poor immunity
<input type="checkbox"/> Abdominal distention	<input type="checkbox"/> Frequent bacterial infections	<input type="checkbox"/> Recurrent bladder infections
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Hair loss	<input type="checkbox"/> Recurrent vaginal infections
<input type="checkbox"/> Bloating	<input type="checkbox"/> Heartburn	<input type="checkbox"/> Recurrent skin rashes
<input type="checkbox"/> Brain "fog" fatigue	<input type="checkbox"/> Hemorrhoids	<input type="checkbox"/> Shortness of breath
<input type="checkbox"/> Brittle nails	<input type="checkbox"/> Insomnia	<input type="checkbox"/> Sluggishness
<input type="checkbox"/> Chronic fatigue	<input type="checkbox"/> Malnutrition	<input type="checkbox"/> Swollen lymph glands
<input type="checkbox"/> Confusion	<input type="checkbox"/> Memory loss	
<input type="checkbox"/> Constant hunger pains	<input type="checkbox"/> Migraines	

Conditions Linked to Leaky Gut Syndrome

The research linking a leaky gut with significant medical conditions is conclusive. Below is a list of the most common conditions leaky gut syndrome is associated with: (Check all that may apply.)

<input type="checkbox"/> Celiac disease	<input type="checkbox"/> Candidiasis	<input type="checkbox"/> Cystic fibrosis
<input type="checkbox"/> Food allergies	<input type="checkbox"/> Irritable bowel syndrome	<input type="checkbox"/> Endotoxemia
<input type="checkbox"/> Autism	<input type="checkbox"/> Ulcerative colitis	<input type="checkbox"/> Colon cancer
<input type="checkbox"/> Fibromyalgia	<input type="checkbox"/> Crohn's disease	<input type="checkbox"/> AIDS
<input type="checkbox"/> Chronic fatigue syndrome	<input type="checkbox"/> Inflammatory bowel disease	<input type="checkbox"/> Ankylosing spondylitis
<input type="checkbox"/> Eczema	<input type="checkbox"/> Alcoholism	<input type="checkbox"/> Liver dysfunction
<input type="checkbox"/> Dermatitis	<input type="checkbox"/> Giardia	<input type="checkbox"/> Chronic hepatitis
<input type="checkbox"/> Psoriasis	<input type="checkbox"/> Asthma	<input type="checkbox"/> Pancreatic dysfunction
<input type="checkbox"/> Hives	<input type="checkbox"/> Arthritis	<input type="checkbox"/> Schizophrenia
<input type="checkbox"/> Acne	<input type="checkbox"/> Multiple sclerosis	<input type="checkbox"/> Anaphylactic reactions

If you checked any of the conditions or symptoms boxes, then you should be tested for intestinal permeability as well as gluten sensitivity.

Compare your checked boxes with those of the Gluten Sensitivity Self-Test's to see whether you need to follow the *Gluten-Free & Dairy/Casein-Free Lifestyle Path* or the *Grain-Free & Dairy/Casein-Free Lifestyle Path*.

Causes of Leaky Gut Syndrome

Now that you know its symptoms and what conditions it may lead to, here are the common causes of Leaky gut syndrome: (Check all that may apply.)

- Highly refined carbohydrate diet and junk foods** (e.g., candy bars, cookies, cake, soft drinks, white bread, etc.)
- Gluten** (protein in wheat and other grains)
- Mold and fungal mycotoxins** in stored grains, fruit, and refined carbohydrates
- Insufficient digestive enzymes** (e.g., gluten intolerance associated with celiac disease and lactase deficiency causing lactose intolerance)
- Chronic stress** reduces blood flow to the gut leaving it unable to repair itself
- Antibiotics** lead to the overgrowth of abnormal flora in the gastrointestinal tract (e.g., bacteria, parasites, candida, fungi, etc.)
- Alcohol and caffeine** (strong gut irritants)
- Chlorinated water** depletes beneficial bacteria in your gut
- Poor liver function**
- Parasites** in contaminated foods and beverages (e.g., Giardia lamblia, Cryptosporidium, Blastocystis hominis, etc.)
- Bacteria** in contaminated foods and beverages (e.g., Helicobacter pylori, Klebsiella, Citrobacter, pseudomonas, etc.)
- Environmental contaminants**
- Chemicals in processed food** (e.g., dyes, preservatives, peroxidized fats, etc.)
- Drugs** – The worst offenders include NSAIDs (non-steroidal anti-inflammatory drugs), antacids, and pain meds such as aspirin and ibuprofen
- Prescription corticosteroids** (e.g., prednisone, hydrocortisone, Depo-Medrol, etc.)
- Prescription hormones** such as birth control pills
- Chemotherapy and radiation treatment** causes immune system overload

There are 3 steps to healing a leaky gut:

1. Remove the common causes of a leaky gut.
2. Rebuild your gut with the *Eating for Vitality Diet* in combination with the right supplements and stress management techniques located in the *Resources* section.
3. Fix the root causes that most commonly are GI infections, hormone problems, and detoxification issues.