## **SOLVING** LEAKY GUT

rebuild digestion · increase energy · boost brain power

## **LEAKY GUT TRIGGERS**

Chronic Antibiotic or NSAID use Mercury Fillings or Heavy Metals Traumatic Brain Injury Chemo or Radiation Treatments Cesarean Birth **Gut Dysbiosis** Hormone Imbalance

> Vitamin/Nutrient **Deficiencies**

**YOUR HISTORY** 

**LEAKY GUT** 

Chronic Inflammation

**YOUR** DIET

> Gluten Nightshades Sugar Inflammatory Omega 6/ Omega 3 ratio Industrial seed oils

**Environmental Toxins** Sleep deprivation Alcohol

**YOUR** 

**LIFESTYLE** 

**Chronic Stress Liver Toxicity** 

Please Know: This information is not meant to be comprehensive. The leaky gut research is changing all the time and things like genetics or environment can influence whether or not each of these common triggers will influence your individual gut health.