The Connection Between Leaky Gut and Leaky Brain

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Dr. Amauri Wellness Centre, a naturopathic clinic in Toronto, Ontario, has announced that they have recently posted on their website an article on the connection between leaky gut syndrome and the functioning of the central nervous system (CNS). The article points out that maintaining a healthy gut may have a direct positive impact on a person?s mental health and overall wellness. The article explains that the communication between the brain and gut is ?bidirectional,? which means that if there is stress on the brain, whether physical or mental, this affects the functioning of the gut. On the other hand, when there is disparity within the environment of the gut, this may cause changes in behaviour or neurology, thus, affecting the brain.

The gastrointestinal system has its own nervous system, which is the enteric nervous system. Within this system, in combination with the vagus nerve and other pathways, the gut is able to communicate with the brain. The microorganisms that are found in the intestines also have a part in the health and function of the nervous system. The digestive system also has a role in the protection of the body against harmful substances. The walls of intestines function as barriers, thus regulating what enters into the bloodstream that will be transported to other parts of the body.

When oxidative stress happens, inflammation may occur. Additionally, a diet that is low in fibre and high in sugar and saturated fats, may also trigger inflammation. Excessive stress and heavy drinking of alcoholic beverages may damage this intestinal barrier. When this happens, the tight junctions that are found in between the epithelial cells of the intestinal wall open up, and substances that usually stay in the intestine and are usually excreted from the body, can cross from the intestines to the bloodstream. This is known as a leaky gut.

Because of the substances crossing over to the bloodstream through a leaky gut, the immune system reacts by releasing inflammatory mediators against those substances that can include bacteria, toxins, and undigested food particles. This can initiate more immune responses resulting in more inflammation and allergic responses, that in turn, further increases the permeability of the intestines, with the result that the

nervous system is affected, causing mood and behaviour changes.

Those who suffer from leaky gut syndrome often experience pain in various joints. They may also suffer from chronic conditions, such as diarrhea, abdominal pain, depression, fatigue, skin problems, and/or malaise. The neurovasculature may become damaged in people with leaky gut syndrome. The immune system tries to counteract these harmful pathogens and this results in inflammation. Chronic inflammation may eventually result in the loss of brain cells. This malfunctioning of the blood-brain barrier is called ?leaky brain? and may be related to several neurological conditions, such as anxiety and low mood.

In fact, studies have shown that changes in the composition of the gut microbiome may be connected with brain health, including depression, anxiety, and various neurological conditions. Thus, when gut health is improved, brain health and mental health are also improved. Proper diet choices can help in improving gut health by increasing microbiota diversity. Those who ate high amounts of carbohydrates and sugary drinks, or are suffering from irritable bowel syndrome were found to have lesser gut microorganism diversity. On the other hand, microbial diversity increased when study participants eat more high-fibre fruits and vegetables. Eating foods and drinks with high levels of polyphenols (i.e. hazelnuts, berries, grapes, dark chocolate and raw cocoa) were also found to enhance microbial diversity.

It should be noted that the Dr. Amauri Wellness Centre takes a functional medicine approach in managing leaky gut syndrome. Functional medicine considers each body as a ?complete system.? Because it focuses on treating the cause over symptoms, each patient is provided with a personalized approach to enhance their vitality and achieve optimal health. Functional medicine in Toronto as provided by the Dr Amauri Wellness Centre, is based on understanding what is not functioning properly for each individual and not within a group of people with the same disease, If you want to improve your gut and brain health, our naturopathic doctor can create a treatment protocol that caters to your personal health needs.

Those who are looking for a naturopathic medicine centre in Toronto, Ontario, may want to check out the Dr. Amauri Wellness Centre website, or contact them on the telephone, or through email.

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Dr. Amauri Wellness Centre

Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.

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