Leaky Gut Syndrome (LGS) is caused by hyperpermeable intestinal lining. Large spaces develop between the cells of the gut walls allowing bacteria, toxins and food to leak out from the intestines into the blood stream and the body.

LGS is defined as an increase in permeability of the intestinal mucosa to luminal macromolecules, antigens and toxins associated with inflammatory degenerative and/or atrophic mucosal damage.

Chemical sensitivity, fibromyalgia and escalating food allergies are among the many problems caused by the leaky gut. If gas, bloating, abdominal pain, indigestion, alternating constipation and diarrhea are symptoms, irritable bowel syndrome may not be the correct diagnosis. Indiscriminate and/or prolonged use of drug antibiotics, aspirin, acetaminophen (paracetamol) and other prescription drugs, can cause the intestinal lining to be inflamed and/or damaged and this today is one of the primary cause of a leaky gut. Due to the unhygienic conditions and close proximity in which cattle and poultry are bred today, antibiotic shots are routinely administered to the animals. Meat eaters therefore automatically receive their daily dose of antibiotics which in turn results in a leaky gut. Vegetarians too are not spared, as they receive their daily dose of antibiotics through milk and other dairy products.

When the intestinal lining is inflamed, bacteria and yeast’s (candida for example) are able to translocate. This means that they are able to pass from the gut lumen or cavity, into the bloodstream and set up infection anywhere else in the body. This reflects in high WBC count and higher than normal values of ESR in blood reports.

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The worst symptom is the formation of antibodies. Autoimmune diseases, rheumatoid arthritis, lupus, multiple sclerosis, thyroiditis (high level of thyroid antibodies) and many "incurable diseases" are all a result of the Leaky Gut Syndrome.

Herbal dietary supplement **GastritiX** is able to recreate a healthy mucus lining on the walls of the stomach and the intestines; and simultaneously reduce the inflammation. This also help persons with celiac disease.

In case of chronic acidity and acid reflux symptoms, repair of the mucus membrane lining may require the use of stem cell therapy. Oral formulations containing stem cell activators like **Gastric Regenerator** are known to help rebuild the mucus membrane lining when used regularly for a few months.

Once the symptoms of acidity are brought in control, herbal dietary supplement **Digestive Aid** can be used to increase the flow of gastric juices which aid in digestion and allows the body to receive maximum nutrition from the food we eat. This can help reduce symptoms of malnutrition in people with celiac disease. Increased nutrition will help the body heal itself and quickly rebuild intestinal lining.

Once the lining of the intestines is healthy, you can reseed and recolonize it with friendly bacteria by use of **Lactobacillus Acidophilus** and other probiotics.

If you suffer from improper Bowel Movement, which can also lead to formation of gas (flatulence) and colic pains, cleansing the colon is recommended. **Special Colon Cleanse** is another herbal dietary supplement which helps to detoxify the Colon and normalize bowel timings and evacuation.

For more information on Colon Detoxification and Rejuvenation of the digestive tract, please go to:  [http://www.space-age.com/Detox.pdf](http://www.space-age.com/Detox.pdf)