

TOWNSEND NEWS

Naturopathic Treatment | Current Research | Patient Education

Clinic Information

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Kim's Favorite Probiotic



"SEROYAL HAS A FULL LINE OF GREAT PROBIOTIC PRODUCTS THAT I USE IN PRACTICE. PROBIOTICS ARE ONE OF THE FIRST LINE OF DEFENSE DURING COLD AND FLU SEASON OR ANYTIME YOU HAVE TO TAKE ANTIBIOTICS."



THE PROBLEM WITH A LEAKY GUT

What does it mean to have a leaky gut and what are the longterm health consequences? In many cases my patients have no idea that there is a connection between their digestive system and the way that they are feeling. Leaky Gut Syndrome is another way to describe increased intestinal permeability. Under normal or healthy conditions the lining of our intestinal tract only allows fully digested food to pass into our bodies. When our intestinal lining is permeable or compromised by inflammation, large components of food digestion pass into the blood and lymph surrounding our digestive system with consequences. Leaky gut can be a complicating factor in many chronic conditions.

The most obvious sign of a leaky gut is multiple food sensitivities. If a patients IgG test comes back with a lot of food in the red we have to **REPAIR, RESTORE & REESTABLISH** the gut.

*YOURS IN GOOD HEALTH,
DR. KIM TOWNSEND, ND*