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Leaky Gut Syndrome Symptoms: Identification is Key by [FRANK](#)

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A hypothesised condition of an altered or damaged bowel lining is called Leaky Gut Syndrome. A mal-nourishing diet, with increased use of medications and the absorption of toxins by the abdominal walls, as well as the growth of intestinal parasites leads to the condition called Leaky Gut. A leaky gut makes the bowel lining extremely permeable which allows substances like toxins, waste, stomach waste, bacteria to leak from the damaged bowel into the body. This reaction triggers an unwanted immune reaction in the body and the misplaced substances affect the body sooner or later causing problems in unforeseen ways. This is the Leaky Gut Syndrome.

The intestinal cells that cover the digestive tract are called tight junctions because they are thick membranes that virtually make it impossible for any type of fluid, molecules or ions to enter or leave the digestive tract. It has been proposed by some researchers that because of leaky gut syndrome, these tight junctions are made permeable. This has led some doctors to believe there is a connection between this syndrome to the other chronic diseases relating to undigested food and abdominal viruses. Diseases such as asthma, diabetes, several allergies, and inflammable bowel syndrome are examples of such diseases that have been theorized to be caused by a Leaky Gut.

Another condition associated with the issues affecting the abdomen is that the Irritable Bowel Syndrome. It's characterized by severe abdominal pain that comes and goes at irregular intervals, discomfort, bloating of the abdomen, and irregular bowel movements. There's no known cause for this condition which will be seen on the patient like different medical conditions. Even an onset of diarrhea or constipation cannot be constituted because the characteristic of the Irritable Bowel Syndrome. Within the absence of ancient options, this syndrome is diagnosed in an exceedingly patient based mostly on the symptoms alone.

There is no permanent cure for irritable bowel syndrome as of these days. The lessening and worsening of the pain caused by the syndrome depends on the kind of food you eat and therefore the water you drink. This is often the primary step towards strengthening yourself against this condition. There are many treatments that doctors will recommend to the patients for relieving the impact of this syndrome on the body. A correct balanced diet, medication and therapy are some steered ways that. It's additionally necessary to teach the patient on the factors affecting this syndrome and it additionally helps to keep up an honest doctor-patient-relationship.

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