

The Truth About *Leaky Gut*



AND WHY YOU'RE NOT CRAZY

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INTRODUCTION

If you've ever had a doctor tell you "leaky gut isn't real," while your functional medicine doc swears it's the root cause of everything, you're not alone.

One side calls it pseudoscience.



The other says it explains the 300% rise in autoimmune diseases in just three decades.

Here's the truth: they're both partly right and completely missing the point.

Leaky gut — or intestinal permeability — is real, and the research is solid. But it's also become the wellness industry's favorite cash cow, with every influencer pushing a \$299 "miracle gut repair" protocol.

Let's cut through the noise.

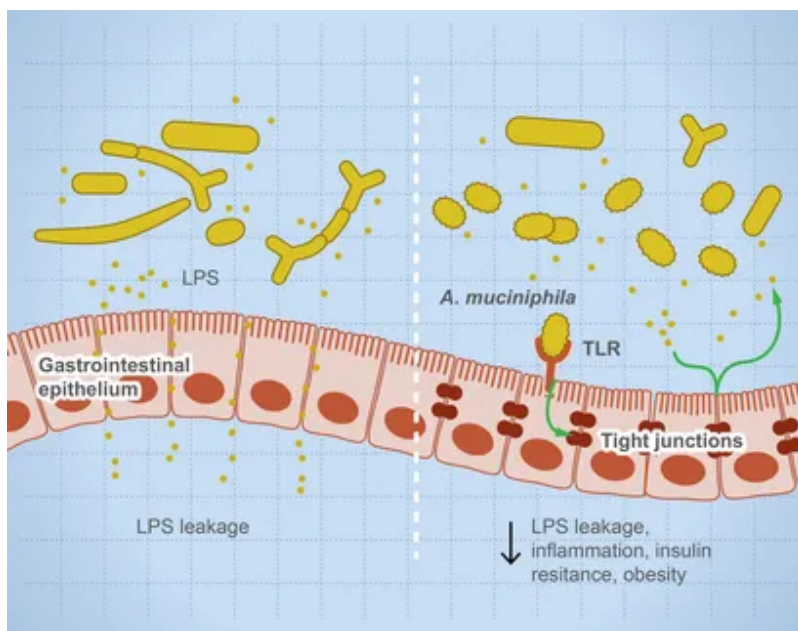
If you've been dealing with constant fatigue, bloating, brain fog, skin flare-ups, joint pain, anxiety, or autoimmune issues — your gut lining might be waving a red flag while your doctor calls it "just stress."

SO WHAT ACTUALLY IS LEAKY GUT?

Your intestinal lining is just one cell thick — **a single layer standing between your bloodstream and everything you eat.** Those cells are held together by tight junction proteins — like microscopic velcro that decides what gets through.

When those junctions weaken (from stress, meds, processed foods, alcohol, or toxins), undigested food particles and bacterial byproducts leak into your bloodstream. Your immune system sees them as invaders and goes into attack mode.

This is where it snowballs — your immune system starts creating antibodies that sometimes mistake your own tissues for the enemy. **It's called molecular mimicry, and it's one reason autoimmune diseases are skyrocketing.**



Source: Frontiers in Immunology

COMMON SIGNS YOUR GUT BARRIER IS COMPROMISED



- ❗ Food sensitivities that seem to multiply
- ❗ Chronic bloating, gas, or irregular digestion
- ❗ Brain fog or mood swings
- ❗ Skin issues like eczema, acne, or rosacea
- ❗ Fatigue that doesn't match your activity
- ❗ Joint pain and inflammation
- ❗ Worsening allergies or histamine reactions
- ❗ Autoimmune conditions (Hashimoto's, RA, lupus, celiac)

If you nodded to more than one of these — it's time to pay attention.

WHY YOUR DOCTOR SAYS “IT’S NOT REAL”

Conventional medicine recognizes intestinal permeability — but only in extreme cases like Crohn’s or celiac.

They’re taught it’s an effect, not a cause.

There’s no diagnostic code or drug for “leaky gut,” so it doesn’t exist in their world.

Meanwhile, the pharmaceutical industry profits from symptom management — *reflux meds, steroids, immunosuppressants* — not from actual healing.

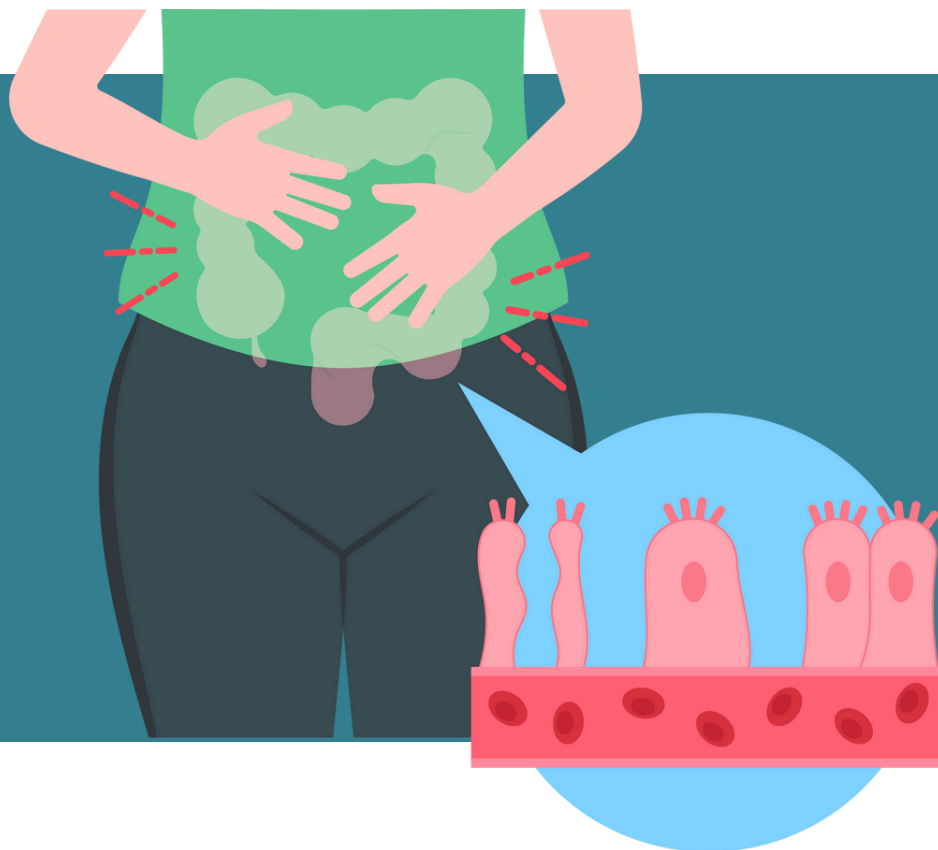


Ironically, some of those same drugs make gut permeability worse.



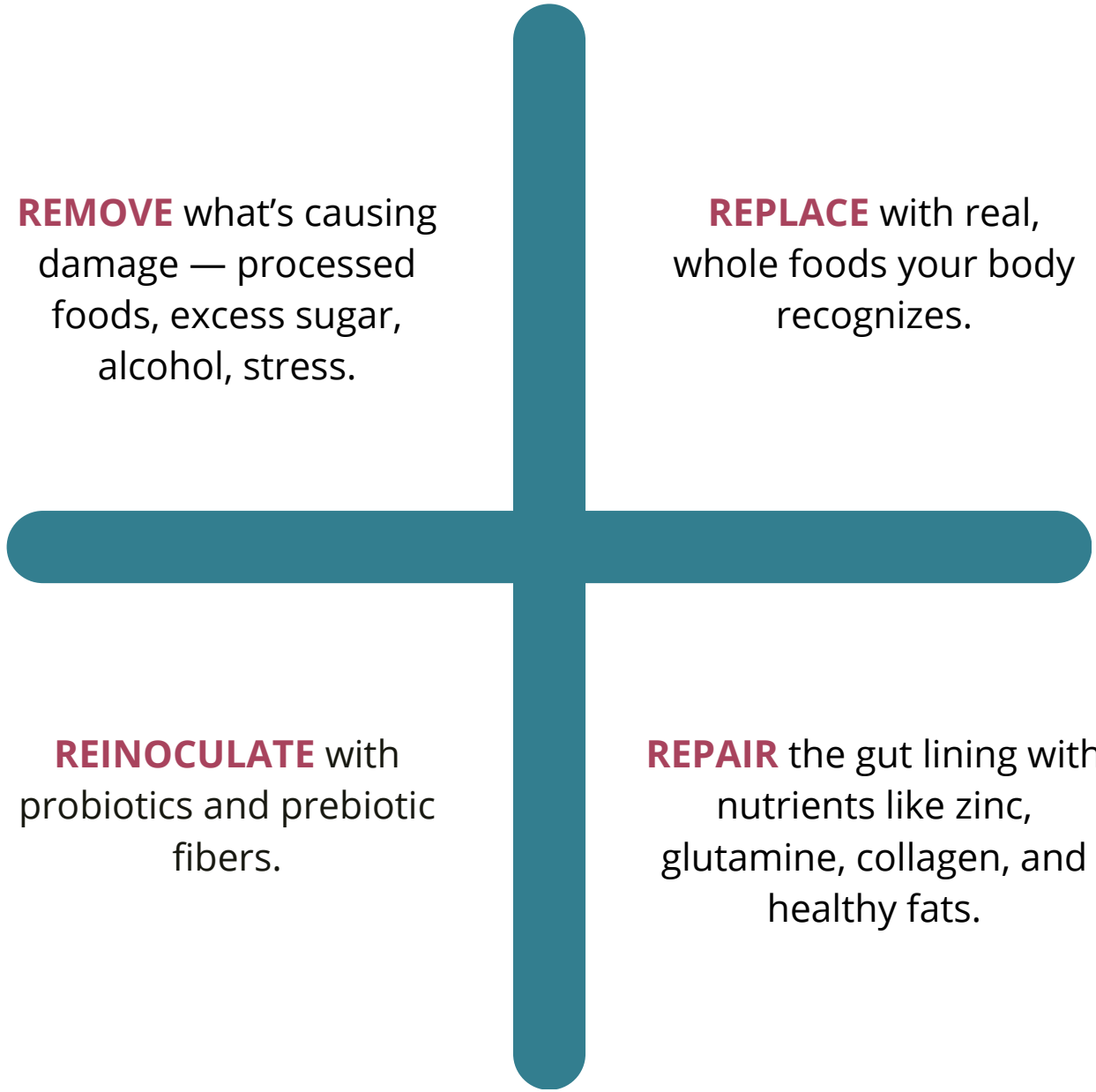
WHAT'S ACTUALLY BREAKING DOWN YOUR GUT BARRIER

- **NSAIDs (ibuprofen, aspirin):** Damage tight junctions within days
- **Glyphosate (Roundup):** Wrecks beneficial gut bacteria
- **Processed seed oils:** Drive inflammation
- **Emulsifiers in packaged foods:** Strip the gut's protective layer
- **Chronic stress:** Cortisol weakens your gut barrier
- **Alcohol:** Even small amounts increase permeability
- **Antibiotics:** Wipe out your protective bacteria
- **Low fiber:** Starves the good microbes that defend your gut



HOW TO ACTUALLY HEAL YOUR GUT

You don't need \$300 supplement stacks. You need the 4R framework:




REMOVE what's causing damage — processed foods, excess sugar, alcohol, stress.

REPLACE with real, whole foods your body recognizes.

REINOCULATE with probiotics and prebiotic fibers.

REPAIR the gut lining with nutrients like zinc, glutamine, collagen, and healthy fats.

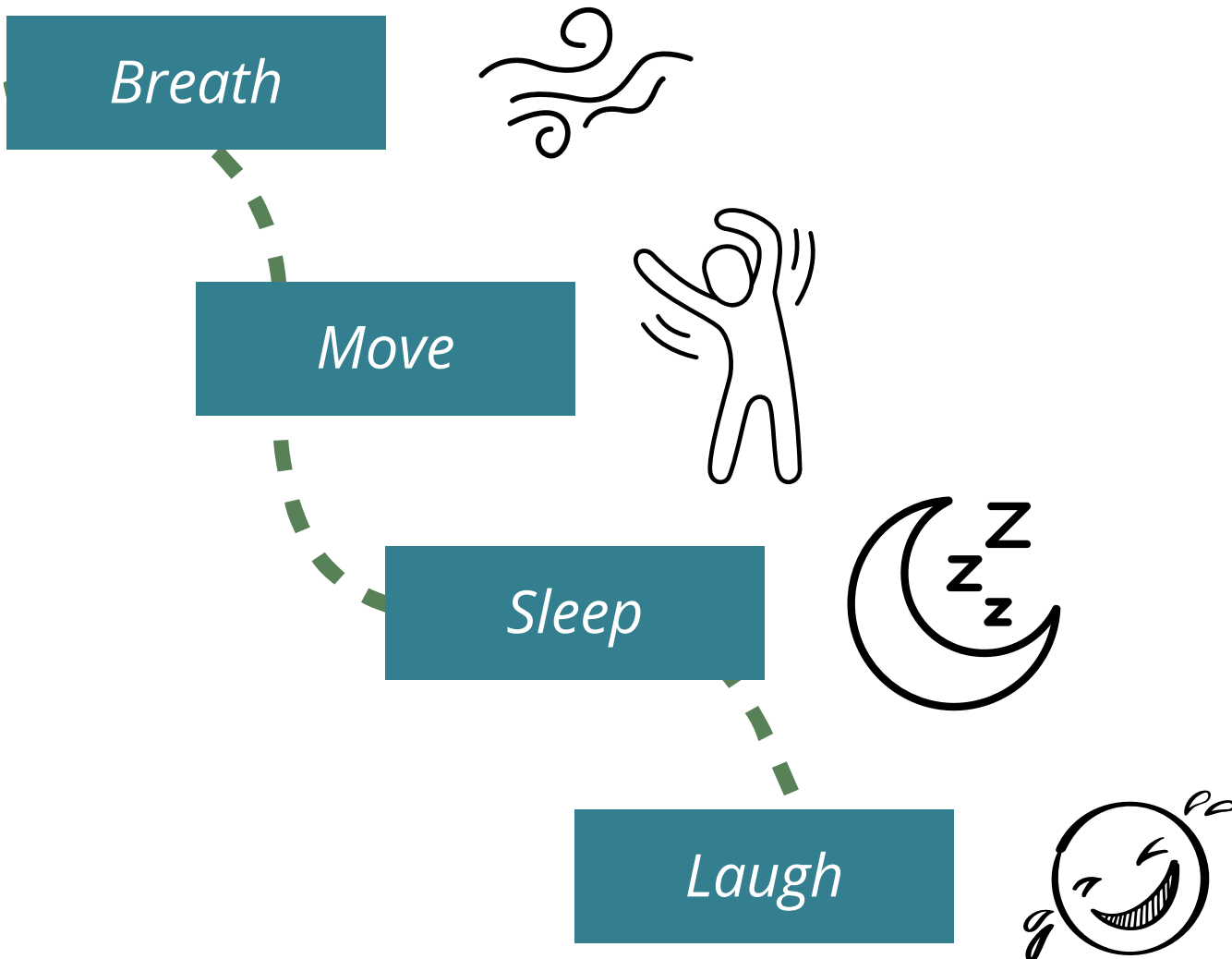
 **Reality check:** Your gut lining renews itself every 3–5 days, but full repair takes 3–6 months of consistency. *Anyone promising a 7-day miracle is selling you something.*

THE SECRET INGREDIENT NO ONE TALKS ABOUT: STRESS

You can eat perfectly and supplement religiously, but if you're chronically stressed, *your gut won't heal.*

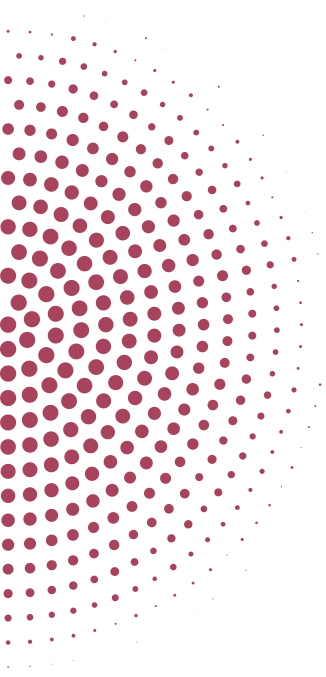
Cortisol literally opens those tight junctions.

Your prescription?



Those habits are just as powerful for your gut as bone broth or probiotics.

LAZY GIRL'S GUT-HEALING FOOD LIST

- 
- 🍲 Bone broth – collagen + glutamine for repair
 - 🍠 Sweet potatoes – prebiotic fiber + vitamin A
 - 🐟 Wild salmon – omega-3s + vitamin D
 - 🥬 Sauerkraut + kimchi – live probiotics
 - 🍇 Blueberries – antioxidant polyphenols
 - 🍵 Ginger + turmeric – calm inflammation
 - 💪 Collagen + resistant starch – feed gut bacteria + rebuild

The Bottom Line...

Leaky gut isn't a myth. It's just been misunderstood — both by conventional medicine and the wellness world. You don't need fear, fancy tests, or overpriced powders. You just need the truth:

Remove what's hurting your gut.

Feed it what it needs to heal.

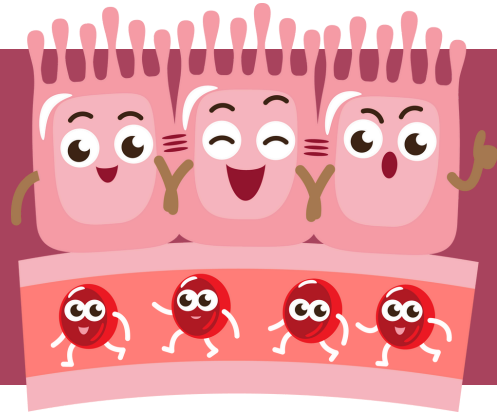
Manage your stress like it's medicine.

Your gut isn't broken — it's just begging you to listen.

I'M HERE TO HELP

Meet Brenda

This season, give yourself permission to relax a little. Enjoy the food, the laughter, and the memories. And remember — **progress, not perfection**, is what keeps your health journey moving forward.



I'd love to invite you into my Coaching Community. This isn't about quick fixes — it's about creating a personalized path to healing, feeling energized again, and staying strong and confident in your body for years to come.

Inside, we cover everything from gluten, sugar and processed foods to gut health, blood sugar balance, inflammation, and more—a space where you'll get step-by-step guidance, food swaps that work, and support from others walking the same path.



Now is the perfect time to join us! Enrollment is still open, and we'd love to have you join us.

Inside, you'll have access to live trainings 2x/month, Q&A support, and a community of people walking the same path toward better health. Don't miss this opportunity to start making lasting changes — your body will thank you.

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