

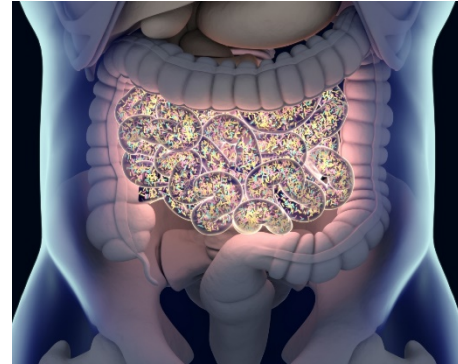


Do You Have a Broken Gut?

The Five Most Overlooked Consequences of a Broken Gut

It might be weird to think about, but your gut is an open tube from your mouth to your bum.

It is very sensitive and vulnerable to how we treat it – And, its health affects your entire body.



You may have enjoyed some free years of eating and drinking what and when you wanted– but, if you’re reading this, you know that eventually the gut has enough and “breaks”.

Just like a plumbing break in your neighborhood - a broken gut doesn’t just stop at the gut. Your whole body becomes affected.

This guide will discuss 5 of the most overlooked consequences of a broken gut.

Prepare for two informative parts.

FIRST:

Enjoy the guide to learn the many ways that the gut affects the whole body.

SECOND:

Expect to receive a few emails in the next week on proven ways you can fix the gut, and, where to start first.

Sound good? Let’s begin!



The Five Most Overlooked Consequences of a Broken Gut

1. A Broken Brain:

The gut is often called the body's "**Second Brain**". It is packed with nerve connections making up your **enteric nervous system**.



The health of your gut is directly related to **anxiety, depression, mental fog,** and ability to **focus**.

Like the gut, the brain is very particular about what it lets in and out of its space. The same insults that can cause a broken gut barrier, can also lead to a broken brain barrier.

As a result, you can feel moody, tired, foggy-headed, and start to think less clearly – all are linked to the health of your gut!

2. Altered Hunger, Metabolism, and Blood Sugar:

Your gut has tight controls on when you get hungry, and what you crave when you become hungry.



The health of your innards decides how well you metabolize sugar – and what excess it going to travel around in your blood.

When excess floods the blood, it cause problems like **insulin resistance, weight**

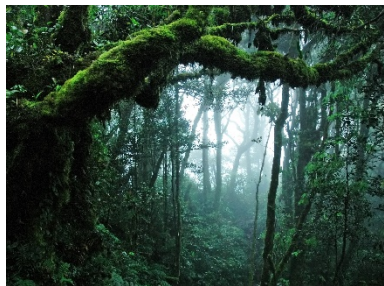


gain, metabolic syndrome, type II diabetes, and eventual cardiovascular disease.

When your gut is broken, these controls lose their grip.

If you crave salt, sugar, and other snacks all the time, it's a sure sign of a broken gut.

This is because the gut is a huge ecosystem of healthy bugs that we call the **"flora"** or **"microbiome"**.



Think of the microbiome as a happy rainforest of friendly bugs living on a healthy gut lining.

These friendly bugs need to be **numerous** and **diverse** to keep you and your gut healthy.

When things get out of whack, the rainforest turns stormy – and, as a result, you will crave foods that you shouldn't, digest your food poorly, and start to see **weight gain, high blood sugar, and a slow metabolism (your ability to burn fat).**

You see, these friendly guys directly control our metabolism and blood sugar – and they provide us with nutrients that our body uses as fuel.

Keep the bugs happy, and you'll keep a happy metabolism.



3. Out-of-Balance Immune Response:

Now, while your gut is home to a rainforest of healthy microbes, it also is **home to 70 percent of your entire immune system!**

The lining of your gut contains immune tissue called **GALT or Gut-Associated Lymphoid Tissue.**

The **rainforest of microbes (“microbiome”)** and the **GALT** work together to support a **healthy gut lining** – often referred to as the “mucosa”.



When healthy, they work together like a symphony.

When the gut is compromised, the balance tips out of favor. Like a bad security breach, all systems flash “DANGER!” – and we quickly assign resources to fix the breach at all costs.

When breaches happen, you can expect a few immune symptoms at first like post-nasal drip, bloating, discomfort, or even unexpected symptoms like less vibrant-looking skin, hair, and nails.

You will also start to feel a little adrenal fatigue and begin craving caffeine, salt, and sugar. **Stress and sleep disorders** increase too.

As the imbalance worsens, more serious symptoms appear like **autoimmune problems** and **inflammatory disease.**

The body will start to attack itself and shut down because it is not only revved up from all the smoke and fire, but also has trouble deciphering good guys from the bad.

To rebalance your immunity, it makes most sense to start with the gut!



4. Disrupted Stress and Sleep:

If I had a magic wand to fix the world of two things, the first would be the gut, and the second would be stress and sleep!

Even if your gut is just slightly off, your body is put on **constant alert**.

While things can be calm and uneventful on an emotional level, on a chemical level, a broken gut is enemy number one.



Stress on your gut, is stress on your mind and body.

When your gut is stressed, it wears on you until things start to slow and break – one after another.

Your thyroid function will tank. You'll feel lethargic and moody. And, you will find yourself wired at night, or waking up frequently.

Gut problems cause stress. Stress causes sleep problems. And, sleep affects your ability to recharge and heal.

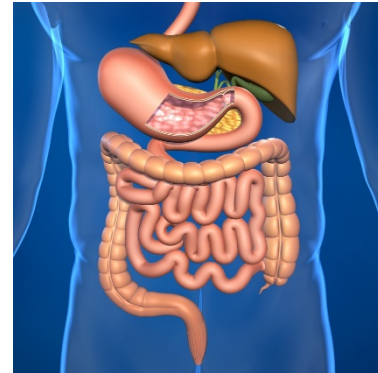
You can easily see how this is a bad mix, is it time to fix it?



5. Clogged Detox:

The gut's job is **to protect the body from harmful invaders, digest food, absorb nutrients, and detoxify wastes out of the body.**

When the detox system is overwhelmed from stress hormones, poorly digested food, and absorbed toxins from bad microbes in the gut - the system clogs.



You get to the point where everything seems to make you sick. You can feel chronically bloated, gassy, constipated, achy, and lethargic.

Making matters worse, you're not breaking down and absorbing the right nutrients you need to heal – and the cycle worsens.

At this point the body often becomes **very sluggish, foggy-headed, constipated,** and stacks on **more body weight and inflammation.**

Healthy bugs in your gut normally prevent much of this from happening.

They **crowd out and kill bad bugs, digest things that we can't on our own** – and they **create vitamins and fuel** that we use in return.

It's a beautiful system that goes out of balance...until you make a change!

Now you can be someone who makes excuses, or you can be a "Doer" ready to implement a change!

That does it! Those are the 5 overlooked consequences of a broken gut that affect the function of your entire body.



Now, what's next?

Let me help you learn how to fix a broken gut.

Over the next few days, expect a few emails on how I went about fixing my own broken gut and the strategies I use with my clients.

All you need to do is hold tight and watch your inbox for an email with the subject line:

Ch 1/3: How Do We Fix a Broken Gut?

Be well,

Dr. Alex Rinehart

<https://Shop.DrAlexRinehart.com>

