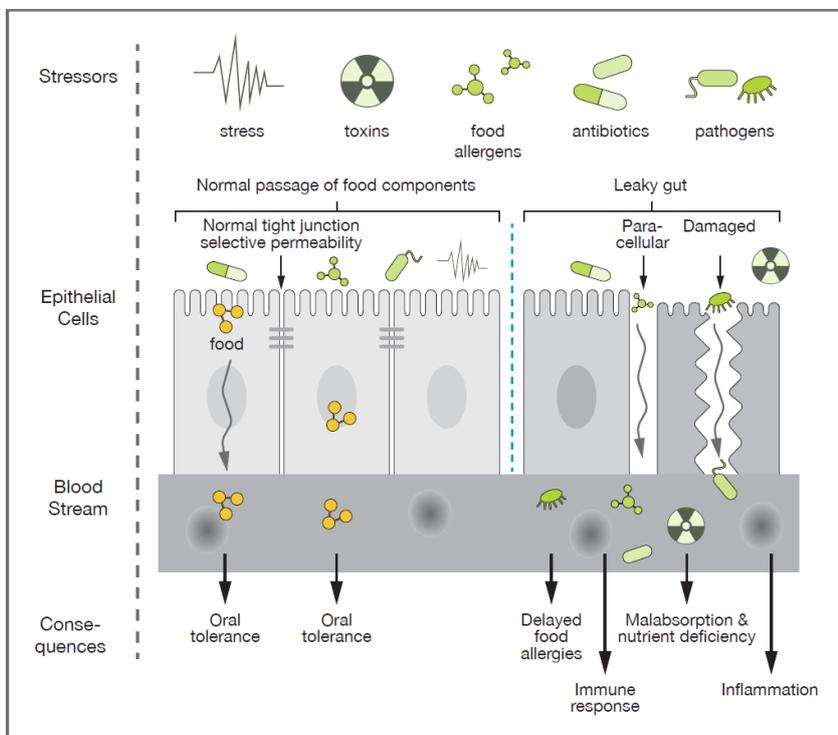


GUT MICROBIOTA, LEAKY GUT AND DELAYED FOOD ALLERGIES

What is the link between our gut microbiota, leaky gut and delayed food allergies?

The immune system of the intestine is the largest in the entire body. Over 80% of the immune defense reactions originate from the intestine. It guarantees an almost invincible barrier for bacteria, viruses and other pathogens as well as for other undigested foreign proteins from food. Our body has developed an extraordinary tolerance to foods, on the condition they are correctly digested and pass the intestinal barrier in the intended manner, namely through the intestinal cells. Leaky gut, or "undifferentiated intestinal permeability", is a condition in which the lining of the small intestine becomes damaged, enabling undigested food particles, toxic waste products and bacteria to "leak" through the intestine and enter the blood stream. The foreign substances entering the blood can cause inflammatory and allergic reactions such as migraines, irritable bowel, eczema, chronic fatigue, food allergies, rheumatoid arthritis and many more. If these inflammations persist, auto-immune reactions can develop.



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What causes leaky gut?

Beside infections, intestinal dysbiosis, mycosis, drug abuse, stress, excessive exercise, leaky gut is also caused by certain foods. It can be foods you consume every day. The food is then being treated by the body as foreign substances leading to the production of antibodies, which triggers an immune response.

Why?

If you consume these foods every day, you create this inflammatory reaction every day, your gut lining will be damaged day by day and leaky gut becomes permanent. In addition, your gut microbiota may become disturbed, further promoting leaky gut.

What can you do?

Two steps to a healthy gut:

1. The avoidance of IgG positive foods is the key to success for restoring selective gut permeability (abolishing leaky gut), and improve food tolerance to prevent inflammatory, allergic reactions and auto-immune diseases.
2. Restore a healthy gut microbiota. Consume foods rich in fibers (if tolerated) to support butyrate producing bacteria and take high quality pre- and probiotics.

Get tested!

ImuPro is a highly reliable and very precise test for IgG food allergies that often remain undiagnosed because their symptoms appear delayed for 3 hours until 3 days. But it is a lot more than just a simple blood test! With the ImuPro concept, your trigger foods that might cause you complaints such as Irritable Bowel Syndrome (IBS), Migraine, Weight or Skin Problems can be identified. These foods have to be avoided for a certain time. This helps your body to improve from IgG mediated inflammation. The ImuPro concept gives you personalized nutritional guidance for this change in diet.

