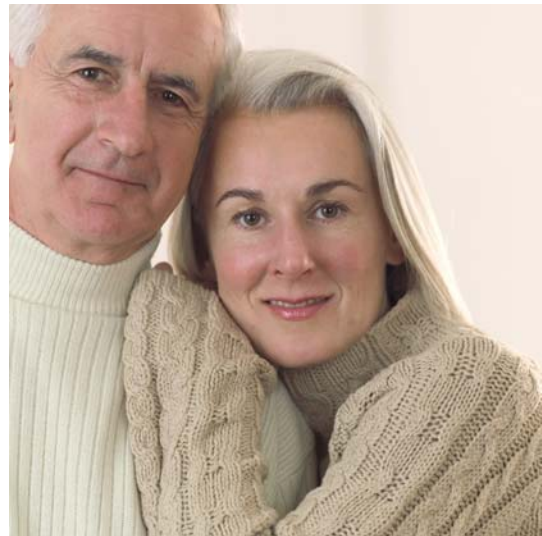


# “Return To Wellness”

Total Life Management For Leaky Gut Syndrome



*Includes 7 Day  
Healing Menu &  
Delicious Recipes*



*Heather Sparrow*, RNCP

The Nutritional Diva  
[www.NutritionalDiva.com](http://www.NutritionalDiva.com)

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# About The Author ... Heather Sparrow

Heather Sparrow began studying Natural Nutrition in 1995, after suffering serious health issues. Intuitively, she felt a need for a more holistic balance encompassing her physical body, her emotions, and her daily lifestyle. This led to becoming a registered nutritional consulting practitioner.

With her unique blend of personal experience and academic knowledge, Heather ran the successful School of Natural Nutrition in Halifax, Nova Scotia, before turning her attention to a much broader worldwide audience.



Today, Heather is a much sought-after nutritional consultant, teacher and speaker, with a thriving business: **“The Nutritional Diva”**.

Her motto sums up how she views life:

**Live Naturally...**

**Nourish the body, mind & spirit with a “Conscious” diet**

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# What Is Leaky Gut Syndrome (LGS)?

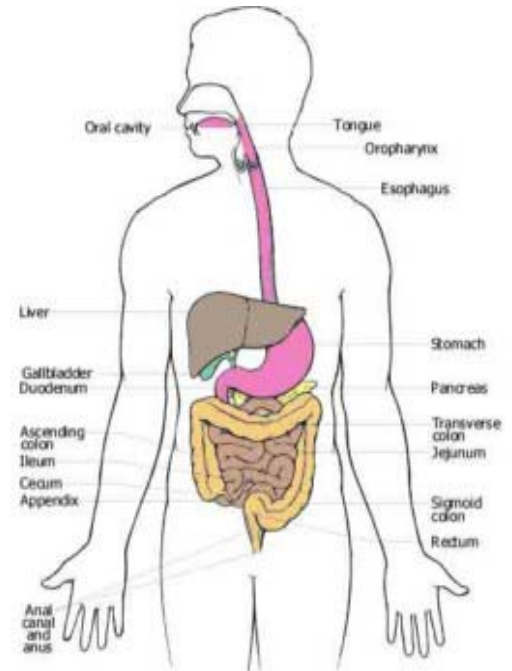
The name is enough to make you want to squirm and hang onto your belly! But, you may be surprised to know that we all have a leaky gut. A *healthy* leaky gut lets only the good guys through, while an unhealthy gut lets through both good guys and bad guys.

## What is Leaky Gut Syndrome?

A leaky gut occurs when the lining (epithelial tissue) of the gastrointestinal (GI) tract becomes more porous (permeable) than normal, allowing non-permissible matter to leak into the blood stream. This causes havoc for the liver and immune system.

## What Causes The Gastrointestinal Tract To Leak?

The lining of the GI tract becomes abnormally permeable when cells that make up the epithelial tissue develop large spaces between them, or become inflamed and damaged. Through this compromised tissue, undigested protein, or toxic substances, can leak into the blood stream



## DID YOU KNOW?

### The GI tract lining replaces itself every 14 hours?

GI tract cells are digested or sloughed off and new cells evolve to form new tissue to line the GI tract. Through the renew process and resting period the intestinal tract uses more blood than any other organ and is **the first to lose its blood supply during times of stress**. So, if you're under stress, your intestinal tract will be deprived of vital blood supply and will start to function improperly.

## Factors that Contribute to Breaking Down the Intestinal Wall:

- Exposure to viruses, bacteria or parasites
- Toxic chemicals, including household cleaners
- Impaired digestion of food
- Mold and fungi
- Stress
- Overuse of refined and processed foods
- Food additives
- Overuse of broad-spectrum antibiotics, chemical laxatives, and non-steroidal anti-inflammatory drugs (NSAID's), which include ibuprofen and aspirin
- Prescription hormones (birth control pills) and corticosteroids



## Did You Know?

### The Role of the Digestive System?

The digestive system's job is to ingest and digest food to allow nutrients to be absorbed into the bloodstream and carried to other body cells and to move waste through the system to be excreted

### How the Gut Lining Functions?

A compromised Gut Lining allows the passage of endotoxins, xenobiotic, and poorly digested foods to enter into the bloodstream. The immune system and filtering organs, including the liver, are sent into overdrive and are stressed as they attempt to identify and cope with the unwanted invasion. A healthy Gut Lining functions like this: masses of cells form to create the epithelial tissue (simple columnar epithelium) that lines the gut. A semi-permeable membrane enclosed the contents of each cell and permits the passage of some molecules and ions **while prohibiting the passage of others**. The main purpose of the tissue is secretion, protection and absorption.

## Relationship with Other Diseases and Conditions:

You should also note: research has confirmed that an inflammation of the GI tract, which heightens permeability of the intestinal mucosal wall, is frequently related to a number of conditions. These conditions include: Coeliac disease, colitis, infections and food allergies, as well as dermatological conditions, Crohn's Disease, and auto-immune diseases (such as rheumatoid arthritis, ankylosing spondylitis, Reiter's Syndrome, eczema and other 'allergic' disorders).

The intestines are home to hundreds of beneficial microorganisms called the microflora. These include many different varieties of bacteria including a yeast organism called Candida. In a normal intestine, the bacteria and yeast battle each other for space along the intestinal walls, making sure a healthy balance of organisms is maintained. An imbalance in the composition of intestinal microflora is called dysbiosis.

Many things can tip the balance of microorganisms. Antibiotics have the most profound effect, killing both disease-causing bacteria and beneficial intestinal bacteria. This gives Candida the chance to multiply without competition. When fermented material enters the small intestine, the toxins produced compete for space with the good bacteria. This material is also the perfect meal for the Candida yeast to feed on.



## Did You Know?

### About Candida?

Candida exists in two forms: a tiny one-celled yeast, which is not harmful, and an invasive fungal form. As it continues to multiply, the invasive fungal form invades the lining, contributing to "leaky gut." The fungal form of Candida can also pass into the bloodstream, stressing the immune system further, and causing a whole host of symptoms such as brain fog, depression, allergies and fatigue.

# Seven-Day Healing Menu



## Day One

On rising:

Hot water with lemon, pinch of cayenne pepper and a slice of fresh ginger. If any of the above are not tolerated just have hot water and one of the above if possible.

### Breakfast

- Puffed rice or millet cereal served with *Rice Dream* milk
- Herbal tea. (Suggestions include Dandelion, Ginger, Licorice, Marshmallow, Milk Thistle, Peppermint, Slippery Elm)

### Lunch

- Mixed green salad and grilled chicken breast

### Snacks

- Chopped fresh vegetables and avocado dressing
- Homemade sugar-free bean cookies
- Chicken vegetable soup (can be used to enhance lunch or as a snack)
- Fruit smoothie using wild berries

### Dinner

- Colorful Ratatouille
- Poached salmon steak



# Leaky Gut Healing Recipes

## PASTA AND GRILLED VEGETABLES

2	eggplants (cut into 1/2 – inch thick slices)	2	red peppers (sliced)
1 large	onion (sliced)	1 cup	snow peas
2	carrots (peeled and sliced)	2 stalks	celery (sliced)
1 cup	mushrooms	1 cup	fresh basil
2 tbsp	fresh chives	1 1/2 tbsp	olive oil
2 cloves	garlic (chopped)	1/2 cup	vegetable stock
1 tbsp	balsamic vinegar	1 tbsp	Dijon mustard
1 pkg	brown rice pasta		

- ✓ Place all prepared vegetables in bowl with the basil and chives.
- ✓ Mix last 5 ingredients together and sauté the veggies in sauce of 8 minutes.
- ✓ Meanwhile, cook rice pasta in a pot of boiling water until tender.
- ✓ Drain mixed veggies and sauce together with pasta.

## CRUSTLESS VEGETABLE QUICHE

6	eggs	1 cup	rice milk
1 cup	grated goat cheese	1	zucchini (sliced)
1	onion (chopped)	1	carrot (shredded)
1	red pepper (chopped)	To Taste	salt and pepper

- ✓ Mix together and pour into greased casserole dish.
- ✓ Bake uncovered in a 375°F oven for 1 hour.

## VEGETARIAN CHILI

1	green pepper (chopped)	1	onion (chopped)
2 stalks	celery (chopped)	2	carrots (peeled and chopped)
1 1/2 cups	canned black beans	1	can kidney beans
1 can	diced tomatoes	2 tbsp	chili powder
2 cloves	garlic (chopped)	1 tbsp	olive oil
1/2 tsp	cayenne pepper		salt and pepper to taste

- ✓ Heat the oil, add the vegetables and cook until tender.
- ✓ Add the tomatoes and beans.
- ✓ Simmer over medium heat for 30 minutes.