

Intestinal Dysbiosis & Leaky Gut Syndrome

WHAT IS INTESTINAL DYSBIOSIS?

Intestinal dysbiosis is the overgrowth of inappropriate bacteria in the gastrointestinal tract (GIT). Normal digestive flora consists of over 500 different bacterial species. Acidophilus and related probiotics are symbiotic organisms that promote normal balance of flora in the GIT and vaginal tracts by competing with pathogenic bacteria and yeast also known as “bad bacteria”.

Overgrowth of bad bacteria can occur from a number of contributing factors:

- Antibiotics
- Decreased digestive secretions
- Stress –physical and psychological
- Poor diet –low fibre, high sugar and fat
- Excessive alcohol
- Altered bowel motility –constipation and/or diarrhea
- Gut infection and inflammation
- Food allergies/sensitivities
- Medications–NSAIDs, immune suppression

Symptoms of dysbiosis include:

- Indigestion
- Bloating
- Nausea
- Diarrhoea, constipation –or both
- Fungal overgrowth -candida
- Excessive gas
- Bad breath
- Fatigue