

Common Causes of Gut Function Decline

- **Certain medications** – antibiotics, NSAIDs, PPI's/antacids, steroids, birth control.
- **Toxic Exposure** – Heavy metals (fish and amalgams), pesticides, herbicides, mold, mycotoxin, biotoxin illness
- **Celiac/autoimmune disease**
- **Poor American Standard Diet (ASD)**– Gluten, dairy, sugar, corn, soy, processed foods.
- **Genomic SNPs**
- **Dysbiosis**
 - Intestinal permeability, SIBO, Candida, Parasites, Protozoa, Bacteria
 - Lack of a balance of healthy vs. unhealthy gut flora
- **Nutrient Deficiencies** – medications, lifestyle, genomics
- **Stress** – emotional and physical
- **Aging** - oxidative stress and inflammation

