

Leaky Gut continued

11. Brain fog or difficulty concentrating
12. Mood changes (anxiety, depression)
13. Nutritional deficiencies
14. Autoimmune disorders
15. Chronic fatigue syndrome
16. Thyroid problems
17. Weakened immune system
18. Hormone imbalances
19. Memory issues
20. Nausea

The primary understood causes include chronic inflammatory conditions, poor diet, prolonged stress, imbalances in gut bacteria, excessive alcohol consumption, and certain medications like NSAIDs and antibiotics. These factors are thought to damage the intestinal lining, potentially allowing harmful substances to pass through the gut barrier. However, the direct causal relationship between these factors and leaky gut is still a subject of ongoing research in the medical community.



