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## LEAKY GUT AND CHRONIC DISEASE

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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 28 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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Increased intestinal permeability or 'leaky gut' is a common problem that is found both in chronic diseases that impact the gut directly and other diseases. Unfortunately this relationship has gone unrecognized and if untreated makes the problem get worse. French researchers Jean Robert Rapin and Nicolas Wiernsperger sought to raise awareness of the medical and scientific communities. They have published works 2010 on intestinal barrier function.

Increased intestinal permeability is typically observed in inflammatory and irritable bowel disorders but is also seen in various pathologies that are indirectly related to gut health such as allergies, asthma, autism and chronic liver diseases.

In their research, Rapin and Wiernsperger investigate the impact of substances like fats and proteins exposed to modern cooking that exposes them to high temperatures. These altered substances have the potential to cause major health problems due to their inflammatory effects.

Corrections to this problem are to minimize the amount of food that is cooked and to eat as much raw food as possible. Also taking pro-biotics to assist in normal gut function is another important tool.

## HYDRATION

Water is the elixir of life. Second only to the air we breathe, adequate hydration is essential for sustaining optimal physiological and psychological performance. Dehydration is common in the population, and most people

drink to survive and therefore only when thirsty. Your needs are based on your body weight your physical performance, illness, it is recommended to add 1 litre of water per hour of high intensity exercise.

Urine colour can provide an estimate of hydration status, darker indicating you may need to drink up. Adding fresh fruit or vegetable juices is a healthier alternative to flavoured water drinks.

So, for improved kidney function, brain health, skin health, weight loss and chronic disease drink up!!

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