

Leaky gut has become a subject of an active discussion in both medical and natural health communities in striving to understand causes of the growing number of gastro-intestinal issues in both children and adults. At present, leaky gut, or increased intestinal permeability, is not a diagnosis. It is a hypothetical condition that suggests the following:

*“An unhealthy gut lining may have large cracks or holes, allowing partially digested food, toxins, and bugs to penetrate the tissues beneath it. This may trigger inflammation and changes in the gut flora (normal bacteria) that could lead to problems within the digestive tract and beyond. The research world is booming today with studies showing that modifications in the intestinal bacteria and inflammation may play a role in the development of several common chronic diseases.”**

— Harvard Health Publishing



Image credit: [Harvard Health Publishing](#) *

In accordance with definitions of **leaky gut syndrome**, intestinal bacteria, viruses, toxins, and incompletely digested food particles permeate through intestinal wall and cellular lining causing inflammatory response and immune system reaction. The normal intestinal lining consist of tightly connected cells — enterocytes — that normally do not allow foreign particles and microorganisms to enter the blood stream and inner sanctum of the organism.

When these enterocytes become loosely connected, i.e. when tight junctions between the cells become weak and therefore permeable, or when gut lining cells allow trans-cellular passage for foreign substances and microorganisms, then increased intestinal permeability, or leaky gut,

becomes a real condition that results in many local (gastro-intestinal), and systemic (the whole body), problems.

The majority of medical providers, health professionals, and scientists attribute phenomenon of leaky gut to microbes, viruses, environmental toxins present in the foods, and altered microbiome due to extensive and unwise use of medications. Many practitioners believe that all these factors lead to chronic intestinal inflammation and autoimmune reactions that manifest as:

- irritable bowel syndrome;
- gluten intolerance, lactose intolerance;
- indigestion and heart burn;
- flatulence, diarrhea or constipation;
- various food sensitivities (nuts, seafoods, shellfish, milk and dairy products, grains);
- allergic reactions to common foods;
- celiac disease;
- inflammatory bowel disease.

In addition, there is a growing conviction that many *neuro-developmental* disorders in children such as ADHD, autism, obsessive-compulsive disorder, oppositional-deviant disorder, learning disabilities, depression, anxiety, bedwetting, and sleep problems are in fact the whole body conditions that may be directly related to leaky gut syndrome and chronic gut inflammation. Therefore, many treatment protocols call for detection of the offensive gut microflora and aggressive management with antibiotics, elimination of foods that cause intolerance and allergic reactions, and administration of anti-inflammatory medications. In addition, dietary approach to management of neuro-developmental and digestive disorders has become very popular, and many health practitioners and nutritionists offer various and often confusing diets with specific and detailed recommendations. Clearly, the problem of brain-gut connection has not been yet thoroughly investigated, and there is no well established path that leads to deep understanding and successful management of these disorders.

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Now, let us examine the phenomenon of leaky gut from the point of view of *three-fold* and *four-fold* human organization (see below). As we know from the video lecture #1 of the series *From troubled to healthy: pathways to children's well-being*, the human *Ego* (not to be understood in the negative, selfish sense), or the *I-organization*, is directly related to the element fire, or the warmth organism. At first, the notions of three- and four-fold human organization and its members may seem too symbolical and not concrete enough for our well trained materialistic mind. But if we give a chance to our deeper and wider perception to unfold, we may well notice that outlines of the higher members of human organization begin to emerge as concrete realities.

The *warmth-organism* can be referred to as the inner strength, resilience of the human Ego on the level of bodily organs and blood. Blood is considered to be a carrier of the unique human Ego, it is a special fluid that continually permeates the entire organism with life giving forces.

Blood is always in the state of circulation, its flow within the body must be maintained at all times in order for life processes to unfold. Blood has certain specific for each single individual qualities because it carries the stamp of each individual Ego. Vital functions of the organism such as breathing and digestion are intimately connected with blood and its multiple functions and capabilities.

Digestive process is one of the most basic reoccurring processes in the human organism. Robust and healthy digestion signifies abundance of vitality and warmth in the body. When we speak of human digestion, we are literally speaking of the fire in our bodies. In fact, during digestive process, the stomach produces hydrochloric acid in such strong concentration that, if taken outside the stomach, it will literally burn out holes. Normal human gastric acid can dissolve chicken bones.

This resilience and strength of the human digestive function is directly related to the Ego's warmth-organism, for the Ego, or *the force of human identity*, must protect the inner sanctum of the body at all cost. If the warmth-organism loses its strength, it will fail to exert enough power to completely break down and neutralize foreign substances and forces in the process of digestion. The body must demolish every foreign substance in the foodstuff to the point of total dissolution in order to build its own unique substance. This is the function of the Ego in the digestive process.

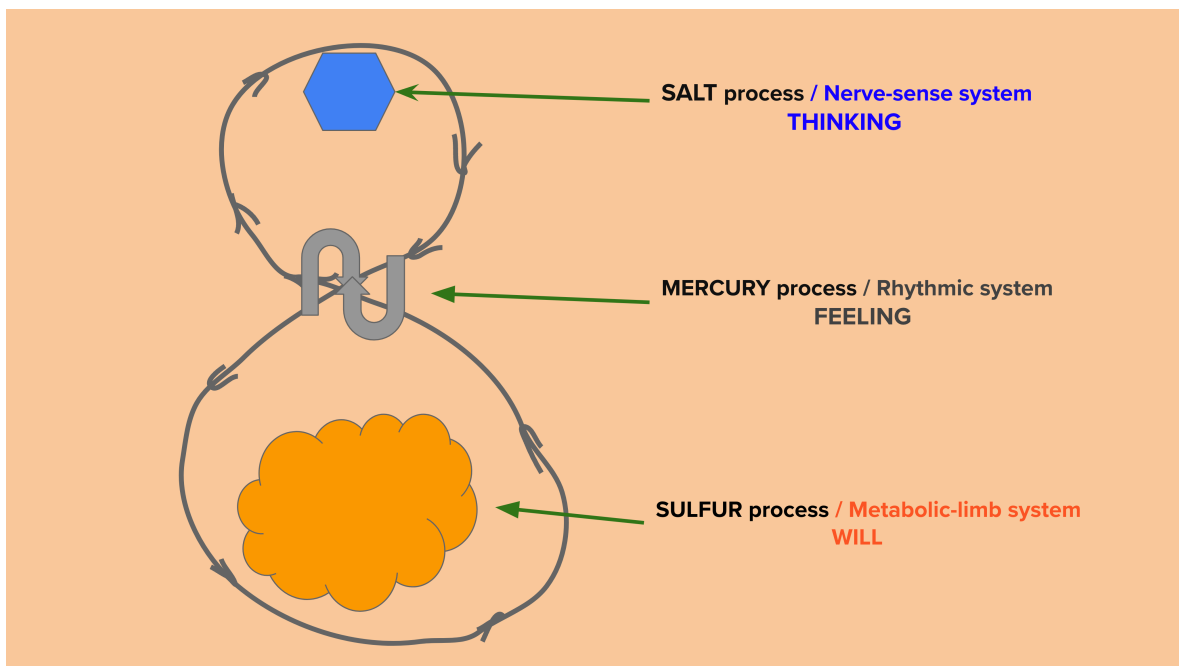
Now, looking at the problem first from a conventional and then from an esoteric point of view, we notice how our attention shifts from considering unhealthy external influences as main causes of digestive dysfunctions to regarding the inner strength and resilience of an individual organism. We must not neglect the validity and importance of each human person's inner reality, not just physiological and psychological but also soul-spiritual reality. This soul-spiritual reality is not a mere abstraction, it works continuously in every event of metabolism, in fiery digestive process, in breaking down and building up every substance, in every breath and every movement, in sensations, emotions, and in our actions. In our opinion, this renewed level of understanding is urgently needed in order for us to obtain vital answers to our questions.

If we consider the problem of leaky gut from this deeper perspective, in addition to considering unhealthy environmental influences, poor food quality and misuse of medications we also can include the person's inner factors as a specific configuration of forces. If the Ego, i.e. warmth-organism, has not been made strong and solid in the course of a person's life, then it will not provide adequate defense against inevitable challenges of life. We can think of this warmth-organism as our immune system that stands guard against everything unknown and foreign to our inner organization. The strong organism filled with fiery forces of the Ego will do well in life. This Ego-strength is not something granted to every one indiscriminately, everybody receives a potential but this strength must be gradually developed in the course of life.

Of course, there are children and adults who enjoy robust health seemingly without any extra efforts, yet they must possess a constitutional makeup that is suited to withstand many challenges of life. Yet even their continuous well-being is not guaranteed, for good health is always a result of intelligent living.

Four members of human organization

Constituent Element of a Human Being	Organic Medium	Natural Element
Ego, or Human Spirit	Warmth-organism	Fire
Soul Body/Astral Body	Air-organism	Air
Etheric Body	Water-organism	Water
Physical Body	Mineral-organism	Earth



* <https://www.health.harvard.edu/blog/leaky-gut-what-is-it-and-what-does-it-mean-for-you-2017092212451>