**Leaky Gut Symptoms and Treatment**

This leads to inflammation throughout your system and can cause symptoms, such as:

* **Bloating**
* [**Food sensitivities**](http://draxe.com/food-allergies-natural-treatment-remedies/)
* **Thyroid conditions**
* **Fatigue**
* **Joint pain**
* [**Headaches**](http://draxe.com/natural-headache-remedies-relief/)
* **Skin issues like rosacea and acne**
* **Digestive problems**
* **Weight gain**
* **Syndrome X**

**Top 5 Supplements for Healing Leaky Gut**

There are many supplements that support your digestive health but I believe the most beneficial are: L-Glutamine, Probiotics, Digestive Enzymes, Aloe Vera Juice, Quercetin, NAG and Licorice Root.

#1 Probiotics are the most important supplement to take because it helps replenish good bacteria and crowds out bad bacteria. I recommend getting probiotics in both food and supplement form. I see people all the time only follow part of the protocol in healing their gut by removing the damaging irritants. But the part they often leave out **is re-inoculating** their gut with beneficial bacteria that will keep bad bacteria at bay. So load up on BOTH probiotic rich foods and take probiotics daily from a high quality brand, preferably look for one that has DDS-1 Lacto Bacillus Acidophilus in the ingredients, there are more brands now that combine digestive enzymes in the capsule.

#2 Digestive enzymes (one or two capsules at the beginning of each meal) ensure that foods are fully digested, decreasing the chance that partially digested foods particles and proteins from damaging your gut wall.

#3 L-Glutamine is critical for any program designed to heal leaky gut. Glutamine is an essential amino acid that is anti-inflammatory and necessary for the growth and repair of your intestinal lining. L-glutamine acts a protector and coats your cell walls, acting as a repellent to irritants. Take 2-5 grams 2x daily.

#4 Licorice Root (DGL) is an adaptogenic herb that helps balance cortisol levels and improves acid production in the stomach. DGL supports the body’s natural processes for maintaining the mucosal lining of the stomach and duodenum. This herb is especially beneficial if someone’s leaky gut is being caused by emotional stress. Take 500mg 2x daily.

#5 Quercetin has also been shown to improve gut barrier function by sealing the gut because it supports creation of tight junction proteins. It also stabilizes mast cells and reduces the release of histamine which is common in food intolerance. New studies have also shown its effectiveness in healing ulcerative colitis. Take 500mg 3x daily with meals.