

Dr. Don Colbert Shares 10 Common Gut Enemies

Leaky gut (often called increased intestinal permeability) and excessive bad bacteria (dysbiosis) set the stage for a limitless number of problems. In his new book, *Dr. Colbert's Healthy Gut Zone*, Dr. Don Colbert explains that these problems come from the inside, usually as a reaction to foods and medications.

"To make matters worse, many of the offending foods were once your friends—or at least were neutral—before they became your enemies," Colbert writes.

According to Colbert, some argue that the best plan is to go on an elimination diet, but that will be truly helpful only after the gut has been restored. Until that point, Colbert explains that false readings will occur for the following reasons:

- Bad bacteria are usually in control. Too much bad bacteria can result in inflammation, leaky gut and immune reactions.
- The gut wall is leaking.

"As soon as you have a leaky gut, other food sensitivities generally appear, but that is not all," states Colbert. "Inflammation, a weakened immune system and an increased risk for sickness and disease follow right behind. This is why it is so vital that you regain control in your gut.

"Usually, when the good bacteria are in control and the gut wall has healed, the inflammation subsides, symptoms disappear and food sensitivities decrease. That is also when diseases will be able to fade away. Until that point, you will have to put up with 10 common enemies."

In *Dr. Colbert's Healthy Gut Zone*, Colbert lists the 10 most common enemies the gut will be fighting:

1. Gluten.
2. High-sugar, high-carb diet.
3. Dairy.
4. Lectins.
5. Artificial sweeteners.
6. Emulsifiers.
7. Saturated fats.
8. Constipation.
9. Stress.
10. Staying too clean.

"When you have severe leaky gut and too much bad bacteria in your GI tract, you will usually find very few foods that don't inflame your gut," writes Colbert. "The temptation is to eat only these few things, but that is not a healthy long-term option."

Colbert's newly released book is available through Amazon, Barnes & Noble, BAM, , Indiebound and Walmart.

Don Colbert, M.D., was a board-certified family practice doctor for more than 25 years in Orlando, Florida, and most recently in Dallas, Texas. He is also board certified in antiaging medicine through the American Academy of Anti-Aging Medicine and has received extensive training in nutritional and preventative medicine. He is the author of three *New York Times* bestselling books, including *Let Food Be Your Medicine*, *The Seven Pillars of Health* and *Dr. Colbert's "I Can Do This" Diet* along with bestsellers *Toxic Relief*, the *Bible Cure* series, *Living in Divine Health* and *Stress Less*. He has sold more than 10 million books and treated more than 50,000 patients in his years of practicing medicine.

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