

## Toxicology Hashimoto's Thyroiditis Facts Newsletter

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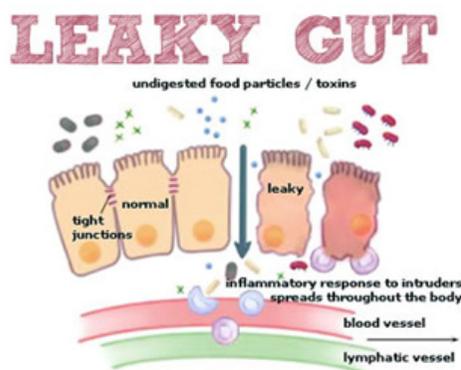
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**-What is Leaky Gut Syndrome?**

**-L-Glutamine and Hashimoto's**

**-Curcumin Extract & inflammation**

**-Anti-inflammatory foods for Hashimoto's**



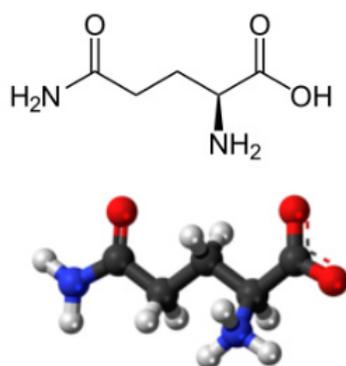
### What is leaky gut?

This term is all over the peer-reviewed literature around the world. From the Journal of Gastroenterology to the Journal of Neuro-Endocrinology, the evidence states that leaky gut syndrome leads to brain inflammation, destruction of the intestinal lining, migraines, CFS, depression, irritable bowel syndrome, ulcerative colitis, Hashimoto's, Diabetes Mellitus, and many more.

### The definition is as follows-

Gastrointestinal tract dysfunction caused by antibiotics, toxins, poor diet, parasites or Infections, leading to increased intestinal wall permeability and absorption of toxins, bacteria, fungi, parasites, etc; LGS may be linked to allergy and autoimmunity. Addressing this widespread ailment is key in keeping the immune system and the rest of your body healthy. Hashimoto's sufferers will achieve more control over their health and wellness by healing the gut.

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### L-Glutamine and Hashimoto's

L-Glutamine is an essential amino acid that has been found to be highly beneficial in healing the gut lining and “loss of intestinal barrier function is necessary to develop autoimmunity.” Leaky gut syndrome also leads to multiple metabolic dysfunctions due to malnutrition. The benefits of taking L-glutamine is to repair leaky gut, and is the foundation of saving the further destruction of the thyroid and other organs under attack by the immune system, which is directly linked to leaky gut syndrome (intestinal permeability).



### Curcumin Extract & inflammation

Curcumin is the active ingredient in turmeric; there are literally hundreds of studies that confirm its powerful anti-inflammatory and protective effects on every single cell of the body. This compound has been found to protect your body from cancer, autoimmunity, allergies, and any other inflammatory processes. For Hashimoto's Thyroiditis sufferers, this is a crucial part of maintaining a happy immune system and a clear focused brain.



There are foods that have shown anti-inflammatory properties. We all battle inflammation on a daily basis. It is the most damaging factor in most disease and pain. Hashimoto's Thyroiditis sufferers will greatly benefit from consuming ginger and its extracts, which has been found to have anti-inflammatory, and gut protective properties.

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