



Dr. Malott-Brechtel

Tummy Trouble.

Dear Dr. Brechtel,
I have lots of intestinal problems & achy inflamed joints. Can my diet really effect my body like this?

The gut is an integral part of your immune system. About 70% of your immune reactive cells are contained within the gut, and line the bowels to guard your body from invading substances. The gut's function of absorbing nutrients makes it vulnerable to invasion by bacteria, fungus, allergens and other molecules foreign to your body.

The health of the cells lining your gut is critical to your body's ability to defend itself. Unhealthy gut cells lead to "leaky gut syndrome" and other inflammatory GI conditions. Enhancing gut-cell health increases their ability to selectively absorb nutrients, leading to less inflammation and a healthier body. Certain supplements and nutrients can help the gut become healthier. Probiotics can restore normal, healthy gut bacteria that have been depleted from unhealthy foods, or antibiotic use. A healthy gut does lead to a healthy body.

Dr. Mary Malott-Brechtel is a chiropractor and Board Certified Clinical Nutritionist and can be reached at (409) 744-2225 or via www.malottchiropractic.com