



Fixing a leaky gut: Remedies and treatments.

Description

"Leaky gut" is a common term for increased intestinal permeability, where molecules pass easily from the intestines into the bloodstream, causing various symptoms. However, it's not a formal medical diagnosis but rather a physiological process that fluctuates due to stress, infections, and diet. Research has linked increased permeability to diseases like inflammatory bowel disease and obesity, among others, indicating its importance. While social media claims suggest using probiotics or digestive enzymes to "cure" leaky gut, scientific evidence doesn't support these claims. Instead, experts recommend a healthy diet, stress reduction, limiting alcohol consumption, increasing fiber intake, and avoiding NSAIDs. It's essential to consult a healthcare professional for accurate diagnosis and treatment, as symptoms associated with leaky gut could be indicators of underlying health issues that require proper evaluation and management.

Vocabulary List:

1. **Permeability** /,pɜːr.mi.ə'biːl.i.ti/ (noun): The state or quality of being permeable allowing substances to pass through.
2. **Physiological** /,fɪziə'lɒdʒɪkəl/ (adjective): Relating to the branch of biology that deals with the normal functions of living organisms and their parts.
3. **Inflammatory** /ɪn'flæmətɔːri/ (adjective): Causing or related to inflammation; often used to describe diseases that involve swelling.
4. **Consult** /kən'sʌlt/ (verb): To seek advice or information from someone.
5. **Evaluation** /ɪ,vælju'eɪʃən/ (noun): The process of assessing or appraising something.
6. **Symptoms** /'sɪmptəmz/ (noun): Any signs or indication of a condition or disease.

Comprehension Questions

Multiple Choice

1. What is "Leaky gut"?

- Option: A. A formal medical diagnosis
- Option: B. Increased intestinal permeability
- Option: C. A type of surgery
- Option: D. A skin condition



2. What factors can contribute to increased intestinal permeability?

- Option: A. Exercise
- Option: B. Stress infections and diet
- Option: C. Exposure to sunlight
- Option: D. Drinking tea

3. Which diseases have research linked to increased intestinal permeability?

- Option: A. Heart disease and diabetes
- Option: B. Inflammatory bowel disease and obesity
- Option: C. Respiratory infections
- Option: D. Osteoporosis

4. What is the recommended approach by experts to manage

- Option: A. Using probiotics and digestive enzymes
- Option: B. Avoiding any dietary changes
- Option: C. Stress reduction healthy diet and more fiber intake
- Option: D. Increasing alcohol consumption

5. Which of the following is NOT recommended for managing symptoms associated with

- Option: A. Increasing fiber intake
- Option: B. Consultation with a healthcare professional
- Option: C. Limiting alcohol consumption
- Option: D. Taking NSAIDs regularly

6. Why is it important to consult a healthcare professional for accurate diagnosis and treatment of symptoms associated with

- Option: A. Because social media recommendations are always accurate
- Option: B. To ensure proper evaluation and management of underlying health issues
- Option: C. Because self-diagnosis is sufficient
- Option: D. To save money on medical consultations

Answer

Multiple Choice: 1. B. Increased intestinal permeability 2. B. Stress infections and diet 3. B. Inflammatory bowel disease and obesity 4. C. Stress reduction healthy diet and more fiber intake 5. D. Taking NSAIDs regularly 6. B. To ensure proper evaluation and management of underlying health issues

Vocabulary quizzes



Multiple Choice (Select the Correct answer for each question.)

1. What is a product that is added to the diet to make up for a nutritional deficiency?
Option: Concentration
Option: Supplement
Option: Prevalent
Option: Epidemic

2. Which term refers to the process of the body breaking down substances to obtain energy?
Option: Consult
Option: Metabolize
Option: Susceptibility
Option: Vigilant

3. What are measures taken in advance to prevent something dangerous or inconvenient?
Option: Life-threatening
Option: Precautions
Option: Permeability
Option: Physiological

4. Which term means to make a problem bad situation or negative feeling worse?
Option: Evaluation
Option: Ischemic
Option: Neuropathy
Option: Exacerbate

5. What is a written instruction from a medical practitioner that authorizes a patient to be provided a medicine or treatment?
Option: Consult
Option: Interventions
Option: Attribute
Option: Prescription

6. Which term refers to regard something as being caused by someone or something?
Option: Alleviate
Option: Survival
Option: Formidable
Option: Attribute

7. What is the making of a judgment about the amount number or value of something?
Option: Inflammatory
Option: Consult



- Option: Evaluation
- Option: Symptoms

8. Which term refers to the science of light and vision?

- Option: Ischemic
- Option: Neuropathy
- Option: Optic
- Option: Anxiety

9. What is the state or fact of continuing to live or exist typically in spite of an accident ordeal or difficult circumstances?

- Option: Survival
- Option: Anxiety
- Option: Formidable
- Option: Optic

10. Which term refers to disease or dysfunction of one or more peripheral nerves typically causing numbness or weakness?

- Option: Neuropathy
- Option: Ischemic
- Option: Anxiety
- Option: Exacerbate

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The _____ of the active ingredient in the medication was too high.
12. The patient has a high _____ to allergies.
13. The doctor prescribed an _____ diet to reduce swelling and pain.
14. It is important to be _____ about monitoring your health regularly.
15. The disease can be _____ through contact with bodily fluids.
16. Obesity is a _____ issue in many developed countries.
17. The patient's condition was considered _____ and required immediate intervention.
18. The _____ of the cell membrane allows for the passage of certain substances.
19. Regular exercise has positive effects on both the physical and _____ aspects of



health.

20. Excessive worry and uneasiness are common symptoms of _____ disorders.

21. The team faced a _____ opponent in the final match of the tournament.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

22. The chef added each to the recipe with precision.
23. The liver helps to drugs and other substances in the body.
24. Before starting any new exercise program it is advisable to a fitness expert.
25. The patient experienced severe coughing and fever as initial of the illness.
26. The doctor diagnosed the patient with heart disease.
27. The ophthalmologist specializes in treating diseases of the nerve.
28. The wilderness expert taught the group essential skills for outdoor .
29. In critical cases immediate medical are necessary to save lives.
30. The team's success was largely to their strong teamwork and dedication.
31. Applying ice to the injury can help to the pain and swelling.

Answer

Multiple Choice: 1. Supplement 2. Metabolize 3. Precautions 4. Exacerbate 5. Prescription 6. Attribute 7. Evaluation 8. Optic 9. Survival 10. Neuropathy

Gap-Fill: 11. concentration 12. susceptibility 13. inflammatory 14. vigilant 15. transmitted 16. prevalent 17. life-threatening 18. permeability 19. physiological 20. anxiety 21. formidable

Matching sentence: 1. ingredient 2. metabolize 3. consult 4. symptoms 5. ischemic 6. optic 7. survival 8. interventions 9. attribute 10. alleviate

CATEGORY

1. Health - LEVEL1

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