# FOREVER YOUNG

**100% HEALTHY &** 

Sara Gottfried, M.D., offers simple remedies for the sneaky condition that's making 70% of women over 50 tired

> hen you start feeling tired and foggy or notice a few extra pounds creeping on around your waist, it's easy to chalk it up to getting older. But these symptoms can actually be red flags of a little-known condition called

leaky gut syndrome. "Nearly 3 out of 4 women who see me with fatigue, brain fog and related concerns turn out to have leaky gut," says Sara Gottfried, M.D., author of *The Hormone Reset Diet.* To blame: sensitivity to gluten and dairy and overgrowth of "bad" bacteria and yeast, which damage the gut lining over time. This allows food particles, toxins and waste to leak through the GI tract and trigger body-wide inflammation.

Despite how common the condition is, though, most women go untreated. Part of the reason: While the name "leaky gut" brings to mind GI distress, 30 percent of sufferers don't have any digestive symptoms, says Dr. Gottfried. And even if they do, many doctors still fail to recognize the condition. "No single test is perfect at diagnosing leaky gut, and not all doctors conduct the combination of tests that can spot problems," says Dr. Gottfried, who calls the condition "the disease vour doctor can't diagnose." That said, she adds that leaky gut can be remedied with natural strategies. Read on for the simple steps that heal the gut to ensure greater energy and optimal well-being.

#### **BOOST "GOOD" GUT BUGS**

Antibiotics, infections, stress, processed foods and exposure to toxins cause cellular inflammation, which kills off beneficial gut bacteria,

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"Feeling fat, cranky and exhausted is a clear sign that your gut is out of

whack."

Sara Gottfried, M.D.

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# ENERGIZED

allowing harmful bugs to thrive and wreak havoc on the gut. To increase the number of healthy bacteria and heal the lining of the gut, Dr. Gottfried suggests ramping up your intake of probiotics. Each day, try eating one to two servings of fermented foods like sauerkraut, miso, yogurt and kefir, plus take a probiotic supplement that contains up to 50 billion colony-forming units (CFUs). A brand we like: Life Extension Florassist Balance (\$24, lifeextension.com).

#### LOAD UP ON HEALING SPICES

"Curcumin, a compound in the spice turmeric, is the most potent antiinflammatory on the planet," says Dr. Gottfried. She recommends seasoning foods with the popular Indian spice to soothe the gut and promote healing. Another spice to incorporate into your diet: ginger, which fights inflammation, improves digestion and reduces gut irritation. Finally, Dr. Gottfried suggests loading up on the fresh fruit and vegetables that are plentiful at local farmer's markets right now. "They're easy for the body to absorb and are a good source of antioxidants, vitamins and minerals, which can help control inflammation."

#### **TAKE A GLUTEN BREAK**

Eliminating intestinal inflammation is key to healing a leaky gut, so Dr. Gottfried recommends cutting out foods containing gluten and dairy (as well as alcohol, which can impede intestinal healing) for three months. "This leaves women more energized within a week," says Dr. Gottfried. "And though they can reintroduce dairy and gluten gradually, most feel so much better that they choose not to do so." Dr. Gottfried also advises limiting the use of NSAIDs since studies show that up to 70 percent of long-term users of these pain-relieving medications show signs of leaky gut. Fortunately, that's easier to do than many women expect since headaches, muscle aches and joint pain typically lessen as leaky gut resolves.

HEALTHY LIVING News You Can Use

#### MINOR WEIGHT LOSS Reverses diabetes

So say scientists reporting in Diabetes Care. In their study, people with diabetes who lost 14 percent of their weight over the course of 6 months (that's just over 1 pound a week for a 200-pound woman) were cured of diabetes symptoms by the end of the study. The authors say even modest weight loss removes fat from the pancreas, restoring insulin production to normal levels.

#### STAYING HYDRATED KEY To heart health

This from scientists reporting in the European Journal of Nutrition. In their study, people who went through the day mildly dehydrated (falling short of optimal hydration levels by just 2 percent) had stiffening in the arteries and a 27 percent decrease in bloodvessel function the next morning - results similar to the impairment experienced after smoking a cigarette. To stay hydrated, experts typically suggest drinking 64 oz. of water a day.

#### EASY WAY TO KEEP Blisters at Bay

When researchers reporting in the *Clinical Journal of Sport Medicine* covered blisterprone areas of runners' feet with surgical tape, the occurrence of blisters fell by 40 percent, thanks to the tape's ability to minimize friction in spots where skin is repeatedly rubbed. The brand used in the study: 3M Micropore Surgical Tape (\$10, drugstores).

# **60-Second Tiredness Cures**



## A COOL RINSE

To end fatigue in a minute, hold your hands and wrists under cold water. Swiss scientists say a temperature dip in the extremities increases energizing blood flow to the brain.



## A THROWBACK PHOTO

Looking at a pleasant picture from your childhood kick-starts the production of a brain chemical that promotes feelings of energized calm. You'll feel better in seconds!



## **A CITRUS SCENT**

Taking six deep breaths of tangerine essential oil can ease fatigue in just a few seconds. Aromatherapy experts say the scent spurs the formation of energizing beta brain waves.