



IS YOUR GUT LEAKY? ASSESSMENT

JJ VIRGIN

THE
VIRGIN
DIET

WHAT IS “LEAKY GUT SYNDROME”?

Leaky gut is pretty much what it sounds like. The cells of your intestinal lining (your “gut”) are supposed to be pressed up tightly against one another, sealed by what are known as “tight junctions.” These junctions keep partially digested food securely inside your intestines, where it belongs.

Sometimes, though, your intestinal lining is compromised, allowing particles of partly digested food to leak out into your bloodstream. Other problematic stuff can get out, too, including microbes, waste, and toxins.

When these substances enter your bloodstream, your body treats them as foreign invaders and responds accordingly. Your immune system releases a cascade of inflammatory chemicals designed to neutralize the threat, which can also wreak havoc on your intestinal lining. As a result, you have a much harder time absorbing nutrients, which might even result in you eating more... and gaining weight.

Eventually, the poorly digested food combines with IgG antibodies to form large bodies known as “immune complexes.” These circulate through the bloodstream until they are deposited in various tissues, where they create localized inflammation. That’s how you end up with the symptoms we’ve talked about—the rashes, joint pain, headaches, fatigue, and skin eruptions.

All these symptoms together can make you feel as though your whole body is breaking down. You might be tempted to think that this is what happens naturally as you age. It isn’t. It’s what happens when you suffer from leaky gut. If you’ve been eating the wrong foods for years, you’ll probably develop more symptoms over time, as the problem worsens and symptoms build up.

Ironically, your body starts to crave the very foods that are making you sick. That’s because if you keep eating High-FI foods, your body keeps making antibodies to protect you from them. If you try to cut out a particular High-FI food, you have all these antibodies roaming around in search of it, ready to zap it with their special protective chemicals. These would-be protectors actually cause you to crave the food they’re longing to zap, setting you up for a vicious cycle of inflammation and weight gain.

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PART A

SIGNS & SYMPTOMS

If you suffer from any of these on a regular basis (i.e. one or more times per week), then check yes.

- If you have a symptom 1-2 times a week at a mild or moderate level — even if you barely notice it — **score 2 points.**
- If you have a mild/moderate symptoms 3 or more times a week or a severe symptom 2 or more times a week — **score 4 points.**
- If you have a **bolded** symptom — **score 4 points.**

IMMUNE

Allergies

Asthma

Poor immune function

YES (2)

YES (4)

AUTOIMMUNE

Multiple sclerosis

Hashimoto's

Rheumatoid arthritis

Celiac Disease

Crohn's Disease

GI

Gas/Bloating

Irritable bowel syndrome (IBS)

Candida

Constipation

Diarrhea

Small Intestinal Bacterial Overgrowth (SIBO)

PART A

SIGNS & SYMPTOMS

YES (2)

YES (4)

BRAIN

Attention deficient disorder (ADD)

Autistic Spectrum

Poor Memory

Headaches

Food Cravings

Depression

Anxiety

Poor Focus, Brain “Fog”

MUSCULOSKELETAL/ENERGY

Weight loss resistance

Joint/Muscle Pain

Osteoarthritis

Fatigue

Chronic Fatigue Syndrome

RESPIRATORY

Shortness of Breath

Congestion

Throat clearing

Sinusitis

PART A

SIGNS & SYMPTOMS

YES (2)

YES (4)

SKIN

Eczema

Psoriasis

Hives

Acne

Rosacea

Dark circles under eyes

YOUR LEAKY GUT SCORE:

Below 4: Low Likelihood of Leaky Gut

Currently, you seem to suffer from few food allergies or intolerances, if any. I have found that most people feel and look better when removing High-FI foods and often are reacting to one or more of them whether or not they have any overt symptoms. You are reading this guide because you want to make sure that you eat the best diet, so you can keep feeling and looking trim and young.

6-14: Moderate Likelihood of Leaky Gut

You consistently suffer mild or moderate discomfort and bloating with certain foods, but you do experience periods of relief. Over time, you have probably noticed weight gain even though your diet hasn't changed. Your skin and hair may look somewhat dull, and you tend to feel more tired or stressed than you used to.

16+: High Likelihood of Leaky Gut

Help! You can't remember the last time you felt light and lean after a meal, and it feels as though your stomach is constantly bloated. You've done everything you can think of to lose weight, and it just hasn't worked. Every time you look in the mirror, you think, "How did I get so old? Why do I look so tired?"

PART B

PROVOKERS

In order to minimize your likelihood of getting leaky gut syndrome and to heal from it if you do, you will want to minimize anything that can cause or exacerbate it.

Note, do not go off any prescription medications without the approval of your doctor.

CHECK EACH PROVOKER THAT APPLIES TO YOU:

- Stress
- Non-steroidal anti-inflammatory medicines (NSAIDS) like Advil or Aleve
- Antacids
- Pain medication
- Sugar (especially fructose, high-fructose corn syrup (HFCS), agave)
- Gluten
- Alcohol (more than one drink per day)
- Small intestinal bacterial overgrowth (SIBO)
- Candida
- Bisphenol-A (BPA)
- Prednisone and other anti-inflammatory drugs
- Antibiotics
- Dietary induced nutrient deficiencies
- A low-fiber diet
- A high-sugar diet
- Regular intake of reactive foods (soy, corn, eggs, dairy, peanuts)

TOTAL PROVOKERS: _____

Note your goal is to get this number to zero (or as close to that as possible)! The higher your **Leaky Gut Score**, the lower you want your **Leaky Gut Provokers Score** to be.

HEALING YOUR LEAKY GUT

Follow *The Virgin Diet* by eliminating the 7 Foods for 21 days, rechallenging the top 4 reactive foods, one per week over the next 4 weeks and then sustaining your results by keeping foods you can't handle out 100% and potentially reactive foods and health-demoting foods 90-95%.

If you scored 14 or more on the **Leaky Gut Assessment** or have multiple bolded items, it is highly recommended that you take additional measures to heal your leaky gut.

- Focus on eating the healing foods:
 - Coconut milk (unsweetened)
 - Aloe juice
 - Freshly ground flaxseed
 - Apples
 - Cold-water fish
 - Fresh garlic
 - Red onions
 - Oregano leaves
- Remove as many provokers as possible
- Follow the **Gut Healing Protocol**



