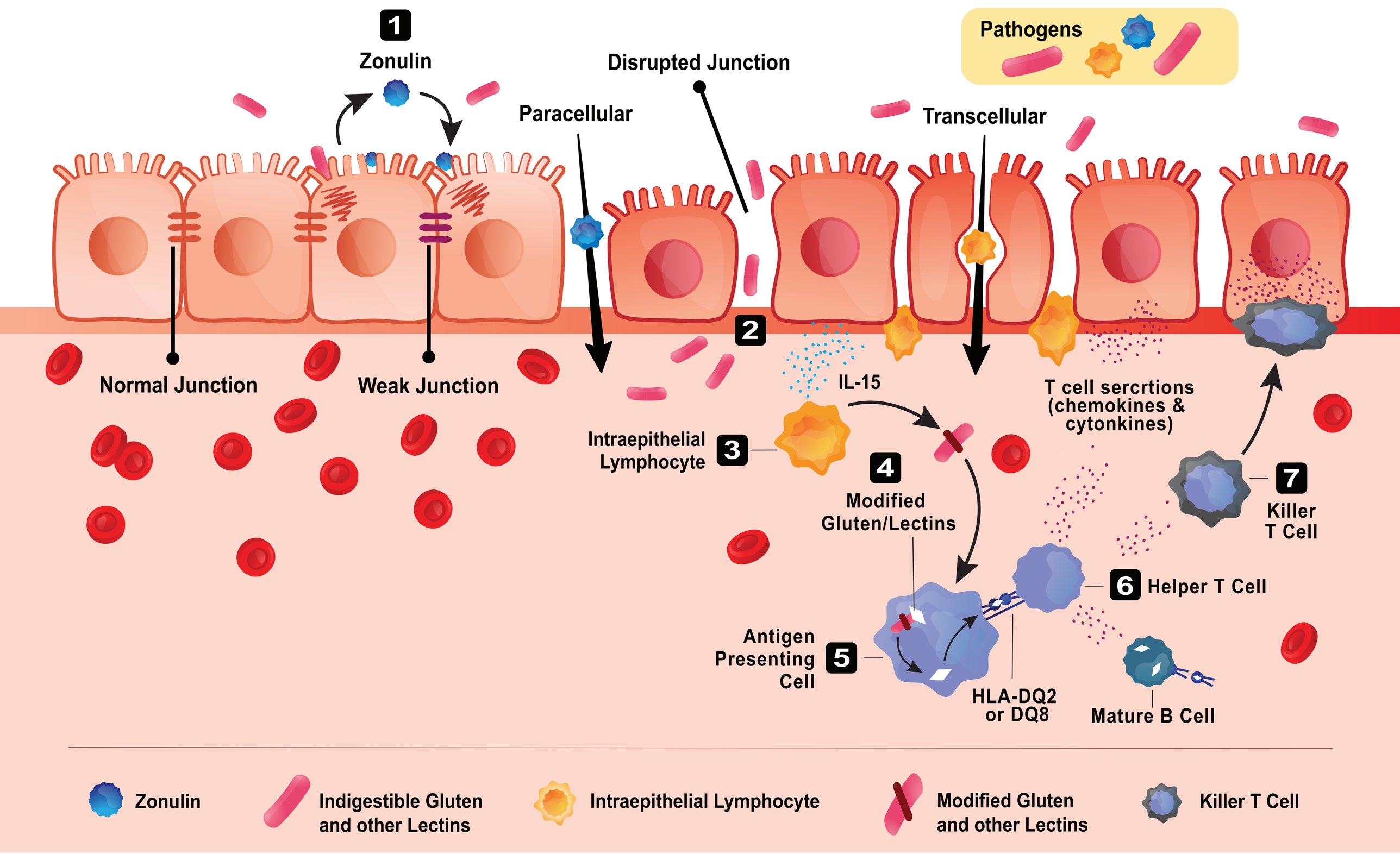
GundryHealth

Every Illness Begins With A Leaky Gut.

NORMAL GUT

LEAKY GUT



1 Indigestible gluten and other lectins induce enterocytes to release the protein zonulin, which loosens thight junctions.

2 Gluten and other lectins fragments cross the intestinal lining in abundance and accumulate under epithelial cells (enterocytes).

3 Gluten and other lectins induce enterocytes to secrete interleukin-15 (IL-15), which arouses immune cells called intraepithelial lymphocytes (IEL) aginst enterocytes.

4 Tissue transglutaminase (TTG), an enzyme released by damaged cells, modifies the gluten or other lectins .

5 Antigen-presenting cells (APC) of the immune system joins the modified gluten to HLA molecules and display the resulting complexes to other immune cells: helper T lymphocytes.

6 Helper T cells that recognize the complexes secrete molecules that attract other immune cells and can directly damage enterocytes. Helper T cells spur Killer T sells to directly attack enterocytes.

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