

Do you have a leaky Blood Brain Barrier?

You may have heard of “leaky gut,” which refers to increased permeability of the lining of the gut, allowing partially digested food and toxins to enter the blood stream. This is not a good thing to have but is very common in today’s world.

How much worse do you think a leaky blood brain barrier is? The BBB protects nothing less important than your brain. A leaky BBB allows inflammatory particles, toxins and bacteria of many types to enter your brain, causing low level, chronic inflammation. You can imagine that it is not good for your brain to spend its energy fighting inflammation instead of running your body and keeping you sharp. The end result is Cognitive Decline and eventually dementia – the “A” word.

If you have inflammation, auto-immunity, a history of head trauma, a poor diet, disrupted sleep, exposure to toxins or alcohol use, you are at risk. If you have brain fog, difficulty finding words, lapses in memory or confusion, you probably have Leaky BBB.

Fortunately, there are ways to test for leaky BBB, and ways to treat it which may reverse any cognitive decline that is related to it.

Call Integrative Life Solutions and schedule a visit with Dr. James T. Skeen. Clear thinking is possible at any age.