

June 19-20, 2018
Paris, FranceJ Clin Gastroenterol Hepatol 2018, Volume: 2
DOI: 10.21767/2575-7733-C1-003

THE BLURRING OF INTERSTITIAL SPACE INTENT-THE EVOLUTION OF LEAKY GUT

Robert L Buckingham

Robert L. Buckingham, MD, Inc, California

The leaky gut, induced by poor dietary choices, alters the entire intestinal tube microbiome, red flags chronic intestinal interstitial space inflammation, that when combined with vascular inflammatory free radicals, contaminates the interstitial space, blocks the capillary cell dance, puts chronic inflammation in feedback loop control of interstitial space operations, and outcomes serious intestinal tract disease venues. The chronically inflamed intestinal interstitial space not only induces disease venues, but further eclipses effective absorption of nutrient. Leaky gut has its origins in highly processed foods that are loaded with sugar, salt, nitrosamines and other engineered additives to increase shelf life. Processed foods usually contain higher concentrations of different simple sugars that are not included as sugar in most food labeling. All of them can adversely affect the intestinal microbiome. Different intestinal epithelial cells specialize to either secrete enzymes and mucus to aid in the breakdown of nutrient or act primarily as nutrient absorbers. Their function is altered by changes in the microbiome. An altered microbiome enables toxic nutrient to pass to intestinal epithelial cells, which then assembles transfer to the interstitial space to affect the endothelium. The toxic nutrient, coupled with ineffective capillary cell outer membrane exchange mechanics, enables passage of empty or toxic nutrient into the portal circulation while ignoring essential quality nutrient. Capillary cell outer and basement membrane dysfunction has become disabled in part from vascular inflammatory free radical impingement. The mechanics of absorption improve when plant fiber is ingested, the intestinal microbiome is optimized and vascular inflammatory free radical impingement of the intestinal interstitial space is minimized. Key to this anti-inflammatory momentum is the return of effective capillary cell pivot and swing dancing between its outer membranes and mitochondria

drilbuckingham@yahoo.com