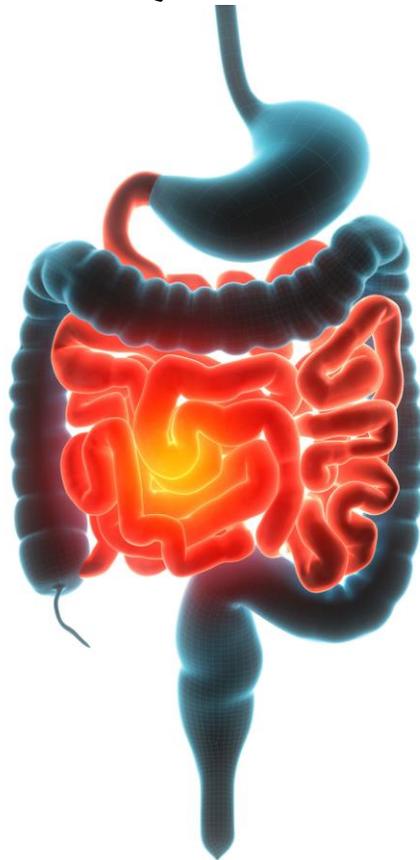




Meet Dr. Knight  
AMIT Certified Practitioner

# Leaky Gut & Small Intestinal Health Questionnaire



## History:

Intestinal Permeability (Leaky Gut) has been debated for over 30 years. Recently, based on many studies, Medicine concurs with the Natural Health position that indeed, Leaky Gut is real and definable: *a condition where the lining of the small intestine becomes damaged, causing undigested food particles, toxic wastes and bacteria to "leak" through the intestines and flood the blood stream setting off a cascade of protective immune responses.*

One reason why leaky gut has been hard to identify is that its bodily impact is not limited to the gastro-intestinal tract – it impacts the brain, thyroid, immune system, skin and joints and vary based on a person's genetic and epigenetic expressions. **This Assessment** presents questions that your health care practitioner can use to determine if further testing for leaky gut is warranted.

### **Gluten Gliadin, Glutenin & The Little Red Hen**

Science has demonstrated that consumption of American-grown wheat causes leaky gut in many people. This is because American wheat has been extensively hybridized to increase the gluten as well as to create new gluten, gliadin, and glutenin chromosomes that address smut resistance and other agricultural issues. These genetic modifications have resulted in new protein complexes being added to Nature's original grain, and those new proteins are such that the human body is not generally adapted. If the gluten

molecule encourages the intestinal microbiome to release more zonulin, then the intestinal barrier is compromised. If the gluten aggravates the intestinal immune system, then the ensuing inflammation damages the intestinal lining and compromises the barrier. There are some people who are gluten intolerant such as in Celiac Disease and have terrible reactions to gluten, and must avoid it. Some people are sensitive and eating gluten raises their set-point of inflammation throughout their bodies. They do best to avoid it. But there are many who seemingly get by. An historic view of “The Staff of Life” shows that our ancestors used wheat in their diets, but they used the Ancient Grain (nonhybridized).

Further, they soaked the grain overnight in water and let beneficial bacteria break down the gluten molecules into more simple protein structures. Thus today, people who are not Celiac, may find that they can:

- 1) Acquire an ancient strain of wheat berries (often from overseas),
- 2) Soak it overnight and even add water-kefir culture to it.
- 3) Dry the grain-seeds in a food dehydrator
- 4) Grind the wheat
- 5) Make dough and add probiotic culture to the rising process.
- 6) Then they are ready for baking—just like the little red hen story.

The payoff is that now you have a food that you’ve made ready for more optimal digestion, and best of all – the taste sings with the vitality of ancestral food.



**Instructions:** Circle Y for “Yes” or N “No”

***Intestinal Health***

1. Frequent constipation? Y N
2. Frequent diarrhea? Y N
3. Medically diagnosed with: IBS, GERD, Crohn’s, Diverticulitis, Ulcerative Colitis? Y N
4. Often find blood in stool? Y N

***Digestive Health***

5. Abdominal pain after eating? Y N
6. Food Sensitivities Y N
7. Belching, frequent? Y N
8. Bloating after eating, drinking (more than once a week)? Y N
9. Food allergies, several? Y N
10. Food intolerance Y N
11. Gas, frequent, foul? Y N
12. Heartburn? Y N

***Energy***

13. Chronic Fatigue? Y N
14. Energy drops after eating? Y N

***Brain***

15. Often feel stressed? Y N
16. Anxiety, feel anxious? Y N
17. Depression? Y N
18. Forgetfulness? Y N
19. Difficulty focusing thoughts Y N

### ***Skin***

- 20. Acne Y N
- 21. Dry patches not responsive to topical moisturizers Y N
- 22. Eczema Y N
- 23. Hives Y N
- 24. Itchy skin, without eruptions Y N
- 25. Rosacea Y N

### ***Hormone Balance***

- 26. Female: PMS Y N
- 27. Male: Enlargement of breast tissue? Y N
- 28. Female & Male: Cherry Angiomas  
(little red dots in the skin) Y N

### ***Autoimmune (General)***

- 29. Any Autoimmune Issue (Arthritis, Asthma  
Celiac, Diabetes I, Hashimotos, Lupus,  
Multiple Sclerosis, Myasthenia Gravis, etc.? Y N

### ***Iatrogenic***

- 30. Antibiotic, used in past 10 years? Y N
- 31. Rx NSAID, in past 5 years? Y N
- 32. Aspirin, in past 4 years? Y N
- 33. Ibuprofen, in past 4 years? Y N
- 34. Tylenol, in past 4 years? Y N

### ***Diet / Lifestyle***

- 35. Alcohol—consume 4+ beverages/week? Y N
- 36. Less than 6-hrs, sleep/night? Y N
- 37. High starch/sugar/sweets diet Y N

38. Crave sweets Y N
39. Eat Fast Foods, 2 or more times/week? Y N
40. Use processed, packaged foods 2 or more times/week? Y N
41. Consume GMO foods (corn, soy, canola oil, Hawaiian (rainbow) papayas, potatoes, Arctic apples yellow crookneck 'summer' squash, zucchini, sugar beets, alfalfa)? Y N
42. Consume sodas and/or sugar-free sodas? Y N
43. Consume sugar-free foods (Aspartame™)? Y N
44. Exercise less than 4 times a week? Y N

### **General**

45. Allergies: Environment Allergies, Animals Perfumes aggravates, Pollens, Dust? Y N
46. Bad Breath even after brushing Y N
47. Joint/Muscle Pain after eating certain foods, e.g. nightshades (tomatoes, potatoes, peppers eggplant, gogi berries,)? Y N

### **Sinus**

48. Frequent post-nasal drainage Y N
49. Frequent sinus infections Y N
50. Ongoing nasal congestion Y N

**Total Number of Yes Scores = \_\_\_\_\_**

### **Scoring**

More than 15 = Highly likely

9 to 14 = Likely

8 or less = May not be a significant factor

Disclaimer. This personal assessment is not diagnostic of any health condition. It is designed to help licensed health practitioners organize varied body occurrences that, when viewed as a gestalt, may lead to a common factor.



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## GET IN TOUCH

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