

KIDS HEALTH REVOLUTION



LEAKY

GUT

QUIZ



IS LEAKY GUT CONTRIBUTING TO YOUR
CHILD'S HEALTH STRUGGLES?

Leaky Gut Quiz

Disclaimer: This questionnaire is for educational purposes only and is not meant to diagnose or replace medical treatment.

The Leaky Gut Phenomenon is becoming one of the most talked about subjects in the integrative health field. It is even gaining momentum in main stream medicine thanks to many scientific studies that have been published recently. This is a basic, in a “nut shell” sort of description of leaky gut and then some questions to help you understand how it may relate to your child’s health concerns.



So how do you as a parent figure out if your child has an imbalance in the microbiome (gut bugs) and leaky gut that might be affecting health?

This quiz will help you understand the risk factors that often contribute to an imbalanced microbiome (gut bacteria) that can lead to leaky gut issues and chronic health concerns. These questions are based on health history and give us a glimpse into what could be happening in the gut. The only definitive test for microbiome imbalance and leaky gut are diagnostic laboratory tests. These tests can be very informative and helpful in helping improve health but as they are quite expensive, it is not accessible to everyone. Many natural health care practitioners will use a symptoms and health history based approach like what you will see in this quiz.

Things to keep in mind as you go through the questionnaire:

- If your child has a chronic health condition you may find that you will be answering yes on many of the questions. There is a strong link in the scientific literature between these kinds of illnesses and leaky gut. Answering these questions will give you a clearer picture **how much** this may be involved in your child’s health.

- **Don't panic** if you find a yes beside most of the questions! This is just an exercise in discovery as to the possibility of leaky gut being involved in your child's health struggle. The good news is that there is much that can be done to help improve the gut bug balance and even to heal and seal a leaky gut. Information is power and that is what this quiz is meant to do for you. There is lots of information on www.kidshealthrevolution.com about the steps you as parent can take to help improve gut function and overall health, you can even sign up for free webinars where I walk you through the processes I have used with my son to take his health back so you can to.
- There is no blame here! Sometimes my mom's get into blaming themselves or feeling guilty when they answer some of these questions. Please be mindful not to get into the blame game. This is just about being armed with as much information as you can have. For example, YOU did not cause your child's illness by not breast feeding! It is **one** of many possible factors that all add together...you are NOT to blame. I really want to emphasize this as it is something I struggled with personally at first.
- These questions are **based on the very detailed health history assessment** that would be part of a private consultation with most integrative health practitioners, especially those like myself that have been trained in the GAPS protocol. In these sessions we go into detail on many of these questions but for our purposes I have very much simplified them into yes/no answers. Again, the idea here is just for you to get a picture of your child's risk factors that may contribute to leaky gut.

So, let's get down to business!

LEAKY GUT QUIZ

1. Did you have to take antibiotics at any point during your pregnancy?
2. Did you have to take any steroid medications like prednisone while you were pregnant?
3. Do you have any mercury amalgams in your teeth?



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4. Does dad have mercury amalgams?
5. Do you (mom) or dad work around chemicals or toxins of any kind?
6. Was your child born by C-section?
7. Was your child primarily bottle fed?
8. Did/does your child suffer from frequent ear or throat infections?
9. Has your child had to take antibiotics more than once a year?
10. Has your child ever needed to take any type of steroid medication like a steroid inhaler or cream?
11. Was your child's first solid food grain based?
12. Was your child ever prescribed acid blocking medication for acid reflux?
13. Does your child have food allergies or sensitivities?
14. Does your child have loose bowel movements or diarrhea once a month or more?
15. Does your child ever have problems passing stool?
16. Has your child been diagnosed with an autoimmune or chronic illness or ADHD, autism spectrum disorder, depression or anxiety?

If you answered yes to **more than 3 of these questions** leaky gut may be a significant contributing factor to your child's health issues. Most of the things in the questionnaire are known to damage the proper balance of gut bacteria in our intestines. This balance can be passed on from generation to generation.

Science is now showing us that the balance of this gut bacteria is absolutely integral to the health of our intestinal tract and of our entire body. These little critters outnumber our actual human cells and they can communicate with other systems of the body like the brain and the immune system. When it comes to addressing underlying root systems in order to help our kids we cannot overlook the digestive system and the gut.

If you would like more information on the role of the microbiome, leaky gut and its effect on health you can find it in the [free content section](#) of my website. There are also some great [podcasts](#) dedicated to this topic so check those out too. The next step is to **begin taking action to help your child** improve gut health and reap all the overall health benefits that come with it. I've got lots of information to make that happen as easily and painlessly as possible for you and your kids over on the site.

