

Gut Diagnosis Intestinal Permeability Action Steps

1. Read **this article**.
 - Post one thing that you learned from this article on the ADAPT Discussion Forum.
2. Listen to RHR: **How to Tell if You Have a Leaky Gut**
 - What did you take away from listening to this podcast? Post one thing you learned or a question to the ADAPT Discussion Forum.
3. Use the Cyrex Array 2 interpretation guide to interpret the results of a Cyrex Array 2 test and discuss them with a partner.