

Instead of a prescription, what if you were guided toward helping your body actually repair itself? You're not too old or too broken, you may just be missing advancements in healthcare found in functional and regenerative medicine.

**Healing Your Body by God:
The Functional and Regenerative Wellness Revolution**
By Dr Ben Lerner

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HEALING YOUR BODY BY GOD

THE FUNCTIONAL AND REGENERATIVE
WELLNESS REVOLUTION

Traditional medicine's worst nightmare:
bodies that heal themselves

Hope for arthritis, autoimmune, leaky gut, old age,
neurodegeneration, pain, and illness

New York Times best-selling author of *Body by God*

Dr. Ben Lerner

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Print ISBN: 978-1-959624-83-7

Ebook ISBN: 979-8-88532-148-8

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Published by BookLocker.com, Inc., Trenton, Georgia.

BookLocker.com, Inc.

2025

First Edition

Library of Congress Cataloging in Publication Data

Lerner, Dr. Ben

Healing Your Body by God: The Functional and Regenerative Wellness
Revolution by Dr. Ben Lerner

Library of Congress Control Number: 2025920324

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His passion for wellness was born from personal tragedy; his father died young, and his mother suffered an early stroke. These experiences drove him to dedicate his life to helping others reclaim their health.

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Table of Contents

Chapter 1: Healing Your Body by God: Making the Move to Functional and Regenerative Medicine	1
Chapter 2: Leaky Gut: The Hidden Root of Modern Disease	17
Chapter 3: Understanding Stem Cell & Exosome Therapies: A New Frontier in Regenerative Medicine.....	33
Chapter 4: The Healing Within: Unlocking Your Body's Power with Platelet-Rich Plasma (PRP)	49
Chapter 5: Advanced Weapons of Immune Warfare: The New Era of Healing.....	59
Chapter 6: YOU'VE BEEN LIED TO! The Art of Hormone Balance	75
Chapter 7: Peptide Profiles: What They Are & How They Help	89
Chapter 8: What Your Blood Is Telling You: Using Lab Testing to Guide Diet, Nutrition, and Advanced Treatments	97
Chapter 9: Sexual Wellness and Regeneration: Restoring Vitality with Functional and Regenerative Therapies	125

Chapter 2:

Leaky Gut: The Hidden Root of Modern Disease

"For I will restore health to you, and your wounds I will heal, declares the Lord." - Jeremiah 30:17

The human gut is far more than a digestive tube; it's a vast, intelligent ecosystem that acts as the gateway to your body's overall health. While many associate gut health only with bloating, indigestion, constipation, diarrhea, or food sensitivities, the reality is far more diverse and profound.

When the integrity of your intestinal lining is compromised, the result can be widespread inflammation, immune dysregulation, neurodegeneration, mood disorders, numerous skin problems, joint pain, autoimmune disease, and the onset of chronic illness.

Your Gut as a Gatekeeper

The inner lining of your small intestine consists of a single layer of cells bound together by structures known as tight junctions or "*Zonula occludens*." These cells act as microscopic-gatekeepers, selectively allowing nutrients into your bloodstream while keeping toxins, microbes, and undigested food particles out.

If these tight junctions become damaged, the protective barrier breaks down, allowing harmful substances to "leak" into circulation. Thus, the term "Leaky gut." This breach in the digestive system provokes a widespread immune response and fuels systemic inflammation that underlies numerous modern health crises.

Leaky gut is not just a localized digestive issue, but a whole-body disorder.

This increasingly recognized phenomenon (leaky gut syndrome, intestinal hyperpermeability, SIBO, and candida) has emerged as a foundational driver behind many of the most prevalent, growing conditions of our time (Camilleri, 2019).

Research has revealed that the average person processes more than 70 tons of food in a lifetime. Unfortunately, in today's world, our intestinal barrier is being overwhelmed not only by the volume of what we consume but by the toxic burden of the food and modern life.

The Modern Assault on Your Gut Barrier

A key reason gut issues are so prevalent today is the unprecedented assault on the intestinal barrier by modern pharmaceutical, environmental, and dietary exposures.

The Hidden Offenders: Pharmaceuticals and Environmental Toxins

- **Antibiotics:** While lifesaving in critical moments, the overprescription of broad-spectrum antibiotics wipes out not only harmful bacteria but also the beneficial microbes essential for gut health. This disruption is directly linked to increased intestinal permeability and a higher risk of allergies, asthma, and autoimmune disorders (Langdon et al., 2016).
- **Glyphosate (Roundup):** The most widely used herbicide in the world, glyphosate, is now understood to be more than a weed killer. It disrupts the intestinal lining and alters the human microbiome, preferentially killing beneficial bacteria while allowing pathogenic strains to thrive. Furthermore, it

impairs cytochrome P450 enzymes, which are essential for detoxification and hormone balance, adding further systemic stress (Samsel & Seneff, 2015).

- **NSAIDs, PPIs, and Other Medications:** Non-steroidal anti-inflammatory drugs (e.g., ibuprofen, aspirin) are well-documented to erode the gut lining. Proton pump inhibitors (PPIs) used to suppress stomach acid can impair digestion and promote dysbiosis, while oral contraceptives and steroids can also disrupt microbial balance.
- **Environmental Toxins:** Heavy metals, plastics (like BPA), pesticides, and household chemicals contribute to systemic oxidative stress and inflammation, also damaging your intestinal barrier.
- **Electromagnetic Frequencies (EMFs):** Emerging research suggests that EMF exposure from devices like cell phones and Wi-Fi may disturb gut microbial balance.

The Dietary Connection

- **Ultra-processed Foods:** Diets high in refined sugars, seed oils, and additives are directly linked to microbiome disruption and even erode the protective layer of the intestinal walls (Vaziri et al., 2016).
- **Food Sensitivities:** Food sensitivities are a major (and often hidden) challenge for individuals with leaky gut. These sensitivities occur when the immune system produces antibodies against specific foods. This can even occur with foods that are generally considered healthy or whole. Your body can react to common foods like eggs, almonds, or an avocado as though they are harmful pathogens, triggering an

immune response that leads to systemic inflammation with each bite.

- **Chronic Stress:** Psychological stress alters gut microbiota composition and can increase permeability via hormone-mediated changes, especially elevated cortisol (O'Mahony et al., 2015).

All of these influences compound the damage to your intestinal lining, creating a continuous loop of inflammation, immune activation, and worsening permeability.

The Mechanisms of Breakdown

Microbial Warfare: The Role of Dysbiosis

At the heart of leaky gut lies a breakdown in the balance of your gut microbiome (the trillions of microorganisms that inhabit your digestive tract). When this microbial ecosystem becomes imbalanced pathogenic bacteria, fungus, and yeasts begin to proliferate

Zonulin: The Molecular Gatekeeper

Zonulin is a protein that regulates the opening and closing of the intestinal tight junctions (*Zonula occludens*). It is commonly elevated in the case of leaky gut. Gluten is one of several potential triggers that raise zonulin levels and contributes to this digestive disorder. That is why so many people are gluten intolerant.

Note: Testing for zonulin is one of several ways of determining the presence of leaky gut.

Biofilm: Where Leaky Gut Gets Very Tricky

What Is Biofilm?

Biofilm is a protective, sticky matrix formed by communities of microorganisms like bacteria and fungi. It helps pathogens attach to the gut lining. Here is the tricky part: This biofilm shields these dangerous substances from your immune system as well as from common drugs like antibiotics and antifungals.

In the context of leaky gut, the biofilm challenge includes:

- Protecting harmful bacteria, fungi (like Candida), and parasites from being eliminated.
- Making gut infections more chronic and harder to treat.
- Interference with nutrient absorption and damage the gut lining and the rest of the body further.

Eliminating biofilm is an important part of a leaky gut protocol.

Far-Reaching Consequences: When the Gut Leaks, the Body Suffers

When the gut barrier breaks down, it permits the entry of bacteria, toxins, and undigested food particles into the bloodstream, launching a systemic inflammatory response. The result is a cascade of symptoms that may seem unrelated.

- **Immune System:** Chronic exposure to foreign particles from the gut trains your immune system to remain in a heightened state, creates chronic inflammation, and sets the stage for autoimmune disease.
- **Skin:** Eczema, acne, and psoriasis are hallmarks of gut problems and often improve when gut barrier function is restored.

- **Hormones:** Inflammatory signals from the gut can disrupt hormonal pathways, contributing to imbalance, thyroid issues, insulin resistance, and adrenal dysfunction.

The Gut-Brain Axis: A Troubled Dialogue

The connection between leaky gut and the brain deserves special attention. Emerging research continues to validate the gut-brain axis, a bidirectional communication network linking intestinal function directly with cognition and emotional well-being (Cryan et al., 2019). When the gut lining is compromised, the system becomes a source of neuro-dysfunction.

Most people correlate serotonin with the brain. Yet, it is actually enteroendocrine cells in your gut lining that produce around 90% of serotonin, a key neurotransmitter regulating mood. As a result, when you have leaky gut, it can contribute to neuroinflammation, depression, anxiety, and even neurodegenerative disorders.

Children: The Hidden Victims

Children are especially vulnerable. Common early-life factors (antibiotic use, C-section births, and formula feeding) can all compromise the infant gut barrier, disrupting the microbiome and potentially creating a lifelong pattern of dysfunction (Korpela & de Vos, 2018). The surge in neurodevelopmental disorders over recent decades closely parallels the rise in gut dysfunction. The good news? Children often respond dramatically well to gut-healing interventions.

The Food Sensitivity Cycle

As we mentioned, leaky gut often leads to delayed development of food sensitivities. When partially digested food proteins enter the bloodstream, the immune system mistakes them for invaders,

producing antibodies against them. Over time, the immune system may react to an expanding list of foods.

Note: Another way to diagnose leaky gut is a large or ever-growing list of foods someone is sensitive or allergic to. At some point, it has nothing to do with the food and everything to do with a broken digestive system.

Autoimmune: The Real Pandemic

On any given day, our clinics are flooded with patients that have conditions that have befuddled their traditional MDs and even their natural providers. Gut issues lead to any number of autoimmune diagnoses. But, until you fix the gut, there are few effective medical interventions.

An example list of autoimmune conditions potentially caused by leaky-gut-syndrome:

Neurological System (Multiple Sclerosis, Myasthenia Gravis)

Musculoskeletal System (Rheumatoid Arthritis, Ankylosing Spondylitis, Psoriatic Arthritis)

Endocrine System (Hashimoto's Thyroiditis, Type 1 Diabetes Mellitus, Addison's Disease)

Gastrointestinal System (Celiac Disease, Crohn's Disease, Ulcerative Colitis)

Cardiovascular System (Autoimmune Myocarditis, Takayasu's Arteritis)

Systemic Autoimmune Diseases (Systemic Lupus Erythematosus, Sjögren's Syndrome, Scleroderma)

Skin (Psoriasis, Vitiligo, Alopecia Areata, Eczema)

How Leaky Gut Leads to Autoimmune Disease

1. Breakdown of the Intestinal Barrier

2. Translocation of Undigested Proteins and Toxins

When the gut is "leaky," undigested food particles, microbial fragments (like LPS, lipopolysaccharide), and toxins pass into the bloodstream. Once these foreign particles enter the bloodstream, the immune system is immediately alerted.

3. Immune Activation and Chronic Inflammation

The immune system begins producing antibodies against these antigens. This persistent activation leads to systemic inflammation, which, over time, overwhelms immune tolerance.

4. Molecular Mimicry (Mistaken Identity)

Some of these food proteins or microbial particles mimic your body's own tissues. Through a process called molecular mimicry, the immune system begins to attack healthy tissues, mistaking them for foreign invaders. As a result, one can be said to be autoimmune, whereby your immune system attacks your body.

5. Loss of Immune Tolerance

Over time, the immune system becomes dysregulated and begins targeting self-antigens, leading to the onset or worsening of autoimmune diseases.

The Plan: How to Heal Leaky Gut

The good news is that leaky gut is reversible. In regenerative and functional medicine, the gut should be one of the first places we look. A successful gut repair strategy involves three core phases: remove the factors damaging the gut lining, repair the lining with targeted nutrients, and repopulate the microbiome with beneficial organisms.

1. Remove: Identifying the Offenders

The first step is eliminating or reducing inflammatory causes mentioned earlier. This includes food sensitivities, environmental toxins, chemicals, chronic stress, and harmful medications that damage the gut lining.

2. Repair: Fueling Gut Regeneration

Once you've cleared out the offenders, it's time to rebuild the intestinal barrier. Key healing compounds include elements recommended by functional medicine providers such as L-glutamine and glucosamine and certain peptides.

3. Kill! Break Down Biofilms and Eliminate Candida, Fungus, and Bacterial Overgrowth

How to Break Down and Eliminate Biofilm

To successfully treat bacterial and fungal overgrowth in leaky gut, SIBO, or Candida; breaking down the biofilm is a crucial step. This is typically done using biofilm disruptors through effective, natural treatments and supplements.

Supplement examples: Antimicrobials like berberine and oregano oil are effective supplements.

A powerful treatment: IV Ozone Therapy.

Ozone's Effects on Biofilm:

We get unbelievable results with IV Ozone in our offices. Ozone oxidizes the extracellular polymeric substances (EPS) in the biofilm matrix, thereby breaking down the structural integrity. Once the biofilm is disrupted, antimicrobial agents (or ozone itself) can penetrate deeper to kill the microbes hiding underneath.

Additionally, ozone attacks the cells of microbes which leads to leakage of cellular contents and cell death. Fungus and candida species (*Candida albicans*) that are a common part of leaky gut are especially vulnerable to oxidative stress. Ozone overwhelms their antioxidant defense systems, leading to mitochondrial damage and death of these unwanted guests in your system.

4. Repopulate: Restoring Microbial Balance

A compromised gut environment allows harmful microbes to take over. To correct this, a sequenced restoration is key.

- **Probiotic Therapy:** Certain strains like *Lactobacillus rhamnosus* GG, *Bifidobacterium longum*, and *Saccharomyces boulardii* have been clinically shown to improve the microflora (Liu et al., 2018). However, there is an abundance of microbes in the body and this only represents a portion.
- **Fermented Foods:** Foods like sauerkraut, kimchi, kefir, and kombucha provide a synergistic mix of microbes and bioactive compounds that help rebuild the damaged microbiome, promote healing, and support mental health (Marco et al., 2017; Selhub et al., 2014).

Alert: In some cases, probiotics and fermented foods make the symptoms or condition worse. As always, work closely with an expert who may choose further testing such as a stool test to determine microbiome needs.

- **Prebiotic-Rich Whole Foods:** Prebiotics are non-digestible fibers from foods like garlic, onions, asparagus, and Jerusalem artichokes. While many people have heard of using probiotics to overcome a loss of bacterial balance, prebiotics are also necessary for creating the foundation for the gut renovation (Slavin, 2013).

5. Anti-Inflammatory Diets for Gut Healing

The right diet makes or breaks the healing process. A reduced grain and sugar diet, low on artificial ingredients is important. In severe cases, protocols like the Autoimmune Protocol (AIP), low-FODMAP diet, histamine diets, or Paleo-style diets are key for removing gut irritants and allowing the immune system to recalibrate.

Food sensitivities must be addressed in any diet or it predisposes one to gut inflammation. Ideally, a food sensitivity test is performed to minimize immune-triggering foods and blueprint a diet just for you.

The Regenerative Medicine Revolution and Healing Autoimmune Conditions

Can Stem Cells and Exosomes Help Autoimmune Diseases?

If you're suffering from an autoimmune, there are studies showing that regenerative therapies like stem cells and exosomes may offer hope where traditional treatments fall short.

How Can Stem Cells and Exosomes Help?

- **Stem cells** They can reduce inflammation, calm an overactive immune system, and help damaged tissues heal.
- **Exosomes** Are tiny messengers released by stem cells. Think of them as powerful nutrients in stem cells that carry healing instructions to other cells.

What's amazing? These therapies don't just treat symptoms; they have the potential to rebalance the immune system at the source.

How They Help in Autoimmune Conditions

Autoimmune diseases happen when your immune system attacks your own body.

Here's where stem cells and exosomes come in:

- They calm inflammation
- They teach the immune system to stop attacking you
- They help damaged tissues heal naturally

In clinical studies, mesenchymal stem cells (MSCs) have shown benefits in conditions like:

- **Multiple sclerosis (MS):** Reducing relapses and improving long-term function (Burt et al., 2019)
- **Sjögren's syndrome:** Improving dryness, fatigue, and antibody levels (Zhang et al., 2024)
- **Rheumatoid arthritis:** Lowering inflammation in joints (Song et al., 2020)

- **Systemic lupus (SLE):** Rebalancing the immune system and lowering flares (Sun et al., 2021)

While the FDA has not approved treatment with MSCs for these conditions, this form of therapy shows real promise.

Closing Thoughts: Healing the Gut, Healing the Future

As your gut heals, you'll likely notice changes throughout your entire body: they include improved mental clarity, reduced pain, better energy, and stronger immune resilience. Often, these improvements appear before digestion even feels normal because reducing systemic inflammation creates rapid downstream benefits.

Our modern lifestyle has created a perfect storm for gut dysfunction. But there's hope. The gut is resilient, and when we remove what harms and supply what heals, the body can begin to respond accordingly. The gut is where healing begins.

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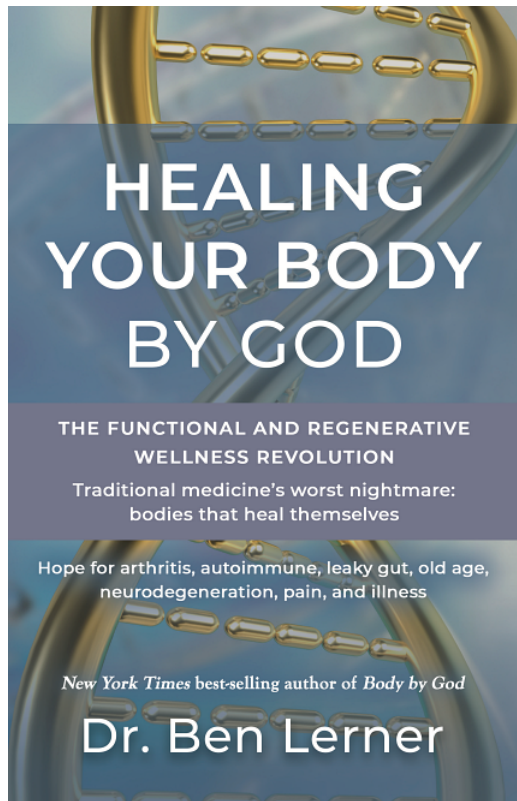
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Instead of a prescription, what if you were guided toward helping your body actually repair itself? You're not too old or too broken, you may just be missing advancements in healthcare found in functional and regenerative medicine.

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