

A Quick Guide to Healing **LEAKY GUT**

Kick Start Weight Loss, Bio Hack
Diseases, Reclaim Your Health!!



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Note: this book is for informational purposes only. It should not be construed as medical advice. Any medical advice should come from your physician or health care provider. Please consult them if you wish to employ any of the measures mentioned in this book.

Leaky Gut Quick Guide

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Chapter 1

Introduction

In America today there is a health crisis that is of epidemic proportions. It is also growing throughout the rest of the world. In America, it is estimated 70% of adults are obese and, by some estimates, 1 in 3 children are overweight. The incidents of gastro intestinal tract diseases have also been on the rise for at least the last 30 years. One study in 2009-2010 found the number of visits (to physician offices, hospital outpatient, and emergency departments) where the primary diagnoses was diseases of the digestive system was 51.0 million. Autoimmune diseases are on the rise, as are all chronic degenerative diseases, including most cancers. Some studies, many doctors, and researchers have found a great many of these problems to be caused by or linked in some way to intestinal permeability, or leaky gut.

This book is a quick guide to leaky gut to give you, the reader, some background information on the subject. You will come to understand the importance of this potentially devastating syndrome, some of the signs and symptoms, other factors that contribute to, cause, or mimic leaky gut, a general plan on how to heal leaky gut, why that plan might not work, and what you can do about it.

As a doctor of chiropractic, I not only have studied clinical nutrition but also have taken continuing education courses on the subject. I have completed a certificate program in functional medicine based on a clinical model that has been successfully in use for over 20 years. I continue to study topics in functional medicine, clinical nutrition, holistic and integrative medicine, and nutrition. I have read books, watched webinars, attended seminars, and studied research papers written by many of the world's leaders on this topic. This book distills much of that knowledge into a quickly readable and usable format.

Research studies and clinical evidence have shown intestinal permeability, or leaky gut, to be intimately involved in many disease processes, such as in several autoimmune diseases. Healing the gut can halt some of those processes, allow the body to heal, aid in weight loss that was not previously possible, reduce chronic fatigue, alleviate depression and brain fog by helping with the gut-brain connection, and allow people to reclaim their health and improve quality of life.

This approach to healing leaky gut will improve the health of almost everyone who follows a standard American diet. It can also benefit those who have gone gluten free but are not finding success. It can improve the results of those who the diet did help. It is a launching point for people who have been unable to improve their health through standard medical guidance or for those whose doctor is failing to find a diagnosis and who then bounce from doctor to doctor and from prescription to prescription. If you have been told "it is all in your head" or "you are just getting older" this guide is for you!!

Don't miss this life-changing opportunity because you think you don't need it or that it won't work for you. Take action and reclaim your health. Be the person other people see and say, "Look at her! What is she doing?" or "He looks great and has so much energy!" Be the person who seizes the moment and takes control of their life.

This guide will not only explain why leaky gut could be at the root of your health crisis but might also be the cause of chronic health problems of your friends and loved ones. It will teach you step-by-step how to heal your gut and why those steps are necessary to reclaim your health, youth and vigor. I will explain factors that may answer the question as to why other methods have not worked for you. If these steps of healing leaky gut are not producing the desired results, there may be underlying causes, infections, allergies, or toxic build-up hampering your healing. I will go over those underlying causes give you suggestions on what you can do. Take control of your life right now, reclaim your health, and create the life you have been dreaming of.

Chapter 2

Leaky Gut

Intestinal permeability, or leaky gut, is a buzzword these days as ubiquitous as the “gluten free diet” and “Paleo diet”. What is leaky gut and does it need healing? Leaky gut is what it says; the gut is leaking. The lining of the intestines is only one cell in thickness and is allowing inappropriate molecules to transport across the barrier from inside of the intestines and into the body and that should not be happening.

At first, this may not sound too dangerous. But what if those molecules are triggering the immune system? What if there are toxins being emitted by a parasitic or bacterial infection or bacterial imbalance, they could be triggering an allergy, or be a low grade poisoning due to pesticides or environmental toxin or GMO exposure? All of these situations can cause, not only gastrointestinal discomfort, bloating, diarrhea, or constipation, but may also be the precursors to IBS, ulcerative colitis, Crohn’s Disease, or lead to systemic symptoms and disease.

Many seemingly unassociated symptoms and illnesses can be caused by intestinal permeability. Fatigue, “brain fog”, and joint pain, for example, can be related to the molecules that leak through the GI tract and into the body. From a holistic viewpoint, if the gut is “sick” and not functioning properly, the body is not getting the fuel it needs. Vitamin and mineral deficiencies can result in increasing symptoms and illnesses.

Recent research suggests that possibly ALL autoimmune diseases can be linked to leaky gut. One example is the research of Alessio Fasano, a world-renowned, pediatric gastroenterologist researcher, and Director of the Center for Celiac Research at Massachusetts General Hospital and Harvard Medical School. He published a paper, one of many, in the journal *Clinical Reviews in Allergy and Immunology* in February 2012, titled “Leaky Gut and Autoimmune Disease”. He presented the concept that three pre-existing conditions must all exist together in order for autoimmune diseases to develop. These conditions are: a genetic predisposition to autoimmunity, an exposure to the environmental trigger, and increased intestinal permeability (Leaky Gut).

A common example of this concept is Celiac Disease. Celiac Disease and Non Celiac Gluten Sensitivity (NCGS) meet the criteria. There can be a genetic predisposition - the HLA DQ2/DQ8 genes. The environmental trigger is exposure to gluten which is ubiquitous in our society today. Gluten comes from some grains, especially wheat, which are in many foods and can cause intestinal permeability or leaky gut. Gluten is

not easily digested and, for many, it is indigestible. It creates inflammation in the intestines, causes tissue damage, and creates chemicals that are released, which create leaky gut. Many other autoimmune diseases and illnesses fit the criteria as well.

Although gluten can cause leaky gut, as mentioned previously, there are other reasons or multiple reasons for leaky gut. That is why, for many people, just removing gluten from their diet may not solve the problem. There may be some other food allergy causing the inflammation and tissue damage. There may be a bacterial imbalance, commonly known as dysbiosis or SIBO. Bacterial imbalances can have many causes but one overlooked cause is the rampant antibiotic use in our society today. There may be a Vitamin D deficiency or insufficiency from lack of exposure to the sun, which can compromise the gut lining. Another culprit may be stress. Not only acute bouts of high stress but more commonly chronic, low grade, long-term stress can affect the immune system in the gut, make it more susceptible and predisposed to leakage.

For all these reasons, a multi-pronged approach should be used when trying to heal leaky gut. First, there are some lab tests, which, if performed by an experienced and educated holistically based or functional medicine health care consultant or practitioner, can confirm a diagnosis of leaky gut. Once it is confirmed, you can seek the guidance of the practitioner and take steps to heal it. If, however, you have any of the symptoms previously mentioned or other unexplained and undefinable symptoms such as general malaise or depression, weight gain or inability to lose weight, or mood problems, you still could benefit from a gut healing diet. In addition, anyone who eats a standard American diet (SAD) probably has leaky gut to some degree. Leaky gut can be present even if there are no symptoms. Researchers, such as Fasano, have found that gut tissue damage can occur up to seven years before the onset of the first symptoms. Diagnoses are generally made years after noticing symptoms. Therefore, it is important for people to take steps to heal themselves. That is the purpose of writing this guide - to offer gut healing recommendations that take multiple aspects of the disease into account.

I also based the guidelines on the functional medicine principles of “Remove, Replace, Rebalance/Re-inoculate, and Repair”. *Remove* gluten or other offending triggers (stop pouring gas on the fire before trying to put it out). I mention some of the most common triggers in my recommendations, such as sugar, GMO foods, and pesticides. *Replace* missing nutrients and raw materials the body needs to repair damaged tissues. *Rebalance or re-inoculate* the gastrointestinal tract with pre and probiotics. *Repair* the damaged tissue with healthy food and supplements that have been proven to help heal the gut.

I encourage everyone to find a knowledgeable practitioner to work with. My approach covers many items on the list for healing leaky gut, especially when it is caused by food and food related toxins. But everyone is different and personalizing a diet for each individual can be a key to success. It is also great for the inexperienced to have guidance should difficulties arise or if the results are not being achieved and to begin

with the necessary lab tests to determine what other causes might be; some of which I have already mentioned.

You can also visit my website at www.limitlesshealthconsulting.com for more information or to schedule a free 15-minute consultation.

Chapter 3

Gut Damaging Foods

First things first, no sugar!! Our society is sugar crazy! Each person in the United States eats approximately 150 pounds of sugar per year on the average nationwide. Compare that to about 5 pounds per year per adult 100 years ago. There are several problems with sugar other than it promotes diseases like diabetes and cancer. Sugar feeds the bad bacteria and yeast in the gut. Certain strains of these organisms can actually emit chemicals into your body to make you crave more sugar. When the bacteria are out of balance in the GI tract, it can cause or contribute to leaky gut. Another problem with sugar is that it is highly GMO. In fact, most of the sugar beets in this country are GMO. Essentially, all GMO's are bad for the gut because of increased pesticides not to mention the genetic modifications they have undergone. Sugar is also pro-inflammatory. Inflammation is a major player in leaky gut as well as in most other chronic diseases.

Go Gluten Free! Gluten grains include wheat, rye, barley, and oats. It is also a good idea to decrease grain carbs in general because they just turn into sugar and can cross-react and irritate the lining of the GI tract. Since grains turn into sugar when processed by the body, they can have the same consequences as sugar. It is estimated that the processing of grains in the average American's diet adds another 150 pounds of sugar per year to the diet!! The gluten, however, can cause a chemical cascade in sensitive people that leads directly to intestinal permeability. Another problem is that gluten contains 23,000 peptides. Essentially, the standard test only tests for one peptide (gliadin) and the best one(s) tests for less than 20. Therefore, even if you have had a test that has come back negative for gluten sensitivity, you still may be allergic or sensitive to gluten. Although wheat is not GMO per se, it has been highly hybridized, which has changed the genetic profile drastically over the last one or two thousand years but especially so in the last 100 years. This presents a problem for many people as it is difficult for them to handle from a genetic standpoint. Grains also contain lectins. Lectins are part of the natural defense system of grains and are designed to cause intestinal distress in animals, which eat the grain, which causes them to no longer want to eat that item and allows the plant to reproduce freely. Lectins are somewhat like the thorns on the stem of a rose. Even though wheat is not GMO, it is still sprayed with Glyphosate prior to harvest to make harvesting easier. This is the same pesticide used on GMO crops. Wheat, unless organic, contains those residues, which are detrimental to gut health and can cause leaky gut or contribute to it. When Glyphosate leaks across the gut lining and into the body, it can have many detrimental effects. It has recently been classified by the WHO as a probable carcinogen.

Corn and soy are both GMO and can both cross-react with gluten as they have similar peptides. They should be avoided. They also contain high levels of the pesticide,

Glyphosate. The BT toxin in one type of GM corn is designed to explode the guts of bugs that eat the corn. It does the same to humans on a microscopic scale, which can add up and cause major damage over time. GM Soy has recently been found to accumulate formaldehyde (a known carcinogen) and be deficient in glutathione (a major anti-oxidant and detoxifying agent). 94% of the soy grown in the US is genetically modified.

Eliminate pasteurized dairy (mainly milk and milk products, except yogurt and Kefir which should be full fat and as low in sugar as possible) for 2-4 weeks. The lectins in dairy products can cross-react and cause a gluten-like effect, cause problems for the lactose intolerant, and also be detrimental to the GI tract in general by creating an inflammatory response. Conventionally produced milk can contain antibiotic residues as well and this can upset your microbiome creating an imbalance of the good and bad bacteria in your gut.

Decrease or eliminate other irritating and inflammatory foods. Some examples are starchy vegetables (think vegetables that grow below ground), the nightshade family of vegetables for those who are sensitive; (potatoes, tomatoes, chili peppers, bell peppers, and others. A quick google search will produce a complete list.) Also, decrease or eliminate foods that contain lectin. Cheap vegetable oils, such as corn oil, cottonseed oil, and safflower oil are high in omega 6 fatty acids and promote inflammation in the gut and throughout the body.

All of these measures will stop the constant barrage of foods that irritate and damage the gut. Once the inflammation has decreased and the other irritating foods are eliminated from the diet, healing can begin. An example to illustrate this principle is to stop throwing fuel on the fire before you try and put the fire out. All of the things listed above are fuel for the inflammatory fire of leaky gut.

Recap:

1. No sugar, or as little as possible.
2. Go Gluten-Free (eliminate wheat, rye, barley, and oats) and decrease grain carbs in general because they turn into sugar and can cross-react and irritate the lining of the GI tract.
3. Avoid corn and soy because they can both cross react with gluten and are GMO.
4. Decrease or eliminate pasteurized dairy (mainly milk and milk products except yogurt and Kefir and as low in sugar as possible and/or homemade) for 2-4 weeks minimum. Dairy can cross react and be detrimental to the GI tract in general.
5. Stop eating inflammatory or irritating foods. These include the nightshade family, food containing lectin, and cheap, processed vegetable oils.

6. Limit starchy vegetables but Increase vegetable intake. An easy rule-of-thumb is decrease veggies that grow below ground and increase ones that grow above ground, especially green leafy, brightly colored, and allicin-containing veggies.

Chapter 4

Gut Healing Foods

The next step is to introduce foods into your diet that are going to help the gut heal. If all the above-mentioned food items are eliminated to allow the gut to heal, then it stands to reason that they must be replaced by something that will repair the damage.

Replacing the grains and other damaging foods with vegetables is one of the most health-promoting things you can do. Avoiding starchy vegetables and eating more dark green leafy and cruciferous vegetables, alliin-containing vegetables, and an array of brightly colored vegetables will help optimize your health. These types of vegetables are anti-inflammatory, high in fiber, high in vitamins and minerals, and high in phyto or plant nutrients. All of these things are needed for cellular nutrition and healing. The fiber is also great for the GI tract in general and helps feed the good bacteria in the microbiome. Not only that, but also these vegetables are the most nutrient dense, which promotes cardiovascular health. As well as being some of the more anti-cancer food items, they have been correlated with increased life expectancy. Secondary to vegetables, add more fruits and berries. These foods have a high nutrient and fiber density although they typically have more sugar content. Some of the sugar absorption is blocked by the fiber, but, as a rule, less sugar is better. Berries are especially nutritious and can be used as desserts or treats. Choosing organic foods as much as possible is important to reduce the toxic pesticide load.

It should be noted that some people with a sick digestive tract and leaky gut might have a hard time digesting some vegetables and fruits. For these people there are some alternatives. Those people with IBS may need to avoid FODMAPS. FODMAPS are vegetables, fruits, and other foods that are not easily digested or indigestible due to a sick digestive tract. These foods will ferment after entering the gut and cause gas, bloating, and pain. Some options for this problem are the SCD diet, GAPS diet and the elemental diet. All of these are easily researchable by simple Google searches.

Homemade bone broth (think grandma's chicken noodle soup) is great for healing the gut lining. It is full of collagen, gelatin, and hyaluronic acid, amino acids, such as proline, glycine, arginine, and especially glutamine, which feed the cells in the gut lining and aid in repair. It also contains minerals, such as calcium, magnesium, phosphorous, silicon, and sulphur, which are soothing and readily absorbable by the gut. Known to be a healer of joints, glucosamine sulfate and chondroitin sulfate are found naturally in bone broth and help not only the joints but also the soft tissues of the gut. The bones for the broth should come from free range or wild animals whenever possible to minimize environmental contamination, antibiotic exposure and exposure to GMO's, all of which, as previously discussed, are detrimental to the gut lining. If you can't make your own

bone broth, companies have sprung up that sell high quality bone broth online. Two of them are RealBoneBroth.com and BareBonesBroth.com

Raw, cultured, dairy products from a reputable source are recommended if you can find them (preferably from A2 livestock). Goat and sheep milk may be well tolerated if cow's milk is not and are highly consumed in much of the rest of the world. Goat's milk is generally well tolerated by those who have a problem with cow's milk. If the products have been pasteurized, the vital enzymes and amino acids will have been destroyed in the pasteurization process. Those enzymes and amino acids can help break down proteins, especially the casein in milk, and promote healing of the gut. It should be noted that some people with leaky gut cannot tolerate even this type of dairy. If that is the case, all dairy should be avoided, at least until the gut has healed. Raw dairy can then be reintroduced and, if no symptoms arise within a month or so, it may be safe to continue. If symptoms do return, it should be discontinued. Another option is organic bovine colostrum which has been shown in several studies to reduce intestinal permeability and can be bought online.

Fermented foods are an excellent sources of naturally occurring probiotics. They are also abundant in prebiotics, which feed and nurture good strains of existing probiotics already in the gut. A probiotic supplement might contain 50 billion CFU's (colony forming units) and a good quality fermented food can contain over 10 times that. It is best if these fermented foods are homemade and not commercially made. If they are homemade, they won't be pasteurized and you can control the quality of the ingredients, such as making them non-GMO and organic. Some examples of fermented foods, which can be easily made at home, are kimchee, sauerkraut, kefir, natto, and kvass. It should be noted that these foods are sometimes too potent for some people in the beginning. Those people should preferably start by adding a high quality probiotic supplement for the first month or two. More on probiotic supplements later.

Coconut oil and coconut products are great fuel due to the fact of being high in medium chain triglycerides, which are gut friendly as well as brain friendly. Coconut oil is good to use in cooking as it does not add pro-inflammatory Omega 6, like most vegetable oils. It also has a higher smoke point and can be used for cooking at a higher temperature without going bad, or denaturing. Olive oil is also great but not with high heat cooking as it will denature or go rancid. Coconut kefir, for example, would combine two of these recommendations and be excellent for healing the gut.

Add seeds and nuts to your diet if they do not cause you problems. If you are sensitive to these foods, sprouted versions may be well tolerated. Examples of healthy seeds and nuts include chia, flax, hemp seeds, almonds, walnuts, cashews, macadamia, and coconuts. They are sources of healthy fat, fiber, protein, and Omega 3 fatty acids, which are anti-inflammatory.

Ideally lean and clean meat products are best, although more expensive. Don't just look for things that say "natural", "vegetarian fed", or even organic. Instead, look for "free range" and "grass fed" or "pasture fed" foods. That includes beef, chicken, pork, lamb,

goat, and eggs. Wild game is highly recommended. Choose fish and seafood that is wild and not farm raised.

Anything NOT wild, free range, or grass fed has been penned up and fed GMO corn and grains, given a lot of antibiotics and hormones, and, in some cases, possibly fed human waste (think from Asia). These types of animals have higher stress hormones and are more prone to disease. They are also higher in Omega 6 fats due to how they were raised and, thus, pro inflammatory. The animals raised in a more natural, healthy environment are higher in Omega 3 fats, more anti-inflammatory and more nutritionally dense with fewer toxins.

Recap:

1. Avoid starchy vegetables and increase dark green leafy and cruciferous vegetables into your diet, as well as allucin-containing vegetables and a variety of bright colorful vegetables. Add organic fruits and especially berries. If some of these items are intolerable and hurt your tummy, you may need a special diet, such as the SCD diet, GAPS diet, or Elemental diet in order to avoid FODMAPs.
2. Bone broth - homemade from organic bones whenever possible. You can buy commercial organic bone broth.
3. Raw, cultured dairy products, if you can find them, as they are well tolerated. If not tolerated, try goat-derived products or avoid them altogether. Organic, bovine colostrum has been found in various studies to reduce intestinal permeability as well.
4. Fermented foods - best if homemade and not commercial (kimchee, sauerkraut, kefir, kvass, natto...) or start with probiotics.
5. Coconut oil products due to medium chain triglycerides, which are gut friendly. Coconut oil is good to use for cooking as it does not add Omega 6 like most vegetable oils, which are pro-inflammatory. Olive oil is good but not with high heat cooking. Macadamia oil and avocado oil could be a choice, although it is still best to cook with coconut oil.
6. Add seeds and nuts to your diet. They may need to be sprouted. Examples are chia, flax, and hemp seeds, almonds, walnuts, cashews, macadamia nuts, or coconut!
7. Choose lean, free-range, grass fed, or pastured meats, wild game, or wild fish.

Chapter 5

Supplements

If you implement as many of the suggested dietary changes as possible, you will need fewer supplements and for a shorter duration. If you are doing a great job with the diet, expect 2-3 months as a minimum time to heal the gut. It may take up to 1 year or more in extreme cases. That is dependent upon the existence of any underlying pathogens like Candida, parasites, or bacterial overgrowth, toxins or heavy metals. High stress lifestyles can also create adrenal issues and, in turn, cause thyroid problems and immune system dysfunction. All of these situations can be underlying causes and contributors to leaky gut and may hamper the pure dietary approach. If you have any of these problems, I recommend that you seek the help of a qualified professional and get the appropriate testing as well. Supplements can really jump start your program and should, in the beginning, be used in conjunction with dietary changes.

L-Glutamine is essential for gut healing and must be obtained from food. It feeds the enterocytes that line the gut and allows the gut to rebuild and heal. It also coats and protects the cells and is anti-inflammatory. It is a conditional amino acid. This means the body cannot make its own or enough under certain conditions, such as high stress or sickness.

Vitamin D is inexpensive, great for the immune system and hormones, and is anti-inflammatory. Several studies have been done recently, which have found that lower levels of Vitamin D are correlated with the poor balance of gut bacteria and gut health in general.

Probiotic strains, such as some lactobacillus and bifidobacterium strains, have been shown to be beneficial for gut health. Some fermented foods are higher in probiotics than supplements. However, a good quality supplement will go a long way towards helping your GI tract recover. Some people respond negatively to fermented foods. Whatever fermented food you choose should have multiple strains of beneficial bacteria, at least 10-20. A high potency is also desirable, such as 50 billion CFU's or more.

Omega 3 Fatty Acid supplements are extremely beneficial. They are anti-inflammatory and beneficial to every cell in the body and are a component of cell walls and nervous tissue. They make cells and nerves more fluid and able to communicate and function more efficiently. They are beneficial to the microbiome (good and bad bacteria that live in the GI tract) as well. It has been understood recently that the Vagus nerve, a cranial nerve that originates from the brain and runs to various organs including the GI tract,

actually has 90% of its fibers sending information to the brain. It is essential to keep this nerve healthy. Once again, higher quality oil is better.

Zinc has been found in several studies to decrease intestinal permeability and help with GI tract diseases, such as Crohn's disease. Low zinc or zinc deficiency is not uncommon. Supplementing at 25mg/day, 1-2 times/day for 2 months and then taking a break for a month or two should keep most people in the safe zone. You can also get your levels of zinc tested.

Digestive enzymes to help facilitate digestion may be needed in the beginning. This should be a blend containing Betain HCL, Pancreatin, pepsin, papain, amylase, lipase and/or Ox Bile, phytase, protease, bromelain, lactase, maltase, sucrose, trypsin, chymotrypsin peptidase, and dinucleotidase. When HCL (hydrochloric acid) and digestive enzymes are low in your body, several undesirable things can happen. Some of those things include decreased defense against parasites, bad bacteria, and candida, increased GI infections, less digestion of food and, therefore, less absorption of nutrients, which can lead to nutritional deficiency or insufficiency. Many people have decreased digestive enzymes as they age. However, some of that is due to improper diet and can be restored with some of the dietary recommendations I have discussed, specifically addition and regular consumption of green leafy vegetables, allicin-containing vegetables, and a colorful vegetable blend. Further steps may be needed as well to restore as much natural enzyme production as possible. Such measures could include teas (such as fenugreek, dandelion, or calendula), liver cleanses, drinking a large glass of water 15 minutes before a meal to stimulate natural HCL, and/or a small amount of olive oil and lemon juice mixture (in a well mixed 2:1 tsp ratio) every morning to stimulate the gallbladder and liver and cleanse the associated ducts.

N-Acetyl-Cysteine helps produce glutathione in your body. Glutathione is known as the Master Detoxifier. It helps to detoxify, boosts your immune system, and improves liver function and is the main antioxidant in the body.

DGL (Deglycyrrhizinated Licorice) lozenges. DGL is an adaptogen and helps the body handle and recover from stress. As previously discussed, stress can be detrimental to the GI tract as well as many other systems. DGL is also soothing to the stomach and GI tract.

Quercetin has been proven in several studies to help heal the gut lining. One such study was published in 2009 in The Journal of Nutrition. It found that Quercetin stimulated the production of proteins that are necessary to bind the cells together and make them less permeable or leaky. Quercetin is a flavonoid and other flavonoids may be beneficial as well. Flavonoids are found in plants, particularly citrus fruits, berries, some green leafy vegetables, such as parsley, turnip green, romaine lettuce, and some allicin-containing vegetables, such as onions. Other sources include tea (green, black, and oolong), dark chocolate, which is 70% or greater of cocoa, and wine.

Recap:

1. L-Glutamine is essential for gut healing. Studies have used up to 40 g/day but 5-10 g/day spread throughout the day is generally recommended. Even as little as 1.6g/day for 4 weeks was found to help ulcers at a 92% rate. Slowly ramp up your dosage - too fast and diarrhea may occur.
2. Vitamin D is inexpensive and great for the immune system and is anti-inflammatory. Minimum dose is 2000 IU's.
3. Probiotics- some fermented foods are higher in probiotics than supplements but a good quality supplement will go a long way towards helping your GI tract recover. It should have multiple strains of beneficial bacteria - aim for 10-20 and 50 million CFU's or higher at least.
4. Omega 3 Fatty Acid supplement. Once again higher quality is better. These are anti-inflammatory, soothing to the GI tract, and help healing on a cellular level. Usually 1000-3000 mg/day is enough. Look for one in the triglyceride form as that is more easily absorbed. It should be purity tested and produced in a sustainable manner.
5. Zinc 25mg/day, 1-2 times/day for up to 2 months.
6. Digestive enzymes to help facilitate digestion. This includes Betain HCL.
7. N-Acetyl-Cysteine turns to glutathione in your body, which helps to detoxify, boosts your immune system, and improves liver function. 500-600 mg/day
8. DGL (Deglycyrrhizinated Licorice) lozenges 1-3/day at 300-400 mg.
9. Quercetin

Chapter 6

Conclusion

As far as supplements go, you always want high quality, pharmaceutical grade products. This will ensure you get what you pay for and it will actually work. If you do not have access to professional grade products or don't know where to get them, you can go to my website at www.limitlesshealthconsulting.com and follow the directions on the supplement page. As far as "bang for your buck", Vitamin D, L-Glutamine, N-Acetyl-Cysteine, and Zinc are all cheap. You should not use Zinc for more than 2 months at a time and probably not more than 50mg/day unless you are supervised and tested by a professional. Probiotics and Omega 3 Fatty Acids (fish oil) are more expensive but very important. Brands I prefer are: Pure Encapsulations, Designs for Health, and Integrative Therapeutics. I like Nordic Naturals for Omega 3 fish oil supplement. Less expensive but still good quality options are NOW brand or Source Naturals, which can be found in some stores.

A product I love is made by Designs for Health. It is called Paleomeal and is a meal replacement shake. It uses non-denatured whey protein from free-range cows and it contains the full complement of amino acids and immunoglobulins. It contains several of the above listed supplements, including digestive enzymes, L-glutamine, and N-Acetyl-Cysteine. Options such as Paleomeal can check many boxes and make it easier to stick with a program and achieve results!

It should be noted that these recommendations are general. If you are implementing any of these steps and are having negative results or worsening symptoms, then the measure(s) should be stopped and be reassessed or seek help from an appropriately trained health professional. Titles of these doctors and practitioners are Functional Medicine, Holistic, or possibly Integrative. There are actually several tests that can be run to get exact information. That way a personalized plan can be developed. Some of these tests include intestinal permeability test, gluten sensitivity test, cross reactive foods test, GI pathogen test, and adrenal exhaustion test. Nutritional status testing, heavy metal, and environmental toxin testing are also possibilities. Each of these problems can come about due to having leaky gut or may be a contributing factor that has helped create the situation in the first place. So if you are not getting results with just the diet and the supplement recommendations from this book, don't be afraid to seek professional help.

As I mentioned earlier in the guide, you can reach me for a free 15-minute consultation at www.limitlesshealthconsulting.com

Chapter 7

Leaky Gut Protocol

Gut Damaging Foods

1. No sugar, or as little as possible.
2. Go Gluten Free (eliminate wheat, rye, barley, and oats) and decrease grain carbs in general because they just turn into sugar and can cross-react and irritate the lining of the GI tract.
3. Corn and soy can both cross react with gluten and are GMO. They should be avoided.
4. Eliminate dairy (mainly milk and milk products except maybe yogurt and Kefir and should be as low in sugar as possible and/or homemade) for 2-4 weeks as it can cross react and also be detrimental to the GI tract in general.
5. Stop eating inflammatory or irritating foods. These include the nightshade family, lectin-containing food, and cheap processed vegetable oils.
6. Limit starchy vegetables but Increase vegetable intake. Easy rule-of-thumb is to decrease veggies that grow below ground and increase ones that grow above ground, especially green leafy, brightly colored, and allicin-containing veggies.

Gut Healing Foods

1. Avoid starchy vegetables and increase dark green, leafy, and cruciferous vegetables, allicin-containing vegetables and add a variety of bright colorful vegetables. Add in fruits and especially berries. Make them organic. If some of these items are intolerable and hurt your tummy, you may need a special diet, such as the SCD diet, GAPS diet, or Elemental diet to avoid FODMAPs.
2. Bone broth - homemade from organic bones whenever possible. You can buy commercial organic bone broth.
3. Raw cultured dairy products if you can find them and if they are well tolerated. If they are not tolerated, try goat-derived products or avoid dairy altogether. Organic bovine colostrum has been found in various studies to reduce intestinal permeability.

4. Fermented foods- best if homemade and not commercial (kimchee, sauerkraut, kefir, kvass, natto) or try probiotics to start.

5. Coconut oil/products, due to medium chain triglycerides, are gut friendly. Coconut oil is good for cooking as it does not add Omega 6 like most vegetable oils, which are pro-inflammatory. Olive oil is good but not with high-heat cooking. Macadamia oil and avocado oil may also be used, although it is still best to cook with coconut oil.

6. Add seeds and nuts to your diet. They may need to be sprouted, such as chia, flax, hemp seeds, almonds, walnuts, cashews, macadamia nuts, or coconut!

7. Lean free-range, grass-fed, or pastured meats, wild game, or wild fish.

Supplements

1. L-Glutamine is essential for gut healing.

2. Vitamin D, which is inexpensive and great for the immune system as well as anti-inflammatory.

3. Probiotics - some fermented foods are higher in probiotics than supplements but a good quality supplement will go a long way towards helping your GI tract recover. It should have multiple strains of beneficial bacteria, 10-20, and at least 50 billion CFU's.

4. Omega 3 Fatty Acid supplement. Once again, higher quality is better. These are anti-inflammatory, soothing to the GI tract and help healing on a cellular level.

5. Zinc - 25mg/day for 2 months.

6. Digestive enzymes to help facilitate digestion including Betain HCL

7. N-Acetyl-Cysteine turns to glutathione in your body, which helps to detoxify, boosts your immune system, and improves liver function.

8. DGL (Deglycyrrhizinated Licorice) lozenges 1-3/day at 300-400 mg

9. Quercetin