

## GUT HEALTH:

A properly functioning gut is critical to good health. A healthy gut absorbs the nutrients that “keep your engine running” and a healthy gut gets rid of toxins and waste. GI issues contribute to many health problems, including:

- GI Issues: stomach aches, gas, bloating, diarrhea, constipation, nausea, vomiting, heart burn
- Other Issues: autoimmune diseases such as rheumatoid arthritis and diabetes, skin problems such as eczema and rosacea, heart disease, and hormone imbalance (just to name a few)

So, how can we restore balance to your gut in order to restore health to the whole body? The program to heal the gut is called ‘5R’: **remove, replace, reinoculate, repair, and rebalance**. When applied to many chronic health issues, healing the gut with the 5R program can lead to dramatic improvement in all symptoms. 5R program is described here as well as action steps you can take to begin healing!

Questionnaires: MSQ and GI Health Assessment, DAS, Gut Health Questionnaire.

Labs to consider: CBC, ferritin, CMP, TSH, vit D3, celiac testing, SIBO breath test, HS CRP

- 1. Remove:** Remove things that hurt your gut: *inflammatory foods* (gluten, simple carb/sugar, dairy, caffeine, alcohol), *parasites, problem bacteria, yeast, pollutants, meds, stress*. **My REMOVE Protocol:**
  - Elimination Diet** - helps you figure out what foods cause your symptoms. **Handouts: IFM Elimination Diet, Whole 30, Reboot Elimination Diets, reintroduction & food reactions.**
    - **Eliminate** gluten, dairy, simple carbs/sugar, caffeine, processed foods, alcohol & \_\_\_\_\_ for 21-28d.
    - Then start adding back foods, 1 at a time every 3d, be mindful of how you feel, if any symptom recur, stop adding that food type. For example - add back gluten x 3 days then dairy x 3d then simple carbs x 3d. Make sure you don't add back combos of foods, example: pizza (has gluten, carbs and dairy).
    - You have to be **100%compliant** for this to work. Take 2-3 wks to prepare and do it right for best results.
  - DIET: Remove: \_\_\_\_\_  
Add: \_\_\_\_\_
  - Assess meds/supplements that hurt your gut: antibiotics (70% of antibiotics produced are used in meat), antacids such as PPIs (Nexium, Prilosec), anti-inflammatories: Advil, Tylenol \_\_\_\_\_  
**Handout: Wean off PPI**
  - Stress (see rebalance section)
  - Meds/supplements to remove harmful bugs
    - Candibactin AR: every other day
    - Candibactin BR: every other day
    - Nystatin: dose \_\_\_\_\_
    - Diflucan: dose \_\_\_\_\_
    - Xifaxan: dose \_\_\_\_\_
  - Improve elimination (poop daily - get rid of waste)
    - Fiber (see Reinoculate) 30-35 gm/d
    - Water: # of ounces/d = to 1/2 your body weight. Ex: weigh 160, drink 80 oz/d \_\_\_\_\_
    - **Magnesium citrate** 400-800 mg nightly
    - Triphala
    - Senna
    - Miralax
    - Severe constipation: Laxablend (Natural Laxative)
- 2. Replace:** Depending on symptoms and results of the GI assessment, you may need to ADD things for healthy digestion such as: digestive enzymes. These are affected by diet, meds, aging, previous surgeries, diseases or other factors. **My REPLACE Protocol:**
  - Chew food slowly** - increases digestive enzymes
  - 1-2 T of apple cider vinegar in 8oz water before meals - increases digestive enzymes
  - Digestive enzymes:
    - SpectraZyme Metagest (M) - betaine and pepsin
    - SpectraZyme Complete (M) - plus enzymes
    - Similase GFCS** 2 caps bf meal (helps bloat/diarrhea/constipation, heal gut))
- 3. Reinoculate:** Help beneficial bacteria grow in your gut by eating *probiotic* foods/supplements that contain “good” bacteria such as **bifidobacteria & lactobacillus, prebiotics** - food/supplements that feed healthy bacteria and fiber. **My REINOCULATE Protocol:**
  - Probiotics:** reestablish healthy gut flora.
    - Food sources:
      - All veggies (eat the rainbow) 5-10servings/d
        - green leafy veggies - goal 2 servings/d
        - Root veggies (carrots, sweet potatoes, parsnips, Jerusalem artichoke, turnips, garlic, beets, onions) - goal 1 serving/d
      - Fermented food: (1/4c/d) yogurt (avoid added sugar), miso, tempeh, fermented vegetables, sauerkraut, Kimchi, Kefir
    - Supplements (>10 billion CFU):
      - **Therbiotic Complete Probiotic Capsule**(Klaire) - IBS - 2x/d x 6-8wks then 1x/d
      - PureBi-Ome GI (PE) - probiotics & glutamine
      - UltraFlora Spectrum (M) - l, b, s (leaky gut)
      - UltraFlora Advance (M) - pro, pre, lgs (leaky gut)
      - **Once Daily Women Probiotics** 50 bil CFU (Garden of Life) - l,b, pre
      - VSL#3 (leaky gut)
      - Primadophilus Optima (Natures Way) - l,b,s,FOS
      - **Therbiotic womens formula probiotic** - Klaire (vag health) - l,b
    - Prebiotics:** feed good bacteria
      - Food sources:
        - foods that contain fiber called inulin: artichokes, garlic, leeks, onion, asparagus, bananas, lentils, oats, honey, cooked-then-cooled sweet potatoes and white potatoes, cooked-then cooled beans and legumes

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- Supplement:
    - PureLeanFiber (PE) - fiber and prebiotics
    - Biotagen (Klaire)- prebiotic blend
    - **TherBiotic Symbiotic (Klaire)** - pre and probiotics
    - FOS (5-10gm/d)
  - Fiber:**30-35 gm/d, slowly increase to avoid bloating
    - Veggies 5-10 servings/d
    - Supplements:
      - PureLean Fiber (PE) - fiber, prebiotics
      - Ground Flax seed 2-3 T/d (~12-18 gm)
      - Sunfiber invisible fiber - Guar gum (prebiotic)
  - 4. **Repair:** Healing your gut includes adding nutrients that are often low in an unhealthy gut: **My REPAIR Protocol:**
    - MVI daily (with vit A, C, E)
    - Vitamin D 2000-4000/d
    - GUT HEALING/INFLAMMATION:**
      - zinc carnosine** 75 mg/d
      - L-glutamine** 500mg/d (Klaire)
      - Curcumin: **Meriva**(anti-inflammatory)1000 2x/d
      - Fish oil: DHA/EPA (anti-inflammatory) 2-3 gm/d, One Omega (PE), ProOmega (Nordic Naturals)
    - NAC 900 TID (restore protective mucus)
    - GAS/BLOATING:**
      - Ginger (PE): capsules, 500 3x/d, ginger/lemon teas
      - Intestinal Soother (Herb Pharm)
      - Gas&Bloating Capsules (Gaia)
      - Similase GFCS**
    - Boswellia 900mg daily in divided doses (inflam)
    - Licorice (DGL) for GERD: 2 chewables before or after a meal, 750 mg 2x/d
    - Melatonin: gut motility, strengthens LES, 3mg/d
    - Iron Chelate (Klaire Labs) 30 mg daily x 3 mo with vit C 500/d OR Optiferin C (PE) one daily
    - Combo formulas of nutrients & vitamins that address most aspects of gut health.**
      - Gut Healing Infusion: Mix together 2 oz. each of the following dried herbs in bulk: • Licorice root • Marshmallow root • Calendula blossom • Chamomile blossom • +1oz dried ginger root (finely chopped pieces) • Take 1 handful and put into the bottom of a French Press. Cover with 2 cups boiling water and steep for 30 minutes before plunging the press. Plunge the press and take 1/2 cup twice daily. Drink warm or room temp. Store the remaining 1 cup in the fridge for the next day. The herbs can be obtained from Mountain Rose Herbs online at <https://www.mountainroseherbs.com/>
      - GI Fortify 400 (PE) - glutamine, licorice, aloe, psyllium, flax, marshmallow, slippery elm
      - Vital Gut Renew Powder (Vital Planet) - glutamine, aloe for intestinal lining support
  - UltraGI Replenish** or **UltraInflamX 360 (M)**- Slowly increase dose:
    - Day 1-2: 1/2 scoop 2x/d (in 8 oz water)
    - Day 3-7: 1 scoop 2x/d
    - Day 8-21: 2 scoops 2x/d
    - Repeat GI assessment
  - Detox Pure Pack (PE)** - MVI, fish oil, GI support and detox (all in one packet)
  - 5. **Rebalance:** Healthier lifestyle means healthier gut. **Sleep, exercise, and stress** affect your gut. Balancing these activities is important to optimize gut and overall health. **My REBALANCE Protocol:**
    - Sleep: 7-8 hrs/night, try to go to bed by 10 pm (**Insomnia handout**)
    - Timing of eating: eat dinner by 7 pm or > 3 hours before bed, sit while you eat, eat slowly
    - Exercise: gentle exercise 30 min/d 5d/wk  
PLAN: \_\_\_\_\_
    - Stress management: **Can you take 10 minutes a day to improve stress?** Examples:
      - Meditate/prayer: \_\_\_\_\_
      - Deep breathing: inhale for count of 4, hold for count of 4, exhale for count of 4, for 4 breaths
      - Laugh
      - Listen to music, dance or sing
      - Take a mental “time-out”
      - Journal
      - Gratitude Journal
      - Nap
      - Yoga
      - Other: \_\_\_\_\_
- NOTES:** \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- ### **ADDITIONAL INFORMATION:**
- Supplement companies:
    - Metagenics (M)
    - Pure Encapsulations (PE)
  - Having an unhealthy gut doesn't happen over night therefore healing doesn't happen overnight either. Most intervention take ~2-4 weeks to start seeing benefit. If your gut is really unhealthy, you may feel worse in the first week of a new intervention
  - Many meds can injure your gut or affect digestion such as antacids, anti-inflammatories such as ibuprofen, Tylenol can injure your liver and antibiotics kill good and bad bacteria, antibiotics may be necessary but remember there is significant overuse of antibiotics in this country. Don't go off medications without supervision of your doctor.
  - Reassessing ~ 4 wks after a new intervention, consider the GI Assessment to monitor progress