



Implementation Protocols and Special Strategies: 30-Day Gut Repair

Transcript

Repair, are you ready for repair? So we've looked at **Remove**, we've looked at **Replace**, we've looked at **Reinoculate**, now we are going to look at *Repair*. Let me just remind you that the information in this presentation is not intended to replace a one on one relationship with a qualified healthcare professional, it's also not medical advice.

It's just a sharing from my knowledge and information that I've gathered over the years, research I've done, clinical experience I've had with thousands of patients. It's my sharing to you and what I recommend that you do is really research, look at your own body, if you are under the care of a medical professional, be sure to bounce these ideas off of them before you make major changes to your diet and lifestyle.

Repair Your Digestive Tract Lining

It's really important to have the mucilaginous herbs and foods. We introduced those in the upper GI, we talked about it in terms of helping to heal the damaged mucosa in the esophagus and stomach; there is a list of those. Therapeutic foods, there is a bunch of therapeutic foods in the list of foods that heal your digestion.

You find the ones that work for you, not every one is going to work for you. Then there is some gut healing supplements, we'll talk about anti-inflammatory herbs and foods, gut healing meal replacements, bitters and carminatives, all of these things are used so let's go into a little bit more detail.

Demulcent Herbs and Foods – Soothe and Heal

Here is the demulcent, also called mucilaginous, soothes the digestive tract, rebuilds the mucous layer, they are anti-inflammatory, they lubricate the digestive tract and they nourish the body fluids and tissues. There are some that you know: chia, flax, licorice, marshmallow, slippery elm, and comfrey. We don't take that internally all that much because it can be liver toxic but sometimes when people aren't healing well and they have really bad Crohn's we'll do a short time of comfrey. Irish moss which is a sea vegetable, even things like cinnamon adding some cinnamon to your chia porridge can be a really nice mucilage.

Chamomile, fenugreek, jujube dates, which are like dates but they are not very sweet, they are very mucilaginous and healing. Aloe vera gel, plantain, calendula and yarrow; these are all good soothing demulcent herbs.

Therapeutic Foods

Remember I mentioned on that chart therapeutic foods. *Nitric Oxide* foods can help to heal the gut: arugula; arugula has 100 times more nitric oxide than any other food and it's a very gentle, very soft, almost childlike grain if you want to think about it as that.

Think about kale as being the big daddy with the big thick stem, the big protective one and arugula, baby arugula, these little soft ones, they are strong tasting but they are very easy on the digestive tract and some people who don't tolerate the others tolerate arugula very well, and also low in oxalate.

Spinach is another gentle one, good for the nitric oxide but it also has high oxalate, which some people are sensitive to. The only way you are going to know is to really test. Beets again, they are really, really good, greens are high in oxalate but the beets themselves are moderate. Hawthorn berry; extract or tea or the berries. You can buy from Mountain Rose Herbs the actual berries and soak them and make some nice teas to help with the gut; and then dark leafy greens in general are good sources of nitric oxide.

You've also got sources of *NAC*, *N-Acetylcysteine*, which is a precursor to glutathione. *NAC* is a very good herb for healing the digestive tract and you can find that in things like red peppers, garlic, onions, broccoli and Brussel sprouts. Experiment with these foods, find the ones that your body loves and eat them on a regular basis.

And then there is another class of food constituents called *Arabinogalactans*, big word, they are in tomatoes, carrots, radishes, pears, echinacea and reishi, and you can get all of these as supplements.

Gut Healing Supplements

Here is a regime, you've got these in your slides, I don't have to go through each and every one of these, but these are some of the nutrients that can be helpful. Do you need all of these? No. We are going to show you how to start with the basics and you can add extras as needed but here are some basic doses.

Anti-Inflammatory Herbs, Foods and Nutrients

These are great foods for helping. Do you need all of them? Again, no, see which ones works for you; but I love ginger and turmeric. I love quercetin, if you tend to get a lot of histamine-type reactions. The Omega-3 fats need to be in proportion to the omega-6s, so these are really important, again the list of these is on the site, I'm just showing you this for review.

Carminative Herbs

These are the ones that soothe and dispel gas. They reduce bloating, they enhance your digestive secretions. They can even tone the digestive tract because a lot of times when we have somebody with irritable bowel you've got this contraction that happens when it's not supposed to and this relaxation and you've got alternating constipation with diarrhea, can help to soothe those muscle spasms and increase the peristalsis, the proper movement and some of these are dill and fennel and ginger.

Fennel is one of the most popular in herbal remedies for dispelling gas. A nice cup of fennel tea, caraway, cinnamon, turmeric, clove, cardamom, chamomile, oregano, rosemary and thyme; you'll see that some of these do double- and triple-duty. If you are looking to just try a few herbs, look at what the person requires. Do they have a lot of gas and bloating? Well you are going to need some carminative herbs.

Do you feel like you get some burning in your gut? You need some mucilaginous herbs. Do you have spasms? You need some antispasmodics. And if you want to reduce them down to the common denominators, find a handful that do all of the things that you need. We are not going to take all of them and we are not trying to turn you into herbalists it's just helping you to see what you can do and that you can do this without having to resort to lots of drugs.

Gut Healing Formulations

Let's look at a couple of formulas, which make it easier. There's the approach of all health foods, and then there is the approach of doing things in ways that are a little bit more convenient, and you can alternate between them. On days when you have a tight schedule you can have some of these pre-mix formulas, and on the days that you don't you can get into more of the wheatgrass juice and the juicing and some of the more whole foods approaches. It's not exclusive that you have to do one or the other, and you don't have to do it all. There are a couple of formulas. I used to use *MediClear Plus* a lot by Thorne and I've recently looked at it and it looks like they've changed the formulation and they now contain I think it's cane syrup or something. It used to be really clean and they only had stevia as a sweetener.

But the *MediClear Plus* is basically a protein powder, it's a rice protein powder, I believe, they may have changed it to have some pea in it now. It has changed, so I would recommend that you look at it, but it has the proteins; your body needs extra protein for repair, plus it also has the nutrients. So Thorne *MediClear Plus* is a possibility, very convenient, very easy, you can do it. It's not the most ideal just because it may have some of those extras.

Apex Energetics *RepairVite* is an awesome formula. It doesn't have the protein powder in it but you can combine it with some sort of protein like a leaf green protein from Health Force or Sunwarrior *Warrior Blend* or a hemp protein or a pea protein because your body needs extra protein during this healing phase.

You can combine Apex Energetics *RepairVite* with one of those protein powders and have what I think is a much better alternative to the *MediClear Plus* or the *UltraClear*. *UltraClear Sustain* and *UltraInflameX* some people love them, you can use them. Again they have some undesirables and in fact the last time I looked at the Metagenics ones they did have some folic acid, not folate. Folic acid is a synthetic form of folate that is not a good one to have and it can disrupt your detox pathways.

There is another formula called *GlutaMed Rx* and you add the protein powder to that, that's a new Medica formula I'll show you that on the next slide and it has some of the nutrients that we are recommending. And then *Earth*, is a Health Force Nutritionals and it has a lot of slippery elm and marshmallow and really good stuff for healing the gut and you just add a clean protein powder like the Health Force *Elite Green Protein* or the *Warrior Blend*, or a hemp protein or a pea protein, or whatever works well for you.

You may have to experiment with some of these things. Some people say I haven't found a single protein powder that works for me. Great, don't do the protein powder, but make sure you are getting good sources of amino acids by doing sprouts, and juicing sprouts, and blending sprouts, and juicing. You get a lot of your amino acids that way. And then whole nuts and seeds, although nuts don't usually work that well when you have a leaky gut unless you are blending them and making milks out of them because the pieces can irritate.

Supplements for Gut Repair Jumpstart

Here is the formulation, here is what you are going to do. There is a document that says *This Is Your 30-Day Process*, so I'm reviewing this with you. You've got gut supplements, 600mgs of NAC, 3500mgs of L-Glutamine, 2000mgs of Arabinogalactan, 500mgs of DGL, and 100mgs of Aloe.

These are nutrients known to help repair the gut. There is one other that I add to the formula which is vitamin B1, 150mgs three times a day and that's in your repair document. The reason I'm writing this down is *Glutamed Rx* and *RepairVite* have all of these except for the NAC and *RepairVite* also includes some other things like marshmallow and other healing herbs.

It's going to be a matter of trying them, and when you have a leaky gut it's a good idea to alternate and not do the same thing over and over. You can order one of each of these and go through the process and alternate and see what works the best. For those of you who have really inflamed guts, whether you have Crohn's or ulcerative colitis or diverticulitis this would be helpful is *Sialex*, which is actually mucin. It actually helps to repair that mucous membrane by providing a substance called mucin. Read it and see if all of the ingredients work for you. I think there are some things like magnesium stearate and things that I don't normally recommend.

30-day Gut Repair: 7-Day Gut Detox and 23-Day Repair Protocol

This is what your gut detox is. We have a 7-day intensive followed by 23 days of gut repair. This doesn't mean everybody's gut is going to be repaired in 30 days. No, but it's going to be well on the way. You may have to repeat this, you may have to continue this but you are going to be well on the way especially if you adapt the pre-meal ritual and the food pieces.

The first two days I love to see you do green juice only or liquids only, whatever you tolerate, but liquid only because the gut lining needs to be protected from fiber. It would be really nice if you just blended/juiced; a juice fast or water fast, a thinned smoothie, use some nut milks, really nice seed milks or similar fermented liquids. Preferably having liquid only for anywhere from two to seven days. Not everybody wants to do that but I highly recommend it. Then you take your NAC, your *Glutamed Rx* or your *RepairVite*, vitamin B 150mgs three times a day.

You are going to take these supplements three times a day for the first two days. Then you are going to go to twice a day for the next five days along with doing two to three green drinks a day; as many liquid meals as you can. If you can go all seven days with liquids only, that would be great, if you can't, no problem. One great way to do this is the green cleanse. You are going to really benefit by doing that and if you've done the green cleanse before and you are still a vital premium member then you can come back and do it again for free. I highly recommend it because it's monitored, we are going to guide you through, it's a really great way to get the accountability to stick with it and you modify that based on what your body tolerates.

This is in the document. I just put some extra nutrients that are helpful as well.

Some people can't tolerate glutamine. If you take glutamine and you get jittery or hyper it may mean that you have an impairment, a single nucleotide polymorphism, a polymorphism that actually doesn't allow you to convert from glutamate to GABA and so you get excitatory neurotransmitters generated instead of the calming. If you take glutamate and you have problems with it you are not going to be able to take a formula like *RepairVite* or the *Glutamed Rx*. You are going to have to do individual things and leave out the glutamine and substitute with some of the other nutrients that I'd given you. So there is the seven days.

30-day Gut Repair: 23-Day Repair Protocol

On days 8 through 30 you are going to continue with two or more green drinks a day, more if you are still inclined, continue your supplements twice a day.

Continue the elimination diet, use *Foods That Harm And Foods That Heal Your Digestion* as a guide. Make *Healing Broth Recipe For Inflamed Colon*, which is a great recipe from the *GRAND Recipe Guide*. You are going to take your bitters and your digestive enzymes. You are going to make sure that your bowels are eliminating, we haven't gotten to that section but we are going to look at moving toxins out, there is a little elimination bootcamp for your bowels that is going to help you with getting things moving out because it's really important to do.

This is just your review – optimize your digestion, these are things we've already talked about, eating in a calm state, start your day with a cleansing beverage, drink a glass of lukewarm water half an hour before each meal, not with the meal but a half an hour before to soothe and get your gut ready for it.

Take your bitters 5 to 15 minutes before the meal. Chew thoroughly, eat slowly, take enzymes, practice food combining of food sequencing, so that means with sequencing meaning eat your starches and then your proteins or your starches and then your fats. Liver/gallbladder support, healing the inflammation and leaky gut; we'll talk liver gall bladder support when we talk about elimination because that's part of the elimination process, and probiotics and colon cleansing.

These are pieces of the process that we've shared. I've laid it out in a step by step. I'm giving you lots of background here and this is to help you understand where all this is coming from but make sure that you follow the instructions and ask questions. Again this is just giving it to you in a different format.

Gut friendly foods, we've talked about these before; include these daily unless you don't tolerate them, and if you don't tolerate them and you don't get as good a result from this as what you think then we are going to talk in a second about what to do.

So during the cleanse, the healing phase, the liquids that you can use are water, chia beverage, green juice, green smoothie, green soup, green powder, protein powder, *Earth*, slippery elm drinks, aloe vera juice, whatever works best for you during that liquid only phase.

This is a little summary of what we've talked about up through now, the different herbs and which part of the digestive tract they heal. Again this is in your notes; licorice and slippery elm, stomach and intestinal lining; probiotics for large and small intestines; fiber, the whole digestive tract.

Cabbage generally works best in the stomach; chia and flax, small and large intestines; milk thistle, gall bladder and liver. And then for your colon there is a whole group of things that help to keep it moving; fiber, water, short chained fatty acids that come from having good amounts of friendly bacteria that produce it, so probiotics, cultured foods, fiber and leafy vegetables.