

Intestinal Detox, Repair, and Recipes Healing Strategies

Transcript

Hello and welcome to *Intestinal Detox, Repair, and Recipes: Healing Strategies For Your Gut*. This is Dr. Ritamarie and I am very excited to be here to pull together what we've talked about in other pieces of the program and help you to come up with some protocols to help you finally heal your leaky gut, repair the damage, and have better digestion. So let's begin.

Before we get too far along I just want to remind you that this presentation is not intended to replace a one on one relationship with a qualified healthcare professional. It's also not intended as medical advice. It's basically intended as a sharing of my knowledge to you and the research that I've done and experience I've had clinically over the last couple of decades that I want to share with you.

And if you have any health problems, if you are under the care of a health practitioner, if you are on any medication make sure that you run this information by your practitioner before you make any drastic changes to your diet or lifestyle.

We talked about the **4R** Process; we introduced that in the digestion introduction phase. In that phase we talked about the **Remove** phase where we removed a lot of the food and the allergens.

And then in the upper GI we talked about **Replacing**; replacing stomach acid, replacing your enzymes. In this section we are going to talk more about remove in terms of removing pathogens like candida and funguses and molds and parasites. We are also going to talk about **Re-inoculating**, putting back in those good friendly bacteria and also **Repair**.

We can actually get the whole process cleaned up and fixed so you don't have the process anymore and your digestion works real well, and you have a happy digestive tract. We already talked about remove the foods that can hurt your gut and we'll just review those really quickly; gluten, dairy, sugar and sugar alcohols like sorbitol. For most people xylitol and erythritol are okay but you need to test your tolerance.

You want to remove any refined carbohydrates, all allergens and caffeine. Allergens are those you know about and those that you suspect. Also it's best to remove the top six allergens at least for a time and before you retest them again. Alcohol, lectins, some foods have lectins that certain people are sensitive to so you may want to see how you work with grains and beans and dairy.

And in elimination diet which we will talk about in the next slide, you can actually remove lots of stuff and get down to a real bare bones and then re-introduce some of these back and see how that goes for you. And trans fats absolutely have to be removed. They should be removed for good forever, because they are so damaging not just to your digestive tract but to your cardiovascular system as well, and all systems in the body, your immune system too.

And nightshades are for some people, not for everybody, but some people are sensitive to nightshades, and nightshades can create inflammation. So what are nightshades? Those would be potatoes and tomatoes and eggplant and red bell pepper. And finally, processed meats because they are full of preservatives and additives and all kinds of junk.

When we talk about remove in terms of an elimination diet we mean removing the common allergens like gluten, dairy, egg, peanuts, corn and soy. Also any known allergens or suspected allergens. Foods that you would suspect might be those you eat frequently because they can get into the system if you have a leaky gut, foods that you crave. Also foods that you don't digest well that you just feel bad after you eat.

We are going to remove the unfriendly gut bugs (dysbiosis). One of those is candida albicans, which is a single-celled fungus. Funguses are not all single-cell, but this yeast is a single-celled fungus and it's a normal inhabitant of your body. What happens is it gets out of balance when you have the factors that we've already talked about that disrupt the normal flora.

And in unhealthy conditions like you've taken antibiotics or you're drinking too much alcohol, you're eating sugar. These yeasts transform and they can change their shape and develop mycelia, which is a tail that can embed into the tissues and they can grow out of control. They go from being a normal friendly flora to something that's out of control and damaging. And they also give off toxins that lead to inflammation and lots of symptoms.

Another thing that we can have a problem with are parasites. Parasites are things like giardia and cryptosporidium and a whole host of others and they take hold in your system. There can even be worms. They get into your system and they feed off of your nutrition. And it's common that they come from infected waters. Sometimes people get them when they go camping and they drink out of streams. There are a lot of ways to get parasites.

It can also be viruses and bacteria that are living in your system and they get in again through infected sources, through other people, and they grow out of control when your flora gets imbalanced. There's a questionnaire on your page to assess the likelihood of candida, parasites and bacteria. It's called the *Dysbiosis Questionnaire*.

With dysbiosis, meaning bad life in your gut, dysbiosis is when your gut flora gets out of balance and pathogens start to grow. It's really this delicate balance.

There are diet lifestyle factors that can tip the scale in one direction or the other. You can either be living in a symbiotic relationship, which is everything in balance, or you can create a dangerous relationship that contributes to disease, and the diet and lifestyle factors contribute.

Let's look at the symptoms of dysbiosis but from the standpoint of three different areas in the body that they affect.

Remember dysbiosis, leaky gut, gluten intolerance, all of these syndromes of the intestinal tract - they don't just manifest in intestinal symptoms. They manifest in symptoms throughout the body. There are three areas - this triangle of symptomatology that we get. One is *Digestive System*; two is *Systemic* throughout the body; and three is in your *Central Nervous System*.

Let's take a look at some of the symptoms in each of these areas just so you are familiar with how this could be manifesting so you have an understanding of where some of your symptoms might be coming from. *Digestive System* symptoms: it's the typical stuff that we've been talking about all along, the stuff that you think about when you think about digestive problems; bloating and gas and diarrhea, constipation, abdominal pain; burning in your esophagus, we talked about that before, called reflux; Itching and burning in your anus, especially symptomatic of parasites. And burping.

In terms of *Systemic* symptoms: headaches, muscle pain that could be anywhere throughout your body; you might be diagnosed with fibromyalgia; it could be dysbiosis; fatigue, allergy symptoms, sneezing runny nose, asthma, skin stuff. You can have male and female disorders, hormone imbalances, lack of libido, PMS, those sorts of things.

And then when we look at it from the *Central Nervous System* perspective, we can have depression, memory loss, focusing problems like ADHD in either children or adults, and balance problems, equilibrium problems, kind of the drunken sailor syndrome. It could be related to irritation from the dysbiosis of your cerebellum, and finally anxiety.

Let's look at few secrets for clearing out candidiasis, and also clearing out some of the other gut bugs. You want to stop eating anything that creates sugar in your system. These critters love sugar, including refined carbs like white flour, white rice etc., alcohol and even fruit juice. Fruit juice may seem friendly but, it's not. Even whole fruits and dried fruits can be a problem. There are a lot of things that can create sugar in your system.

To get rid of the bad bugs, you can take something that actually kills the yeast, like grapefruit seed extract or oregano or garlic, and I'll give you a list of these in a little bit. You want to take probiotics to reseed the good friendly bacteria in your gut; things that we talked about like kefir, cultured vegetables and rejuvelac things like that.

You also need nutrients that can heal the lining of your gut, since in candida overgrowth, the mycelia can damage the lining. And also the toxins from the candidiasis or the other gut bugs can damage the lining.

Let's look at some of these anti-microbial herbs. We've got grapefruit seed extract, oregano, turmeric, thyme, propolis, and fennel. Thyme is especially good for viruses. Oregano is good for just about everything, turmeric is a potent anti-bacterial, anti-microbial and anti-inflammatory.

You've got things like pumpkin seeds which are great for parasites and virgin coconut oil which contains MCT's, medium-chain triglycerides, which are great for getting rid of candida and also things like viruses. It also has lauric acid, which is great for that, and it also has short-chain fatty acids, which are really good for rebuilding the intestinal lining.

Pomegranate juice has a chemical in it that's a great anti-microbial as well as rosemary especially good for viruses. Goldenseal is especially good for bacteria but also for viruses and candida and especially good in the intestinal tract. It's not so good in the respiratory tract but especially good in the gut. And you could take six cloves of raw garlic a day and get rid of just about anything that's growing in your gut or throughout your body.

You can see that some of these foods can be combined in all sorts of fun ways. You can make Italian food with the rosemary and garlic and thyme and oregano, and you can make a really nice anti-microbial soup. You can mix these things in your pumpkin seeds and coconut oil and make salad dressings. There are so many ways that you can get these anti-microbial herbs. It doesn't have to be just as a supplement.

We want to replace those missing enzymes and nutrients and we've talked about this a little bit before. I just want to reiterate how important it is to eat the raw and living foods that contain enzymes that replenish.

You want to take digestive enzymes whenever you eat cooked foods or complex raw foods just because it's drawing on your pancreas to create those enzymes and it's really helpful, especially when your system is getting stressed and you can add those back in. Greens and fresh fruits and vegetables are nutrient-dense so they replenish your nutrients really well. And the green juices and sea vegetables and microalgae like chlorella and spirulina are the most nutrient dense of all. Nutritive herbs and supplements can be added to the food regimes to really give you that extra boost when you need it.

Re-inoculate. Re-inoculate means to put back the good bacteria that should be growing in your gut and you can do that by taking probiotic supplements.

There's all sorts and there's all sorts of potencies. I like to see a really high dose when we are trying to re-inoculate at least for the first month, like in 100 billion organism or more range and

then for maintenance maybe in the 30 billion organisms a day or just maintaining with food. Some of those probiotic organisms could be lactobacillus, bifidus, saccharomyces, L. Sporogenes, which is lactobacillus sporogenes. It's a spore form of lactobacillus which is really, really resilient and is very good for surviving the stomach acid and really helping to implant the other strains. And then you can get mixed strains, there's all sorts of them.

You will want to feed the normal flora with prebiotics. These are things like fructo-oligosaccharides, which is often included in some of the probiotic formulas; and inulin, which is a polysaccharide found in things like Jerusalem artichoke and other foods which we'll show you in a bit.

Is your gut flora making you fat? What kind of a question is that? Well it turns out that research has shown that certain gut flora make you more prone to being obese and others make you more prone to being thin and you can control this by taking the good bacteria and also through your diet.

The *firmicutes*, the 'fat bugs,' are the ones that make you fat. And the *bacteroidetes* are the 'skinny bugs'. You get them by restoring your good bacteria. When you get out of balance in your gut it's just not a matter of having gas and bloating and malabsorption, but they can also be contributing your weight problem. How do they do that?

The firmicutes extract more calories from food than the bacteroidetes, and they play a role in fat storage. If you have more of these than the other then you're going to have more of a problem towards obesity.

There is a test that a company called Metametrix does: It's called *Metrometrix 2100 Comprehensive Stool Analysis* and they do something called the *Adiposity Index*. And that's what it looks like, they will give you the numbers of the firmicutes and the bacteroidetes and you want to have more of the bacteroidetes. This is real borderline, you want to be less than 80 on the firmicutes and more than 20 on the bacteroidetes. Obviously, if your ratios are really shifted like really low on the firmicutes and high on the others then you're going to have a much better chance of having less body fat.

Probiotics help to reinoculate your gut and this is a picture one of my favorite brands by *Rejuvenative Foods*. They are from Santa Cruz, California, They make a really nice line all different flavors of raw sauerkrauts. Now sauerkraut can be made on your own or you can purchase it. Kimchee is a type of sauerkraut. Pretty much it's a fermented vegetables but usually they are slightly bigger chunks whereas sauerkraut is usually shredded.

Coconut kefir is another one where it's basically coconut water that's been inoculated with a kefir culture and you can make it or you can buy it. There is brand called *Inner-Eco*. It's very, very potent probiotic supplement and it's a coconut kefir.

Basically, in the bottle is about 16 ounces and contains 3 trillion organisms. It's a 30-day supply at 100 billion organisms a day so it's really potent.

We use it a lot when we are trying to do massive implants when somebody has had a big antibiotic use or been taking birth control pills or steroids or other things that throw things off, or coming off a high-sugar diet.

You can make seed yogurt; you can make kombucha; you can make rejuvalec. Kombucha is a fermented mushroom beverage whereas rejuvalec is a fermented grain beverage.

The thing with rejuvalec is it's usually made with wheat berries so you have to be careful that you don't get any of those wheat berries into it or blend it with the berries if you are gluten sensitive. I usually have people stay away from the rejuvalec when they are gluten sensitive. And miso, which is a fermented soybean paste but can also be made with chickpeas if you are allergic to soybean. And finally you can take supplements. You can take a lactobacillus or bifidus or a mixed strain supplement.

Food sources of Prebiotics includes Jerusalem artichoke, which is pictured here which you can slice and put in salads or grate and put in salads or blend into drinks, into smoothies or soups. They are really good and crunchy; they are quite tasty.

In addition, there's dandelion – the dandelion greens are loaded with major nutrition; and wild yam, which is a little bit harder to get. It's not the commercial yam it's a special kind of yam that we don't get very often here in the States. Jerusalem artichokes are good, as I said. Then there's chicory, which is a green vegetable. It's a really bitter one so it's really good for stimulating stomach acid and gallbladder movement: a good cholagogue. It's a really good one to include.

Jicama is really awesome. It looks like a big potato very ugly from the outside but it's white and really crunchy on the inside. Burdock is a root, it's a common root that you can find in most either gourmet grocers or health food stores, and you can chop it up and put it into salads. You can cut it up into matchbook size pieces and mix it with carrots and sauté it with a bit of sesame oil. That's a common macrobiotic treat. Burdock is really good for your gut as well as for your liver. It's really supportive for your liver. And things like onion and garlic are really good sources of prebiotic. Now they don't have as much as some of these others and you don't tend to eat as much onion and garlic but they are definitely sources.

And there is South American root called the yacon, which has a good source of prebiotic and it's sweet and it's often times sold as a powder- dehydrated and sold as a powder that you can add to foods.

How do you *Repair* your digestive lining? Well there are a number of nutrients that are really good for repairing your digestive lining.

- The mucilaginous herbs and foods and we have lists of those, which we'll share
- Therapeutic foods
- Gut healing supplements
- Anti-inflammatory herbs and foods
- Gut healing meal replacements
- Bitters
- And also, carminatives, which are things that dispel gas

So we will look at each of these in turn.

You've got your demulcent herbs and foods, and what do they do?

- They soothe the GI tract
- They rebuild your mucus layer in your GI tract
- They are anti-inflammatory
- They lubricate your digestive tract so it helps things move through you at a better pace
- They nourish your body fluids and tissues
- They retain a lot of fluid and actually help to nourish your body tissues.

Who are some of the players in the demulcent game?

We've already talked about most of them: chia seeds and flax seeds, licorice, marshmallow and slippery elm. I use marshmallow and slippery elm a lot in beverages to soothe the gut. Comfrey I don't use quite as much because it's got a lot of pyrrolizidine alkaloids, which can be harmful to the liver if you use too much. So if I suggest comfrey it's in resistant cases where the others are not working and I will just use it for short period of time, like a few weeks to a month. Irish moss you can use it in foods in making really creamy desserts and in creams, and there are all sorts of ways to do it. You can even make beverages out of it.

Some of your herbs like cinnamon and chamomile and fenugreek are all really good choices for demulcents. And all of these can be combined or used individually. Jujube dates are less sweet than regular dates so they don't seem to disrupt the normal gut flora like dates would but they are really very demulcent.

Aloe Vera, which you can get from the inner part of your aloe vera plants is good. You can buy the big aloe vera leaves in most grocers. Mexican grocers have them a lot because it tends to be a popular food there and you can also get them in health food stores periodically. You can also have your own plants and you can get a gel in a bottle.

And plantain, which grows in your backyard, probably, and you can stick some of those leaves in your smoothies. You can also get it as a supplement. Calendula, nice, you can get it as a dried herb or you can grow it, and yarrow grows in lots of peoples yards, very healing and soothing.

Then there are the **therapeutic foods** and they fall into three categories: those that are high in nitric oxide, those that are high in n-acetyl cysteine, and those that are high in arabinogalactans. And these are three categories of chemical constituents that are very soothing and healing for your GI tract, so we'll just run through some of these foods.

You've got arugula, which has 100 times more nitric oxide than any other food. But other good sources are also spinach, beets, and hawthorn berry.

Hawthorn berry is not your common food you find at the grocery store but you may find some hawthorn berry extract or berries that you can make into a tea. You can do those from places like Mountain Rose Herbs and Frontier Herbs and purchase some of those dry. And then the dark green leafies, all your dark green leafies are really super for healing your gut. In terms of n-acetyl cysteine, it's in common foods like bell peppers and garlic and onions and broccoli and brussel sprouts.

And then there are the arabinogalactans, which are high in tomatoes and carrots and radishes and, Echinacea and Reishi mushroom are good too. That's a picture of reishi mushroom. Reishi is an awesome therapeutic food.

We've got some **gut healing supplements**, and this list is also, on the webpage that you can download and print out.

You don't have to take all of these. You can pick a subset of these and you can start with some and you can move on to others. You don't have to do all of them at the same time, but it is nice to rotate them through. When you look at the results of your nutrient assessments that you did, the vitamin and mineral assessments if you did them. If you haven't done them then I recommend that you go and do them, because many of the nutrients show up as being imbalanced, make sure that those are the ones that you are taking to help you heal your gut.

I'll just read them through and you can study them more and choose them from the website.

- **Glutamine:** 2500mg twice a day
- **Quercetin:** 500mg twice a day
- **NAC:** also known as n-acetyl cysteine, 500 to 100mg per day
- **Vitamin A:** 20,000 to 25,000 IUs per day and you don't want to do that for very long because it can cause overload and over storage in your liver.
- **Vitamin B1:** 150 mg three times a day is awesome at plumping up and restoring the mucus membrane and also repairing the microvilli in your small intestine.
- **Zinc:** in the range of 50 to 80mg per day, and you can adjust based on your needs. Zinc is really important for healing the tissue and for creating stomach acid.
- **Arabinogalactans:** are really good at restoring normal mucosa and normal gut, 3 grams three times a day. And you can use the foods that we just showed you but you can also get a supplement of arabinogalactans in powder form.
- **Nitric oxide:** there are several nitric oxide promoting supplements and I would just go by the dosages that are listed on those supplements because they vary from one to the next.
- **Vitamin E:** in the range of 400 IUs per day, and make sure that the mixed tocopherols not just alpha or gamma, just the mixed tocopherols, or tocopherols with tocotrienenes.
- **DHEA:** can be helpful, but only if you've done an adrenal test and it shows you are low, or if you've done a blood test and it shows you are low. DHEA can be instrumental in healing your gut, but if you haven't been determined to be low then I wouldn't be taking it.
- **Vitamin C:** 1000mg two or three times a day or to your bowel tolerance. You have a handout that teaches you how to do bowel tolerance on vitamin C.

Let's take a look at some of the **anti-inflammatory herbs, foods and nutrients**. These are very common foods that you can easily include in your smoothies, in your soups, in making some specific nut milks and tonics and in your meals. It's very easy to get these and I recommend that you add bunches of these every day - just add as many of them as you like. If you have some you don't like throw them away.

You don't have to have the things that you don't like. These are things that you can include on a regular basis and a couple of them are actually supplements. Let me just read them and you also have a list of these on your site, but for those of you who are listening on the audio only I'm going to read them out loud.

We've got ginger and turmeric and licorice; chia seeds, flax seeds and hemp seeds; deep ocean fish if you're not vegetarian and if you are okay with eating fish; algae and sea greens, purslane, which is a wild edible, vitamin C, and omega-3 fats in general; omega-3 supplements; bromelain and other proteolytic enzymes. Bromelain comes from pineapple. Papain comes from papaya. And capsaicin-containing foods are also good.

And you may be surprised that capsaicin-containing foods, which are the peppers that are hot foods, would be anti-inflammatory. They are very much so. The problem is if you have inflamed tissue, oftentimes it's very hard to take those because they can irritate inflamed tissue. Often, you can take them in ways that are protective, like mixed with demulcents.

Others are cinnamon, rosemary, basil, cardamom, chives, cilantro, cloves, garlic, parsley, boswellia and quercetin. Boswellia and quercetin can be found in onions and you can also get supplements of them.

Let's talk briefly about the carminative herbs and what they do. They reduce gas and bloating – nice! They enhance digestion secretions - also nice. They help to tone your digestive tract so their peristalsis works better. They reduce smooth muscle spasms and they increase the peristalsis.

So the ones that are included here are all very yummy and they can make really nice dips and smoothies and soups and salad dressings and can be included easily on a regular basis: dill, fennel, ginger, caraway, cinnamon, turmeric, cloves, cardamom, chamomile, oregano, rosemary and thyme.

If you start to feel gas and bloating you can diminish it by making a cup of fennel tea or juicing dill with some greens. There's all kinds of ways that you can incorporate these to help get the results that you are looking for.

Gut healing meal replacements: these are foods that can be added while you are doing your gut cleansing, when you are doing your liquid only. They can be used during a leaky gut repair protocol to help provide easy to absorb protein and amino acids that your body can then use to rebuild and heal. I've listed some that are commercial - what they call medical foods; they are not raw foods, they are not whole foods. There are synthetic vitamins in there, but they are like one-stop shopping. They've got the protein powder along with the anti-inflammatory herbs and those would be things like Mediclear, UltraClear SUSTAIN and UltrainflamX.

Another way you could do it is to get something like Warrior Food from Health Force Nutrition, or Sun Warrior Protein. You can add Earth, which is a supplement also from HealthForce Nutrition, which is a whole food supplement and has a lot of good healing gut healing herbs.

You can combine that with something like GlutaMed RX from NuMedica or RepairVite from Apex Energetics, which has some of those nutrients that I recommend for a gut healing phase and you can use it for about a 30-day healing period to facilitate gut healing.

How do you optimize your digestion? You eat in a calm relaxed state, you do deep breathing and appreciation. You can start the day with a cleansing beverage, warm or room temperature water mixed with some juice from a fresh lemon plus some lemon oil, a little bit of cayenne if you tolerate it and also mint oil.

Drink a glass of lukewarm water half an hour before your meal. It calms and warms up your digestive tract, makes it easier for you to digest. Taking bitters five minutes before the meal or up to 15 minutes before the meal, and we talked about in the upper GI section. Chew your food thoroughly, really important, eat slowly and focus on your meal.

Add digestive enzymes whenever you are eating cooked food or raw meals that are complex. You can follow food combining or food sequencing if you have weakened digestion and that means not combining foods that don't really combine well, like fats and sugars, or protein and starches. Or you could sequence those foods rather than not combine them at all, alternate, them in a meal like one and then the other and then the other.

You can add liver and gallbladder support - specific herbs and nutrients that help support the liver; we talked about some of those. You can heal your inflammation and leaky gut, which we've been talking about all along. You take probiotics, which we've talked about a lot, eliminates the pathogens by replenishing the good guys and getting rid of the allergens and the main culprit is often gluten and casein.

Finally, colon cleansing, which we'll talk a lot more about in Part 5.

What are your actions steps? One, **determine if you're likely to have a dysbiosis** problem by taking the candida/dysbiosis quiz, you can also take the leaky gut quiz.

Two, **follow an anti-microbial protocol** before or during the repair phase if your score is high on the dysbiosis questionnaire, and that would be the diet for healing leaky gut plus HealthForce Nutritionals Scram, which is an antimicrobial nutritional formulation. They have an 18-day protocol for that. Allergy Research has one called Tricycline, which has berbarine and Artemisia in it. You can get a combination of the anti-microbial herbs and we've listed a bunch of them for you. You can do a **7-day intestinal cleanse and rebuild** followed by or that it leads to a total of **30 days on your repair nutrients**.

Let's look at that intestinal repair and rebuilding. The first 7 days is a jumpstart. For the first two days or longer you are going to be doing liquid only using lots of green drinks. You'll take your supplements three times a day.

We will tell you what those are shortly. And then optionally you can use a clean protein powder source to help provide that extra oomph for healing your gut.

The next five days you can do two to three green drinks a day. Replace one or two meals, or if you want to you can continue to replace all three meals. You're going to have one meal that's veggies raw or lightly steamed an optionally with soaked nuts or seeds. You can also optionally add a little bit of whole non-gluten grain assuming that you don't have a major candida overgrowth or blood sugar imbalance. You can add some legumes to that assuming your body tolerates them well or you can, if you are not vegetarian and you prefer to include animal products, just a little bit of some sort of a free-range organic meat or deep-sea ocean fish.

Take supplements twice a day now and continue those supplements for a month. So you are taking the supplements three times a day for the first two days and then for the rest of the month twice a day.

What are some of the liquids that you can have during the liquid only phase? Water, chia beverage, green juice, green smoothie, green soup, green powder, protein powder and HealthForce Nutritional Earth can be added to any of those, slippery elm drink, aloe vera, and you can include some arugula leaves in your green drink for extra special repair.

Let's look at the **supplements that you take for the seven-day jumpstart** and leading in to that total 30 days. **NAC, n-acetyl cysteine 600mg. L-Glutamine 3500mg, Arabinogalactan 2000mg, DGL licorice 500mg and aloe leaf extract 100mg.** Remember you are going to take these three times a day during the first two days and then twice a day for the next rest of the 30 days.

There's a supplement called *Glutamed RX* by *NuMedica*, that has all of these except the NAC, so you can actually take just one supplement, you take the Glutamed powder form and then you can take the NAC separately, and you do all of that for 30 days.

And then if you've got some extra care needed in your gut, like if you have Crohn's disease, ulcerative colitis, any kind of inflammatory bowel disease or a long standing irritable bowel disease you can take *Sialix*, which is taken 1 to 3 capsules after each meal.

Sialix actually contains mucin, which helps your body reproduce its mucus membrane. It really helps in healing and protection. You can do that for the 30 days as well.

The **gut friendly foods to include daily** would be at least **32 ounces of green smoothie**, some **sea vegetables** which can be blended into your green smoothies, same with **chlorella**, **probiotic containing foods** like sauerkraut, kimchee and all the rest that we named already, lots and **lots of greens**.

You can eat them, you can drink them, you can blend them, you can sprout them. Make sure you have **brassicas aka cruciferous vegetables** because those are especially healing and detoxifying.

And a caution especially if you've got candida or gut overgrowth is that **fruit should be eaten as part of a green smoothie or along with a green leafy lettuce or celery** so that you don't get the sudden rises in blood sugar that has the potential for feeding the yeast.

Finally, take **one or two enzymes with all your meals** except if you are just drinking juices or shakes unless you find that you really do benefit and feel better when you take enzymes even with juice or shakes.

A couple of **recipes** - these are also listed in the recipe guide on your site so I won't go through these. But there is a **healing broth recipe**, which is steamed vegetable blended up and seasoned. There is a **gut healing porridge**, which is a basis of chia seed and psyllium, which contains lots of soluble fiber to help heal your gut.

And then finally I'm going to give you just a little run down just as a little summary of **which herbs and foods are good for parts of your gut.**

Licorice and slippery elm, we've talked about for **both stomach and intestinal healing**. **Probiotics** work in the **large and small intestine** mainly. **Fiber works throughout your whole digestive tract**. **Cabbage juice** mainly works in your stomach, **to heal your stomach**. **Chia and flax work in your small and large intestine** because they are really good soluble fiber. **Milk thistle works on your gall bladder and liver.**

To heal your colon, you really **need fiber, water, short-chain fatty acids**. You need good amounts of friendly bacteria. You get those by taking **probiotics, eating cultured foods, eating lots of fiber and eating lots of green leafy vegetables.**

A talk about the digestive tract and healing leaky gut would not be complete without talking about stress because **stress affects your gut**. We know this from our tales of ulcers being caused by stress and GI problems being caused by stress, but physiologically it actually does. There is a substance called secretory IgA, which we showed you in the picture that lines your digestive tract. It's your immune system in your gut and secretory IgA gets released when you go into a state of appreciation.

And this is a study from The *Institute of HeartMath* which showed that your secretory IgA went way up after just 5 minutes of showing care and it stayed elevated for up to eight hours afterwards. Whereas when you got angry your secretory IgA dropped dramatically and it took up to 8 hours for it to come back not even up to where it started out, so quite interesting. Use your appreciation and practice the pre-meal ritual that we are going to share again.

This is the **pre-meal ritual**. You should do it before each meal to optimize your digestion and absorption.

- Stop whatever you are doing. Stop. Pay attention to what you are about to do, which is eat.
- Look at your food, take in the colors, take in the smells and really pay attention to what's on your plate.
- Tune into your heart.
- Get yourself into that state where you can fully breathe and deeply breathe and
- Feel sincere appreciation.

You need to do this every time you put food into your body, not just sometimes.

And this concludes the presentation on small intestine detox and repair. Tune into your action items, go back to the webpage, study the action items, print them out and get going.