



Dr. Axe
FOOD IS MEDICINE

— Top 25 —
**Herbs, Supplements
& Essential Oils
to Heal Leaky Gut**

Table of Contents

3	Introduction	16	MSM (Methylsulfonylmethane)
4	L-glutamine	17	Zinc
5	Probiotics	18	Copper
6	Digestive enzymes	19	Myrrh essential oil
7	Coconut oil/caprylic acid	20	Aloe vera juice/gel
8	Quercetin	21	Apple cider vinegar
9	Betaine hydrochloric acid (HCL)	22	Vitamin C
10	Oil of oregano	23	Bentonite clay
11	Licorice root	24	Clove essential oil
12	Slippery elm	25	Activated charcoal
13	Deglycyrrhizinated licorice (DGL)	26	Milk thistle
14	Lavender essential oil	27	Bone broth
15	Marshmallow root	28	N-acetyl-d-Glucosamine (NAG)

Introduction

If you suspect that you or a loved one suffers from leaky gut syndrome, typically you're desperate for any health information that can alleviate the nasty symptoms ... and maybe even completely heal this all-too-common condition.

But I'm not handing you generic advice about treating leaky gut — instead, in this ebook, I'm giving you access to 25 natural ways that can literally reverse the fortune of that leaky gut.

Most believe that leaky gut syndrome only affects the digestive system, but in reality it can lead to many other health conditions. According to research, the cause of your food allergies, low energy, joint pain, thyroid disease, autoimmune conditions and slow metabolism could be leaky gut symptoms progression.

When someone has leaky gut (or "increased intestinal permeability"), the "net" in your digestive tract gets damaged, which causes even bigger holes to develop in your net, so things that normally can't pass through are now be able to. I'm referring to proteins like gluten, bad bacteria and undigested foods particles — even toxic waste can also leak from the inside of your intestinal wall into your bloodstream and cause an immune reaction.

Overall, there are four main causes of leaky gut: 1) poor diet, 2) chronic stress, 3) toxin overload and 4) bacterial imbalance. This ebook discusses the herbs, foods, supplements, essential oils, exercises and strategies that will assuredly begin the gut healing process.

Get reading! (And then start acting on it.)

Blessings,

A handwritten signature in white ink that reads "Josh Axe". The signature is fluid and cursive, with the first name "Josh" and the last name "Axe" clearly distinguishable.

1 L-Glutamine

L-glutamine is an amino acid that is present in the human body naturally, mostly within musculoskeletal tissue. While it first gained popularity among athletes as a way to boost muscle strength and tissue, it's now known to also support digestive health. Glutamine is the major fuel source for cells of the small intestine and helps decrease intestinal permeability.

L-glutamine is synthesized by the body from glutamic acid or glutamate, but it's possible you don't produce enough on your own. In fact, the majority of people don't make enough or get the amount they need of this amino acid from food alone, which means they're lacking in nutrients needed for proper intestinal functioning.

HOW ITS USED

- You can purchase L-glutamine powder, which is a white chalky powder that can be taken internally
- There are two forms of L-glutamine: regular L-glutamine, which is free form and should be taken with food ideally for proper absorption, or the other type called Trans-Alanyl (or Alanyl-L-Glutamine). I recommend the second type since it's a more digestible amino acid. Unlike free-form glutamine powder, you can take it on an empty stomach, but ideally use it right after or right before workouts to best support your metabolism
- The best dosage is between 2 to 5 grams twice daily, and up to 10 grams daily for serious power athletes
- You also get glutamine from protein-rich foods you eat since it's a naturally occurring amino acid

HOW IT HELPS WITH LEAKY GUT

- Helps repair the gut lining
- Preserves muscle tissue
- Helps with digestion and fat-burning
- Also helps with digestive disorders including irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis, diverticulosis and diverticulitis



2 Probiotics

Probiotics are “good bacteria” that help combat the effects of harmful pathogens, microbes, yeast and fungus. There are multiple different strains of probiotics that naturally live within the digestive tract, but supplements are made using high concentrations of the most beneficial kinds.

Each type of probiotic supplement can cause a different reaction depending on its dosage of various bacterial strains, so sometimes it takes some experimenting with different probiotics to achieve the best results. Either way, they are essential for healing leaky gut, since after you change your diet and remove irritants from your digestive tract, probiotics are what allow you to effectively replenish good bacteria that keep you healthy.

HOW ITS USED

- Probiotic supplements are available to take by mouth, which make a convenient way to repopulate your gut with the microbes you need. You want to purchase a brand that is high quality, with CFU's (colony forming units) and multiple strains
- You can also eat probiotic-rich foods to further boost your intake, including cultured veggies like sauerkraut, miso, non-pasteurized/raw yogurt or kefir, kombucha or amasai

HOW IT HELPS WITH LEAKY GUT

- Stops bad bacteria from taking over the digestive tract
- Helps balance intestinal pH
- Supports digestive function
- Improves immunity
- Balances hormones
- Helps lower reactions to sensitivities and allergies



3 Digestive Enzymes

Various digestive enzymes act as catalysts in speeding up chemical reactions in the body that help us break down foods and absorb their critical nutrients. These nutrients are then circulated throughout the body to help with various functions of the brain, cells, muscle tissues and so on. Digestive supplements can be animal or plant-derived, such as from fruits like pineapple, papaya or gooseberries, or from probiotics, yeast and fungus.

When it comes to your gut and healing digestive disease, digestive enzymes can help take the pressure off digestive organs including your stomach, gallbladder, pancreas and intestines, since they work to utilize difficult-to-digest proteins, starches and fats for you. We need these nutrients to help support immune function and lower inflammation, so indigestion can cause deficiencies and discomforts. After eating foods, enzymes can ensure that nutrients are carried in the bloodstream where they're intended to go — rather than lingering in the digestive tract and causing problems.

HOW ITS USED

- Look for supplements that combine several types of enzymes, usually called Full Spectrum supplements. These can feature enzymes from peppermint, ginger and pineapple
- If you have gallbladder issues, try a blend with more lipase and bile salts
- If you have trouble digesting dairy carbohydrates or sugars, look for one with lactase is designed to assist those with specific issues relating to this kind of sugar absorption
- Keep in mind that doses depend on your specific needs, so trying different brands and blends can be helpful

HOW IT HELPS WITH LEAKY GUT

- Takes stress off the GI tract
- Assists the body in breaking down difficult-to-digest protein and sugars like gluten, casein and lactose
- Improve symptoms of acid reflux and IBS
- Enhances nutrition absorption and prevents nutritional deficiency
- Helps counteract enzyme inhibitors naturally in certain foods like grains, peanuts, wheat germ, egg whites, nuts, seeds, beans and potatoes



4 Coconut Oil/Caprylic Acid

Coconut oil contains three unique fatty acids that are responsible for its various health benefits: lauric acid, capric acid and caprylic acid. Caprylic acid one type of fatty acid found in coconut that naturally supports gut health by killing harmful microbes. It's known to be an antibacterial and antifungal that's beneficial for balancing bacteria living in the digestive tract.

Although the vast majority (more than 85 percent) of the fatty acids found in coconut oil are medium-chain triglycerides (which are saturated fats), coconut oil doesn't contain cholesterol and isn't damaging to health. In fact, just the opposite, medium chain fatty acids (MCFAs) found in coconuts support immune function, digestive abilities, nutrient absorption and help the body to burn as fuel for energy.

HOW ITS USED

- Use pure/virgin coconut oil that has been cold-pressed or expeller-pressed when cooking, even at high temperatures
- You can also add it raw to smoothies, bake with it, or use coconut cream that also contains the beneficial fats from coconut meat

HOW IT HELPS WITH LEAKY GUT

- Natural antibacterial properties
- Coconut oil is also one of the easiest fat sources to digest and because it contains medium-chain fatty acids (MCFAs)
- Beneficial for metabolic functions and fat-burning
- Balances hormones
- Kills candida
- Helps balance blood sugar and improve energy



5 Quercetin

Quercetin is a type of antioxidant compound that improves gut barrier function by helping to lower inflammation, sealing the gut by creating tight junctions using proteins, and reducing your reaction to allergies or irritants. Like other compounds found in high-antioxidant foods, it's capable of scavenging free radicals and helping to slow the aging process.

It also plays a role in regulating the immune system's response to outside stressors through cell signaling pathways. It helps with reactions involving enzymes called kinases and phosphatase that are needed for proper cellular function.

HOW ITS USED

- You can obtain quercetin by eating brightly colored fruits and veggies, including spinach, broccoli, berries, kale, tomatoes and peas. It's also found in red wine and green tea
- Quercetin is available in supplement form at higher doses than what you would naturally obtain from food alone. It's effective and considered very safe to take 500 milligrams three times daily with meals

HOW IT HELPS WITH LEAKY GUT

- Fights the effects of free radicals and lowers inflammation
- Lowers effects of infections
- Improves circulation
- Lowers histamine and allergy reactions
- Stabilizes mast cells from forming tumors
- Beneficial for healing other digestive disorders including ulcerative colitis



6 Betaine Hydrochloric Acid (HCL)

Betaine hydrochloride (HCL) is a man-made stomach aid and acid supplement. It works by promoting optimal gastric acidity within the digestive tract. Acid is needed to help support protein digestion and for proper nutrient absorption, especially of certain vitamins and minerals like vitamin B12.

HOW ITS USED

- Dosage of HCL varies depending on someone's current digestive condition. The appropriate dose of betaine hydrochloride also depends on factors like the user's age (since stomach acid can decrease with age) along with any existing medical conditions
- HCL supplements are taken by mouth. To do a simple home test in order to see if you have low stomach acid, begin to eat a meal and ½ way through take 650 mg of HCL. Once you finish your meal, check for signs of heartburn, which will tell you have sufficient levels of HCL
- If you do not experience any heart burn symptoms such as burning sensation in your upper abdomen, then you're low in acid and could benefit from taking HCL with each meal to bring your levels up

HOW IT HELPS WITH LEAKY GUT

- Helps improve digestive function
- Aids in nutrient absorption
- Helps fix abnormally low levels of certain electrolytes such as potassium (hypokalemia)
- Fights certain allergic reactions including food allergies, hay fever and asthma
- Kills yeast and prevents yeast infections
- Fights gallstones
- Protects the liver



7 Oil of Oregano

Concentrated oregano oil is derived from, you guessed it, the common herb oregano. It's a natural antibacterial agent and works similarly to antibiotics, only without the side effects and risk for resistance.

Studies have shown it can help kill over at least five different types of common bacteria that cause infections. Also called oregano essential oil, it contains two powerful compounds called carvacrol and thymol, which have strong antifungal properties.

HOW ITS USED

- You can use oregano oil both internally (for a short period of time) and topically on your skin
- When mixed with a carrier oil like coconut oil, it will be absorbed through the pores of your skin and make its way to your bloodstream
- Or you can choose to ingest pure oregano oil in very small doses, which is considered safe. Only take it internally for short durations, such as two weeks at a time, diluted with water or mixed with coconut oil

HOW IT HELPS WITH LEAKY GUT

- Fights bacterial infections
- Contains antifungal compounds and can fight candida
- Lowers incidence of viruses and parasites
- Reduces inflammation and free radical damage
- Fights symptoms of allergies
- Contains anti-tumor and anti-cancer activities



8 Licorice Root

Licorice root supplements are made from the root of the *Glycyrrhiza glabra* herb. While licorice is a popular candy and flavoring agent, few people realize that it also has strong antifungal, antibacterial and digestive properties. Licorice is also an adaptogen herb, meaning it helps the body deal with stress better and fights the effects of stress hormones like cortisol.

For centuries it has been used in parts of Europe, the Mediterranean and Asia to support digestive health, improve metabolism, balance hormones and prevent reactions to food allergies and microbial infections. Regarding gut health, licorice acts as a strong anti-inflammatory and demulcent (soothing) herb, along with a remedy for ulcers, acid reflux and heartburn.

HOW ITS USED

- You can take licorice root extract by mouth and might find it added to digestive support supplements. Look for the type labeled deglycyrrhized (DGL) licorice if you have a history of heart disease or low pressure, since this type might cause less side effects than licorice root
- The recommended dosage is a maximum of six grams a day (when used for a 130-pound person), which will limit the amount of side effects that are possible from one active ingredient called glycyrrhizin. Side effects to watch for include edema, high blood pressure, low potassium levels and chronic fatigue. Don't take licorice extract for longer than four weeks at a time and give your body a rest before resuming.

HOW IT HELPS WITH LEAKY GUT

- Antibacterial properties
- Lowers inflammation
- Fights infections, viruses and fungus
- Relieves indigestion, helps curb acid reflux and stops heartburn
- Fights fatigue and other leaky gut side effects



9 Slippery Elm

Slippery elm is a type of tree and the inner bark can be used medicinally to fight infections, inflammation and various digestive problems (diarrhea, constipation, gas IBS and ulcers, for example). Used as an effective gut healer in traditional systems of medicine for centuries, slippery elm contains mucilage that stimulate nerve endings in the intestinal tract. This can help increase natural mucus secretion, which is needed in order to protect the lining of the stomach and prevent the formation of ulcers.

Slippery elm is beneficial for balancing excessive acidity in the digestive system and restoring a proper pH level. Additionally it contains anti-inflammatory compounds and antioxidants that help overall digestive and bowel functions.

HOW ITS USED

- The inner bark of the slippery elm tree is dried and turned into powder. It is added to digestive supplements, tablets/capsules, lozenges (used to heal a sore throat or cough) and also made it into an herbal tea
- The most effective form for leaky gut is to use finely powdered bark or extract. Dosage recommendations for adults are: 5 mL of pure tincture taken 3 times per day, or about 400-500 mg in capsule form taken 3 to 4 times daily for 4 to 8 weeks

HOW IT HELPS WITH LEAKY GUT

- Lowers digestive systems like constipation, diarrhea, ulcers, hemorrhoids and acid reflux
- Fights inflammation and acts like an antioxidant
- Protects the stomach lining
- Helps balance acidity in the digestive tract



10 Deglycyrrhizinated Licorice (DGL)

DGL is a type of compound taken from the licorice plant. It's made from whole licorice, but the manufacturing process includes the removal of the compound called glycyrrhizin, which can cause side effects in some people since it can potentially increase cortisol levels and blood pressure. DGL supports the body's natural processes for maintaining the mucosal lining of the stomach and duodenum.

DGL tastes similar to licorice, anise and fennel and has similar benefits in the digestive tract, along with fighting infections. It's been used medicinally for over 3,000 years in the treatment of digestive issues. It's beneficial for protecting the stomach lining from excessive acid and peptic ulcers, plus it battles multiple symptoms of indigestion like heartburn and hemorrhoids.

HOW ITS USED

- Chemically manufactured from the dried root of the licorice plant to be made into supplement form. Can be taken as an herbal extracts, tinctures, tablets or used in topical ointments
- Also available in chewable capsules or as an herbal tea or powder
- For DGL products, there should be no glycyrrhizin in the ingredients listed
- Dosage will depend on individual needs but you can start by taking two tablets before or between meals, or one half-teaspoon of the powder in order to test your reaction

HOW IT HELPS WITH LEAKY GUT

- Supports digestive organs by balancing acidity
- Helps relieve indigestion like heartburn, peptic ulcers or infections
- Fights inflammation
- Relieves side effects from allergies and infections, like coughs or side disorders such as eczema
- Helps balance hormonal levels and fight inflammatory disorders in menopausal women



11 Lavender Essential Oil

Lavender oil, the most widely used essential oil in the world, is a natural antibacterial and anti-inflammatory. It contains powerful antioxidant enzymes — especially glutathione, catalase and superoxide dismutase (SOD) — which all prevent the effects from free radicals.

It can help fight infections within the digestive tract, throat, and respiratory tract and on the skin, while also balancing hormones and fighting the effects of stress hormones (such as cortisol) that can increase inflammation.

HOW ITS USED

- Lavender oil can be used topically on the skin or taken internally. Look for 100 percent pure lavender oil when ingesting it and only take 1-2 drops at once.
- Combine 2-3 drops of pure lavender oil with a carrier oil like coconut or jojoba oil before massaging it into the skin, such as on the neck, feet, or abdomen

HOW IT HELPS WITH LEAKY GUT

- Reduces the effects of stress on the body
- Promotes healthy liver and kidney function, detoxing the body
- Lowers inflammation and oxidative stress
- Balances hormones
- Helps the body repair wounds
- Reduces symptoms of allergic reactions and sensitivities, such as skin problems and acne
- Slows aging with powerful antioxidants
- Fights headaches and helps with sleep



12 Marshmallow Root

Marshmallow root extract is taken from the marshmallow plant and is a multipurpose supplement that fights infections and also heals digestive issues. It's long been used to heal and combat symptoms of respiratory infections and digestive disorders since it contains a high mucilage content. This allows marshmallow root to ease inflammation in the stomach lining, block the formation of ulcers, and treats both diarrhea and constipation. It's capable of creating a protective lining on the digestive tract that helps balance acidity.

The marshmallow plant's leaves and roots also contain polysaccharides that fight inflammation and bacteria growth. This gives marshmallow extract antibacterial properties and the ability to soothe inflamed membranes in the body, especially near the throat, mouth and inside the digestive tract.

HOW ITS USED

- The roots and leaves of the marshmallow are used medicinally to make extract. This can be taken in tincture form, capsules or as an herbal tea
- The preferred form and dosage depends on the specific ailment being treated. One to two teaspoons taken 2–3 times a day is common
- For infections of the throat, tincture is usually preferred, while for stomach ulcers and indigestion, tea is commonly consumed.
- For infections within the digestive tract or indigestion, you can marshmallow root in capsule 3–6 times daily.

HOW IT HELPS WITH LEAKY GUT

- Protects the lining of the digestive tract
- Acts like an anti-inflammatory
- Fights infections
- Balances acidity and pH level
- Relieves digestive disorder symptoms
- Reduces pain by increasing mucus secretions



13 MSM (Methylsulfonylmethane)

MSM is naturally found in animals and humans and is also manmade in a lab in supplement form. It's commonly used for lowering chronic pain, inflammation, allergies, infections and symptoms related to skin disorders, rheumatoid arthritis or osteoporosis (like achy joints, fractures, bone loss and inflammation).

When it comes to digestion, it fights constipation, helps balance acidity and heal a "sour stomach", protects against ulcers and is used in digestive disorders like diverticulosis.

HOW ITS USED

- MSM is either taken by mouth or applied to the skin depending on the condition
- It's found in certain digestive supplements and in capsule or tablet form. For adults, normally it's taken in doses around 500 milligrams 3 times daily, or up to 3 grams twice daily
- Because it effects how your digestive system works, look out for side effects like nausea, diarrhea, bloating, fatigue, or worsening of allergy symptoms that can occur in some sensitive people

HOW IT HELPS WITH LEAKY GUT

- Offers relief for allergies
- Helps stop chronic constipation
- Fights viral infections
- Balances acidity and fights ulcers
- Used to heal the bowel disease called diverticulosis
- Increases circulation and improves blood pressure
- Supports liver function and helps detox the body
- Can help increase energy levels and fight chronic fatigue syndrome



14 Zinc

Zinc helps maintain the walls of the digestive tract, keeping particles from passing through the gut lining and entering the bloodstream where they can trigger autoimmune reactions and inflammation.

Because it supports the largest part of our immune system, the mucosal lining of the gut, zinc is important for battling infections, allergic reactions and numerous symptoms caused by gut permeability — like fatigue, skin disorders, aches, mood changes and much more. Zinc is also important for supporting metabolic functions and with cellular processes that support growth, digestion, cognitive and immune functioning.

HOW ITS USED

- Zinc can be obtained naturally through your diet, such as eating foods like grass-fed beef, turkey, chicken lamb, pumpkin seeds or yogurt
- You can also find zinc in a high-quality, plant-derived multivitamin

HOW IT HELPS WITH LEAKY GUT

- Helps keep the gut lining intact, preventing permeability
- Lowers oxidative stress and inflammation
- Supports the immune system and lowers effects of stress, infections and allergies
- Helps with numerous metabolic functions
- Supports normal growth and development



15 Copper

Copper is a trace “micro-mineral” that plays a key role in bone health, metabolic functions, cognitive functioning and cellular mechanisms. It cannot be made by the body itself and must be obtained through the diet.

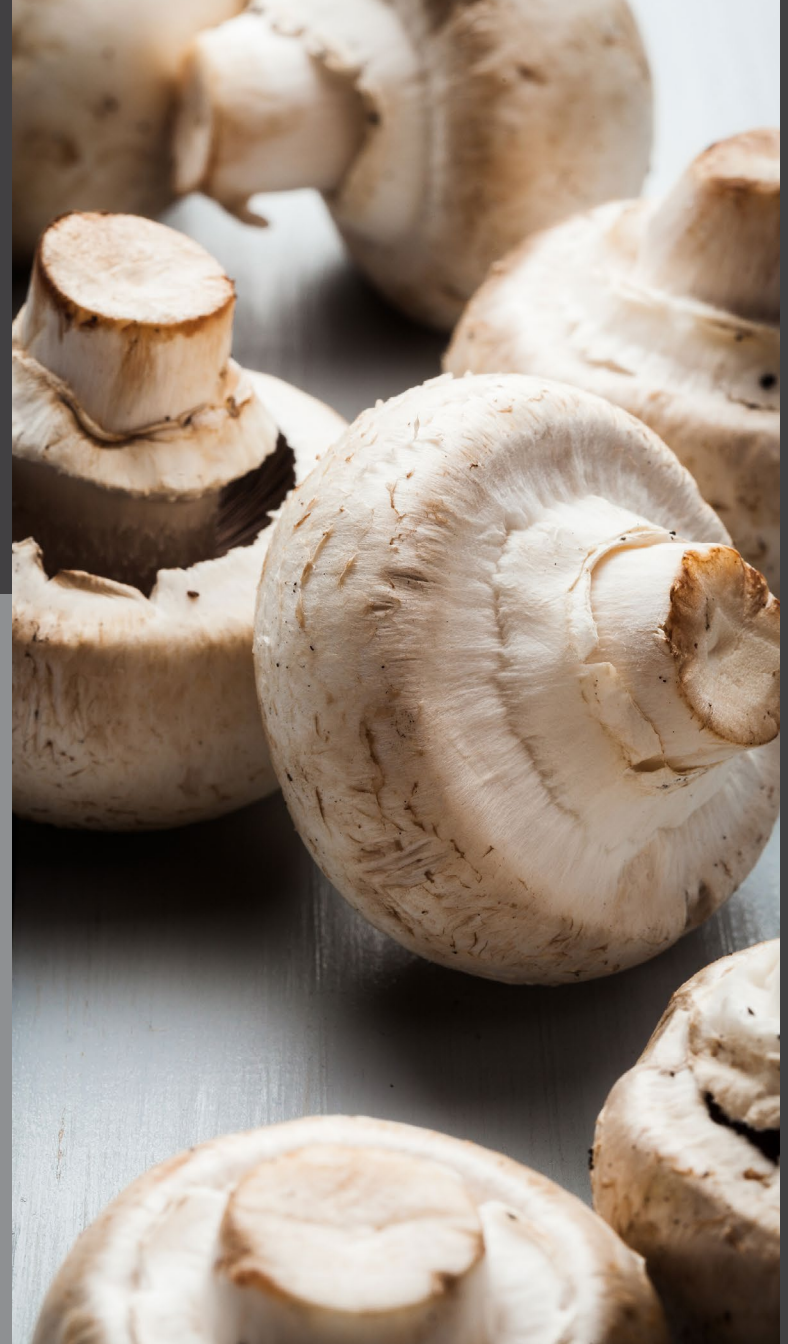
Copper plays an important role in maintaining a healthy metabolism and repairing damage done to tissues which line the digestive tract. It's important to get enough copper to carry out many different enzyme reactions, digest food properly, absorb nutrients and maintain strong connective tissue.

HOW ITS USED

- The Recommended Dietary Allowance (RDA) of copper for adult men and women is 9 mg/day. You can get plenty of copper by eating foods like organ meats (such as liver), mushrooms, cashews, chickpeas, sesame seeds, quinoa and almonds
- Copper can also be found in high-quality, plant-derived multivitamin supplements, or obtained in small amounts from cooking with copper pans or drinking tap water that travels through copper pipes

HOW IT HELPS WITH LEAKY GUT

- Helps with enzyme reactions and digestion
- Supports the tissue that line the digestive tract
- Maintains a healthy nervous system
- Supports metabolic functions and higher energy levels
- Reduces symptoms like muscle aches and pains
- Supports healthy thyroid function



16 Myrrh Essential Oil

Like lavender oil, myrrh oil is a concentrated extract that acts like a natural antibacterial, antifungal and anti-inflammatory agent. Myrrh is a resin, or sap-like substance, that comes from a tree called Commiphora myrrha, which contains powerful antioxidants known to lower oxidative stress that can cause various disorders, including cancer.

Myrrh can enhance immune function, prevent the effects from free radicals, fight infections within the digestive tract, and help the body deal with the effects of stress. It's also an anti-parasitic and kills compounds in the gut that cause permeability and indigestion, such as yeast, bacteria and fungus — which is why myrrh oil can help relieve digestive problems, such as stomach upset, diarrhea and constipation.

HOW ITS USED

- Myrrh oil can be inhaled/diffused, used topically on the skin or taken internally. You can use it with a warm or cold compress to treat swelling and lower pain by pressing it against the skin or adding it to your bath
- If taking myrrh internally, look for 100 percent pure oil and only take 1–2 drops at once
- Combine 2–3 drops of pure myrrh oil with a carrier oil like coconut or jojoba oil before massaging it into the skin, such as on the neck, feet or abdomen

HOW IT HELPS WITH LEAKY GUT

- Fights fungus, parasites, yeast and bacterial infections
- Reduces the effects of stress on the body
- Helps fight ulcers or wounds of the digestive tract
- Lowers inflammation and oxidative stress
- Balances hormones and helps with thyroid functioning
- Reduces symptoms of allergic reactions and sensitivities, such as skin problems and acne
- Slows aging with powerful antioxidants



17 Aloe Vera Juice/Gel

The aloe vera plant produces two substances used for medicine: the gel which is obtained from the cells in the center of the leaf, and the latex which is obtained from the cells just beneath the leaf skin. Although aloe is popular for use on the skin to heal burns and irritations, there's a lot more it can do, including fighting inflammation, reducing symptoms of bowel diseases like constipation, preventing ulcers and helping with blood sugar balance, too.

Aloe also contains eight enzymes, including aliase, alkaline phosphatase, amylase, bradykinase, carboxypeptidase, catalase, cellulase, lipase and peroxidase which help with overall digestion. This is in addition to numerous nutrients like calcium, copper, selenium, chromium, manganese, magnesium, and potassium. The reason aloe works like a natural laxative is because it provides 12 anthraquinone compounds. Additionally, it has pain-reducing analgesics along with antibacterial and antiviral properties.

HOW ITS USED

- For constipation take 100–200 milligrams of aloe vera daily
- For inflammatory bowel disease, take 100 milliliters twice daily for four weeks
- For treating irritations on the skin (like infections or psoriasis), use 0.5 percent aloe extract cream three times daily

HOW IT HELPS WITH LEAKY GUT

- Lowers inflammation
- Has antibacterial and antiviral properties
- Numbs and reduces pain
- Helps treat constipation
- Helps with wound healing
- Beneficial for digestion and breaking out molecules



18 Apple Cider Vinegar

Used for over 2,000 years to heal various ailments, apple cider vinegar (which is different than apple cider!) supports gut health and treats acid reflux. Apple cider vinegar contains an active compound called acetic acid that has antibacterial, anti-inflammatory effects, along with benefits for digestive functions including helping to balance the body's pH level and improving levels of important digestive enzymes and probiotics.

Acetic acid has an alkaline effect on your body that fights the acidity caused by processed foods and a poor diet. People use ACV to decrease acid reflux, GERD and also to improve their metabolism and potentially help with weight loss.

HOW ITS USED

- You can mix raw/unfermented ACV into water, salad dressings, sauces or marinades. Some people use it along with other gut-healing ingredients like cinnamon, lemon juice and raw honey.
- Two to three tablespoons can be taken daily spaced throughout the day for best results

HOW IT HELPS WITH LEAKY GUT

- Because it's fermented, ACV contains beneficial enzymes and probiotics
- Helps balance acidity in the digestive tract
- Prevents acid reflux and GERD
- Can help with metabolic functions and breaking down nutrients
- Helps increase energy and can be beneficial for weight loss



19 Vitamin C

Known best for enhancing the immune system and protecting against illnesses, vitamin C is also an anti-inflammatory and antioxidant. This water-soluble vitamin plays a role in maintaining the health of the body's connective tissue, including the lining of the digestive tract.

It's considered essential because your body does not make vitamin C on its own, and it does not store it either, which means you constantly need to replenish your supply. When it comes to digestive health, vitamin C battles infections, pain, swelling, wounds and a slow metabolism. It's beneficial for nutrient absorption and can help a struggling immune system.

HOW ITS USED

- You can get plenty of vitamin C from eating fruits and veggies like berries, citrus fruits, leafy greens, broccoli, peas, guava and Brussels sprouts
- The recommended dosage for adults is between 75–90 milligrams/day. You can find vitamin C in most multivitamins, but look for a plant-derived brand that will help with proper absorption

HOW IT HELPS WITH LEAKY GUT

- Has antioxidant abilities
- Lowers inflammation
- Increases immune function
- Helps with mineral and nutrient absorption
- Supports a healthy metabolism
- Fights infections and helps heal wounds



20 Bentonite Clay

Bentonite clay is a natural detoxifier that guards the body against illnesses and the effects of toxins, such as heavy metals. The clay itself comes from ash taken from volcanoes, and it contains special chemical compounds that bind to minerals like mercury or lead when it comes into contact with them.

Heavy metal toxins are found in numerous processed food products, as well as some drinking water, but bentonite clay can help draw these out of the body, thereby improving immunity and reducing inflammation. Bentonite clay is also natural antiviral and antibacterial, plus a rich source of beneficial trace minerals, including calcium, magnesium, silica, sodium, copper, iron, and potassium, which is why some people choose to eat it.

HOW ITS USED

- Bentonite clay can be taken internally by eating or drinking it, just like a supplement. When ingested, its vitamins and minerals are well-absorbed
- It can also be used topically on the skin to bind to bacteria and other pathogens
- When using it internally, drink 1/2 to 1 teaspoon once per day as many days of the week as you'd like. Mix the clay with water, preferably in a jar with a lid where you can shake the clay and make it dissolve before swallowing

HOW IT HELPS WITH LEAKY GUT

- Carries heavy metals out of the body
- Kills bacteria and viruses
- Keeps the gut lining intact and helps prevent permeability
- Improves immunity
- Detoxifies the blood
- Can help purify water
- Can be used as a natural alternative to chemical products



21 Clove Essential Oil

Clove oil contains a concentrated amount of the active compound called eugenol, making it versatile as an effective alternative to many modern medical treatments. It's a natural anti-parasitic and killer of fungus, yeast and mold.

It also contains a very high amount of antioxidant, which means it lowers inflammation and improves blood flow. This makes it beneficial for healthy digestion, healing wounds, helping to increase energy levels, slowing the aging process and fighting off bacterial or viral infections.

HOW ITS USED

- Clove oil can be inhaled/diffused, used topically on the skin or taken internally. Add some to a diffuser to disperse the volatile oils throughout your home, soak in a bath with added clove oil or use it directly in the mouth, on your gums, teeth or skin
- If taking myrrh internally, look for 100 percent pure oil and only take 1-2 drops at once
- Combine 2-3 drops of pure myrrh oil with a carrier oil like coconut or jojoba oil before massaging it into the skin, such as on the neck, feet, or abdomen

HOW IT HELPS WITH LEAKY GUT

- Kills parasites, molds and fungus
- Effective for fighting candida
- Natural anti-inflammatory and antioxidant
- Improves blood circulation
- Reduces infections (such as gum disease)
- Boosts energy and helps with metabolic functions



22 Activated Charcoal

Similar to bentonite clay, activated charcoal latches on to heavy metals in the body and helps flush them out, improving immunity and helping with detoxification. Activated charcoal works by trapping various chemicals in its millions of tiny pores through a process of absorption. The absorption that takes place is the reaction of elements like nutrients, chemicals and toxins, which are bound to the surface of the charcoal through electrical charges.

Activated charcoal has been proven to fight digestive problems like gas and bloating since it eliminates irritating byproducts found in certain foods. It can also promote a healthy digestive tract by removing particles that cause allergic reactions, oxidative damage and poor immune system functioning, thereby lowering joint pain, increasing energy and improving mental performance.

HOW ITS USED

- Activated charcoal is taken by mouth. Look for activated charcoal made from coconut shells or identified wood species that have ultra-fine grains, but avoid types made with artificial sweeteners or other chemicals
- Following dosing directions and take activated charcoal 90 minutes to two hours prior to meals, supplements and prescription medications

HOW IT HELPS WITH LEAKY GUT

- Helps remove toxins from the body
- Fights allergic reactions and food sensitivities
- Lowers gas and bloating
- Improves cognitive functions
- Raises immunity



23 Milk Thistle

Milk thistle is a natural herb that has been used to detox the body and support liver function for thousands of years. It has antioxidant and anti-inflammatory properties, plus it's considered a "hepatic, galactagogue, demulcent and cholagogue," which means it can promote healthy digestion by improving the production of enzymes needed to break out and absorb nutrients.

It's also helpful for increasing bile production, decreasing inflammation and soothing the mucous membranes throughout the body, especially those involved in digestion and protecting the body from infections and other reactions. Milk thistle is effective at naturally reversing the harmful effects of toxins from processed foods, alcohol consumption, pesticides sprayed on crops, air pollution and heavy metals in our water supply.

HOW ITS USED

- Dosing is usually recommended between 20–300 milligrams daily in pure supplement form
- The recommended daily intake for detoxification is 150 milligrams, taken 1–3 times daily
- For ongoing use and liver support, take 50 to 150 milligrams daily
- Look for a high-quality product that's between 50–150 milligrams of pure milk thistle extract per capsule

HOW IT HELPS WITH LEAKY GUT

- Helps the liver work stronger to detox the body
- Lowers inflammation
- Contains antioxidant properties
- Helps improve enzyme production
- Increases bile
- Fights effects of various toxins



24 Bone Broth

Bone broth is a time-honored tradition of simmering the bones and ligaments of animals (like chicken or beef) in order to release their healing compounds like collagen, proline, glycine and glutamine into a drinkable tonic. Bone broths contain minerals including calcium, magnesium, phosphorus, silicon and sulphur that are capable of reducing inflammation, healing the lining of the digestive tract, and fighting things like common aches and pains. Also a natural way to enhance your immune system and repair tissue, bone broth contains amino acids (like arginine, glycine, glutamine and proline) plus collagen, both naturally derived from animal bones, marrow, cartilage, tendons and ligaments.

Collagen produces gelatin, helps break down proteins and soothes the gut lining. It's not only useful for healing leaky gut syndrome but also allergies and other autoimmune disorders. Collagen or gelatin are important because they boost your gastric juices and aid in restoring the integrity and health of your mucosal lining, preventing gut permeability.

HOW ITS USED

- Bone broth can be purchased from certain health food stores and family markets, or you can easily make your own homemade version
- To make your own bone broth, take a large stock pot and 2 tablespoons of apple cider vinegar plus water, then simmer the bones on low heat slowly 24–48 hours. You can also add in vegetables such as onions, garlic, carrots and celery for added nutrient value

HOW IT HELPS WITH LEAKY GUT

- Supplies amino acids and collagen, which help repair the gut lining
- Raises immunity and helps with proper digestion
- Protects against effects from food allergies and autoimmune disorders
- Provides numerous essential minerals
- Fights symptoms of leaky gut like aches and pains



25 N-Acetyl-D-Glucosamine (NAG)

NAG is a natural chemical compound that comes from the shells of shellfish. It's used for repairing damages tissue, fighting bone loss and arthritis, lowering inflammation and fighting inflammatory bowel disease (IBD) (such as ulcerative colitis and Crohn's disease.)

NAG has been shown to help repair the lining of the stomach and intestines, preventing ulcers, indigestion, acid reflux and other painful digestive problems. It can also prevent gut permeability by keeping the tight junctures of the digestive tract from opening and allowing particles to leach out into the bloodstream.

HOW ITS USED

- NAG is taken by mouth in supplement form
- There isn't a recommended daily dosage as of now, but most people do best when taking 500 milligram capsules 1-3 times daily

HOW IT HELPS WITH LEAKY GUT

- Protects the gut lining
- Lowers inflammation
- Fights irritation to the stomach and intestines
- Helps prevent autoimmune reactions and inflammatory bowel disease
- Helps build tissue and prevent bone loss



