What is Immune Gut?

In Immune Gut, inflammation of the gut takes place followed by an immune or autoimmune reaction. This may include food sensitivities — especially to gluten and dairy — as well as to other foods sometimes considered healthy. The main cause of Immune Gut usually starts with a history of taking prescription antibiotics, birth control, steroids or taking other things that may have wiped out good bacteria in the gut.

Oftentimes, this condition is correlated with problems that begin in the colon or respiratory system (sinus/lungs) and cause inflammatory bowel disease, inflamed skin, neurological disorders, chronic pain and/or autoimmune diseases.

During our lives, most of us will eat more than 25 tons of food. In fact, other estimates say that the average American eats nearly a ton of food each year. That’s a lot of food for our systems to digest, but the list of what the average American eats isn’t good news. It includes approximately 141 pounds of sweeteners, including 42 pounds of high-fructose corn syrup alone, along with genetically modified (GM) corn, GM soy, hybridized grains and conventional dairy (including ice cream and cheese).

The most commonly eaten foods also contain wheat, soy, corn, dairy and additives to which many people have food sensitivities or allergies. If you are sensitive to any one of these foods, they can cause chronic inflammation in the small intestine and large intestine — which will eventually lead to leaky gut. If the vicious cycle continues, your body will begin to produce an immune response that can lead to autoimmune disease.

In short, those are exactly the kinds of foods we shouldn’t be eating, especially for people with Immune Gut, who are particularly sensitive to and can have adverse reactions to the toxins, pesticides (oftentimes multiple pesticides) and more in those foods.

Remember: Food allergies, sensitivities and intolerances are some of the biggest warning signs of leaky gut.
Here’s what happens: When partially digested protein and fats leak through your gut lining and into your bloodstream, your body perceives it as a foreign invader and creates an allergic response. However, you may not start sneezing or break out in a rash as a result of this response. Brain fog, fatigue and a drop in blood sugar are signs of intolerance, too. It can be hard to identify allergies. In some cases, reactions to allergens don’t appear for 48 hours.

Now, here are a few differentiators among food allergies, food sensitivities and food intolerances, so that you will know what to be on the lookout for:

**Food allergies** are immediate, with severe immune responses to IgE antibodies.

**Food sensitivities** are milder, with delayed immune responses to IgG antibodies.

**Food intolerances** are metabolic or gastrointestinal responses caused by a lack of enzymes or other inability to digest certain foods.

Whether the response is mild or severe, continuing to eat foods you are allergic to, are sensitive to or are intolerant of can lead to serious health issues such as inflammatory bowel disease (IBD), irritable bowel syndrome (IBS), arthritis, eczema, psoriasis, depression, anxiety, migraine headaches, muscle pain, chronic fatigue and more. (Note: For advanced testing for leaky gut syndrome, please refer to your member’s area.)

The best solution currently available is to begin identifying potential sensitivities and then follow an elimination diet as well as these steps:

1. Eliminate the 10 most common food allergens (milk, eggs, wheat, grains, soy, shellfish, peanuts, tree nuts, sugar and alcohol) for four weeks.
2. Reintroduce one food at a time for three days (or stay off all of them).
3. Keep a log of how you feel for up to two days after a food is added.
4. Follow the same steps for each food. (If a food causes a reaction — brain fog, light-headedness, itchy skin, etc. — then eliminate it. Do not introduce a new food for two days.)
5-STEP STRATEGY FOR HEALING IMMUNE GUT

In order to overcome Immune Gut, follow these 5 steps:

1. Know the Cause of Immune Gut
2. Eliminate Foods that Cause Intestinal Inflammation
3. Consume Therapeutic Foods
4. Treat with Supplements
5. Transform Your Lifestyle
Know the Cause of Immune Gut

As stated earlier, the cause of Immune Gut is related to inflammation of the colon, small intestine and respiratory system, and often starts off with food sensitivities. Those with this issue are also often prone to a weakened immune system as well as to colds and other respiratory issues.

As you recall, the large intestine functions to absorb water and also contains good bacteria that help to break down waste to extract some nutrients. In fact, the large intestine functions to help absorb vitamins made by the good bacteria that normally live in the large intestine — friendly bacteria called commensal bacteria. There are over 700 species of bacteria that perform a variety of functions, including producing large amounts of vitamins, such as vitamin K and and biotin (a B vitamin). If the good bacteria in the large intestine are compromised, then a person can become vitamin deficient in some necessary vitamins, so it’s important to keep the good bacteria strong.

The large intestine also helps to neutralize and reduce acidity. In addition, it helps to protect the body from infections due to its mucosal layer that acts as a physical barrier to microbial infections and other invaders. The large intestine also plays an important role in immunity with its lymphoid tissue that makes antibodies, which are active against harmful bacteria and can help prevent infections.

In treating leaky gut, it’s always critical to find the root cause of the condition. In many cases, it’s caused from damage that has occurred to the large intestine — which can lead to Immune Gut.
2 Eliminate Foods that Cause Intestinal Inflammation

Here are foods that can contribute to an Immune Gut:

A little background first: According to the U.S. Centers for Disease Control (CDC), more than 140 different foods cause allergic reactions, but 90 percent of them are associated with the 10 foods on this list that follows. Note that sugar and alcohol not only can cause allergic reactions, but are also straight sugar, which can be damaging to the gut.

- Milk (most common allergens are A1 casein and lactose)
- Egg whites*
- Wheat
- Soy
- Grains containing gluten
- Shellfish
- Peanuts
- Tree nuts (almonds, Brazil nuts, cashews, chestnuts, hazelnuts, pecans, pistachios and walnuts)
- Sugar
- Alcohol

*egg yolks only are permitted
3 Consume Therapeutic Foods

To heal Immune Gut, eating the right foods is vital. Allergy testing can be unreliable (and cannot test for sensitivities and intolerances), but an elimination diet has proven to be effective for identifying foods that cause a negative reaction in your gut. For this type of leaky gut, my recommendations include:

- **Cooked, fiber-rich vegetables and fruits**, including carrots, cabbage, celery, broccoli, cucumber, asparagus, mustard greens, kale, watercress, radishes, fennel, fenugreek, onions, garlic, ginger and kombu seaweed. You can also have cooked fruits or raw fruits — some of the best include pears, apples, blueberries and cherries.

- **Herbal teas** of marshmallow root, mullein leaf, nettle and yerba santa leaf can also be supportive of Immune Gut.

- **Bone broth** is loaded with easily digested amino acids — including proline, glycine and glutamine — that help repair the gut. The ideal meal for someone with Immune Gut is a big bowl of bone broth soup with chicken and vegetables.

- **Organic protein** in moderation such as chicken, turkey, bison, grass-fed beef and wild-caught fish are allowed.

- **Easily digested starches** like butternut squash, spaghetti squash, acorn squash, pumpkin and sprouted mung beans.

- **Fermented foods**, including sauerkraut, miso, natto and 24–29-hour fermented dairy, like kefir or yogurt, if your body responds to it well.

- **Healthy fats**, including extra-virgin olive oil, coconut oil, flaxseed oil and ghee.

- **Coconut flour** for baking with raw honey as sweetener.
4 Treat with Supplements

Here are some supplements that can help with Immune Gut:

**Soil-based probiotics** can help to bolster the good guy bacteria in your gut, including your large intestine.

**Digestive enzymes** resolve poor digestion, which is linked to food allergies.

**Leaky gut-supporting supplements with L-glutamine** serve as fuel for cells in the gut and support the immune system.
According to ancient Chinese medicine, those who experience Immune Gut tend to have those particular problems because their primary emotional responses when facing conflicts are insecurity, lack of confidence and grief. However, Immune Gut people are also known for their detail-oriented, perfectionist tendencies; their commitment to doing what they believe is “right” and their intense nature, strength, logic and intellect. In order to completely heal Immune Gut, you must address those emotions as well as the precipitating factors.

It’s also important to note that those with Immune Gut are often extremely determined, but also respectful and receptive, which leads to being inspired in their personal relationships. They honor those close to them and feel deeply connected to quality relationships. They will most likely find the most success in life by being less opinionated, more accepting of change and gracefully releasing the past, not holding onto it and/or grieving it.

The challenge for Immune Gut people is to learn how to become more secure and self-confident, while expressing grief appropriately. It’s common for those who are emotionally wired this way to put stress on their large intestine and lungs, while being extra sensitive to the effects certain foods can have on them.
First and foremost, immediately eliminate the 10 most common food allergens. By completely removing these foods, you should see some quick relief. However, you must stay vigilant because they can turn up even in some unsuspected places.

Keep a daily log of what you eat and how you feel. It’s easy to forget everything you’ve eaten each day, but keeping a daily log will help you know exactly what you eat. Likewise, jot down how you feel because it may give you clues as to what foods you may be sensitive to. You can use the Healing Leaky Gut Journal to keep track of the first 30 days on this program.

Build joy into your daily life. Since people with immunity problems often tend to prolong and focus on grief, it’s crucial that they incorporate “fun” activities into their day. Take time and write down 1–15 of your favorite weekly activities you could start to do. Maybe lunch with a best friend, an activity such as riding horses or whatever it is you love to do.

Know your identity. Take five minutes every morning and say everything you’re grateful for in your life. Also, there are plenty of great books, but consider readings these books: Crazy Love, The Power of Positive Thinking, Wild at Heart (for men) and Captivating and Becoming Myself (for women).

Engage in fitness classes, such as dancing, barre and stretching. Since those with Immune Gut are typically physically strong, it’s important to keep moving, particularly in a flowing, expressive and responsive way. That can help with not only physical flexibility, but also emotional flexibility as well as a sense of expressive freedom.

Listen to expressive, upbeat music. If you start feeling as if you’re a bit too rigid in your perfectionism or views, then you may want to balance those out with non-rigid, flowing and expressive music. And singing and dancing is also recommended!
Immune Gut Daily Routine

Everyone’s schedule is different, but here’s a 9-to-5 work weekday timeline for your new daily routine. You can tweak it as you need to.

7:00 a.m. Upon Waking
Take five minutes and say everything you’re grateful for; Then, for 10 minutes, read an uplifting spiritual book or Bible verses that strengthen your faith, such as from Matthew 6, 1 Samuel 17, Psalm 23, Acts 2, Romans 8, Ephesians 6 and Hebrews 11.

8:00 a.m. Breakfast and Supplements
Enjoy an Immune Gut-friendly breakfast, such as a warm pear smoothie with collagen protein. Log what you eat. Take 1–2 digestive enzymes, two probiotic caps and a leaky gut-supporting supplement with L-glutamine.

12:00 p.m. Lunch
Eat a warm bowl of chicken vegetable bone broth soup or another healthy meal. Remember to write down exactly what you eat and how your body feels afterward.

5:00 p.m. Get Active
Do a fun workout in a group setting like barre, Pilates or burst training.

6:00 p.m. Dinner and Supplements
Be sure your dinner includes several servings of warm vegetables and organic meat. Take your supplements of probiotics and herbal remedies.

8:00 p.m. Before Bedtime
Pack a healthy, light lunch and snacks for the next day — or wait until morning. Then listen to some expressive, but soothing music while you stretch out and wind down. Review what you ate and how you felt throughout the day, looking for any correlations.

10:00 or 10:30 p.m. Bedtime
Meditating with conscious breathing before sleep can help you rest. Be sure to breathe deeply in and out, allowing your insecurities, lack of confidence or grief to be released. Then read an uplifting novel or book on spiritual growth before bed.