What is Toxic Gut?

One of the major causative factors of leaky gut can be a stressed liver and gallbladder. If your liver is overloaded, then it can affect how your liver releases bile, which is critical for the proper digestion of fat. This, in turn, can also cause issues when the gallbladder functions poorly by becoming sluggish.

When your liver is both overloaded and backed up, this puts more stress on your small intestine to break down fats. If such a scenario continues over time, then it can lead to malabsorption of fats, intestinal inflammation and leaky gut. A diet high in toxins, such as pesticides from conventionally grown food, will continue to make this condition worse, as will a diet high in fat. Also, if you have had your gallbladder removed, then you’re likely to develop a Toxic Gut.

Gallstones can pave the way to Toxic Gut, too. In 70 percent of the cases, gallstones form as a result of the body’s bile becoming supersaturated with cholesterol. A slow-moving intestinal tract and constipation can also contribute to gallstones. Overall, an estimated 20 million Americans have gallbladder disease.

Gallbladder problems can be caused by obesity, rapid weight loss, oral contraceptives, constipation, high-fat diets, high-sugar diets, low-fiber diets, food allergies and heredity.

In treating leaky gut, it’s always critical to find the root cause of the condition. In many cases, it’s caused from toxicity and overconsumption of hydrogenated fats.
5-STEP STRATEGY FOR HEALING TOXIC GUT

In order to overcome Toxic Gut, follow these five steps:

1. Know the Cause of Toxic Gut
2. Eliminate Foods Toxic to the Liver and Gallbladder
3. Consume Therapeutic Foods
4. Treat with Supplements
5. Transform Your Lifestyle
1 Know The Cause of Toxic Gut

As stated above, the cause of Toxic Gut is stress on the liver and gallbladder. You will want to focus your efforts on restoring the health of your liver, gallbladder and small intestine. The causes of Toxic Gut include fatty foods, chemically laden foods and excess emotions of anger.
Eliminate Foods Toxic to the Liver and Gallbladder

Here are foods that can contribute to a Toxic Gut:

- **Fried foods and too many processed oils** can cause a sluggish gallbladder.
- **Sugar and simple carbohydrates** increase the likelihood of gallstones.
- **Packaged foods** contain pesticides and GMOs, which are toxic to the liver.
- **Pork and conventional meats** are high in fats that increase inflammation of the liver.
- **Conventional dairy products** contain hormones, antibiotics, omega-6 fats and medications, all of which over-stress the liver.
- **High-fat foods** place stress on a weakened gallbladder and, at this point, even healthy fats can cause problems.
- **Artificial sweeteners** are toxic to the liver.
Consume Therapeutic Foods

To heal a Toxic Gut, eating the right foods is vital. For this type of leaky gut, my recommendations include:

- **Sour foods**: These are the most therapeutic foods for the liver and gallbladder, according to ancient Chinese medicine and today’s research. Here are the top sour foods to help heal a Toxic Gut: apple cider vinegar, sauerkraut, kimchi, pickles, bok choy, Swiss chard, sprouts, celery, asparagus, mung beans, citrus fruits, plums, green apples, olives, yogurt, kefir, chamomile tea and rye sourdough bread.

- **High-fiber foods**: Aim for 30 to 40 grams of fiber per day.

- **Beets, artichokes and dandelion greens**: All three of these vegetables work to improve bile flow and to break down fat.

- **Coconut oil**: Include this fat in moderation; it’s easier to digest than other fats and oils.

- **Liver (organ meat)**: Both beef and chicken liver are high in nutrients such as vitamin B12, folate, biotin, choline and vitamin A, which support liver function.

- **Sprouted seeds**: Sprouting flax, chia, hemp and pumpkin seeds makes them more digestible and can reduce inflammation. Eat just one or two tablespoons daily.

- **Raw living foods**: A diet high in raw fruits and vegetables reduces the incidence of gallstones. Consume lots of large salads and vegetable juices.

- **Quality Protein**: Eat antibiotic-free chicken and turkey, grass-fed beef, bison, wild-caught fish, organic protein powder and real bone broth.
Here are some supplements that can help with Toxic Gut:

**Digestive enzymes** high in lipase to improve fat digestion and the use of bile. Take one or two capsules daily with meals that contain fat.

**Ox bile/bile salt** to increase the breakdown of fats. Take 500–1000 milligrams with meals that contain fat if you’ve had your gallbladder removed or aren’t digesting fats well.

**Probiotics with soil based organisms** support detoxification of organs and also improve digestion of nutrients and the healing of leaky gut. Take two to four capsules daily.

**A supplement with milk thistle** can aid the liver in detoxification. Take 150 milligrams twice daily. Dandelion, turmeric (curcumin) and artichoke extract also support the liver in a similar way and can be found in combination formulas.

**A greens supplement** that contains wheat grass juice, chlorella, cilantro and other cleansing herbs can improve liver function.
According to ancient Chinese medicine, those who experience liver and gallbladder issues tend to have those problems because of their “wiring,” and their primary emotional responses when facing conflicts are anger and frustration. In order to completely heal Toxic Gut, you must address toxic emotions as well as the precipitating factors — including such attitudes as unforgiveness and self-righteousness.

To give you a common example, we know that alcohol is toxic to the liver, and one of the chief characteristics of alcoholics is becoming an “angry drunk.” That’s just one of many examples of how your diet affects your organs, and also how your organs affect your emotions.

Also, Type A personalities who are drivers and achievers may focus too much on themselves, which can also cause liver and gallbladder problems.
In order to reduce total body toxicity of your mind, body and emotions, begin following these actions steps:

1. **Forgive.** Make a list of people you haven’t forgiven, then pray that God will give you the strength to forgive them. Then, forgive them by speaking it out loud, or — if possible, depending on the circumstances surrounding the offense or the openness of the individuals – reach out to the people and let them know how you were offended but also that you’ve forgiven them. You may also consider working through forgiveness issues with the help of a counselor or church community.

2. **Meditate.** Practice relaxed, focused thinking or meditation. Take 10 to 30 minutes in the morning, around lunch or before bed and meditate on what you are grateful for, the future you want for yourself or a positive quote or scripture that makes you a more peaceful person.

3. **Take a walk daily.** Walk for 15 to 30 minutes in serene surroundings, while deliberately taking cleansing, relaxing breaths of fresh air.

4. **Drink herbal teas.** Chamomile, nettles and dandelion teas help to cleanse and relax your body.

5. **Schedule relaxation time.** Oftentimes, people with an achievement mentality don’t get enough rest, which is toxic to the liver. Take one day a week completely off from work and then schedule times to have fun in your week.
Toxic Gut Daily Routine

Here’s a “traditional” 9-to-5 work weekday timeline for your new daily routine, which you can tweak to fit your schedule.

7:00 a.m. Upon Waking
Wait to get on your mobile phone or check your email until later! Instead, do a spiritual triathlon (15+ minutes) of being grateful, reading scripture and then meditating on what you read. Then, forgive those who have wronged you and focus on being kind, understanding and gracious in all your interactions during the day. Drink a warm cup of chamomile or dandelion tea.

8:00 a.m. Breakfast and Supplements
You may tend to skip breakfast, but don’t. It can be as simple as some organic probiotic-rich yogurt with fruit and sprouted seeds. Take your supplements — your first probiotic capsule, 1 capsule with milk thistle, 1-2 digestive enzymes (if your breakfast contains fats), 500 milligrams ox bile/bile salt (if your breakfast contains fats) and 1 scoop of a greens supplement.

12:00 p.m. Lunch and Supplements and After-Lunch Walk
Driven people can work through lunch, but don’t! Instead, pack your lunch and your supplements to stay on track. Take your supplements — your second probiotic capsule, 1 milk thistle capsule, 1–2 digestive enzymes and 500 milligrams ox bile/bile salt (if your lunch contains fats).

2:30 or 3:00 p.m. Afternoon Snack
Refuel your energy levels or blood sugar levels with a mid-afternoon snack from foods that are Toxic Gut-friendly. Or have a scoop of greens powder with a large glass of water to support energy.

5:00 p.m. 30-Minute Workout
Do a fun 20–45 minute workout that consists of any of the following: burst training, barre class, weight training, Pilates, weight training or a group class.

6:30 p.m. Dinner and Supplements
Find a stopping place with work and go home for dinner. Take your supplements — your last probiotic capsule, 1 milk thistle capsule, 1–2 digestive enzymes and 500 milligrams ox bile/bile salt (if your dinner contains fats).
8:00 p.m. Before Bedtime Snack & Pack

Have a relaxing herbal tea, such as chamomile, to wind down. Pack tomorrow’s lunch and snacks. Review positive parts of your day and choose a thankful attitude. It’s difficult to be frustrated, angry or unforgiving with a grateful outlook. Read a short verse, devotional or personal growth book.

10:00 or 10:30 p.m. Bedtime

You need enough sleep to be healthy — physically, mentally, emotionally and even spiritually. Your body (especially your liver) cleanses itself while you sleep from 1–3 a.m.