



## 30-Day Leaky Gut Detox and Intestinal Repair Protocol

This digestive tract detox and re-boot process is designed to lighten the load on your digestive tract and begin to heal and rebuild.

The process starts with a **two-day, liquid-only regime**. While you are welcome to do liquids-only for longer, we recognize that this may not be possible with all that's happening in your life, so we kept the intense phase short. Throughout the entire program, specific nutrients that help repair your gut lining are suggested.

It's important that throughout this process, you have 1-3 good bowel movements each day. If you feel "plugged up" we suggest you consider an enema or a visit to a colon hydrotherapist for a colonic. You can also try a gentle Intestinal Movement Formula, like the one from Health Force Nutritionals: <https://drritamarie.com/IntestinalMovement>

The protocol is spelled out in the chart below. Healing gut recipes can be found in the ***GRAND Recipe Collection***.

### When to Follow the Protocol:

- If you scored less than 10% on each of the digestive sections in your digestive assessment, you are unlikely to need this protocol.
- If you scored greater than 50% on any of your digestive markers, you definitely need this or something like it.
- If you scored in between, you could greatly benefit from following this.

## Supplements Used in the Protocol

- **N-Acetyl Cysteine (NAC):** 500 - 600 mg 3 times per day.  
Get a good brand without excipients, additives, or allergens: *Thorne* or *Pure Encapsulations* are two good ones.
  - **Thorne Research CystePlus** (500 mg), 90 Vegetarian Capsules  
<https://drritamarie.com/TRCystePlus>
  - **Pure Encapsulations NAC** 600mg 180c  
<https://drritamarie.com/PureEncapNAC>
- **Gut Repair Formula:** Choose one of the following, used 2-3 times a day:
  - **NuMedica GlutaMed** Rx 7.5 oz  
<https://drritamarie.com/NuMedicaGlutaMed>  
Here's what it contains in one scoop:
    - L-Glutamine: 3500 mg
    - Arabinogalactan: 2000 mg
    - Licorice Root Extract (10:1, Deglycyrrhizinated): 500 mg
    - Aloe Leaf Extract: 100 mg
  - **Thorne Enteromend** 5.9 oz (168 g)  
<https://drritamarie.com/ThorneEnteromend>  
Each scoop (5.6g) contains:
    - L-Glutamine: 2.5 g
    - Partially Hydrolyzed Guar Gum: 1 g
    - Aloe Vera (Gel, dehydrate powder) (*Aloe barbadensis*): 250 mg
    - Curcumin Phytosome (*Curcuma longa* extract (root) / Phosphatidylcholine complex): 250 mg
    - Indian Frankincense Phytosome (*Boswellia serrata* (oleo-gum-resin) / Phosphatidylcholine complex): 250 mg
    - Other Ingredients: Flavors, Citric Acid, Stevia extract (leaf) (Rebaudioside A 95%).
- **Vitamin B1:** 150 mg 3 times per day.
  - Seeking Health Vitamin B1 Benfotiamine  
<https://drritamarie.com/SHVitaminB1>

### Optional:

- **Protein Powder:** 1 scoop, 2-3 times per day, especially during the liquid-only phase. The addition of a high quality protein powder can be very helpful to the gut repair process. New protein powders come out all the time.
- **Add the following if you have a history of inflammatory bowel disease** like Crohn's, ulcerative colitis, or long-standing irritable bowel syndrome. If your score on any of the digestive marker assessments was greater than 25%, these could be helpful, especially if your small intestine score was high.
  - **Sialex:** contains mucin, which helps to rebuild and repair your intestinal lining. Ecological Formulas - Sialex (Sialic Acid), 500 mg, 90 capsules  
<https://drritamarie.com/EFSialex>
  - **Quercetin:** 500 mg – to soothe inflammatory bowel

### Step-by-Step Daily Gut Detox and Repair Actions

- **Drink daily: *Gut Rejuvenator Drink***
- **Stay hydrated:** You'll need at least 1/2 your body weight in fluid ounces of water plus an additional 8 ounces for each 15 minutes of vigorous exercise you do.
- **Gut visualization and massage.**
- **Exercise moderately** every day: at least 15 minutes of walking, gentle rebounding, cycling, yoga or other exercise. If you are already on a daily exercise program, step it down a notch while on liquid only to give your body the opportunity to turn inward for healing.
- **Drink at least 32 ounces a day of green drink** (green juice, smoothie, blended soup or green powder).
- **Eat the special gut healing foods** specified in the table below including arugula, beets, and spinach.
- **Continue to avoid allergens and gut irritants.** Experiment with the foods on the "Foods that heal" list.
- Follow the protocol below...

## 7-Day Gut Detox and 23-Day Repair Protocol

### Gut Detox: First 2 Days

(or longer if desired)

1. **Green drinks** only, no solid food.  
Drink as much as you'd like. Options:
  - Green juice
  - Green smoothie with greens and optionally fruit (skip if candida overgrowth), no nuts, no fats except coconut oil or avocado
  - Green soup
  - Green powder
2. **NAC** 600 mg - 1 scoop 3X/day
3. **Glutamed** or **Enteromend** - 1 scoop 3X/day
4. **Vitamin B1** 150 mg 3X/day
5. **Optional: Clean protein powder** 1-2 scoops per day
6. **Optional: Sialex\*\*\*** 1-3 capsules 3X/day – the higher your digestive imbalance scores, the more you need
7. **Optional: Quercetin** 500 mg 3X/day

### Gut Detox: Next 5 Days

1. **2-3 green drinks each day** - replace one or two meals with green drinks
2. **One veggie meal**, raw or lightly steamed, optionally with soaked nuts and/or seeds, sprouts and sweet potatoes if needed and blood sugar tolerates.
3. **Digestive enzymes and bitters** with meals if assessments showed impaired small intestine or stomach.
4. **Take supplements twice** a day now. Continue for a month.
5. **Nitric Oxide veggies** – arugula salad once or twice a day with spinach leaves and grated beet

\*\*\***Sialex** added for symptoms of irritable bowel, pain, discomfort, inflammation.  
1-3 capsules 3X per day until symptoms subside then 2X per day for a month

## 7-Day Gut Detox and 23-Day Repair Protocol

### Gut Repair: Days 8 – 30

- Continue with **2 or more green drinks** each day (more if you are so inclined) - Whenever possible, replace one or two meals with green drinks.
- Continue **supplements** twice a day.
- Continue **elimination diet**.
- Use “*Foods that Harm, Foods that Heal Your Digestion*” as a guideline of what to eat.
- Make the **Healing Broth Recipe for Inflamed Colon** recipe from the *GRAND Recipe Collection* as often as possible.
- Take **bitters** before meals if you scored high on the low stomach acid part of the digestive assessment.
- Take **digestive enzymes** with each meal if you scored high on the low stomach acid or small intestine/pancreas part of the digestive assessment.
- Make sure you are eliminating! Consult “*Moving Toxins Out: Elimination Bootcamp for Your Bowels*” for additional suggestions and consider enemas and colonics.

If you’ve had long standing, chronic or severe digestive issues, have been diagnosed with Crohn’s or ulcerative colitis, or you have a negative reaction to mucilaginous foods and herbs, consider choosing only those foods on the “*Modified Specific Carbohydrate Diet*”.