



Digestion: 30-Day Gut Repair and Detox Protocol

Transcript

Now I'd like to share with you a 30-day gut repair and detox protocol that I've used really successfully with my own clients. You're welcome to copy this, model it, use it as a springboard to create your own, or just start from scratch and do your own.

I think it's an important process to give people a timed course. This is something you follow for "X" number of days and then of course with the idea that you're going to reevaluate and they're not going to be "Cured" in 30 days, but that that's a time that there's a set amount of time that is going to take minimal this amount of time.

We're going to reevaluate as we go through, we may change the protocol as you go through, but this is a great starting point where they know that at the end of 30 days you're going to look, you're going to see how they're doing, how their symptoms are doing, redo some assessments, and see what you think needs to be the next step.

Before we begin, let's just make sure that you're aware that any of the information I'm presenting here is not intended to replace a one-on-one relationship with a qualified healthcare professional, and it's also not medical advice. When you're presenting to your clients, you need to be really careful and make sure that they are aware that what you're presenting and what I'm presenting here today is intended as a sharing of my knowledge, information, clinical research, and clinical experience over many years.

I encourage you, and you should encourage your clients, to make their own healthcare decisions based upon your research and in partnership with a qualified healthcare professional. This is especially true for folks who are on any medications. I just want to make sure that the things that we talk about in terms of nutrition are not going to interfere with the protocols.

I always make sure that it's really clear that the important things are a lot of the stuff we've talked about already, the foundations of healthy digestion. You really need to put the foundations in place with them before they jump in and do a 30-day protocol, and during this 30-day protocol, I make sure I reinforce the key pieces. You've got to be doing the foundations. If you don't do the foundations, you're just going to keep aggravating and irritating and the gut won't heal, so eat in a calm, relaxed state.



Keep deep breathing and appreciation, super-important. Doing a process before getting started eating to calm, to go from sympathetic to parasympathetic nervous system is going to make a huge difference, so before they eat calming, relaxing, some people say grace, but really focusing on the breathing, the body relaxation, and shifting the nervous system into a parasympathetic state, where digestion is optimized.

Starting their day with some cleansing beverages, I like warmer room temperature water, not cold, because that spasms things. The warm opens things up. I like to have them put water, lemon, cayenne, mint, ginger. It depends on their situation, their personal preferences, but something that's going to just jumpstart and clean out their digestive tract from having been just hanging out and resting all night.

I like to get people especially who have a weight issue to drink a glass of lukewarm water about a half an hour before the meal. It's just nice and soothing and calming and gets it ready and also fills them a little bit, because a lot of folks overeat because they're thirsty. This really helps, like I said, especially the overweight people. It might not be the best thing in the world for somebody who's underweight and is concerned about losing more weight.

Of course, the bitters before the meal or something like that, I wait 5 minutes, just because that's the bare minimum. I really think 10 to 15 is better, but minimally 5 minutes just to give the gut a jumpstart. Remember that the bitters will stimulate the gastric acid, the hydrochloric acid, to flow, it'll stimulate the bile. They work as cholagogues.

It can be just as simple as them taking a few pieces of a bitter green and chewing them and holding them in their mouth for a couple of minutes, or drinking a little bit of a very bitter green juice. Not a whole lot, you'd go through a little ounce, or having a bitters tincture. Those are really great ways. I think it's really important, especially if they've done their assessments and it shows that they have less stomach acid. If they don't, then it's probably not a big issue, but the people you're going to be working on and taking through a leaky gut protocol most likely have impairments in all the different sections of their tract.

Taking digestive enzymes with any of the meals that are cooked or complex raw meals, some people say, "Well, I eat all raw foods. I don't need enzymes." That's not necessarily true if it's a complex meal like a raw pizza, for example. There's just so many pieces to it or a raw dessert, where I'm not real fond of, with fruits and nuts and stuff mixed together. It's complicated, more complicated, and certainly cooked meals where the enzymes have been disabled and some of them just totally killed.



In digestive enzymes, when folks have these digestive impairments and they've been eating heavily and processed for so long, even if they're eating well now, their pancreas is tired. It may just need a jump start, so you can play that by ear and to what kinds. They have to have focus on lipase because there's a gall bladder or liver problem. Do they need more of a focus on the protease because of the low stomach acid? You just can decide and I generally put them on a well-rounded formula and then tailor it from there.

Chewing thoroughly, you've got to reinforce this with people because so many of us are just so in a hurry. We're eating and we're distracted, we're multitasking. We'll go, "Chew, chew, chew," three or four bites, and it's down. That's it, guys. That's the only place you have the mechanical digestion happening. Yeah, the stomach churns it around and moves it, but there's no teeth, there's no sharp objects in the stomach to mechanically break it down. We're relying on chemical breakdown and if they're impaired, if they're low stomach acid, poor enzyme production, they're not going to break it down real well.

That's one of the contributing factors to leaky gut is having undigested or partially digested food particles aggravating and irritating the lining, because the more surface area that you have to expose to the digestive enzymes, the better the digestion is going to be, so just really reinforce these things to people.

Having them stay focused on the meal, eating slowly. It's good to start with the appreciation, but then sometimes people do that and then they just go into, just scarfing the food down and watching the news or chatting with somebody about some stressful things, so having them stay focused on the meal, not the surroundings. It's not that big a time commitment. It's maybe 30 minutes at a time for people who eat really slowly, but 30 minutes 3 times a day to really devote to getting your digestive tract in order, and it's the cornerstone to everything, reinforcing that it's not just what you eat but how you eat and the timing, which we learned about as well.

Then food combining or sequencing is important for some people, and what I mean by that is you just, if you have a very impaired digestive tracts, if you're combining protein and starch together and they have different chemical environments and pH's at which they're optimized, you may get some fermentation and lack of digestion, and it may not work well. For some people, not so much food combining but sequencing even, and they're having the protein, or having the faster digesting foods first, so say the vegetables followed by if they're having a starch and then a protein.

I don't really recommend combining starches and protein in a meal, but so many people do it that unless you can show them that there's a difference, tell them, "Try this for a while, go off of it, and then go back on it."



It's hard to get people to do it. It's even hard to get really committed people to do it, because you're limiting what they're eating, and then you have to limit what they eat together, but it can be important. Sometimes the sequencing makes a big difference, and keeping the meals simple for people who have impaired digestion, especially during the healing of a leaky gut. You don't want them to have a meal that has 15 ingredients. It's nice to do 2 or 3 ingredients, just really keeping it simple so that the digestion has a chance to heal.

During this process, this 30-day repair, and this is true of all the time, but this is really important during this process, is to have green drinks if they tolerate, whatever green drinks they tolerate. Some people don't tolerate the drinks like raw smoothies because their gut is irritated. Some people don't tolerate high sulphur greens. Some people don't tolerate some of the high oxalate greens. You need to just really approach this from an individualized standpoint, but I usually just say, "Let's get started with doing some greens." If they say, "Well, I feel worse. I feel tired," which is a rarity, but it happens, then we look at other things like SIBO and FODMAPs and specific carbohydrates and sulphur and oxalates and all that stuff.

It's really great to just get people started, because most people are just so deficient of all the chlorophyll and all the healing nutrients and the greens. They're so used to processed foods, and it's a really good way to get them quick and concentrated nutrition.

I think sea vegetables are really important because of all the minerals in there. There's so many minerals that are important for the different parts of the digestive tract and for healing, you really need the healing. We need magnesium, we need zinc, so making sure that they're getting sea vegetables because it's a great source.

There's a lots of great ways to do them, and soaking them, not necessarily the raw crunchy kind when you're healing a leaky gut, but try to go for 30 days of the soft of foods as they can get and as liquidy foods as they can get. We allow the gut lining to really heal without the brooming effect and the Brillo effect, if you will, of all the fiber. Fiber's great, but when we're healing this gut, it can be aggravating.

Chlorella's great because it's good for sucking toxins as they're going through. Probiotic-containing foods, we've talked about those already. They're really important to have good probiotic-containing foods, and there are times when you have to be careful of the probiotics and the probiotic foods, as in the case of sebo, which we'll be talking about too.

Lots of greens, of course, to tolerance, and meaning, I think, if you cooked, they could be slightly steamed and then blended.



That's my favorite way to get people eating during this gut repair is as much as possible, making the foods and blending them, so steaming up a whole big pot of greens and broccoli and cabbage and cauliflower, all those brassicas which have good healing effects, again, unless they have a sensitivity. We're always tuning in to do they have a sensitivity.

Looking at fruit, fruit may be a problem if the person has some yeast or overgrowth going on, so you may have to cut down or cut out the fruit. If you are going to have them eat the fruit, have them eat it with some of the greens or celery just because it provides minerals and it slows down the absorption to prevent a sudden rise in the blood sugar and to feed the yeast as much, so you're going to have to play that by ear as to how much fruit the person will tolerate.

Then enzymes, 1 or 2 at each meal, except if they're having just a juice and sometimes shakes, but sometimes the shakes can be complicated, especially if they're doing greens and herbs and things like that. Again, play it by ear, get them to keep a food diary, and watch what they're doing and how it's doing for them, and then help them to shift.

What are the components of this gut-repairing, healing cleanse? We're going to be doing lots of liquid, and the first couple of days is going to be liquid only to really help soothe and heal. If you have people who can't tolerate really thin liquids, you're going to have to look at ways you can do it, so here's some of the possibilities.

You can do water. You can have them make a chia beverage where they soak up a bunch of chia seeds, make a nice gel, and blend that to chop the chia seeds up. It doesn't have to be fully blended, but it's just blended to chop them, and then adding water and some essential oils. It's filling and it's very soothing because the chia is very gelatinous and mucilaginous and very healing.

Green juices, just juicing up a bunch of greens, green smoothies, blending the greens together. Green soups I differentiate from smoothies in that smoothies might have a little bit of fruit in them. Soups would generally not, and the soups tend towards more savory and smoothies tend more towards the sweet. That's my definition. That may not be your definition, but it's really just they're blended greens.

Green powders. They're awesome, they're quick for people who just don't have the time and make that their excuse of, "I don't have the time to do all this." You can get them some green powders in addition to the chlorella and spirulina. There's Vitamineral Green and there's so many greens on the market that they can go and get the little test envelopes that you can get at Whole Foods or the local health food store. The little packets, and then you can just test a bunch of different ones and see which ones they like.



They always can be made to taste better with a little bit of mint oil or lemon oil or cinnamon oil or anything like that, the essential oils.

Protein powders are awesome because during this process, if we're cutting back on the quantity and the intensity and the complexity of the food, I still want to get them to have protein but in an easily digested format because they need it to repair the gut lining, but we don't want to over-tax them because they may have low stomach acid, so what do we do? Protein powders are great. They can really be helpful, and there's so many of them.

You can look at our resource on protein powders because there's so many, and every time I update my resource, there's more that have come out. There's hemp protein, pea protein, rice protein, pumpkin seed protein, which is actually quite tasty. Those are the individual proteins that I've seen.

Sacha Inchi protein is a relatively late-comer to the scene. Those are individuals, and then you can get combos. There's a lot of different products that have combos, something like Sunwarrior Blend has hemp, cranberry, and pea, and something like the Boku proteins, which have Sacha Inchi and Spirulina and cranberry, and HealthForce Nutritionals, their warrior food which has, I believe it's rice and some hemp and some chlorella.

There's a lot of them, and it's finding one that's high-quality where you trust the company, they're not adding a bunch of junk to it.

Some of them add stuff that I don't think are desirable like stearate, stearic acid and sugars of some sort. You don't need all that, but you can help them to make it taste better with the addition of a little bit of stevia or mint. There's actually one called Greens First, which is not one of your like, "Wow, it's so chock full, it's one of the best ones on the market," that's a green powder, sorry, but that one is a really tasty one that a lot of people like in terms of the green powder, but there's a lot of protein powders. It's a matter of helping them to choose.

HealthForce Nutritionals has something called "Earth," which is loaded with a lot of the mucilage and it serves like Marshmallow and Slippery Elm and DGL and really yummy. It has a lot of very food-oriented as well, very nice, can be combined with a protein powder for a meal replacement that's healing the gut and making cleansing, healing gut replenishment shakes can be amazing for these guys.

Slippery elm drinks, where if you take a teaspoon of slippery elm, you put it in and you mix it with some hot water and then you can flavor it. You can put DGL in it to give it a licorice flavor and additional soothing properties. You can add cinnamon to it.



You can add cinnamon powder or cinnamon oil. You can add vanilla to it. You can make whatever their favorite tea is and have them make the tea and then once the tea's done, take the teabag out or the tealeaves out and then put in a teaspoon of slippery elm. Awesome.

Arugula is a good thing to include in the drinks. As I mentioned earlier, it's a good source of Nitric Oxide, and that's a really good healer for the gut.

At least two days of liquid only is recommended, longer if they have chronic irritated or inflamed gut tissue. As long as you can get them to do comfortably, and of course you don't want them to do a 30-day water fast at home on their own, but they could certainly do 30 days of liquid when they're combining all these things.

There are other things that they could do. They could do seed or nut milks, making sure that they blend them up really well and don't have a lot of the fibers that might get in to irritate the gut lining, but those can be good. Avocado can be blended in with any of this to give it a little extra, or coconut could be blended in, just to give it a little extra oomph, a little extra staying power. This doesn't have to be about starvation, but it is about starving the yeasty-beasties and the other critters that might be growing there, but soothing and healing the gut lining.

Let's take a look at more specifics I recommend, and this is a program that I've used with a lot of people. I varied it from time to time and I vary it with the nutrition. I'm giving you a lot of different nutrients and I'm giving you a lot of different herbs. This is one protocol. You might like a different set, and it might be varying from country to country, place to place, depending upon the availability, and also if somebody's had a problem with certain things.

Some people have a problem with sulphur, so you're not going to give them N-acetyl cysteine. Some people have a problem with glutamine in that it can convert to glutamate and not convert to GABA because of a SNP, a single-nucleotide polymorphism, which is a genetic abnormality.

Some of those don't do well with glutamine. It gets them too excited. It gets their nervous system agitated. It doesn't promote healing, so we have to pull that out, but glutamine has been shown to be one of the most beneficial nutrients for healing the gut lining, and arabinogalactan, which helps with supporting the beneficial short-chain fatty acid production in the gut and feeding some of the good organisms, so arabinogalactan 2000 mg.

Some people who have issues with SIBO or specific carbohydrates or FODMAPs may not be able to tolerate some of this stuff, so you have to really cut it back and scale it to certain things.



DGL, diglycyrrhizinated licorice root is awesome. It's been shown in study after study to help soothe and heal, so it's a good thing to include. Aloe vera leaf extract, awesome stuff, or actually getting the aloe vera leaves and eating the gel with the care being taken that it can cause extra bowel movements. You wouldn't want to give it to somebody with an IBS that's on the diarrhea side.

Vitamin B1 acts to plump up those, feed those mucosa 150 mg 3 times a day, so this is the protocol I've used. Again, there's so many other nutrients you could add, but you need to limit it for people. You need to help them to wrap their heads around it. These are the things where you can alter it for each individual person.

There are some combined products that have all of this stuff in it or most of this stuff in it like GlutaMed by NuMedica and RepairVite by Apex have everything above except for the NAC and the B1, and you'd be able to add the B1 and the NAC separately.

RepairVite also has a nice assortment of other healing herbs like Marshmallow and some of the other demulcents like plaintain and things like that.

Again, this is just one regime and it needs to be adopted to specific individuals based on what they can tolerate, based on their budget, and based on specific needs that they have.

There are a few extras that you may be including in people who have things like inflammatory bowel or really longstanding chronic, and that would be Sialex from Ecological Formulas. It's actually mucin, which helps restore the mucus membrane of the gut lining, 1 to 3 capsules after every meal for irritable or inflammatory bowel.

Quercetin is really awesome for stabilizing mast cells, and for histamine reactions. Some people don't handle histamines and some foods have histamines, so that's yet another type of food intolerance that you'll be looking at.

Generally 500 mg, 3 times a day. Some people go a little bit higher than that. Some people go a little bit lower than that, but that's an average, really good for inflammation and calming down those mast cells.

Let's take a closer look at the specifics, like how I would lay this out day-by-day for folks. It's important that you give them specifics for most people, not everyone, but for most people. The first 2 days, I'd love it to be longer. It just depends on what you can get them to agree to, but the longer the better to an extent in terms of helping to calm and soothe the gut lining.



We're going to do liquid only for a couple of days, and the liquids are ones I've already described to you in previous slides. Liquid only, you're going to do the supplements 3 times a day, and supplements are the ones I've already described in a previous slide.

Then optionally but very valuable, a clean protein powder. What does it mean by clean? Like I said, some of them have whey protein in them. Some of them have a lot of sugars and additives to them, and that's just not a great idea.

Again, I've mentioned that there's so many of them. I've listed just a few of them here, but there's many more. You just find the ones that they like.

For people who are really sensitive, you probably just want to work with the individual proteins like the pea protein or the pumpkin seed protein or the Sacha Inchi or the rice. You just want to pick one and maybe let's see how they do, because you want to really simplify, so that's one of the ways.

You could do the gut-healing protein and nutrient blend, so the RepairVite would have to be done with one of the protein powders as with the NuMedica, because they don't have the protein in it. The Thorne has something called MediClear Plus. It's a pretty good one as I described before, and it's got a lot of nutrients in it. I've had good success with it. That's a good meal replacement, so the people that just don't want to bother with mixing this and mixing that, you can just put them on for several days. I've had a 4-day cleanse that I put them on and they'll go, "Oh, can I continue? Do I have to stop? Do I have to eat again?"

I've had people do as much as 10 days just taking those protein shakes. That's it, that's all they did. I'll have them add a little bit of green powder to it so they're just getting some greens in them. It can be very soothing and healing.

Metagenics products I'm not as crazy about, mainly because they add sugars to them and they use synthetic forms of things like folic acid and not all the activated forms of the nutrients, so I put it there for completeness sake. You might have used it or had a doctor recommend it to you or used it yourself with clients. I'm just not a big fan of it, but everybody's different and just because I'm a purist, that's all.

The first 2 days or longer, you do the liquid only with the supplements 3 times a day. Then you go to the next 5 days, where you can do about 2 to 3 green drinks a day and that can replace 1 or 2 meals, so you're actually having them replace 1 or 2 meals so it'd continue to really calm down the digestive tract. Then eating the third meal would be a meal of veggies, raw or lightly steamed, depending on their situation, and optionally with some soaked nuts or seeds and blended, ideally.



If you're going to do the nuts or seeds, have them soak the seeds, walnuts, pumpkin seeds, almonds, sunflower seeds, whatever they choose, soak them and then blend them up or grind them up to make a topping for the veggies to just give it a little bit more bulk so they're not so hungry. That's an option as well, just making sure it's really well blended, just because you're trying to give the gut a rest. That first 7 days, you're trying to give it a rest with as much liquid as possible.

Then you could cut back the supplements to twice a day and continue on for a month, but for some people, you may have to continue on the 3 times a day a little bit longer. You can, and that depends on the severity of their symptoms.

To recap the first 7 days, the first 2 days or longer you're going to get them to do liquids. The lists of the liquids are there, green drinks, green juices, green smoothies, green soups, green powders, green drinks, awesome stuff. Then you're going to have them take their supplements and a C-600 mg, GlutaMed or RepairVite, Vitamin B1, and then optional clean protein powder, optional Sialex and optional Quercetin.

Those are the things that are going to be helpful. We already went over those, and then the next 5 days would be 2 to 3 green drinks with a veggie meal, digestive enzymes supplements twice a day, and then including some of the Nitric Oxide veggies are good like arugula salad once or twice a day, add spinach and grated beet.

That's it, a summary, and then let's look at what the rest of the month looks like.

This is laid out in the document that I'm giving you, The 30-Day Gut Repair Document. That was the first 7 days, so on days 8 to 30, you're going to continue with 2 or more green drinks a day, more if you're so inclined, so the more you can get them to drink the better, in terms of the liquids. Continue the supplements twice a day, continue the elimination diet, and then there's a document, Foods that Harm, Foods that Heal Your Digestion, a great guideline of what to eat.

I've already given you that just before but really enforcing with them, the elimination diet's super-critical because it's going to cause inflammation if they start eating foods that they're sensitive to, so get through a full 30 days and then go back and test some of those foods.

Use some of the recipes I've given, let's see, the healing broth recipe, the healing porridge recipe, the healing soup. Use some of those. I have them take bitters before meals if they scored high on the low stomach acid in part of the digestive assessment.



This is written for a client. This is something I give people as part of my digestive program brand.

Take digestive enzymes with each meal, so if they scored high on the stomach acid or small intestine pancreas or low stomach acid or small intestine pancreas part of the digestive assessment, then the digestive enzymes are going to be important.

Then keeping them moving, getting them moving their bowels, and there's a handout that I've given you and I give them is moving the toxins out, elimination boot camp for your bowels. It's basically helping them to keep their elimination moving. It's really important not to recycle some of the toxins.

That's it. Here's the deal, though. If they do this and you're finding that they are not getting well, after a week or 2 on this they should be feeling really great. If they're not, then you're going to have to look deeper. You're going to have to look at things like sebo. Do they have sebo? Are their probiotics aggravating them because those bacteria gang up in the wrong part of the digestive tract? We'll talk a lot more about that in the sebo session. You can consult that section.

Other times, maybe they're eating too much fiber for their Crohn's or ulcerative colitis. Maybe they're eating too complex a meal. You just have to slow them down. Maybe they're sensitive to some specific carbohydrates or even the FODMAPs, which we have a whole section on, maybe you can go through and learn about that. It's more advanced and a lot of people hear about it and they want to just jump right in and work with people there.

It's a very restricted dietary regime and the sebo's challenging to overcome. Oftentimes when you work the foundations, you do the healing gut repair, those things get better as long as you just look and say, "Okay, well, they're not getting better, let's see if they're sensitive to the specific carbohydrates or even the FODMAPs." I've given you a modified version of those diets combined together with the yes's, the good's, and the no's.

These are the things that you can be doing with people. It's super-helpful.