



Gut Healing Protocols Table									
FOCUS/ CONDITION	Low Stomach Acid	Excess Stomach Acid	Small Intestine and Pancreas	Large Intestine	Liver / Gallbladder	Candida / Dysbiosis	Leaky Gut and Inflammatory Bowel Disease	FODMAP / Specific Carbohydrate Sensitivity (SCD)	SIBO
PROTOCOLS									
Gut Rejuvenator drink		Monitor – remove citrus or apple cider vinegar if it aggravates							
Green drinks							May need to restrict to juices or cooked and blended greens if severe	Replace restricted greens with allowed	Replace restricted greens with allowed
Pre-meal ritual, chewing, calm meals									
Remove gut hurting foods									
Elimination diet – food sensitivities									
Add gut healing foods							May need to restrict to cooked and pureed	Modify to only include the allowed foods	Restrict to FODMAP and SCD allowed foods and consider elemental diet
HCL challenge		NO					Caution		
Bitters plus zinc		Caution						Limit to allowed	Limit to allowed
Enzymes		Caution							



Gut Healing Protocols Table									
FOCUS/ CONDITION	Low Stomach Acid	Excess Stomach Acid	Small Intestine and Pancreas	Large Intestine	Liver / Gallbladder	Candida / Dysbiosis	Leaky Gut and Inflammatory Bowel Disease	FODMAP / Specific Carbohydrate Sensitivity (SCD)	SIBO
PROTOCOLS									
Gut soothing Herbs - mucilaginous								Some may not be tolerated – Modified SCD chart	Some may not be tolerated – Modified SCD chart
Antispasmodic herbs								Limit to allowed	Limit to allowed
Carminative herbs								Limit to allowed	Limit to allowed
Candida parasite cleanse									
Leaky gut repair protocol									
Liver / gallbladder cleanse									
Probiotics									Not in early stages
Prebiotics								Caution	Caution
Cholagogues (some also stimulate HCl)		Caution- some stimulate HCl						Limit to allowed	Limit to allowed
<b>Key:</b> Very Important / Mandatory    Helpful    Caution    Avoid									