



Digestion: Repairing Leaky Gut

Transcript

Hello and welcome to the Institute of Nutritional Endocrinology's digestion module on healing leaky gut. I'm Dr. Ritamarie Loscalzo and I'm excited to be here to share with you about a problem that's very common and you're going to see it in a lot of your clients. It's going to be a problem that you're going to want to heal because it's at the cornerstone of many other problems that are either systemic or also in the GI tract. Leaky gut is a very common problem that you're going to see in lots of clients and maybe even yourself. It's something that's very common, it's very widespread and there's a lot of misunderstanding about how to heal it and actually how long it should take to heal it. Let's get started.

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 health care 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. Just want to make sure that the things that we talk about in terms of nutrition are not going to interfere with the protocols.

Healing leaky gut is going to be one of the most important things you will learn to do as a nutritional endocrinology practitioner, because when the gut is healed, the rest of the body gets healed. When the gut is leaky, the body has lost the mechanism to be able to filter toxins. Things that belong on the outside can then get into the inside and wreak havoc in the body, and as a result of leaky gut, there's poor absorption of nutrients which is going to affect every other part of the body that needs those nutrients.

Let's begin by talking about the way that we do it and the process that I like to use is called the 4-R process. You've heard me talk about the 4-R program before, remove the irritants, replace what's missing, repair the damage, and re-inoculate with friendly bacteria.

The remove is irritants. Foods, toxins, organisms. You can't keep rubbing salt into a wound and expecting it to get better because you're also rubbing aloe vera in it. It doesn't work. If you keep applying the irritants, even if you're doing the anti-irritants, it's not going to work. It's a reductionist approach.



We want to be more of a holistic approach. We want to take the big picture approach of really restoring balance to the person. We're going to remove the toxins, the foods, and the organisms.

We're going to replace what's missing. We talked about replacing enzymes. We talked about replacing hydrochloric acid, if need be, or triggering our body using the bitters to help it create more of those. Increasing the bile salts, the ability of the gallbladder to contract, then the nutrients. Because if you've been in a leaky gut situation, you're getting low on nutrients. Your body is not in the situation where it is able to take in all the nutrients it needs from the food, and you're kind of in limbo here, so you need to put those back in. I know those of you who have followed me for a long time, you know I don't like supplements, but I use them. It's not that I dislike them, but I prefer to use food and herbs, but there's times when you just absolutely have to give people therapeutic doses of certain nutrients to jump-start it. My goal is always to be able to get that down to as little as possible and just really be using the foods, the plants. You need to repair the damage and you need to re-inoculate with the friendly bacteria. You can do them in different orders, this is just the 4-R's, you just need to be doing all of them.

These are the things we're going to be removing, and to you it might seem obvious. To me it's like, "Okay, of course you have to remove that stuff, no big deal," because I haven't eaten any of this stuff for years. Many years, like decades. For others, they think that having a little alcohol is okay, having caffeine is okay, and it may be once you're repaired and you're robust. You might be able to handle that just fine, occasionally. When you're in a healing state, you have to be strict. I'm really clear on that, and I know it doesn't make me friends sometimes and some people just say, "No I don't want to work with you because I'm not willing to be that strict." I say, "Well, that's fine. Choose to live with your pain." Choose to live with your pain, because I don't know anybody that has a program that allows you to drink beer and eat hot dogs and get well and heal your leaky gut and get your hormones balanced. I don't know. You see it all the time, people are advertising it all the time. "The easy, quick solution, and all you have to do is this, and you could eat whatever you want." They don't work.

Nutritionist J.J. Virgin who is advertising her great new book, this groundbreaking new book. Remove these 7 foods and drop 7 pounds in 7 days, and get rid of all your skin problems, et cetera. Guess what the 7 foods are? Gluten, dairy, corn, soy, sugar, peanuts and eggs. The same 7 that I get people to get off of. For some people it is miraculous like that, it is. It's really great that she's going mainstream with that concept, because is it easy? She says it's an easy solution. My experience with people is that it's not easy, that's why not all of you are there yet, to be 100% on that, but it works. It's effective. It may not be easy, but she's telling people it's easy, so maybe they're going to believe it's easy. Maybe I need to start telling people it's easy.



It's easy for me. It's very easy for me. When you're working with people, it's really learning how to talk their language and explain to them why they have to remove these foods. These foods are destroying your gut.

You saw the nice, smooth gut I showed you. I recommend you get pictures like this and you show people. Whether you're showing them online because you could do that with Skype, or you could do that with a conference service like I use, or you could send them a PDF and say, "Open this up while we speak because I want to explain something to you." If you're doing it in your office, I always would have a little binder or folder with the flip chart, so I just go through it and I say, "Look, this is the thing, you've been sick for this long, this is what's happening, you're out of balance, this is what's happening." I show them pictures and then I say, "What do you want? Do you want to continue with your habits? Do you want to continue to eat hot dogs a drink beer and have headaches and embarrassing gas and be 50 pounds overweight? Do you want to continue that or do you want to get rid of that weight and do you want to feel better and get rid of your headaches? Because you can't have both." You can't have both.

I kind of made that offer to my brother-in-law when he got cancer. I said, "This is what you need to do," and I referred him to Dr. Lodi in Arizona and said, "This is what you need to do, this is your hope. This is your chance, it's not a hope, it's a really good chance," and he'd go, "I don't want to change my diet." He ended up going with the medicals and on the IV's and not getting to eat anyway and dying. You can't have it both. You can't have all your vices and all your wonderful foods that you love, that you don't want to get rid of and have good health. I believe they're mutually exclusive. I believe they're mutually exclusive.

That's the message you want to get across to people in a really loving, kind, caring way. It may not be easy when they see this list they'll go, "You mean I have to get rid of all that?" When I do it with people in the groups even it's now like, "Hey we're going to spread it out over here you have a month to gradually taper off of this stuff." If you want results sooner, don't take a month to get off of this stuff. Do it now. Make that decision. If you don't mind waiting and it's much easier to just gradually do it, but if somebody says, "I have cancer," or "I have doubled over pain and I have ulcerate colitis and I'm bleeding," you can't afford to say, "I'm going to take a month to get off of this stuff." You got to get that under control now, because you're at really high risk with that. Not only of developing anemia and things from losing all that blood, but of developing cancer, colon cancer, very tightly connected.

You know these things. I don't have to read through these. I don't have to explain the why's. You know the allergens. You're going to get off of them. You got to get off the sugar, the immune system.



You got to be able to heal, we're trying to heal, and we can't be healing unless we remove. We can't do repair unless we also do remove. That's what so many people want to do. They want to repair, and that's why I see them after a year and a half of trying to get rid of their leaky gut, because they haven't done the remove. The remove is critical. Super critical. I should add to the remove is cortisol spikes, cortisol addiction, because it's those cortisol spikes that are also damaging, that stress. Being addicted to your own adrenaline. I, interestingly enough, met a woman at a conference and she came up to me, "Oh, I went to your website, I've got to talk to you. I have this book, here's my book, take my book, and it's called The Confessions of an Adrenaline Addict." People are addicted to their own adrenaline. You get in the fast lane and you're eating all the fast food and you're addicted to your adrenaline. Your adrenaline is hurting you. It's hurting you, as are all these. These are the foods that could hurt your gut. They're the same ones that I said eliminate. They hurt you. They hurt you. These are what's hurting your gut. I know you like to stop at, not you personally but I'm saying this to the generic you, you might want to stop at Starbucks and have that cup of coffee. I keep going though this with people. "I'm on vacation," or "I'm going to this persons house," and "I've got to be, and I've got to, got to, got to." I said, "You just have to decide what's more important." Is having that cup of coffee at Starbucks or having your health back?

If you're complaining about your energy, but you still have some of these bad habits, let's get them under control before you start looking for the zebras. For those of you who don't remember what that is, it's when you hear hoof beats, think horses, not zebras. We keep looking for the zebras when the horses are right in front of our face. You got to clean up the act. This is the message that I am so keenly, profoundly connected to you getting across to the people you work with. There needs to be more of us doing this because there's a lot of people out there doing functional medicine. There's a lot of people out there that know the herbs to take for a leaky gut, but the difference is you are going to teach them how to get their diet in order. How to get off of the crap and onto a lovingly, embracing all the wonderful foods that are on the other side of this.

Elimination diet, you're going to put the people on an elimination diet. You'll have all the information about how to put people on an elimination. As long as you're part of my program and as long as you maintain your certification after the program, you're welcome to use the materials that I've given you that I specifically say, you can use this. I'm not saying you can give people my e-books that I charge for, but the pieces that I've put in the program, the little mini e-books. You got a treasure trove of information here that you can just take and utilize. You have a treasure trove and you can just do it. It took me days to put all this stuff together, literally. When I was first in practice and I had to, "Oh I have to give this person this handout or that handout." To have had something there that I could have just either tweaked or just used as is would have been a godsend.



You teach them about elimination diet. What I would recommend is that you have a little packet, a little handout, that just describes what an elimination diet is why they're doing it and how to do it. You've got all that information, I've given it to you. The symptoms of gluten intolerance, strikingly similar to the symptoms of ... what? Leaky gut. Symptoms of gluten intolerance. You can have weight gain or weight loss. A lot of people gain weight because they get so inflamed, but a lot of people lose weight because everything goes through them. The people with the true Celiac end up losing weight. Nutritional deficiencies due to mal-absorption because you just can't absorb your stuff because your gut is too inflamed to do it. Gastrointestinal problems. Bloating, pain, gas, constipation, diarrhea. Sound familiar? Fat in your stools due to poor digestion. Aching joints, depression, eczema, headaches, exhaustion.

When I was doing my paper on the neuro-developmental effects of gluten on kids, I was looking for Asperger's and autism and ADD and writing about that. I just found this tons of research and I collected all the papers. Depression and eczema and exhaustion and it just really convinced me at the time because I wasn't gluten-free at the time. I wasn't gluten-free but I was wheat-free and I only did sprouted kamut and sprouted spelt was all I would do that had gluten in it, and rye. I would do these sprouted things and make breads in my dehydrator. I just stopped doing it. I didn't say, "Oh you better stop doing it, oh this is going to be hard." It was like as if something turned on in me that was an aversion to it. I just didn't want it. After seeing the way it affects all over the place. The way it affects your brain. The way it can create early onset of Alzheimer's or Parkinson's type syndromes.

Also found out well after the fact, in fertility, irregular menstrual cycle and miscarriage. I'd had several miscarriages and I wasn't gluten-free. Who knows what might have been had that not happened, had I known at that time. Don't you want to save people from that? Don't you think that a woman who's pregnant or wanting to be pregnant and is not willing to go gluten-free needs to have that information? You know that there's a big link with miscarriage. Link with miscarriage.

Cramps and tingling and numbness and tingling. There was so many neurologic things related. I discovered that back in the 1930's there was a doctor who was researching this and discovered the neurologic connection back in the 1930's. Didn't get well publicized, but it's there, it's in the medical literature.

Slow infant and child growth, that's the obvious stuff. That's what people look for for Celiac, although a lot of doctors still miss it. Even your dental health. It's there, so gluten intolerance, you got to get them off gluten. If any of your clients come in with any problems, seriously. If they're there to see you because of a problem versus, "I just want to see you because I want you tell tell me what to eat to be optimally healthy for the rest of my life, and I already am," then everybody should be at least going off of gluten for 6 weeks.



At least, just to check it out. I have found that working with people, almost everybody that has a health problem has gluten intolerance. It's not 100%, but it's close, it's 90-something%, 99%.

Elimination and provocation is super, super important for healing the leaky gut. It's really important that you master this process. That you learn and understand how to eliminate the suspicious and common allergens and remove them from the diet for a long enough period of time for people to be able to notice a difference. Then, how to reintroduce those things in a very systematic manner. In high enough doses that they'll get some sort of reaction if they have a challenge with it. Then finally, the reintroduction is so super important and knowing how to do it. I've given you some resources and there's a link on the page with this video. Feel free to use my stuff as guidelines. Feel free to use any of the forms and checklists and things that we've put into the done for you section, or create your own just based on what I've given you. It's taken me many, many, many, many years to put all this stuff together and to have a systematic approach and I'm happy to share that with you as part of the program. You have access to it as long as you're in the program and then after the program's over as long as you maintain your certification, you will continue to have access to all of that.

I've included sporadically throughout this presentation some gut healing foods that I've created. This is a gut healing porridge and it's based on a combination of the work with gluten intolerance and the work with demulcents in healing the leaky gut, but it's also, I looked at the specific carbohydrate diet and the GAPS diet and, while I don't agree with a lot of the foods they do include because they include a lot of animal products and a lot of dairy and things like that and eggs, and they still include some refined foods, but they're specifically foods that don't have disaccharides in them. They're supposed to stay away from anything with a disaccharide in it. They've got this long list, so I thought, "Oh okay, I'll make something up from there."

They gave me the idea of a gut healing porridge. This has all the foods that are kosher on their list and also has the healing benefits of chia, psyllium, and flax all at once. I included the psyllium because it's high in soluble fat, if you have problems with psyllium you can leave it out. It's basically a porridge that you can do, and I think I had a version of it, I don't know if this one has prunes, I'd included prunes because prunes are really good for healing the gut as long as you don't have insulin problems. They are not supposed to raise your blood sugar, but for some people they may. The prunes really add to the mix, it makes it really creamy, it makes sweet, but it also provides some of the soluble fiber that you need to heal. If you do this everyday, this is a really good pudding for you to do. It tastes great, and there's so many variations on it. Very high in short-chain fatty acids.

The short-chain fatty acids, there's medium-chain triglycerides and then there's just your regular fats. They have different but therapeutic values. Short-chain fatty acids help with your



butyrate levels, help with feeding the mucosa cells lining your gut so that they can thrive and they can reproduce. Very effective, very healing. I went through the books to see what foods had those, so you're welcome to try my gut healing porridge. Use it with your people. That's in the remove.

The replace, missing enzymes and nutrients. You got to do it. I like to get people on a high raw diet as long as they don't have inflammatory bowel disease or as long as they don't have severe irritable bowel. Sometimes we need to put them on a modified diet where it's a lot of vegetables but lightly cooked so that it breaks the cellulose down a bit so it doesn't cause irritation until they heal. Raw living foods contain those enzymes, when you eat the foods cooked it destroys those enzymes. Whenever you eat foods that are cooked or very complex and raw like something that mixes a lot of nuts and fruits and things like that, you should be taking enzymes with it. The number, it depends. It depends on what you're eating. If you're sitting down to a bowl of broccoli, maybe 1 digestive enzyme is all you need. But if you're sitting down to a steak and a baked potato and some broccoli, maybe you need 3 or 4. It's really a matter of you finding it for yourself. How do you feel the best?

Lots and lots of greens, fresh fruits and vegetables, they're nutrient dense. When you look at calories per nutrient, my god, these foods are the powerhouses. You want to make sure that they're getting lots of those, that they're getting green juices, sea vegetables and the algaes, the micro-algaes like spirulina, and they're really nutrient dense. Then we look at the nutritive herbs and supplements as needed and I'll go through all of the different herbs and supplements that you need to repair.

The repairing your digestive tract lining, here we have fun. The mucilage in its herbs and foods, you definitely need that. Therapeutic foods, what I mean by that is foods that have a specific therapeutic value for specific parts of the body and I have a list in here of which foods affect which areas of the body. Depending on what's going on for your client, you may decide to recommend different foods.

The gut healing supplements, we'll show you what those are. B1 and glutamine and some of the others, zinc. Anti-inflammatory herbs and foods, and that's in doing the repair there is inflammation, whether or not you have inflammatory bowel disease like a Chron's or an ulcerate coitus, there's still inflammation involved with the leaky gut, so we need to do that. I've got a couple of gut healing mean replace-

Use of bitters so that you stimulate your digestive, upper digestive. You stimulate your stomach to produce more acid and you stimulate your gallbladder to produce more bile so



that as the foods are coming down, they're better digested so they don't provide irritation to the lining of your gut that's already messed up.

Then carminatives are those lovely ones that dispel gas and decrease the bloating. I have a chart of those, so I have a chart for each of these. These are the things that you want to be using to help with your gut repair. Nitric oxide has been shown to stimulate the repair of your gut dramatically. In addition, it helps with the blood vessels to help break those plaques down, make sure you don't grow plaques. It also helps males with their maleness. It's definitely something that you can take precursors to it, like arginine and citrulline, and there are supplements out there that have arginine and citrulline in them.

You can also go with foods that have good amounts in it. The foods that are good in nitric oxide which will help to heal your leaky gut are arugula, has 100 times more than just about any other food. It's really amazing. Ever since I learned this, I've been addicted to arugula. I just do arugula all the time. Used to be I hardly ever ate arugula. I'm like, "Really? Arugula?" I just started eating it like crazy and now I eat it just nonstop, it's just so good. Spinach also has good amounts of nitric oxide. Beets. Hawthorn extract. You can actually get hawthorn as a tincture, but if you want to go the food route, go to Mountain Rose Herbs and order some hawthorn berries, the little berries. You can soak them and put them in things, you can grind them and put them in things, you can eat them as is. They're a little bit bitter, not bitter so much as sour, but they're quite tasty. Then most of your dark green leafy's do have some amount of nitric oxide in them.

The other nutrient that's really a great antioxidant because it's a precursor to glutathione, great for healing anything that's injured. It's great for autoimmune diseases. It's super for when you're working with detoxing from heavy metals because it increases your glutathione levels. You can take a supplement of NAC, it's N-acetylcysteine, which is an amino acid, and you can try increasing your levels of food. I'm always a matter of doing both. Maybe you're so depleted you need to take the supplement, but while you're taking the supplement, why not also include the foods? They're not hard foods to include. I include most of these everyday, in fact, I just did a smoothie with the red peppers, onion, I had the green onions, onions, and broccoli. I blended it all up together. They're easy foods to get. They're yummy delicious, lots of great ways to make them. Why don't you make them in significant amounts on a regular basis?

Finally on here, the therapeutic foods that are the arabinogalactans. You can buy a jar of arabinogalactans, powdered form, and take that 1 teaspoon, 3 times a day. Great for healing your leaky gut. You can also include tomatoes, carrots, radishes, echinacea, and rishi. Rishi's available as an extract or as a whole powdered mushroom.



I've never seen them alive and raw, but they're very easy to come by. Again, Mountain Rose has them and you can incorporate them into your smoothies. You can make elixirs with them, we taught you how to do that about a month and a half ago at our Healing Kitchen show. There's a lot of ways that you can include this, and you can make a gut healing beverage for yourself that you drink everyday. I'm going to share with you a little bit of ideas about how to do that in a little bit.

This is a repeat of the slide I showed earlier, only this one has the chia seeds because this is herbs and foods, so use this slide. These are all the things that are mucilaginous, you still want to soothe and heal and rebuild. They're anti-inflammatory, they lubricate, they nourish all your fluids, all your tissues. They're quite yummy. I have grown quite fond of cinnamon lately, and I love my chia beverages. I haven't done marshmallow that much, but I love slippery elm. If I overdo it on the spice and I feel like, slippery elm to the rescue maybe, it's really cool. Plantain you can find out in your yard. The aloe vera gel is real easy to come by. All of these are easy to come by. Just gather up some of these demulcents, and just make a beverage everyday. Doesn't have to be the same beverage everyday, just make beverages that include those, very specifically. At least one of the mucilaginous chia, flax, slippery elm or marshmallow. Then add the others to it.

Here I've given you some very specific quantities of these things. Glutamine, 2500mg twice a day or you could go with 1500, 1700 3 times a day. It's a lot easier to get people to take things twice a day. Quercetin. Quercetin is a bioflavonoid. It's an anti-inflammatory bioflavonoid and it inhibits mast cells. Mast cells are those cells within the cell membrane that are producing the arachidonic acid cascade, the inflammatory cascade. That's what gets triggered when you have an allergic reaction. And of course it is 500mg twice a day. N-acetyl cysteine, NAC which I mentioned on the previous slide and gave you some foods, well this gives you an idea of the amounts that you would need therapeutically for healing your gut. 500 to 1000mg a day. What I'm going to tell you is you don't have to do all of these. Pick a handful to do, 3 or 4 of them would be great to start with. You can do them all, but it's expensive and it's a lot, so at least try to get some of it done. A few of them.

Vitamin A is awesome for anything that's got a mucous membrane. It affects the secretory IgA, it affects that layer, that protective layer. We're talking high amounts for this and we don't want to do that level for all that long, so if you can do a month or 2 of the vitamin A for 20 to 25,000 IU's, I think RDA's like 5, so it's 4 times as much, but you can do that for a month or 2 very safely.

Vitamin B1 has this amazing, uncanny ability to heal the mucous membrane. It's not that high a dose, it's a little higher than you would expect or get in a multi. Most multi's have maybe 50 of B1, of multi B's, but this one has 150, 3 times a day. This is what you need. It's 150 mg 3 times a day to heal that leaky gut.



What I would recommend you do when you're working with people, try it on yourself first if you have these issues and when you're working with people is to just go through and get an agreement on, "Okay, which of these are you going to do? How long are we going to do? Okay, I need you to do it for this period of time." A lot of people will go on stuff and then it starts to run out and then they call the doctor a week or 2 later and say, "Oh I ran out of this or I ran out of that." It's real important not to run out of things unless you've been specifically instructed to go off of it. Through observation or testing we determine that. That's basically what you want to do and come up with a plan for this. Make a commitment. Buy a bottle of 3 or 4 of these and make a commitment that you're going to do it for a month and you're going to reevaluate. If you're starting to feel better, then I would not stop it at the end of the month, I would continue it and then start to taper it. Same thing when you're working with people, they want to know, "Oh I feel better, should I stop?" If you stop, it may just come back, it's too soon.

This has the zinc, I mentioned to her that zinc and I told her somewhere in the range of 90mg a day, this is 50 to 80. Arabinogalactans, it's a big number, it's 3g, 3 times a day. It comes in a big tub, it's powdered, and it's really, really effective at repairing those damaged cells. The nitric oxide don't have a specific amount because you can't take nitric oxide, you sort of have to inspire nitric oxide. You have to tell it when to come in and I'm not sure exactly the amount, but there's different supplements. There's Neo40 that has precursors that cause it and then there's another one that I'm failing to remember the name of. You can also just buy arginine and citrulline, those amino acids.

Vitamin E is always good for healing, 400 IU's a day. DHA is not something I would recommend you do unless you've gotten a test, you've gotten your adrenal stress index test, and found that you indeed need a DHEA, and then we'd have a number based on that test and then you would take it, because DHEA when it's low, it causes aging. When it's low you age more quickly, you don't repair. We're trying to stimulate healing and repair. Finally, vitamin C 3 times a day, 1000 mg, that's the minimum I think anybody should be taking. I like to go to bowel tolerance.

Gut repair and healing cleanse. This is what I recommend you do for several days, up to 5 days, 7 days, whatever you feel comfortable with, is to create a healing cleanse for yourself and you can do that with your clients. You can say, "Okay, maybe I just want them to do this for 2 days on the weekend." Make it easy at first. Just do some number of days of liquid only to give that gut a rest, it really needs a rest, it really does. Water chia beverage, green juice, green smoothie, green soup, green powder. Protein powder, and then you could HealthForce Nutritionals Earth which is got a lot of good gut repair nutrients in it. Then slippery elm drinks which are just easy, easy to add. There's a healing broth recipe.



Earlier I gave you a healing porridge recipe, now I'm giving you a healing beverage, a gut healing beverage, and then a healing broth recipe. This is quite yummy, quite simple, but very, very delicious. It's broccoli, zucchini, celery, onion, sweet potato or squash, and that's optional. I think I made it without it. Greens. Lots of greens and water, and steam them lightly and then blend it with spices. Quite awesome, really healing and soothing for your gut.

One of the very best ways to heal leaky gut is to actually give it a rest. Don't eat a lot of solid foods, have some things that are more liquidy, cut back on the harsh fibers just for a while so it can heal. I've already given you some recipes, I've given you a gut healing porridge, I've given you a gut healing soup, broth recipe, and a gut healing beverage. Now I'd like to talk to you about kind of like meal replacements, so instead of sitting down to a full meal for a couple of days if you put people on liquid only, you can actually facilitate some healing. If you can get them to do that for a week to 10 days, you'll facilitate even more healing. Let me talk to you about some of the products I've found and used or have used in the past or present with both my clients and with myself.

Some of the products that I've used or have listed on the page are actually, really can be considered a meal replacement because they've got protein in them, they've got a lot of nutrients in them and they've got some kind of fat in them. Others are really powdered mixtures of a variety of different gut healing nutrients that can be used and if it's going to be a meal replacement, you would use that in conjunction with a protein powder.

Some of the more, and I want to use the word loosely, commercial versions of this are from companies that are functional medicine supplement companies. They have a reputation for high quality. Some of them are great and some of them are just not quite as good as I think they should.

Among the more popular ones with a lot of functional medicine doctors are things like MediClear Plus and UltraClear SUSTAIN or UltraInflamX from Metagenics. Anyway, those are pretty good products except that they've got some undesirable ingredients, in my opinion. The new formulation of MediClear Plus appears to be quite good. They've got pea protein and rice protein in it, although it's not a sprouted rice protein, it's just a regular rice protein, but it also has no sweeteners added which the UltraInflamX and the UltraClear SUSTAIN have both fructose and cane syrup and a couple of other sweeteners, perhaps. I can't keep track of the exact ingredients as on a day-by-day basis they change their formulas quite often. The other thing about the Metagenics ones is that they use folic acid whereas the MediClear Plus uses the methylfolate, so we do want to avoid things with folic acid. I took the Metagenics products off this slide and I'm just looking at the, Thorne MediClear Plus is probably the best one on the market for actually a complete meal replacement. My preference is to have people do the powders, the powdered mixes or individual powdered herbs with the good protein powders like the sprouted rice or the others on here which we'll talk about in a bit.



It's a really convenient format and it tastes okay, people have not complained about it when I've put them on programs with the MediClear. Definitely designed to have a lot of the gut healing nutrients in there as well as some liver support, as well as protein.

What you can use instead is use mixtures that contain a lot of the gut healing nutrients, but do not contain the protein, and then you'd have to combine it with a protein powder if you wanted it to be a meal replacement. Some of those are GlutaMed Rx, and that's a rather pleasant one, it has a nice vanilla taste, it's a little sweet with the stevia, but it's got DGL and arabinogalactans, glutamine and aloe.

Another one that is a really good formula is RepairVite from Apex Energetics, and that one contains a lot of the same things as the GlutaMed. It's got the glutamine and DGL and aloe, though it doesn't have the arabinogalactans but it also has some other things like some enzymes. Lactase, maltase, invertase, amylase, and those are supposed to be the brush border enzymes to help with supporting the breakdown of food in the gut. Marshmallow, slippery elm, the demulcents remember, MSM which is a good source of sulfur, gamma oryzanol which is a rice bran oil, Spanish moss, German chamomile, marigold extract which is also ... actually it's ... and calendula. It's clean, it's just sweetened with a little bit of Luo Han which is a good herbal and no sugar, no anything. This would not be a formula that somebody with a lot of sensitivities would want to take because there's so much in it, so there's pluses and minuses and you're going to have to deal with each person to see which one you think might be the best formula. Somebody so sensitive to sulfur compounds, the RepairVite may not be the way to go. RepairVite also has another one called RepairVite-SE which doesn't have a lot of the sensitive things in it. It's just got zinc carnosine and glutamine. Very simple, plus enzymes.

That's another option that you can look at. Another option that I like a lot is from HealthForce Nutritionals, it's called Earth. It's very clean, very pure, but again it's a lot of stuff in it, so you just have to be careful with your highly sensitive people. This one has astragalus, burdock, nettle, marshmallow, carrot, yacon, ginger, dandelion, rhubarb, flax, chia and milk thistle seeds, red miso, paprika, sage and chili powder. That gives it a nice flavor as well, people use this as a little broth. It's also got red clover, slippery elm, watercress, white oak bark, cinnamon, kelp, blessed thistle and sheep sorrel as well as some probiotics like lactobacillus plantarum, paracasei, rhamnosus, salivarius, and bulgaricus and then streptococcus thermophilus. It's a really nice formula, plus it has shilajit, which is extremely high in minerals. Very, very nice. Very, very clean product. Again, it's a complex product so you're going to have to choose who is a good candidate, and it's an all whole foods product which is another thing. No isolated nutrients as in the others.



What you can do with these products, the GlutaMed or the RepairVite or the Earth is combine them with one of the protein powders to get a full meal replacement. I've shown you a few different protein powders. You certainly may have your own favorites, but among my favorites are Warrior Blend which is very simple. It's a combination of pea protein, cranberry protein, and hemp protein. There's also Warrior Food which is a sprouted brown rice protein with hemp protein, and they have a variety of different versions of it with different herbs in it and spirulina, things like that. Then there's a relatively new one called Boku in the Buff super protein, which is a Sacha Inchi protein along with cranberry and spirulina. Then another one which is not listed here but is starting to come out on the market is just pure Sacha Inchi protein. Then there's pure pea protein and pure hemp protein. Those are the varieties of different proteins you can have, you can try, and I would encourage you to experiment on your own self with a variety and see what you like and then know that you're going to have to know these things so that you can make recommendations for different people. They may find that they have a specific aversion to or a like for a specific type of protein.

Now ideally, we get all the protein from food, but realistically when their gut is in the state of disrepair like it is with leaky gut, it's going to be hard to do unless you can get them to do some sort of a juice cleanse with 2 to 3 quarts or more a day of juices. That would include some sprout juices and maybe some wheat grass juice, and some spirulina and some of the other greens. That's a way that you can get their protein up. You really have to keep their protein levels up during a gut repair because we're trying to get turnover, we're trying to get the old cells to slough off and the new cells to be able to get built up, and without the proper amount of protein you can't do it.

Now you've got a variety of different meal replacement type things that you can encourage someone to do for the first few days, to do at least only the healing gut meal replacements and some of the other liquid type things, so no solids at all going in. Then you can transition them into having some good whole meals that are blended, so cooked meals, cooked vegetables or raw vegetables that have been blended, and you're going to have to feel around for their tolerance level at that point. Then as much as you can get them to do the juices and the green powders is going to make all the difference in the world.

Here's your list of anti-inflammatory herbs, foods and nutrients. I would recommend, if you find that you think your clients are going to get overwhelmed with too much, just pick a few. Pick a handful. Ask them questions about what they like and what their preferences are and just choose it because a lot of people just get overwhelmed if they see too many, and it seems like too much, but if you gave them a list of 5 and said, "Okay, I want you to eat these foods everyday," or "A group of these foods everyday," they would be able to handle it better.



Carminative herbs. Carminative herbs are those, like I said, they settle and soothe. They settle the rumbling, the gas, the bloating. They settle and soothe. They reduce gas, they say they dispel gas, make the gas go away. They enhance your digestive secretions and that's what we all want, we want more enzymes to be produced and we want our stomach acid to be up to speed. We want that bile to be squirting up there and getting our fats digested. They also tone your digestive tract, reduce muscle spasms so that your peristalsis is going to be more smooth and even, and it actually does increase the peristalsis.

This is a list, and these are some of my very favorite all time herbs. I'm so excited that that's what they do. Dill, fennel, ginger, caraway, cinnamon, turmeric, clove, cardamom, chamomile, oregano, rosemary and thyme. Those are some of my favorites. Use them with your discretion. Use them together or use them with other herbs that would match up with them real well.

Our last R is re-inoculate. We want to put back to normal the flora that's been disrupted. We want to add probiotics in, and you can do probiotics by eating probiotic foods or you can do it by eating probiotic supplements. Your normal flora is generally a couple of strains, the most predominant which are lactobacillus and bifidus. You have much more lactobacillus than you did as a kid because as a kid bifidus was the most predominant. *Saccharomyces boulardii* is good for crowding out bad guys. It's like a spore form of a bug and it's really good, as is *L-sporogenes*, and I actually think they might be the same and I use them interchangeably.

You want to feed your normal flora with prebiotics. Everything needs fuel, right? We need to feed ourselves. We need to feed our gut bugs, our good gut bugs. We don't want to feed our bad gut bugs, but the problem is most people go through life everyday feeding their bad gut bugs with their sugars and their carbohydrates and their refined foods. We want to feed the good stuff, and the way they eat is this one thing called fructooligosaccharides. Their short-chain saccharide, which is sugar, but they're not metabolized by us at all, we can't metabolize them. It just feeds our gut flora, and if we don't have gut flora, it just gets wasted. Inulin is a form of a poly-saccharide in foods like chicory, burdock, Jerusalem artichokes, so it's in a number of foods. Has a slightly sweet taste. That doesn't mess up your normal flora; it actually feeds the normal flora so that you can help to crowd out the bad gut bugs.

Probiotic foods, you can buy or make, this is a sample of rejuvenative foods out in California. They have kimchi, which is usually more chunky, sauerkraut, which is more of the fine shred, then you can also do coconut kefir which is pretty easy to do with fresh coconut water or you just blend up coconut cream with water and you can try it that way. Seed yogurt, you basically make like a nut and seed paste and you add the probiotics in there and let it sit and now you have this yogurty, yummy beverage.



Then there's kombucha which is like a tea, it's a fermented tea. Rejuvelac. Rejuvelac is actually wheat berries that have been soaked and then fermented, sprouted and then fermented. I don't use that anymore and I know people who still do. I know that Dr. Clement out at the Hippocrates Institute said they don't use it anymore out there because they found that it would turn real easily and they were concerned about what they were feeding their people.

Food sources of the prebiotic. Dandelion, wild yam, Jerusalem artichokes, chicory, jicama, burdock, onion, garlic and yacon. This is a Jerusalem artichokes, it looks like, they look like little mini potatoes.

This is an interesting concept, is your gut flora making you fat? What research has found is that the ratio between these particular 2 types of organisms that are part of your normal gut flora. Firmicutes and bacteroidetes. There is a section and I found out about it through MetaMetrics doing their test, if you look at the ratio between those, firmicutes are the fat bugs, the bacteroidetes is the skinny bugs. You can get them in balance when you restore your flora. For people who are going, "Do I really need to do all this flora work and what's this digestive stuff? I just wanted to go on a diet and get-" Now you can explain to them why it's important to get their gut bugs in order, in order for them to be able to get their weight in order.

This has been the leaky gut repair and we have more protocols for you for the small and large intestine. Some of the things that we're going to go into later, we'll give you some things to think about in terms of the protocols I've explained for leaky gut. For people who have things like sensitivities to specific carbohydrates, to something called FODMAPs, or who have SIBO, small intestine bacterial overgrowth, some of the things that I've recommended here may not work for them, and you're going to know it. We'll explain to you when we get to that section how to know, but for now, for the majority of people the protocols that we just talked about, the herbs, the foods, the recommendations are going to work just beautifully.