

SUPPLEMENTS FOR GUT HEALTH

➔ Probiotics



Probiotics are live, active cultures that provide a benefit to us.

Ensuring that we have enough beneficial "bugs" in our microbiome helps restore balance to the GI tract and reduce inflammation

➔ Prebiotics



Prebiotics are a type of fiber fermented by bacteria into short chain fatty acids (SCFAs).

SCFAs act as fuel for the cells in our colon, helping to reduce risk of colon cancer and keep the lining of our intestines intact

➔ L-Glutamine



This amino acid is critical for healing leaky gut. It helps protect the lining of the

intestine from damage and repels irritants that can cause inflammation.

➔ Digestive Enzymes



Digestive enzymes help break down fats, carbs and proteins into molecules that are absorbed through the intestinal wall. Supplemental enzymes may be necessary if we aren't making enough due to age, disease, inflammation or certain medications



GUT HEALING GUIDE

Gastrointestinal (GI) issues can be complex and multi-faceted. We always recommend working with a trusted healthcare professional to put a plan in place that suits your individual needs. This guide will hopefully help you understand the basics of gut healing and give you a blueprint that you and your healthcare team can personalize for you!

WHAT IS LEAKY GUT?

Many functional GI disorders may be due in part to increased intestinal permeability, commonly called leaky gut. Think of your intestinal lining as having very small holes that allow completely digested food particles through. Sometimes, the lining of our intestines becomes too porous, allowing undigested food, toxins or bacteria into circulation. These are tagged as intruders by the immune system and a systemic inflammatory cascade may occur. The good news is that we can do many things to re-seal the gut lining and stop the inflammation in its tracks.

WHAT CAUSES LEAKY GUT?

- Overuse of antibiotics
- Poor dietary choices (processed foods high in sugar and low in fiber)
- Certain medications like NSAIDs or acid reducing drugs
- Environmental toxins and heavy metals
- Gluten
- Alcohol

THE 5R APPROACH TO GUT HEALING

➔ REMOVE

THE GOAL OF THIS STEP IS TO REMOVE TRIGGERS THAT CAUSE GI ISSUES AND/OR LEAKY GUT. THIS COULD BE A BACTERIAL OVERGROWTH OR YEAST INFECTION, PARASITES, FOOD SENSITIVITIES OR SIBO. TESTING MAY BE NECESSARY. SOME OF THE TESTS WE USE IN OUR PRACTICE TEST FOR FOOD SENSITIVITIES, MICRONUTRIENT DEFICIENCIES AND DYSBIOSIS (IMBALANCE IN THE MICROBIOME).

➔ REPLACE

DIGESTIVE SUPPORT IS CRUCIAL AT THIS STAGE TO ENSURE YOUR FOOD IS BEING BROKEN DOWN PROPERLY. A GOOD QUALITY DIGESTIVE ENZYME MAY HELP IN THIS STAGE. DIGESTIVE SUPPORT MAY INCLUDE OX BILE AND LIPASE FOR FAT DIGESTION, BETAINE HCL AND PROTEOLYTIC ENZYMES FOR PROTEIN DIGESTION AND AMYLASE, SUCRASE AND LACTASE FOR CARBOHYDRATE DIGESTION. IF FOOD IS BROKEN DOWN PROPERLY, LARGE MOLECULES ARE LESS LIKELY TO CROSS THROUGH THE INTESTINES INTO CIRCULATION AND CAUSE A FOOD SENSITIVITY REACTION.

➔ RECONDITION

THE USE OF A SPORE BASED PROBIOTICS AND TARGETED PRE-BIOTICS HELPS RESTORE BALANCE IN THE MICROBIOME, CALMING INFLAMMATION AND KEEPING YOUR INTESTINAL LINING INTACT. ITS HELPFUL TO THINK OF PREBIOTICS AS BEING FOOD FOR PROBIOTICS. PROBIOTICS HELP CROWD OUT PATHOGENIC STRAINS THAT CAN DAMAGE THE INTESTINAL WALL, THEY PRODUCE VITAMINS LIKE B12 AND FERMENT PREBIOTIC FIBER INTO SHORT CHAIN FATTY ACIDS (SCFAS) THAT SERVE AS FUEL FOR THE CELLS IN OUR COLON. WE USE PROFESSIONAL GRADE PRO AND PREBIOTICS IN OUR PRACTICE FROM MICROBIOME LABS THAT HAVE CLINICAL RESEARCH TO BACK UP THEIR USE. MANY PROBIOTICS ON THE MARKET TODAY MAY NOT BE DOING MUCH GOOD. THE USE OF SPORE BASED PROBIOTICS HAVE BEEN SHOWN TO RECONDITION THE INTESTINAL LINING AND PROTECT IT FROM DAMAGE.

➔ REPAIR

IN THIS STAGE, WE WANT TO RESTORE THE MUCOSAL LINING OF THE GI TRACT TO REDUCE INFLAMMATION AND THE EFFECTS OF "LEAKY GUT". NUTRIENTS LIKE L-GLUTAMINE, ZINC CARNOSINE, VITAMIN A, MARSHMELLOW ROOT OR LICORICE CAN ALL PLAY A ROLE. THE INTESTINAL TRACT HAS A MUCOUS LAYER THAT HELPS REPEL IRRITANTS AND PATHOGENS THAT CAUSE DAMAGE. THESE NUTRIENTS WORK TO RESTORE THAT LINING., FUEL THE CELLS AND KEEP FOOD, TOXINS AND BACTERIA WHERE THEY BELONG: IN YOUR GUT!

➔ RE-BALANCE

SUPPLEMENTS ARE HELPFUL, BUT LEARNING HOW TO MANAGE STRESS AND FOCUS ON THE POSITIVE ARE KEY IN REMAINING HEALTHY IN THE LONG RUN. STRESS HORMONES CAN CAUSE DYSBIOSIS AND LEAKY GUT, SO GET YOUR ZEN ON! PRAYER, MEDITATION, YOGA, BEING OUTDOORS, JOURNALING, ETC ALL WORK WONDERS.

FOODS TO EAT

GRAINS: SPROUTED, ORGANIC AND NON-GMO GLUTEN FREE GRAINS: WILD RICE, QUINOA, MILLET, AMARANTH, OATS

PREBIOTIC FOODS: ASPARAGUS, ONIONS, GARLIC, LEEKS, ARTICHOKE, OATS, AND FLAX

FERMENTED FOODS: YOGURT, KEFIR, KIMCHI, KOMBUCHA (IF DAIRY BASED, CHOOSE ORGANIC AND GRASSFED)

FATS & OILS: GRASSFED BUTTER, GHEE, COCONUT OIL, AVOCADO OIL, OLIVE OIL

DAIRY ALTERNATIVES: COCONUT, ALMOND OR CASHEW MILK AND YOGURT

FOODS TO AVOID

GLUTEN CONTAINING GRAINS/FOODS: WHEAT, BARLEY, RYE, KAMUT, GRANOLAS, CEREALS, PASTA, CRACKERS, PRETZELS, BREADS, ETC.

CONDIMENTS: SOYBEAN OIL/CANOLA OIL BASED DRESSINGS, MAYONNAISE AND KETCHUPS WITH ADDED SUGARS, SOY SAUCE

PROCESSED, CURED MEATS: PEPPERONI, LUNCH MEATS, SAUSAGE, BACON

FATS & OILS: VEGETABLE OILS (SOYBEAN, SAFFLOWER, SUNFLOWER, CANOLA, CORN), TRANS FATS

DAIRY: CONVENTIONALLY RAISED COW'S MILK AND CHEESE, ICE CREAM, HALF N HALF (SUGAR FREE OR SWEETENED)



GUT HEALING RECIPES

➔ CHIA SEED PUDDING

1 CUP COCONUT OR ALMOND MILK
1 CUP PLAIN COCONUT MILK YOGURT
2 TSP MAPLE SYRUP OR HONEY
1 TSP CINNAMON
1 TSP PURE VANILLA EXTRACT
2 TSP COCOA POWDER
1/2 CUP CHIA SEEDS
2 CUPS RASPBERRIES

IN A MEDIUM BOWL, WHISK TOGETHER ALL INGREDIENTS BUT THE CHIA SEEDS AND BERRIES. ADD CHIA SEEDS AND LET SIT FOR 30 MINUTES. STIR AGAIN THEN PLACE IN REFRIGERATOR FOR AT LEAST 6 HOURS OR OVERNIGHT UNTIL CONSISTENCY IS THICK LIKE PUDDING. BEFORE SERVING, USING A FORK, SMASH OR PUREE 1 CUP OF THE RASPBERRIES. PLACE ¼ CUP OF PUREE IN THE BOTTOM OF 4 SMALL CUPS OR MASON JARS. EVENLY TOP WITH PUDDING. USE REMAINING BERRIES TO TOP OVER THE PUDDING.

➔ BONE BROTH

1 CHICKEN CARCASS OR 2 LBS BONES FROM BEEF, OX, VENISON, LAMB, FISH OR OTHER ANIMAL MEATS (CAN HAVE SOME MEAT ON THEM TO HELP WITH FLAVOR)
2 TBSP APPLE CIDER VINEGAR (HELPS TO DRAW MINERALS FROM BONES)
2 CARROTS, WASHED AND CUT IN HALF (NO NEED TO PEEL)
3 STALKS CELERY, WASHED AND CUT IN HALF
2 WHOLE GARLIC CLOVES, SKIN REMOVED
1 ONION, SKIN REMOVED AND CHOPPED IN HALF
8 OZ FRESH OR DRIED MUSHROOMS
2 TSP TURMERIC
¼ CUP VARIETY OF FRESH HERBS (I.E. PARSLEY, ROSEMARY, SAGE, THYME, ETC)

IF YOU WOULD LIKE MORE FLAVOR, AS AN OPTION YOU CAN ROAST BONES IN OVEN FOR 30 MINUTES AT 350 DEGREES. OTHERWISE, COMBINE ALL INGREDIENTS IN LARGE STOCK POT WITH 10 CUPS WATER. BRING TO A BOIL AND SIMMER ON LOW FOR 1-2 HOURS THEN TRANSFER TO A CROCK POT AND ALLOW TO COOK FOR AT LEAST 8 HOURS AND UP TO 24 HOURS. YOU CAN ALSO MAKE IT YOUR INSTAPOT WHICH REQUIRES ONLY 3 HOURS. THE LONGER YOU COOK IT THE BETTER. IF COOKING FISH BONES, ONLY COOK FOR A COUPLE HOURS. AFTER COOKING, STRAIN TO REMOVE ALL VEGGIES, HERBS AND BONES. USING A VERY FINE MESH STRAINER, POUR BROTH THROUGH AGAIN TO REMOVE ANY EXCESS INGREDIENTS.

AS YOU STORE IN THE FRIDGE, THE BROTH WILL FORM A GEL OF FAT AT THE TOP, WHICH IS HEALTHY AND GREAT FOR COOKING OR YOU CAN KEEP IN BROTH. ENJOY ON ITS OWN IN A CUP OR IN SOUPS, CASSEROLES OR TO COOK GRAINS. WILL KEEP FOR 7 DAYS IN THE FRIDGE OR UP TO 6 MONTHS IN THE FREEZER.

➔ **COCONUT BERRY SMOOTHIE**

1 CUP MIXED BERRIES, FROZEN
1 TABLESPOON GROUND FLAXSEED
1 CUP COCONUT MILK
1 TBSP ALMOND BUTTER
1 TSP COCONUT OIL
1 SCOOP PLANT BASED PROTEIN POWDER
1/4 CUP SPROUTED, GLUTEN FREE ROLLED OATS

ADD ALL INGREDIENTS IN HIGH POWDERED BLENDER AND PROCESS UNTIL SMOOTH

➔ **BROILED VEGGIES WITH GINGER**

1½ POUND ASPARAGUS, WASHED AND STEMS REMOVED, CUT IN HALF
16 OZ SLICED MUSHROOMS, WASHED
1 SMALL YELLOW SQUASH, CUT IN 1 INCH CIRCLES
1 SMALL ZUCCHINI SQUASH, CUT IN 1 INCH CIRCLES
2 TSP AVOCADO OR GRAPESEED OIL
SEA SALT (OPTIONAL) PEPPER
2 TSP GROUND OR FRESHLY GRATED GINGER

COMBINE SALT, PEPPER AND GINGER AND LARGE BOWL. ADD VEGETABLES AND STIR TO COAT VEGETABLES. PLACE IN OVEN ON BROIL FOR 10 MINUTES. REMOVE AND SERVE.

➔ **OVERNIGHT OATS**

1½ CUP GLUTEN FREE ROLLED OATS
¾ CUP CHOICE OF MILK
1 TSP CHIA SEEDS
1 TBSP ALMOND BUTTER OR NATURAL NUT BUTTER OF CHOICE
¼ TSP CINNAMON
1 TSP MAPLE SYRUP
¼ CUP FROZEN OR FRESH MIXED BERRIES
1 SCOOP COLLAGEN POWDER OR PROTEIN POWDER OF CHOICE

COMBINE ALL INGREDIENTS EXCEPT BERRIES IN A MASON JAR AND MIX WELL. TOP WITH BERRIES AND COVER. PLACE IN FRIDGE OVERNIGHT OR FOR AT LEAST 6 HOURS.