

Top Fourteen Actions That Heal A Leaky Gut

1. **Grazing is out! Fasting is in!** Consider intermittent fasting (16-hour daily) or fasting during a 24-hour time frames twice a week as it gives the GI tract needed rest from the burden of digestion and food processing. Or you can do a liquid fast. If you do this, stick to bone broth, meat and vegetable stocks, or fresh vegetable juices. These liquids can be nutrient dense and are gentle on the damaged gut.
2. **Avoid sugars, alcohol, coffee, feedlot meats, processed foods.** Test for hidden food allergies. This will allow you to eliminate potential sources of food-based inflammation and persistent gut damage.
3. **If you want to enjoy grains and can, eat only sprouted and fermented ancient grains.**
4. **Be tested for gut infections.** Often times a yeast overgrowth, a bacterial infection, or an imbalance in gut bacteria can contribute to persistent problems.
5. **Avoid difficult to digest foods like dairy, beans and other FODMAPS.*** These foods may be gluten free, but they are naturally harder to digest, and they can slow down your GI recovery. You can try an elimination diet to see which foods impact you the most.
6. **Be wary of medications that block stomach acid or reduce pain (NSAIDS).** These medications alter your ability to digest and also strip away the GI mucosa important in regulating leaky gut.
7. **Avoid PPIs, medicines for acid reflux** unless you're *certain* through testing that you have acid reflux. It is far more likely you don't have enough stomach acids. Take digestive enzymes and a little raw apple cider vinegar just prior to eating. Those with gluten sensitivity often suffer from enzyme deficiencies yet these important proteins are required to break down your food and allow for proper nutrient absorption. Drink no more than 6 ounces of liquid within twenty minutes either way of mealtime, so you don't dilute digestive enzymes and acids.
8. **Practice deep breathing exercises before eating.** This slows down the part of the nervous system that inhibits digestion and activates hormones that aid digestion.
9. **Move!** The act of even moderate walking (4-5 miles daily) stimulates the nerves that help maintain gut motility. Most people sit at a desk all day working. This sedentary lifestyle actually contributes to a neurological slowdown of gut function.
10. **Take a high-quality probiotic.** You will need at least 80 billion CFU's per day. Probiotics help digest your food and regulate your immune response. Many probiotics are grown on corn and cause a reaction in gluten sensitive people. You can get corn/gluten-free probiotics at www.glutenfreesociety.org. Better yet, eat a forkful of a fermented vegetable daily.
11. **Ingest supplemental immunoglobulins.** I use NuMedica ImmunoG PRP Powder daily. These immune proteins help bind [gut pathogens](#) (bacteria, yeast, virus), support gut immune function, and support gut barrier function.
12. **Liberal ingest turmeric, aloe, omega 3 fatty acids, zinc, vitamins A, C and E, slippery elm, ginger and L-glutamine, Ubiquinol.** **Note:** Those with kidney disease or severe liver failure should not take glutamine. Many diabetics have kidney damage and should definitely take it only under a doctor's supervision.
13. **Detoxify heavy metals after safely removing mercury fillings. Go slowly if you have systemic candidiasis.**
14. **Stay hydrated with pure non-carbonated water.**

FODMAPs is an acronym (abbreviation) referring to Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. These are complex names for a collection of molecules found in food, that can be poorly absorbed by some people.