

Fifteen Strategies To Heal A Leaky Gut

1. **Grazing is out! Fasting is in!** Consider intermittent fasting (16-hour daily during which you do not eat) or fasting during a 24-hour time frame twice a week. These give the GI tract needed rest from the burden of digestion. Another option is a liquid fast. I highly recommend you drink bone broth, meat and vegetable stocks, or fresh vegetable juices during these times. These liquids can be nutrient dense and are gentle on a damaged gut.
2. **Avoid sugars, alcohol, coffee, feedlot meats, processed foods.** Test for hidden food allergies using an elimination diet. This will allow you to eliminate potential sources of food-based inflammation and persistent gut damage.
3. **Avoid difficult to digest foods like dairy, beans and other FODMAPS** (Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. These are complex names for a collection of molecules found in foods many people can't absorb well.) These foods may be gluten free, but they are naturally harder to digest, and they can slow down GI tract recovery. Again, try an elimination diet to see which foods impact you most.
4. **If you want to enjoy grains and can, eat only sprouted and fermented ancient grains.**
5. **Test for gut infections.** There are many options such as Ubiome's sequence-based microbiome tests, though there are many options. Often, a yeast overgrowth, a bacterial infection, or a micro-biome imbalance can contribute to persistent problems.
6. **Unless you're *certain* you have acid reflux via physician testing, be wary of medications that block stomach acid (PPIs and other medications).** It is far more likely you don't have *enough* stomach acids. Try these tactics first:
 - Take digestive enzymes and a little raw apple cider vinegar just prior to eating.
 - If you have gluten sensitivity, you may suffer from enzyme deficiencies yet these important proteins are required to break down your food and allow for proper nutrient absorption. Digestive enzymes should help.
 - Drink no more than 6 ounces of liquid within twenty minutes either way of mealtime, so you don't dilute digestive enzymes and acids. PPIs alter your ability to digest and also strip away the GI mucosa important in regulating leaky gut.
7. **Avoid NSAIDS** as these too alter your ability to digest and also strip away the GI mucosa important in regulating leaky gut.
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. A sedentary lifestyle actually contributes to a neurological gut function slowdown.
10. **Take a high-quality probiotic.** Everyone needs 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 order corn/gluten-free probiotics at www.glutenfreesociety.org. Better yet, eat a forkful of fermented vegetables daily.

11. **Ingest supplemental immunoglobulins.** I use NuMedica's ImmunoG PRP Powder daily. These immune proteins help bind gut pathogens (certain bacteria, yeast, virus), support gut immune function, and support gut barrier function.
12. **Liberaly 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 avoid 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.** Other videos and material cover this.
14. **Stay hydrated with pure non-carbonated water.**
15. **Drink 1 - 2 cups of bone broth daily!**

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