

TIPS FOR HEALING A LEAKY GUT

STOP THE MEDIATORS THAT PERPETUATE THE PROBLEM

- Stress. This is really important. Create the space in your life to relax and renew every day. Nap, meditate, do abdominal breathing exercises, tai chi, chi gung, a hobby, watch the birds in your yard. You choose, but do choose.
- Sleep. Your body needs 7-9 hours of sleep each night. When healing, often more. Go to bed early enough to achieve this. It's hard to heal when you are sleep deprived.
- Pain medications that injure GI lining such as ibuprofen and aspirin.
- Use of birth control pills, steroid medications
- Environmental contaminants
- Overconsumption of alcohol
- Poor food choices

DIET

- Avoid foods that you are sensitive to
- Eat gut healing foods. These can include well-cooked food, prebiotic-rich and probiotic-rich foods, green vegetables, bone stocks, okra, organic/gluten-free oatmeal, ginger, turmeric, licorice tea (*caution: if you have high blood pressure, check it often. Licorice can raise BP.*)
- **See Digestive Wellness for more ideas.**

SUPPLEMENTS: CAN BE FOUND INDIVIDUALLY OR IN COMBINATION PRODUCTS

- L-glutamine (glutamine): Dosages vary 1-30 grams daily. Begin with 1-3 grams daily. Heat destroys its properties, so take with cold or cool beverage. Best on empty stomach. Many people find that glutamine enhances their muscle endurance, which is a lovely side- benefit. Too much glutamine can be constipating, so you can use that as an indicator. Occasionally glutamine makes someone feel weird. If so, stop taking it; it's not for you. If you have kidney disease, be cautious in taking more than 1-3 grams daily. *Brands: Endura Guard by Perque. This product recycles itself so can be used in low dose, 2-6 grams daily on empty stomach. Premier Glutamine by Premier Research Labs. Powdered that can be put in water: Glutamine Powder by Vital Nutrients, Allergy Research Group, or Klair Labs.*
- Zinc or zinc carnosine: Typical dose 75 mg of zinc carnosine twice daily (totals 34 mg of zinc) or 25 to 50 mg of other type of zinc. *Brands: Zinc-Carnosine by Integrative Therapeutics, Zinlori by Metagenics.*
- Sodium Butyrate or Butyric acid, 50 mg in a combination. Alone 600 mg up to 1.2 grams. *Brands: ProButyrate by Tessaract Medical Research, BodyBio*
- Probiotics. *L. plantarum* is specifically soothing to the small intestine. Take 1 daily. *Brands: Plantadophilus by Transformation Enzymes*
- Quercetin. *Best product: Perque Repair Guard or Pain Guard. Dosage: 500-3000 mg daily.*
- Digestive enzymes with meals
- Ion Biome (formerly called Restore)
- Larch Arabinogalactin powder. *Brand: ARA 6 by D'Adamo Personalized Nutrition*
- Phosphatidylcholine: 2000-4000 mg daily.

Most of these products can be acquired at:
<https://us.fullscript.com/welcome/lizlipski>

TIPS FOR HEALING A LEAKY GUT

EXAMPLES OF COMBINATIONS PRODUCTS

- GI Revive Powder by Designs for Health
- GI-Restore by Vita Aid Professional Therapeutics
- Gi-Synergy by Apex Energetics
- Glutagenics by Metagenics
- Intestinal Repair Complex and Intestinal Repair Capsules by Nutra BioGenesis

OPTIONAL SUPPLEMENTS

- Gamma oryzanol: Dosage 100 mg three times daily
- Fish peptides: 6 capsules daily in divided doses. Keep in freezer to make it more palatable. *Brand: Seacure.*
- Vitamin A. 10,000 IU of pre-formed vitamin A: retinol. Do not take if you are pregnant or planning to become pregnant or if you are a smoker. *Brands: Pure Encapsulations, Bio-AE Mulsion Forte by Biotics, A-Mulsion Liquid by Seroyal/Genestra*
- Increase antioxidants: vitamin C: dosage 500-10,000 mg daily, and/or a full-spectrum antioxidant supplement. *Brands: Vitamin C: Potent C Guard by Perque. Antioxidant: Restorative Formula + Antioxidants by Oxygent. A lovely food-based product, with turmeric, wild blueberries, + superoxide dismutase.*
- Deglycyrrhized licorice or licorice tea: Dosage two tablets between meals as needed up to four times daily. *Brand: Many good ones yet be aware that the chewables have extra ingredients so read the labels: Herb Pharm or Gaia Herbs tinctures, Pure Encapsulations, Vital Nutrients DGL Powder, Buddha licorice tea*
- Phosphatidylcholine: 2000-4000 mg daily. *Brands: Biotics, Designs for Health, Seeking Health, Seroyal/Genestra, Klaire Labs. Liposomal PC: BioCeuticals.*
- Okra: 200-400 mg. or more. It's a food.
- Cats Claw (*Unicaria tomentosa*): Dosage 450-3000 mg daily. *Brand: Pure Encapsulations*

***Most of these products can be acquired at:
<https://us.fullscript.com/welcome/lizlipski>***