

# Leaky Gut Protocol

Did your recent testing through Vibrant America indicate leaky gut? Frustrated about what to eat and what not to eat? This handout will provide you with an easy-to-follow guide for healing Leaky Gut. These are the standard recommendations. For your individualized plan consult with your provider or a Vibrant America Clinical Dietitian.

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## 30 Day Leaky Gut Reset

Eliminate the following problematic foods and additives:

- Known foods that cause allergies, sensitivities and intolerances
- Pesticides (Avoid The Dirty Dozen, Enhance the Clean Fifteen)
- Refined and processed vegetable oils

Typically problematic foods

- wheat
- dairy
- eggs
- legumes
- nuts
- soy
- artificial sweeteners
- alcohol
- caffeine
- cocoa
- tobacco
- Possibly nightshades

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## Heal & Seal

During and after the 30 days you are eliminating problematic foods and additives, you will want to add in helpful and therapeutic foods so that your gut lining can begin to heal.

- Bone broth: your intestinal cells need the collagen in bone broth to heal and stay strong. Ask your Vibrant Clinical Dietitian for how to make your own!
- Help your intestinal cells to heal by enhancing *butyrate* production by focusing on fibrous fruits, veggies, and beans.
- Consume high Omega-3 foods reduces inflammation in your intestinal cells

• Probiotic foods (except dairy for the first 30 days)

- Sauerkraut
- Kimuchi
- Kombucha
- Other homemade ferments of your choice (not pasteurized!)

• Stress Management is critical to preventing digestive problems from recurring, and reducing the symptoms of current problems. Focus on:

- Drink a minimum of 80 oz of purified water *every day*
- Slow down and take time to eat
- Avoid stressful people and situations
- Meditate or pray daily
- Exercise (but not too much)
- Sleep! (minimum of 7 hours per night)
- *Focus on the gut-fortifying foods listed on the next page*

## **Heal and Seal Continued**

### **Focus on These Foods Regularly:**

- Unprocessed meat (grass-fed beef, buffalo, pork and wild game)
- Unprocessed seafood (wild-caught or organically raised)
- Unprocessed poultry (cage free and organically fed chicken, turkey, duck and other bird)
- Honey, maple syrup and molasses, in moderation
- Healthy fats from coconut oil, high omega-3 foods, olives, olive oil, and avocados

- Non-starchy veggies such as: leafy greens (like spinach, chard, kale, etc) broccoli, cauliflower and Brussels sprouts; carrots; sweet potatoes; asparagus; beets; celery; cucumber; eggplant; green beans; onions; peas; mushrooms; bell peppers; tomatoes, and more. *Remember to check which ones are lowest in pesticides.*

- Fruit such as: citrus (oranges, lemons, limes, grapefruit, tangerines), apples, grapes, berries, bananas, kiwi, and other fresh fruits.

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### **Reintroduction Phase**

After the first 30 days of elimination, you can try a systematic re-introduction of certain foods. Only introduce one new food every 3 days:

- eggs
- nightshades
- nuts
- fermented or raw dairy
- properly prepared legumes
- alcohol/caffeine in moderation

If you experience any symptoms at all after re-introducing one of these foods, leave it out for good until you talk with your doctor.

Remain grain-free/gluten-free, dairy-free and soy-free ideally long term, or per your provider's recommendations.

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### **Maintenance Phase**

Other things to emphasize:

- Keep track of your bowel movement frequency and consistency. You should go 1-2 times per day and it should be firm.
- Diet and lifestyle changes are essential for healing leaky gut. However, discuss with your provider about whether supplements are appropriate for you.

Supplements: