

# TREATMENT PLAN FOR LEAKY GUT

## Leaky Gut Diet Food List

Here is a list of foods on the leaky gut diet. These foods support healing because they are easy to digest and can help repair the lining of the intestines.

**Bone broth** – Bone broth (made from scratch) provides important amino acids and minerals including proline, glycine and potassium that can help heal leaky gut and improve mineral deficiencies.

**Raw cultured dairy** – Probiotic rich foods like kefir, amasai and yogurt can help heal the gut by destroying bad bacteria like candida.

**Fermented vegetables** – Try to add fermented foods such as coconut kefir, kvass, sauerkraut or kimchi. These fermented foods contain probiotics essential in helping repair a leaky gut that work by balancing the pH in the stomach and small intestines.

**Steamed vegetables** – Non-starchy vegetables that are cooked or steamed are easy to digest and are an essential part of the leaky gut diet.

**Healthy fats** – Consuming healthy fats in moderation like egg yolks, salmon, avocados, ghee and coconut oil are easy on the gut and promote healing.

**Fruit** – Consuming 1-2 servings of fruit daily is good on a leaky gut diet. You can steam apples and pears to make homemade apple sauce or fruit sauce. Fruit is best consumed in the morning and not later on in the day and keep fruit intake in moderation.

## Foods that Cause Leaky Gut

Here are the biggest foods that cause a leaky gut by creating intestinal inflammation and candida:

**Gluten** – A gluten free diet can help improve the symptoms of leaky gut. Gluten is the sticky protein found in most grain products including wheat and is difficult to digest unless it's been brought through a sourdough or sprouting process. On the leaky gut diet you will want to avoid all foods that contain gluten and wheat products.

**Cows Dairy** – The protein in cows dairy, called A1 casein, can trigger a similar reaction as gluten and therefore should be avoided. In fact, A1 casein may be 26x more inflammatory than gluten!

**Sugar** – Feeds yeast and bad bacteria that can damage the intestinal wall creating a leaky gut. If you are going to use a sweetener raw local honey is your best option but even that should be consumed in moderation at 1 tbsp daily.

**Unsprouted Grains** – Grains and soy when unsprouted and unfermented contain phytic acid which can irritate the intestines causing leaky gut.

**GMO** – Genetically modified organisms contain herbicides and pesticides that damage the gut lining. Studies out of the *Journal of Environmental Sciences* have found GMO foods destroy the probiotics in your gut and cause organ inflammation.

## Top 5 Leaky Gut Treatment and Supplements

In following a leaky gut treatment plan you will want to take specific supplements to support digestion as well as protect the gut lining from further damage. Here are the most important leaky gut supplements you should consider taking:

**1. Probiotics (50-100 billion units daily)**

<http://au.iherb.com/Dr-Mercola-Premium-Supplements-Complete-Probiotics-60-Capsules/40386>

Probiotics can help re-colonize the gut with healthy bacteria.

**2. Vital Proteins Collagen Peptides** (Collagen repairs gut, skin, joints and nails)

<http://www.shopnaturally.com.au/vital-proteins.html>

**3. Digestive Enzymes** (1 before each meal) **BioCeuticals Multigest Enzymes.**

These enzymes will improve nutrient absorption and help break down food particles.

**4. Aloe Vera Juice** (1/2 cup 3x daily)

<http://au.iherb.com/Real-Aloe-Inc-Aloe-Vera-Gel-32-fl-oz-960-ml/29035>

Aloe is healing to the digestive system.

**5. Organic Melrose Flaxseed Oil** (3000 mg capsule daily or Budwig protocol – blend 1 tbs oil daily, into double amount of into Paris Creek Quark)

<http://www.just-health.com.au/p/melrose-health-organic-flaxseed-oil-1000mg-vegetar/MEFLAOC?gclid=CPGFrID8x80CFYAWvAodkF0GQg> **OR**

**YES Parent Essential Oils** <http://essentialsupplements.com.au/supplements/ultimate-efas/>