

# **Herbs for the Lower Digestive System**

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4

## Healing a Leaky Gut

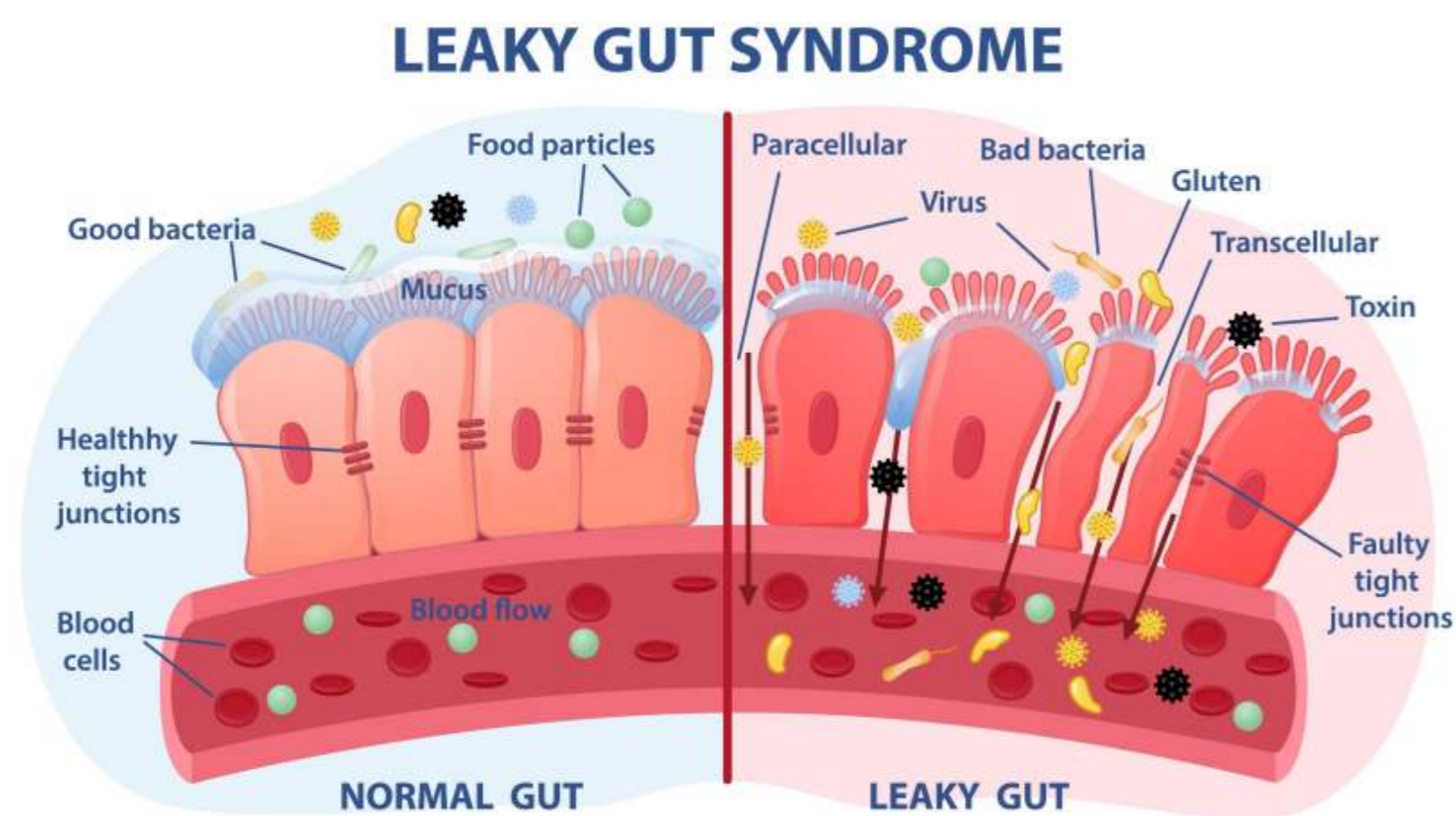


# 01

A leaky gut is a very common disorder that affects not just digestion but the whole system.



# 02

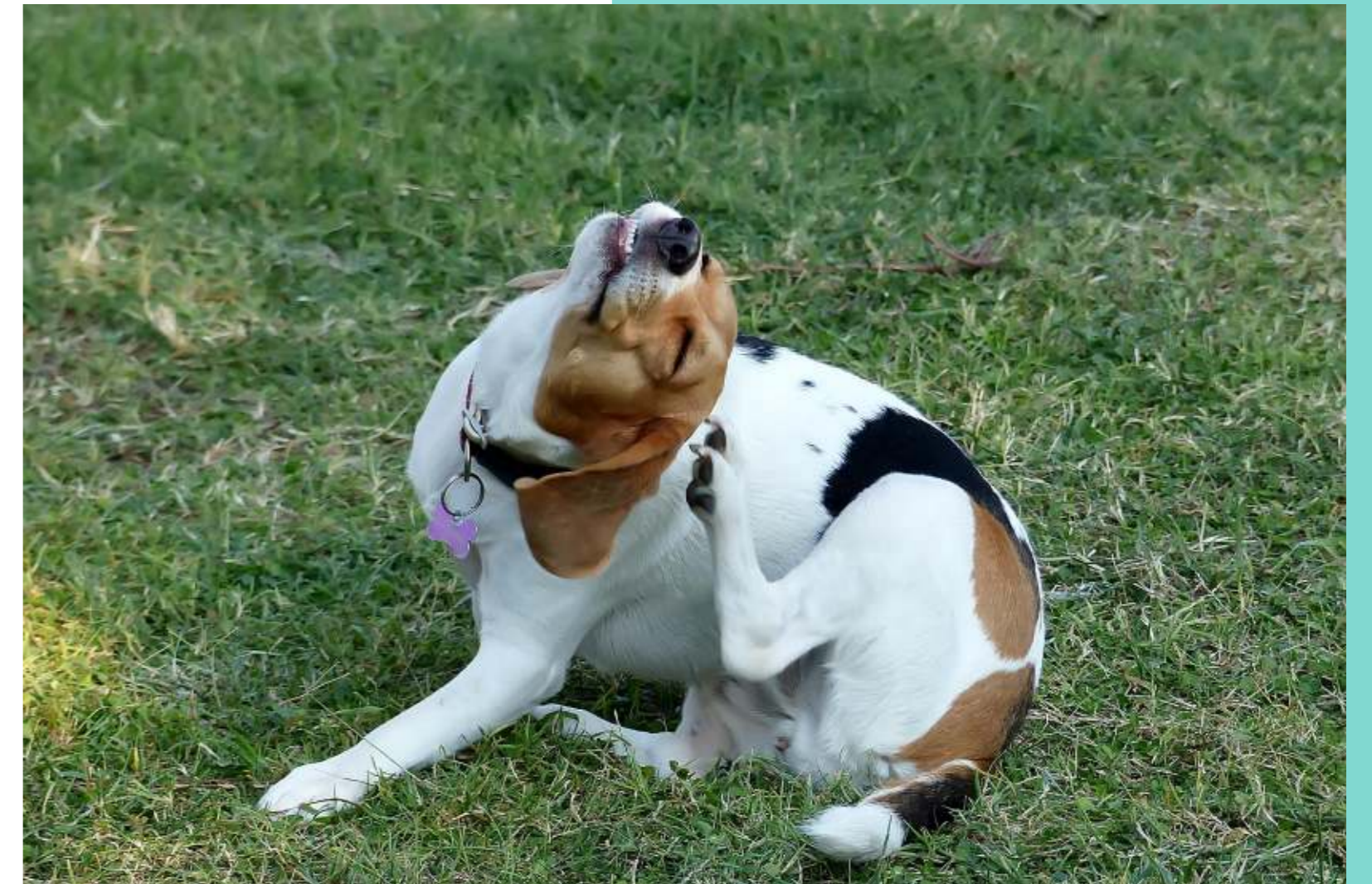


It can lead to food allergies, sensitivities, skin problems, stomach and bowel pain, fatigue, autoimmune disease, and chronic inflammation

# 03

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Pets can also experience a leaky gut. Their symptoms are markedly different than the symptoms in humans.





# 04



Not all doctors agree that Leaky Gut syndrome exists, but many people and pets have been helped by following a Leaky Gut protocol to heal the gut and restore normal function.

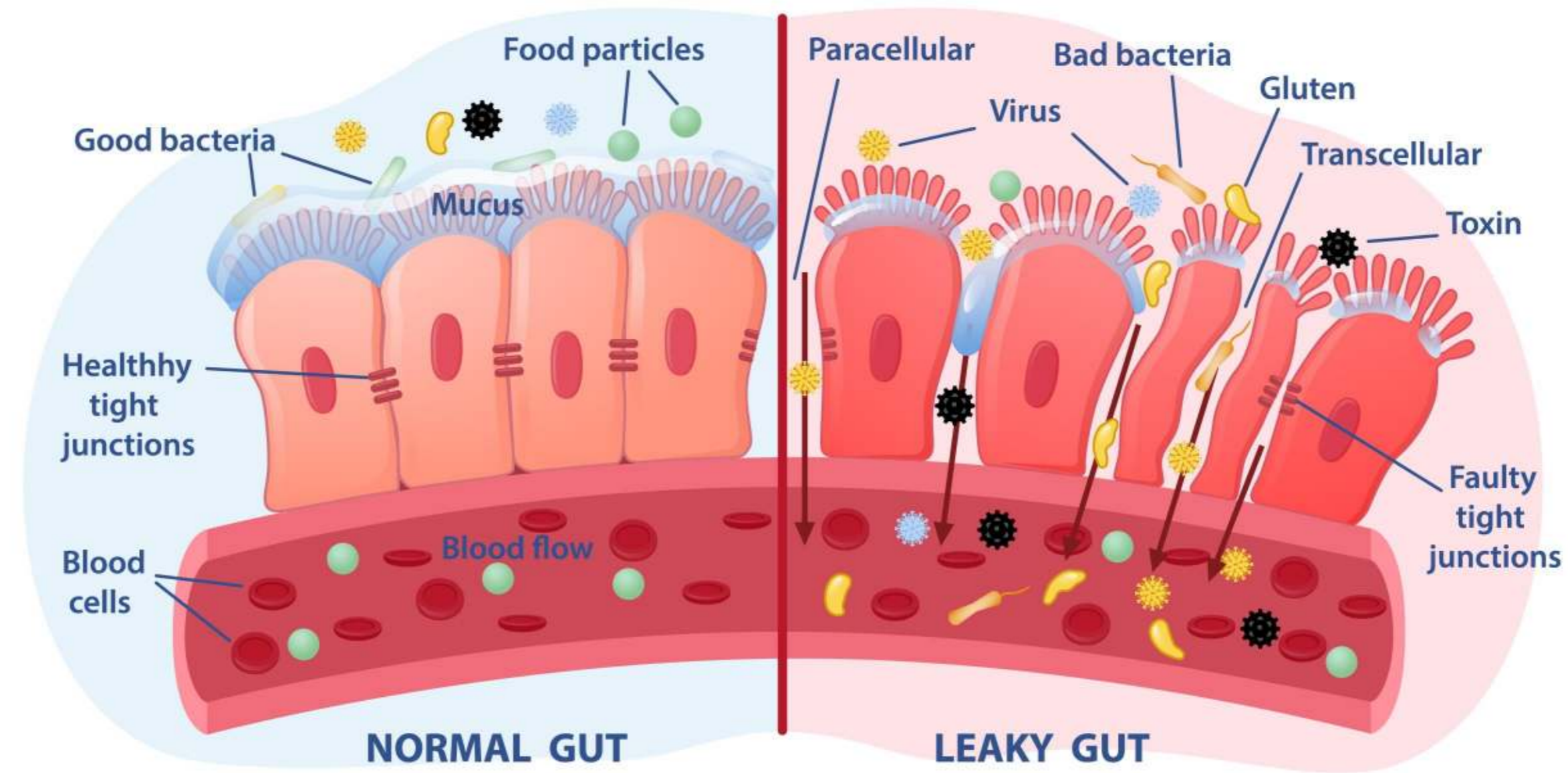
## Herbs for the Lower Digestive System -- Lesson 4

# In This Lesson, we'll cover:

- ✓ What is Leaky Gut
- ✓ Leaky Gut Protocol
- ✓ Healing the Gut
- ✓ The Microbiome



## LEAKY GUT SYNDROME



# Normal Gut vs. Leaky Gut

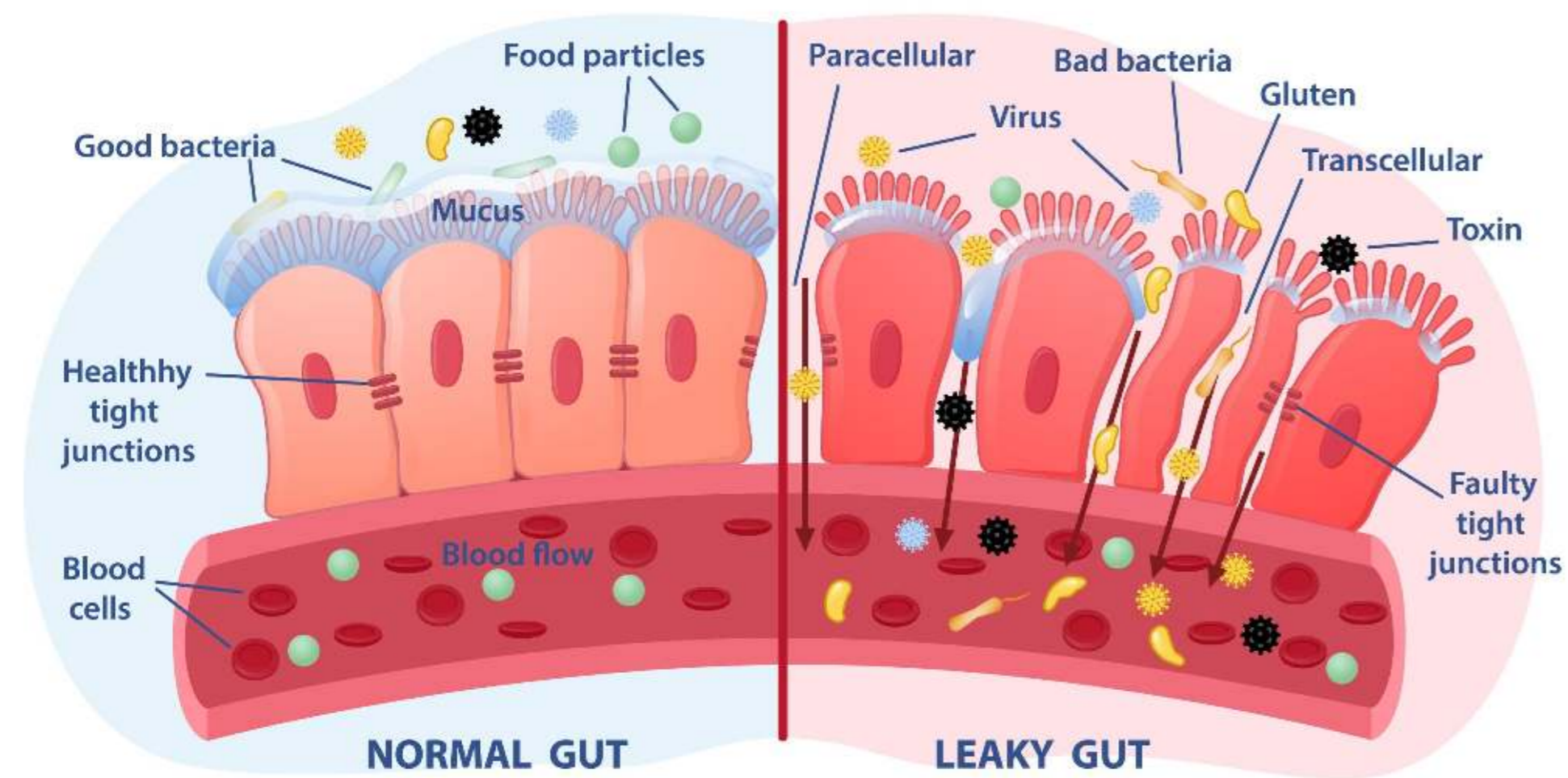


**The small intestine is lined with cells that have receptors that bind to the things our bodies need for nourishment.**

**There are receptors for glucose, fats, proteins, vitamins, and enzymes so that as food is digested, these important nutrients are drawn into the cells and distributed via the blood stream to all parts of the body.**

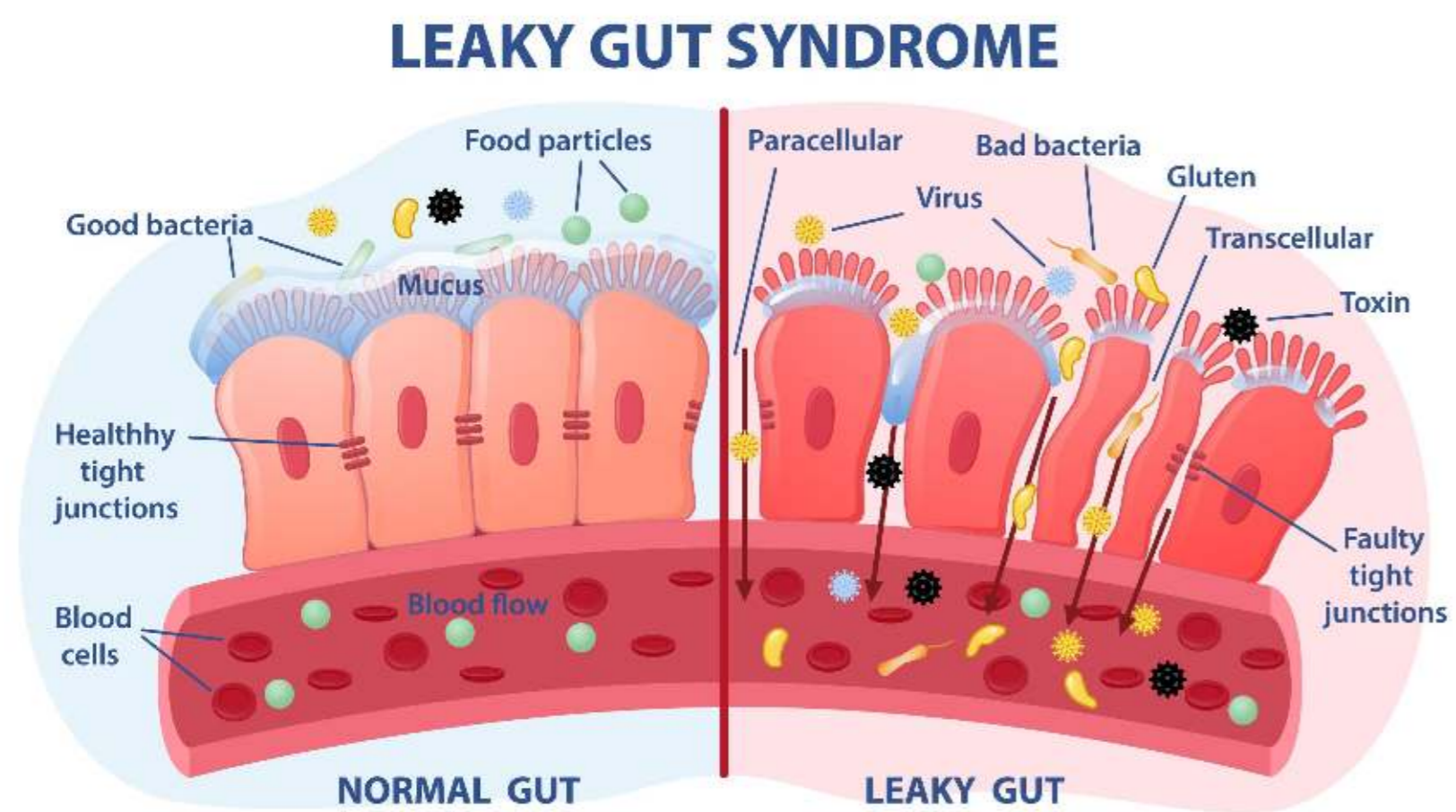
**In a healthy intestine these cells are tightly spaced so that no undigested food particles or bacteria can pass between them.**

## LEAKY GUT SYNDROME



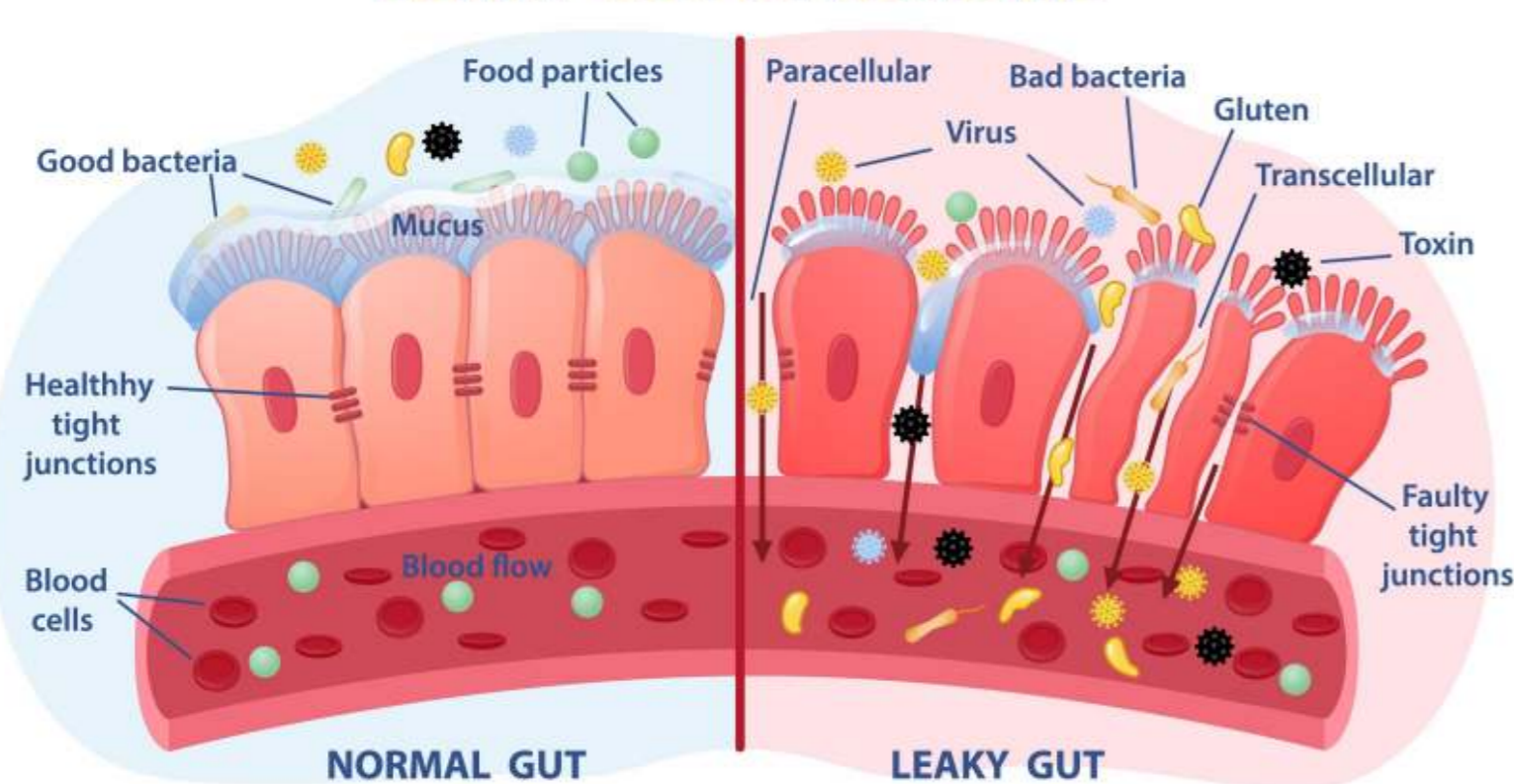
In leaky gut syndrome the tight junctions between intestinal lining cells become compromised allowing microorganisms, toxins and undigested food particles to enter into the tissues of the body.





Those with autoimmune conditions often improve when a leaky-gut protocol is followed

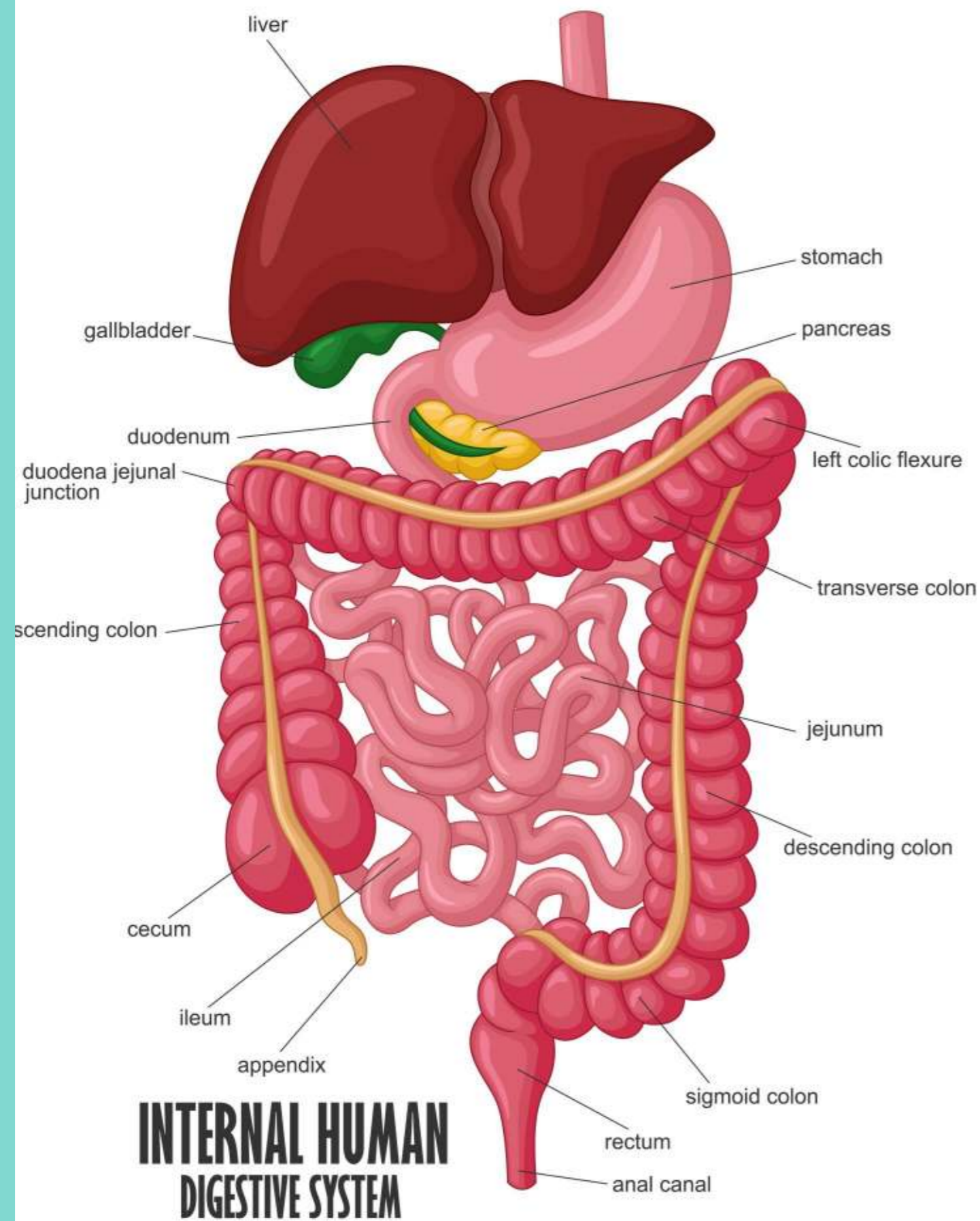
## LEAKY GUT SYNDROME



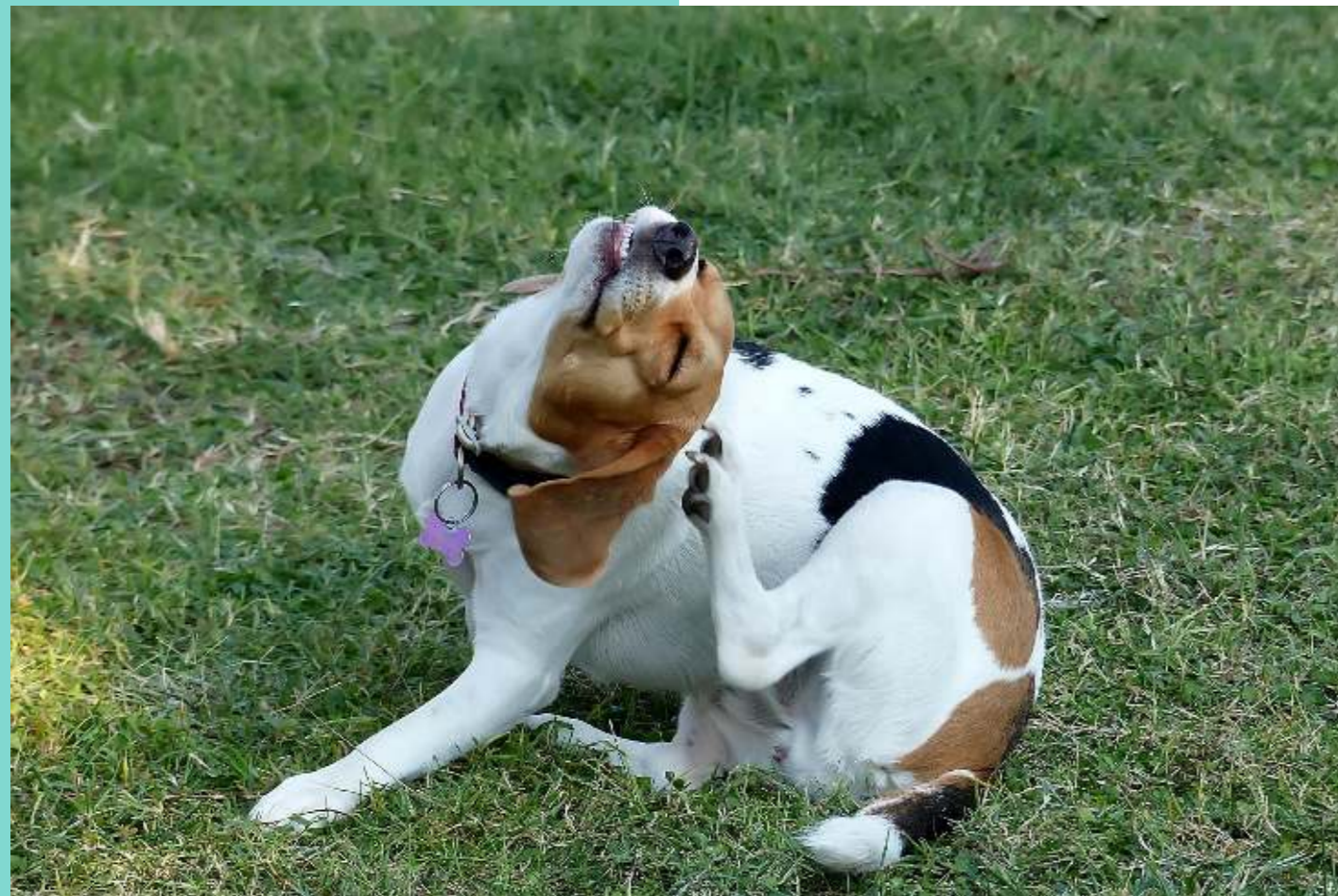
After being on the protocol for a month or so, people can slowly start re-introducing some foods that had historically been problematic for them.

They may not be totally free of food sensitivities but may be much better.





- Leaky guts can happen from sickness or vomiting
- From antibiotic and other prescription drug use
- From vaccination
- From yeast overgrowth (Often after antibiotic use)
- From Ulceration or compromise of the intestinal lining



- In pets it can show up as food allergies
- Histamine cells in dogs are concentrated in the ears and skin
- Correcting the leaky gut can make the itching and ear infections disappear





- In humans it can show up as food allergies, hayfever, hives, diarrhea, irritable bowel syndrome, rashes, sinus and lung congestion.
- Histamine cells in humans are concentrated in the nose, throat. Skin rashes generally happen when the liver is overtaxed.
- Correcting the leaky gut can resolve some food sensitivities, reduce inflammation, and lessen the severity of some symptoms.

# Interventions for Leaky Gut



- Elimination Diets
- Changing Eating Patterns/Habits
- G-I tract cleanse with herbs
- Digestive Enzymes and Supplements
- Pro-biotics and Prebiotics
- Herbs



# Elimination Diets



- Remove known or suspected allergens to give the gut time to heal.
- Dairy, soy, gluten, sugar, yeast, and alcohol should be eliminated from the diet.
- Simple unprocessed foods should be eaten
- In dogs a raw diet should replace kibble

# Elimination Diets



- Keep a food diary and note when different feeds are removed or added and any symptoms experienced.
- Use bone broth daily to heal the gut (a 3 day bone broth fast is recommended by Dr. Pat Jones)
- Add fermented food to replenish the microbiome
- In dogs a raw diet should replace kibble (bone broth and fermented food can help dogs, too)



## Change Eating Patterns and Habits

- Engage the parasympathetic nervous system. Don't eat when under stress.
- Eat in a relaxed atmosphere.
- Don't rush through your meals
- Chew thoroughly



Cleanse and detoxify the gut

**DETOX**



**loading . . .**

Colon detox herbal formula

- Bentonite Clay
- Psyllium
- Licorice
- Marshmallow
- Yellow Dock
- Cascara



# Bone Broth

The gelatin in bone broth heals the stomach

- Bones
- Onions
- Celery
- Carrots
- Vinegar



# Prebiotic Herbs

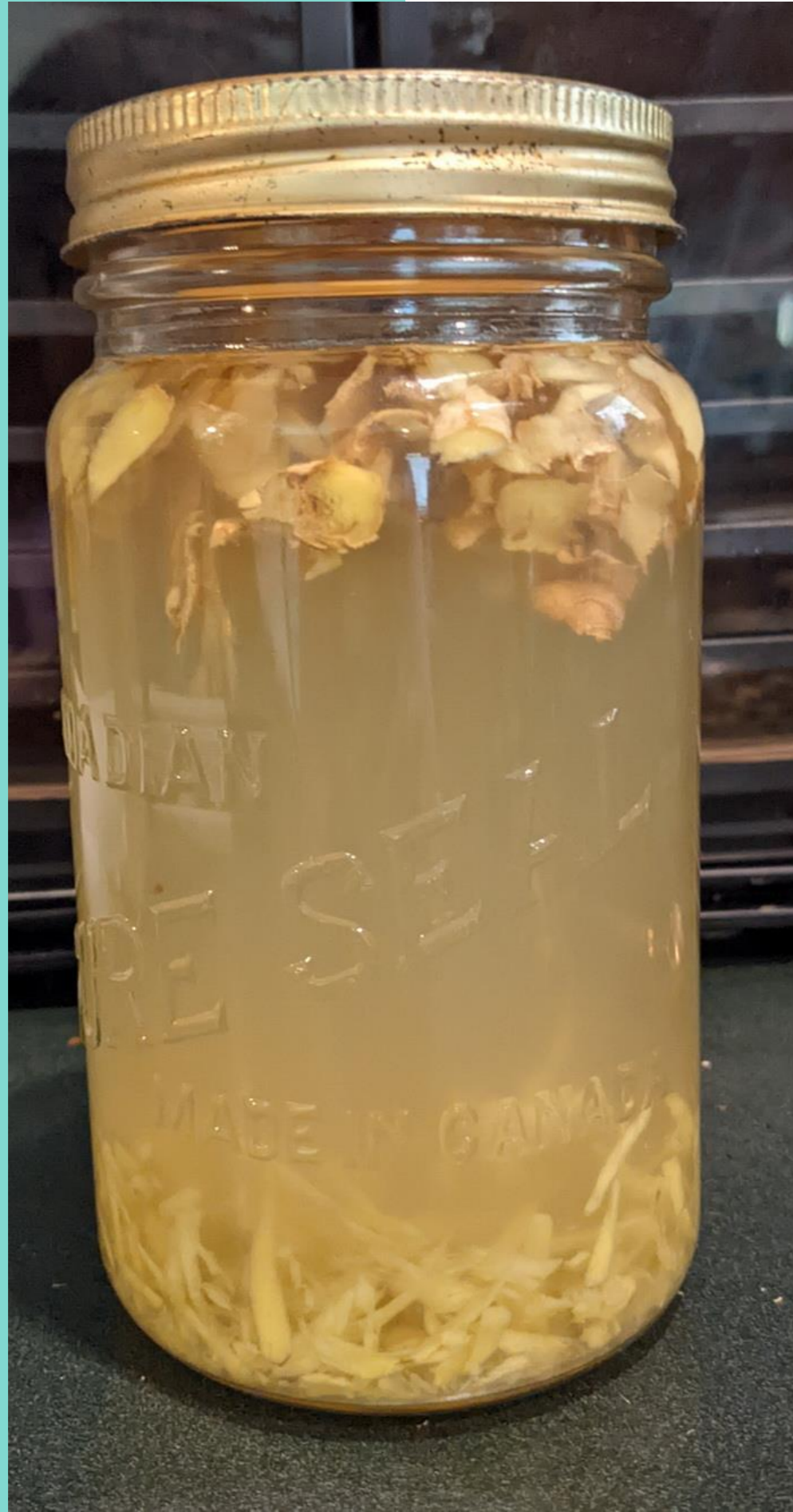
Prebiotic herbs give the microbiome stability

- Dandelion Root
- Burdock Root
- Flax seed
- Oat Straw
- Garlic





# Probiotic Foods



Naturally Fermented food eaten daily

- Ginger Bug
- Sauerkraut or Kimchi
- Yogurt
- Pickles
- Honey fermented garlic
- Kombucha

# Remove processed food from the diet



## Natural traditional food eaten daily

- Fruits
- Vegetables
- Grassfed meat or wild meat
- Free range eggs
- Grass fed dairy
- Raw milk
- Healthy fats: Ghee, coconut oil, olive oil, tallow (grass fed), Schmaltz (rendered chicken fat)



# Remove processed food from the diet



In pets – use a traditional diet

- Raw food
- Bones ( or Bone broth)
- Organ meat
- Free range eggs
- Grass fed dairy
- Carrots, pumpkin, peanut butter
- Healthy fats: Ghee, coconut oil, olive oil, tallow (grass fed), Schmaltz (rendered chicken fat)

# Candida cleanse



# 4 Day Yeast Cleanse



- Heals Candida overgrowth
- Supports Liver
- Resolves eczema and other skin issues
- Heals the gut



# 4 Day Yeast Cleanse



- Oil of oregano
- Probiotic pills



# 4 Day Yeast Cleanse: Day 1



- AM: Oil of oregano
- Lunch: Probiotic pills
- Dinner: Oil of oregano



# 4 Day Yeast Cleanse: Day 2



- AM: Probiotic pills
- Lunch: Oil of oregano
- Dinner: Probiotic pills



# 4 Day Yeast Cleanse: Day 3



- AM: Oil of oregano
- Lunch: Probiotic pills
- Dinner: Oil of oregano



# 4 Day Yeast Cleanse: Day 4



- AM: Probiotic pills
- Lunch: Oil of oregano
- Dinner: Probiotic pills

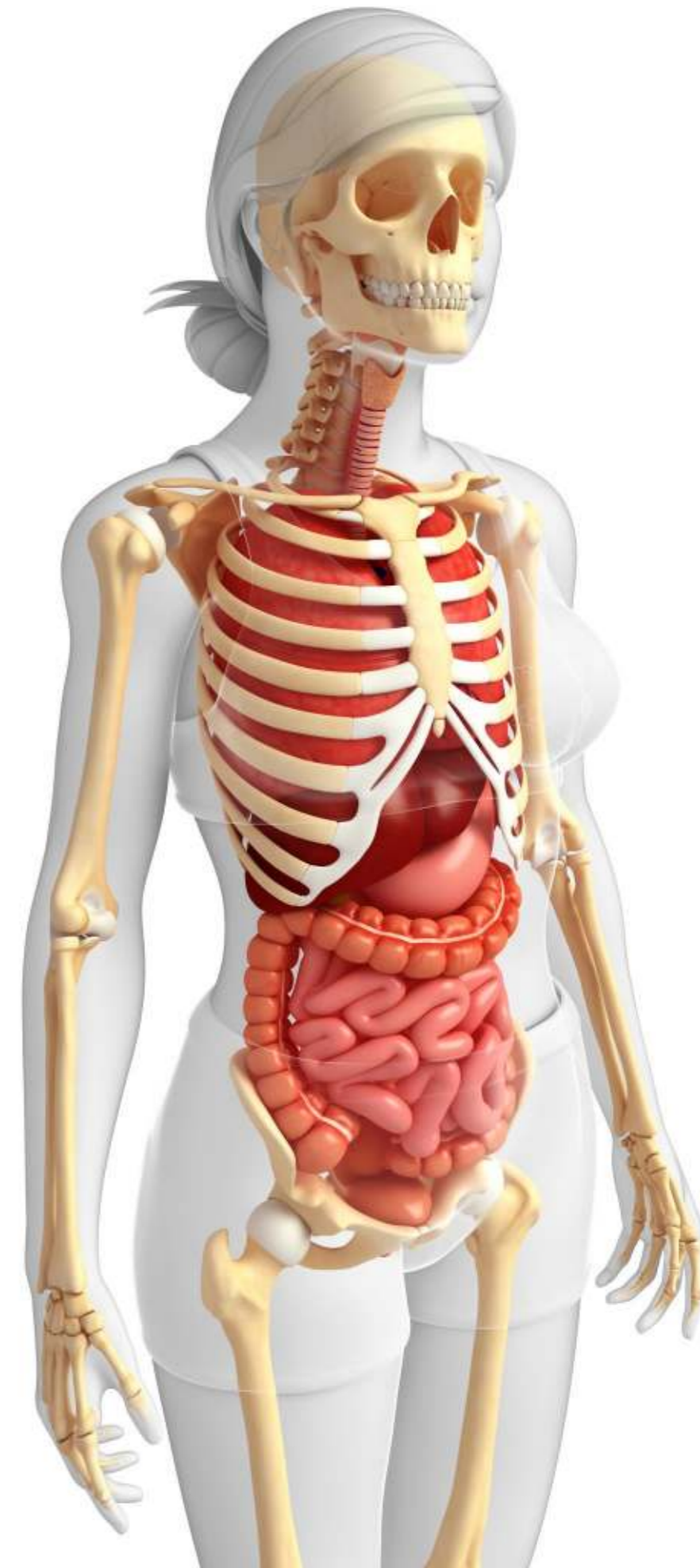


## 4 Day Yeast Cleanse: Day 5 to 7



- AM: Probiotic pills
- Lunch: Probiotic pills
- Dinner: Probiotic pills

- Proper diagnosis is very important in order to best chart a road to recovery.
- Every serious case should have a diagnostic work-up by a professional to determine the underlying cause.
- Serious cases of illness should be referred to qualified practitioners.





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- ✓ What is Leaky Gut
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# In the next lesson

