THE GUT HEALTH PROTOCOL

Dagmara Ilg, Ph.D. · 6 min read

Disclaimer: Neither the Protocol nor any article in the Gut Health Guide makes any claims as to diagnosis, treatment, cure or prevention of any disease. Consult your healthcare professional since only he/she knows the overall health of you and your gut through nutritional testing.

This is the Gut Health Protocol for IBS, the Gut Flip Protocol to keep overall Gut Health.

Here we go through the Protocol so you understand exactly what you will bring and why and then we break it down into a very short, very simple little schedule you can print out.

You can find an index to this series at the bottom of this article.

WHAT WE'RE DOING ON THE GUT HEALTH PROTOCOL

Our digestive tract is very important for our overall health.

When it's running smoothly we have good digestion without discomfort where the foods we eat fully broken down and useable nutrients for our body.

Our stomach rifts off normal bacteria microbes entering it, and if they aren't killed off there, then they run our small intestine where 80% of our immune system resides for the exact reason.

Once any of these microbes are neutralized, our intestine opens what are called tight junctions to let the nutrients we need into our bloodstream and our lymphatic system.

Further down we have colon, where billions of bacteria live symbiotically with our body and producing vitamins, amino acids, and neurotransmitters like GABA and serotonin which are then absorbed through the wall of our colon and sent to our brain and nervous. This is our microbiome.

And now with our digestive tract in a healthy state, our peripheral nerves, which are controlled by our gut, are able to function properly, meaning our immune cells, along with toxins, filtration can cause new troubles.

THE DIET FOR THE GUT HEALTH PROTOCOL

While one part of the protocol is designed to kill off harmful microbes, the other part is designed to both cut off their food sources and to help repair the damage they've done over the years or even decades.

If we continue to feed them the foods they thrive on, then no amount of work on the protocol will remove them completely because they'll just come back each time.

We need to cut them off.

At the same time we need to get the cells of our stomach and intestinal lining the nutrients they need to repair themselves. We need to stop and to give the beneficial bacteria in our gut the nutrients they need to thrive.

Therefore the diet will be most similar to a Paleo type diet, with high protein, higher healthy fats, and low carbs, as these microbes thrive on sugars like crazy.

It will also not include certain foods that could cause trouble or trigger unwanted reactions during this.

Some, whose digestive tracts are not in poor shape, may be able to sneak in some of the items on the list, but for most people who are recovering a lot of gut wellness, I recommend sticking to the protocol for a few weeks.

It's not that it's a "good diet" to do, it really is necessary. A day or two of binging on sugary foods can undo the work of the previous couple weeks.

And the end result is more than worth it.

FOODS TO EAT:

There is no calorie counting on this protocol. Some days you may want to eat more and some days less. This is fine. We just need you keeping to certain foods and away from others.

Proteins: We need a lot of protein. This is both to provide essential amino acids to help repair the damage done and to build up immune cells which we need working at full capacity.

It's also necessary for the beneficial bacteria in our microbiome which feed on the essential amino acids.

Some proteins should be green fruit and vegetables. We don't want to feed our bacteria too much, as they help in the way of food for them or more toxins that stress out the immune system more when it's already overloaded.

Fermentation will also have a role in this, as covered below. Our aim is to form, even a weak digestive tract can receive the amino acids it it's help repair damage done to our stomach and intestinal lining.

But there are no protein powders. The majority of these are more than 80% converted into sugars then feed those bacteria and are partially indigestible for many.

Healthy Fats: Healthy fats are very important. They make up half of the structure of each one of our cells and so are needed in building new cells. Healthy fats such as coconut oil and Omega 3 Cod Liver Oil, helps in addressing SIBO and candida.

Coconut oil has non-processed fats, olive oil, avocados, butter, fatty fish, fatty meats, Omega 3 fats, etc.

We need oils as these can trigger immune responses.

Vegetables & Fruits: Vegetables are a must, at least a dinner and least of lot of lunch as well. Especially cruciferous vegetables and leafy greens.

While these provide a very good source of fiber, which we need to keep or get things moving, they also provide a good source of vitamins.

Some low glycemic fruits, such as as apple, is okay in the morning. However, the fewer carbs you can take in, the better. If you need to slowly lower off carbs because it's too much of an once, do it with apples.

But if you do consume all the healthy fats and proteins you can, this will go far in satiating you.

Fruit after aspects of the protocol below will help lower those sugar cravings.

Nuts and Seeds: Raw almonds, flax seeds, sunflower seeds, pumpkin seeds and caraway are especially good at curbing a SIBO issue.

Hydration is also key: During microbial die off, which will be intentionally causing loss toxins and issues can be released, make sure you're drinking plenty of water to help flush these out of our system.

There may also be times when you have diarrhea early on and will need more water to replace what is lost.

If you need to take electrolytes during this, make sure you have some handy.

FOODS NOT TO EAT:

No dairy except organic butter: For many, dairy is a mild immune trigger. While cream is coffee isn't too bad for some, for others it causes more troubles than they know for the issues we are this protocol, dairy should be cut out completely or kept to a minimum. The only exception is organic butter.

No grains: There are both the harmful bacteria but the proteins in different types of wheat (gluten) and gliadin) trigger reactions in some that can last days, and are also a contributing factor to leaky gut, as just one, for one, example. Gluten is also a very sticky protein, it is best to cut them out during the protocol for best results.

Grains also have anti-nutrients and phytates. No processed foods and no processed sugars. These directly feed and may are the cause of the microorganisms we're trying to kill off.

This is the main place this protocol can fail, as this is important. Feeding these microbes sugar can undermine the entire process. Sticking or reversing our progress.

No nightshade vegetables: These can cause reactions for many.

Nuclear already known to place and are not helpful, we isolate from them.

However, we will be pushing a large load on your immune system for the first two weeks and something that normally goes 0 little trouble to that one specific nightshade can be a bucket to it when it's overloaded. So no nightshade vegetables.

Examples of these are: Tomatoes Eggplants Potatoes Bell peppers Chile peppers and Tomatillos.

No Sodas: Last is sodas. Our stomach must become very acidic to fully digest foods and kill off beneficial bacteria in fact. It's actually a lack of stomach acid that causes heartburn, not too much.

Sodas neutralize this and to a large degree, making our stomach less acidic and so decreasing our digestive ability, lowering the amount of sunlight our gut from hard and making it easier for new microorganisms to slip through.

So no sodas during this protocol.

THE GUT HEALTH PROTOCOL SUPPLEMENTS:

There are several different supplements for this protocol.

Some of these are involved in improving digestion and establishing heartburn, some for encouraging proper bowel movements, some for killing off harmful microorganisms, some to feed the beneficial bacteria in our microbiome, some to help repair the damage that has been done, and even some to help with gray matter research that new stuff.

And while many are very helpful, others are a must.

We're going to first go through them so you know what they are, what they do, and you can decide whether you need them or not.

And then we'll do a recap at the end so you have something easy to refer to.

THE MUSTS

1. GUT REPAIRING

Our Restore antioxidant Blending, B50, Candidaq C, GR-1, Pylori Attenuex, Leaky Gut, Gluten and Wheat Reactions, and much more.

It's quite powerful.

It acts similar to sugar and maintain our intestinal lining, increase nutrient absorption and utilization, and increase the size of our beneficial bacteria population.

And if we have any gluten reactions, it helps to calm them down. We can just take a scoop right then and only the most 2-3 days of dosing from it.

But it's necessary to address the harmful microbes above.

If you don't feel any current gut issues and are just diving in to improve overall gut health, take one scoop of Gut Restore, mixed with water, before bed.

If you do currently have gut issues, you will need to take two scoops instead of one. These can be together before bed or one can be mid-morning, away from food.

We want our stomach fairly empty when we take it for best results.

2. GUT REPAIRING

Our Defense serves two functions. It helps kill off harmful bacteria. And it helps break down the biofilms these bacteria and other microbes create to protect themselves.

This is necessary as these biofilms allow a chief reason our immune system has not been able to get rid of them. Our immune cells can't get through these biofilms and work together here, each addressing different aspects of the same overall problem.

This is also where you may feel reactions, if any, as we break or need to do this gradually.

Follow this sequence for the best results (remember, we're explaining everything now, but here is very short, easy to follow schedule of everything at the end, so you don't need to remember all of this):

Phase One: Start with one per day, before lunch, not dinner. You want to take it about 20-30 minutes before a meal.

If you experience reactions, that's fine, these will go away, and taking two capsules of Relief will help.

Continue at one per day until you have taken it daily for approximately a week or until you're experiencing no reactions. This could be more or less than a week.

Phase Two: Take one per day, take one 20-30 minutes before lunch and one 20-30 minutes before dinner.

If heavy reactions occur, then only take one the next day. Then on the following day, take 2 bucks in the morning and one in the evening. Take two bucks 5 capsules of Relief as needed, it will help a lot.

Continue this way until no significant reactions have occurred for a few days.

Phase Three: Increase to three per day, one 20-30 minutes before breakfast, one 20-30 minutes before lunch, and one 20-30 minutes before dinner.

If heavy reactions occur, take only two the next day. And on the day after that go back up to three again. Do this as many times as needed (take 5 capsules of Relief as needed).

Phase Four: Carry on taking three per day. There is no need to increase further. Some reactions should continue to subside more and more if there are still any occurring at this point.

Some but Defense should not be taken before bed as it may keep some people up.

Note: While you will notice most reactions in the first 1-2 weeks and they should be gone or significantly lessened by the end of this challenge, these harmful microbes do take time to fully neutralize.

Also, it's because of the biofilms they create and hide behind. It takes time to address them fully and for our immune cells to get at them. We can't just kill them right away.

It is highly recommended that you continue on Gut Defense and Gut Restore for a total of four months to ensure all harmful microbes are fully addressed. This could be well after any reactions have ceased to occur.

The first 80% die off quickly, giving much relief, but the last 20% take longer.

3. DIGESTIVE ENZYMES

These improve digestion in the stomach, both enzyme food and proteins are fully broken down so our body gets the needed nutrition from them, as well as helping to kill off new microorganisms trying to slip through.

This is necessary for the protocol, especially with the high amount of proteins and fats you will be eating.

Most people don't realize how bad their stomach digestion has gotten until they try eating more healthy fats and proteins. Many have to take digestive enzymes to fully digest their food and the stomach comes back up to par.

Take 1-2 digestive enzymes with each meal, not before and not after unless you forget. Start with 1 and increase to 2 if needed.

4. PROBIOTIC:

These help to replenish the beneficial bacteria in our gut which affect a multitude of factors related to our overall health, stress levels and much more, as well cover.

Take 2 Probiotic along with your Gut Restore as the Humic Acid helps to increase their population growth rate.

5. RELIEF AND RESTORE:

Each helps with the effects of bacterial die off, and from two different angles.

Relief helps calm things down and provides down relief from these effects, while 50 Infusion helps neutralize toxs free radicals that microbial die off can create.

Taking 5 Relief after dosing the day or before bed, should help greatly.

And 50 Infusion can be taken at any time of day, but is best not taken on a full stomach.

7. GREENS:

These are wonderful for a plethora of reasons, but the three key to this protocol are its antioxidant ones in fighting free radicals from bacterial die off, the fact that it's the other chief food source of the beneficial bacteria in our microbiome, and the fiber it provides.

Greens should be taken at 1serving per day, morning or mid-day.

8. MULTI COMPLETE:

Two tools, will be going through a lot and needs all the help it can get. Multi Complete provides a full range of the vitamins our bodies need, in the quantities and forms they need them in, to help our cells and immune system rebuild and repair themselves.

And they are key to the natural detox pathways of our body.

Take 5 tablets per day, 2 tablets with lunch and 3 tablets with dinner.

9. ELIMINATE & BODY CALM:

If you have any constipation during this protocol, or in general, the first thing to do is take Body Calm.

This relaxes our nerves and can help calm down effects due to this, and it helps get things moving.

But if this doesn't work, then take Eliminate to help normalize bowel movements as per the directions on the bottle.

10. ELECTROLYTES:

You may experience diarrhea during this protocol, and you will be drinking plenty of water to flush out the bad bits toxins created by microbial die off.

But with this can come electrolyte loss, giving headaches and dehydration. In this case just take a serving of electrolytes and ensure you're drinking plenty of water.

11. SLEEP:

If you're having any trouble sleeping during the first week or two of the protocol, just take 3 capsules of Sure Sleep before bed and this should do the trick.

And that's all!

Okay, I know that was a lot.

In the next article we break it down into a very short, very simple schedule which you can print out and keep with you or put on your refrigerator.

I promise it's very short and very simple.

Here is your Gut Health Protocol Schedule.

Then we get started shopping.

And if you haven't already, make sure you join PerfectAmino VIP Group, where you can ask all your health & fitness questions.

INDEX TO THE GUT HEALTH GUIDE

The Autoimmune Series

1. What Are Auto-Immune Conditions & How Do They Work
2. Leaky Gut, Gut Health & Auto-Immune Conditions
3. How To Address Autoimmune Conditions

The Gut Health Protocol

1. The Gut Health Guide & 30 Day Challenge
2. The Gut Health Protocol
3. Your Gut Health Schedule
4. Running Your Gut Health Protocol

Digestion And Reflux, Bloating, Muscle, Fat Loss & More

1. What Causes Sugar Cravings & & Preloading Stomach
2. Why Proper Protein Digestion Is So Important
3. What Causes Acid Reflux, Heartburn & GERD
4. How Poor Gut Health Leads To Poor Heart Health

Gut Health Tools, Tools, Glutathione & Detox

1. SIBO & Leaky Gut: A Rotor Cause Of Poor Health
2. Glutathione: Leaky Gut, The Microbiome & Physical Conditions
3. How Leaky Gut Causes Premature Aging
4. What Is Gluten Free & Whole Wheat

The Microbiome: Stress, Recovery, Mood & Overall Health.

1. Depression, Anxiety, Stress & Sleeplessness – The Microbiome
2. How Toxins Affect The Microbiome & Overall Health

What Is Candida & How Do We Address It?

1. What Is Candida & How Do We Address It?

How Gut Health Affects Skin Health

1. How Poor Gut Health Causes Poor Skin Health

Where To Go From Here

1. The Gut Health Protocol: Where To Go From Here

REFERENCES:

1. Lipopolysaccharides in Food, Food Supplements, and Protein Supplements: Should We Be Worried?
2. Intravenous Immunoglobulin in the Treatment of Severe Clostridium Difficile Colitis
3. In pulsol Dimbulaiyar pulsol Tests
4. Candida Albicans
5. The Truth About Gluten Sensitivity
6. Alleviate Toxicity
7. Leaky Gut and Autoimmunity: An Intricate Balance in Individuals Health and the Diseased Gut
8. Impact of humic acids on the colonic microbiome in healthy volunteers

GUT REPAIRING
starting at $39.95

GUT DEFENSE
starting at $39.95

DIGESTIVE ENZYMES
starting at $19.95

PROBIOTIC
starting at $19.95

ELIMINATE
starting at $19.95

GUT HEALTH ESSENTIAL PACK A/Z
starting at $49.95

GUT HEALTH ULTIMATE PACK A/Z
starting at $84.95

PERFECT AMINO POWDER
starting at $49.95

MULTI COMPLETE
starting at $49.95

ISO INFUSE
starting at $49.95

GREENS
starting at $39.95

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Made in the USA, from the Highest Ingredients Sourced in nature!

Chat